

ISSUE 61 NOVEMBER 2011

BELFAST LOUGH SAILABILITY



Belfast Lough Sailability would like to thank the local community for their support of the organisation.

Throughout the 2011 sailing season local groups and individuals with disability have come down on a Wednesday evening to enjoy an 'on the water' session and have been able to have a go at sailing, kayaking and an experience out on the two support boats – Rosy and Searover with a chance to spot a seal or two.

Searover can take wheel chair users with ease as it has a drop down bow and Rosy can also accommodate wheelchair users with a hoist System. Our Sailing Season finished with a Gala Ball organised by the McConnell family to raise funds for our group and we would like to take this

opportunity to thank them for all their efforts. It was well advertised in the Community Forum Newsletter, which added to its success.

The season is over this year but please watch out for us around April 2012 down at the Marina at the entrance to Carrickfergus Sailing Club in the Belfast Lough Sailability Cabin.

We would like to take this opportunity to thank the Community Forum, Carrickfergus Borough Council, the local Sea Cadets and Carrickfergus Sailing Club for all their help and support throughout the year.

Christine Harper

Hon Sec Belfast Lough Sailability



INSIDE THIS

ISSUE

PAGE 2

GKYC RECIPE

PAGE 3

GREENISLAND

WRESTLING CLUB

PAGES 4

CBC COMMUNITY

GRANTS

PAGE 6

KILCREGGAN

URBAN FARM

RAFFLE & DISCO

Pages 9

TREE WEEK

Page 10

HEARTY LIVES

CARRICKFERGUS

Page 11

LARNE LINE

PASSENGER

GROUP AGM

GREENISLAND YOUTH CLUB

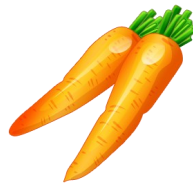
Greenisland Youth Club have produced a recipe book called "Recipes for a Healthier You" which was compiled by the members and staff at the Greenisland Knockagh Youth Centre who made and tested all the recipes. The project was funded by the NIHE Small Pockets of Deprivation Fund.

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

LEMON CARROT SALAD

INGREDIENTS (SERVES 4 - 6)

450 g / 1 lb small, young carrots
Grated rind and juice of 1/2 lemon
15 ml / 1 tbsp. soft light brown sugar
60 ml / 4 tbsp. sunflower oil
5 ml / 1 tsp hazelnut or sesame oil
5 ml / 1 tsp chopped fresh oregano
Salt and black pepper



COOKS TIP: Olive oil can be substituted if you have a nut allergy

METHOD

1. Finely grate the carrots and place them in a large bowl. Stir in the lemon rind, 15 - 30ml / 1 - 2 tbsp. of the lemon juice, the sugar, sunflower and hazelnut or sesame oils and mix well
2. Add more lemon juice and seasoning to taste, then sprinkle on the oregano, toss lightly and leave the salad for 1 hour before serving

Variation - Other root vegetables could be used in this salad. For instance, you could try replacing half the carrot with swede, or use celeriac or kohlrabi instead.

IF YOU HAVE ANY RECIPIES YOU WOULD LIKE TO SUBMIT PