

ISSUE 55 MAY 2011

**WELCOME TO THE LATEST EDITION OF THE
CARRICKFERGUS COMMUNITY FORUM NEWSLETTER**

DATE FOR YOUR DIARY

New APEL Accreditation for Prior Experiential Learning
Jordanstown Campus 13th June 2011 - 17th June 2011

Time: 10am - 4pm Cost: £250.00

**If you have substantial experience in the Community and Vol-
untary Sector, you could gain direct entry to the 2nd Year of
the Part Time Degree**

BSc Hons Community Development

**As a first step, the University is offering experienced Commu-
nity Sector Practitioners to enroll on the short APEL pro-
gramme.**

- 1) This course offers you the opportunity to convert
Community Experience into University Credits
- 2) Guidance of Building a Portfolio of Experience Based
Learning
- 3) Prospect of Direct Entry into the Second Year of the De-
gree Programme in September 2011 through successful
completion of the course and Portfolio.

Please apply online www.ulster.ac.uk

For further details, please contact Adele McCloskey at
a.mccloskey@ulster.ac.uk / Eilish Rooney at e.rooney@ulster.ac.uk
/ Isy Hawthorne Steel (Programme Director) at
i.hawthorne@ulster.ac.uk

**INSIDE THIS
ISSUE**

PAGE 2

GKYC RECIPE

PAGE 3

*FREE HEALTH CHECK
FOR YOUR DOG*

PAGE 5

*OPEN ARTS
COMMUNITY CHOIR*

PAGE 6 & 7

*HOW WASTEFUL THE
OLDER GENERATION
WAS...*

Page 9

*INNOVATIVE DANCE
PROJECT*

Page 10

*FRIENDSHIP &
FITNESS CLUB*

GREENISLAND YOUTH CLUB

Greenisland Youth Club have produced a recipe book called "Recipes for a Healthier You" which was compiled by the members and staff at the Greenisland Knockagh Youth Centre who made and tested all the recipes. The project was funded by the NIHE Small Pockets of Deprivation Fund.

We will be printing recipes from the book each month in our newsletter

MIXED PEPPER SALAD

The grilling makes the peppers taste sweeter in this warm salad

Cooks Tip: For a quicker salad use frozen peppers already cut into strips

INGREDIENTS

Serves 4

2 Red peppers, halved and seeded

2 yellow peppers, halved and seeded

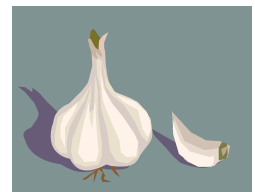
150ml / 1/4 pint / 2/3 cup olive oil

1 onion thinly sliced

2 garlic cloves, crushed

Squeeze of lemon juice

Chopped fresh parsley to garnish



METHOD

- 1 Grill the pepper halves for about 5 minutes until the skin has blistered and blackened. Pop them into a polythene bag, seal and leave for 5 minutes.
- 2 Meanwhile, heat 30ml / 2tbsp of the olive oil in a frying pan and add the onion. Fry for about 5 - 6 minutes, until softened and translucent. Remove from the heat and reserve.
- 3 Take the peppers out of the bag and peel off the skins. Discard the pepper skins and slice each pepper half into fairly thin strips.
- 4 Place the peppers, cooked onions and any oil from the pan into a bowl. Add the crushed garlic and pour on the remaining olive oil, add a good squeeze of lemon juice and season. Mix well, cover and marinate for 2 - 3 hours.

FREE HEALTH CHECK FOR YOUR DOG

On Thursday 19 and Friday 20 May 2011 the PDSA PetCheck Vehicle will be in the Borough offering dog owners **FREE** health checks for their pets. All dog owners in the Borough are encouraged to bring their dogs along to the PDSA PetCheck Vehicle.

Dates and locations are:

**Thursday 19 May 2011, 10am to 5pm - Castlevew Road, Whitehead, and
Friday 20 May 2011, 10am to 5pm - Castle Green, Carrickfergus.**

The PetCheck includes

body condition and weight eyes and ears teeth and gums
coat condition general fitness

All advice is FREE. For safety, PDSA asks that only dogs be brought to the PetCheck Vehicle, no other types of pets can be seen. A micro chipping service and flea and worming advice/treatment may also be available but charges will apply.

PDSA is a charitable organisation set up to care for the pets of people in need by providing free veterinary services to their sick and injured animals and promoting responsible pet ownership. Their website (www.pdsa.org.uk) provides useful tools to help people choose the right pet for them, along with health advice for all pets.

DO YOU RUN RAFFLES, LOTTERIES OR PRIZE DRAWS?

The Department for Social Development is currently consulting on reforming the legislation which sets out the rules for running lotteries and raffles in Northern Ireland.

Copies of the consultation document 'Future Regulation of Gambling in Northern Ireland' can be accessed from www.dsdni.gov.uk or from the Department's Social Policy Unit on 028 9082 9521 or email social.policy@dsdni.gov.uk

NICVA's briefing paper, which will be available on www.nicva.org from Tuesday 10 May, provides general comments on the relevant policy areas which affect the sector, namely on lotteries and raffles.

If you have any comments on the proposed changes, and/or would like to contribute to NICVA's response, please send your comments to denise.mccann@nicva.org before Friday 20 May.



Antrim, Ballymena, Carrickfergus, Larne
and Newtownabbey

WOMENS AID: CARRICK ANTRIM & BALLYMENA

Domestic violence is more than physical abuse. Women's Aid define domestic violence as, "The intentional and persistent abuse of a woman or of a woman and her children in a way that causes pain, distress or injury."

It is estimated that 1 in 4 women will experience domestic violence at some stage during their lifetime. Domestic violence crosses all boundaries including age, sexuality, race, ethnic and religious background, social and economic class, profession, disability or geography. Every year approximately 17,000 women in Northern Ireland contact Women's Aid. Around 3,000 women with or without children stay in refuge each year and the PSNI respond to a domestic incident every 21 minutes.

Children are often referred to as the 'hidden victims' of domestic violence. It is estimated that there are 25,000 children affected by it in the Northern Health and Social Care Trust area of Northern Ireland alone. Domestic violence is not confined to younger women and children. Older people also experience domestic violence..

Women's Aid offers a wide variety of services both refuge and community based. The organisation provides ongoing support to women and their families living with or in the aftermath of violence. The services offered are **Safety Planning** by addressing individual safety and security needs by accompanying a woman through the legal process including **Court Support**, general **Housing Advice, Money Management** including entitlements, **Information and Signposting** to a variety of agencies offering services in the community, as well as **Advocacy**.

[Programmes](#) run on a regular basis in the local area for women, children and young people with the aim to educate and rebuild self confidence and encouragement to reclaim possibilities available in an environment free from abuse.

For information and assistance in your local area Please contact:

Floating Support Ase 07851 966517

Community Resettlement Support Brenda 07708 459565

For more information about our work visit: www.womens-aid.org.uk

Women who are experiencing violence can call the 24hr

[Domestic Violence Helpline 0800 917 1414](tel:08009171414)



open
arts



*Carrickfergus YMCA
presents an evening with the*

Open Arts Community Choir

An award winning, dynamic, inclusive choir based in Belfast

in Carrickfergus Methodist Church,

Albert Road

on Saturday 21st May at 7.30pm

Ticket Price: £8 or £6 for concession

Contact YMCA on 028 9335 5890 for tickets



*The OACC demonstrate how people from different
cultural backgrounds, with and without disabilities
come together through the medium of song to be
positive ambassadors for Northern Ireland*



HOW WASTEFUL THE OLDER GENERATION WAS ...



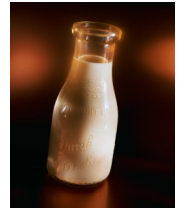
In the line at the store, the cashier told a senior woman that she should bring her own grocery bag - because plastic bags weren't good for the environment. The woman apologized to him and explained,

"We didn't have the green thing back in my day."

The young clerk responded, "That's our problem today. The former generation did not care enough to save our environment."

He was right, that generation didn't have 'the green thing' in its day.

Back then, they returned their milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.



But they didn't have **the green thing** back in that customer's day.

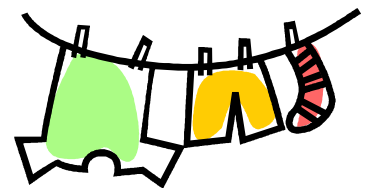


In her day, they walked up stairs, because they didn't have an escalator in every store and office building. They walked to the grocery store and didn't climb into a 300-horsepower machine every time they had to go two blocks.

But she was right. They didn't have **the green thing** in her day.

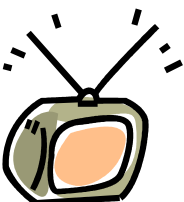
Back then, they washed the baby's diapers because they didn't have the throw-away kind.

They dried clothes on a line, not in an energy gobbling machine burning up 220 volts. Wind and solar power really did dry the clothes .



Kids got hand-me-down-clothes from their brothers, sisters, cousins or parent's friends children - not always brand-new clothing.

But that senior lady is right, they didn't have **the green thing** back in her day.



Back then, a family owned one TV, or radio that they all used. They didn't have TVs in every room. And the TV had a small screen the size of a handkerchief, not a screen the size of the state of Montana!!!

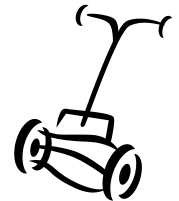
HOW WASTEFUL THE OLDER GENERATION WAS ...



In the kitchen, they blended and stirred by hand because they didn't have electric machines to do everything for them.

When they packaged a fragile item to send by mail, they used wadded-up old newspaper to cushion it, not Styrofoam or plastic bubble wrap. Recycling again!!!

Back then, they didn't fire up an engine and burn gasoline just to cut the lawn. They used a push-mower powered by 'human power.' The exercise they got by working so hard kept them from having to have 'health clubs' to go to so they could run on treadmills that use up electricity.



But, they didn't have **the green thing** back then.

The past generation drank from a water-fountain when thirsty - instead of using a plastic bottle that is thrown away and now fill up huge spaces of landfill each year.

This generation 'refilled' their writing pens with ink instead of buying a new pen each time it ran dry. They also replaced their razor-blades in their shaving-razors instead of throwing away the whole razor because the blade got dull.

Of course - they didn't have **the green thing** back then.

The last generation rode a streetcar or bus to get places - and many kids rode bikes to school or walked instead depending upon their parents providing 24-hour 'taxi' service.



There was one electrical-outlet in a room, not an entire bank of sockets to power a dozen appliances



They didn't have a computerized gadget to receive signals beamed from satellites 2,000 miles out in space in order to locate the nearest pizza-joint.

Now isn't it sad the current generation tells 'seniors' how wasteful they were because they didn't have **the green thing** back then?



BEACH LITTER EVERYWHERE – IT'S A SHORE THING!

This week volunteers from all over Northern Ireland have worked together to support Tidy Northern Ireland's BIG SPRING CLEAN! The Marine Conservation Volunteers in Carrickfergus and Islandmagee were amongst them. The first event at Portmuck Harbour saw volunteers fill 5 bags full of marine litter including 1 bag of recyclable rubbish that could otherwise have been saved from landfill! A massive black plastic sheet was also found close to the beach, believed to have been fly-tipped.



Volunteers in Carrickfergus removed 20 bags of litter from the beach, including 2 bags of recyclables that Bryson Recycling has kindly volunteered to collect. Amongst the marine litter volunteers found an ancient smoke grenade, (which was quickly removed by the PSNI!), two shopping trolleys, a garden spade handle, a jar of peppered gherkins and a rusty oil drum!

Beach litter seriously harms wildlife! Birds and seals often become tangled up in litter which can choke them or prevent them feeding. Additionally, many animals accidentally eat litter which can prevent them feeding or digesting food. We are sometimes lucky enough to spot leatherback turtles feeding in our waters in summer but marine turtles, of which all seven species are endangered, often mistake plastic bags for jellyfish – their favourite food item! Floating debris can also bring alien invaders to our shores, and these animals can compete with our native wildlife for food and destroy their habitat!



Volunteers really enjoyed the events, with their work helping both the environment and the community. Amanda Wilson, the organiser for the Marine Conservation Society's events said, 'It was brilliant to see such an impressive turn out for these events, including so many young people from Carrickfergus. It's vital that as many people as possible get involved so we can show the culprits that littering isn't cool! This forgotten form of animal cruelty and antisocial behaviour needs to stop.' Amanda would also like to thank Carrickfergus and Larne Borough Councils, Bryson Recycling and Tidy Northern Ireland for their help with the events and Coca-Cola for providing refreshments.



To be kept informed of future events please email
manda_wilson@hotmail.co.uk

INNOVATIVE DANCE PROJECT OFFERS OPPORTUNITY TO TAKE PART IN LARGE SCALE DANCE PERFORMANCE

If you are aged between 16 and 25 years of age and interested in BMX biking, contemporary dance, urban street dancing, rap, opera singing, skate boarding or visual arts, then read on. Dance United, in partnership with Concensus, bring you Merge, a dynamic and innovative large-scale dance performance project that will include contemporary and urban street dancers, opera singers, a rap choir, BMX bikers, skate boarders and visual artists who will create a set in live time.

The performance will take place in an Urban Park Warehouse in the Titanic Quarter of Belfast and the park's installations and steep ramps will become the framework for the set. The project is designed to explore what traditional, contemporary and urban street art forms have to offer each other.

If you want to be part of this innovative and exciting project and are able to give 10-15 hours a week, then please contact Eileen Millar on 028 9096 1111.

[To find out more about the project visit <http://www.communityni.org/news/merge-dance-performance-project>](http://www.communityni.org/news/merge-dance-performance-project)

B&Q WASTE DONATION SCHEME

Community groups, schools and charities may seek assistance from their local B&Q store through the B&Q waste donation scheme. The waste donation scheme is co-ordinated in store either by the environmental champion, duty or Warehouse manager who will keep a Waste Donation Form on file for interested groups.

Before any materials are donated, the form must be signed by a representative of the group, and proof that you are a member of that group must be provided. B&Q can donate waste materials, for example slightly damaged tins of paint, off-cuts of timber, and end of range materials, to community groups, charities and schools.

Please note that it is company policy that health and safety is taken into consideration, therefore electrical, petrol and gas items are not available for donation. Any waste or surplus stock donated must not be re-sold. There is no deadline for this scheme so in the first instance groups should approach their local B&Q store for in order to apply.

www.diy.com/diy/jsp/corporate/content/environment_ethics/ethics/community/waste_donation.jsp

Friendship Club & Fitness Inclusion Programme

6 Week Evening Programme (May - June 2011)

FREE PROGRAMME
Pre-registration is essential
as places are limited.

pagkakaibigan wykona magsanay
行使 draugyst przyja 友谊

To engage ethnic minorities and host communities in meaningful interaction and relationship building through physical activity.

- Friendship Club Chat Session
- Tea & Coffee
- Fitness Activity - Aerobics, Zumba, Table Tennis, Spin and much more

Amphitheatre, Carrickfergus

- Friday 6th May 7:00pm - 8:30pm
- Friday 13th May 7:00pm - 8:30pm
- Friday 20th May 7:00pm - 8:30pm
- Friday 27th May 7:00pm - 8:30pm
- Friday 3rd June 7:00pm - 8:30pm
- Friday 10th June 7:00pm - 8:30pm

All participants
will receive a
**1 MONTH FREE
GYM MEMBERSHIP**
voucher at
conclusion of
programme

Contact Lauren McAteer, Engagement, Integration & Diversity Officer

T: 028 9448 3113 ext 1381 M: 07567 887401 E: ldiversity@antrim.gov.uk W: www.antrim.gov.uk



WE HAVE LISTENED TO WHAT'S IMPORTANT...

Over the past 12 months, we've had countless conversations and meetings with many groups and individuals right across Northern Ireland. We have met with District Policing Partnerships, sports associations, local neighbourhood groups, church groups, voluntary groups, political parties, business forums, school children, young people, older people and many more. We have listened to the feedback and concerns you've raised.

As a result and with your help, we have designed some clear commitments that we want to share with you. They are a set of promises based on simple principles of good policing. They put communities and victims first. They build on what we already do at our best and what we're determined to do more consistently.

We are making these commitments to everyone in Northern Ireland. We are here to serve every individual, every family and every community - irrespective of religion, politics, cultural identity, age, gender or sexual orientation.

Our commitments are important because they will help you and others to know what to expect and what to judge us against. They will also allow us to measure our own progress.

Every household across Northern Ireland, within the coming weeks, will receive a copy of our Commitments.



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OLD TOWN HALL

ANTRIM STREET

CARRICKFERGUS

BT38 7DG

TEL: 02893 359777

FAX: 02893 366606

www.carrickferguscommunityforum.co.uk

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We would love to hear from anyone who wishes to contribute to this newsletter whether it is to advertise an event or just to submit an article about what you do.

If you would like to contribute to this newsletter or have an event you would like to advertise, please contact Lucy at the office.

THE DEADLINE FOR SUBMISSION OF ARTICLES FOR THE NEXT EDITION IS

FRIDAY 27TH MAY 2011

The views and opinions expressed in this newsletter do not necessarily reflect the views of the CCF Committee and Staff.

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Department for

**Social
Development**

www.dsdni.gov.uk

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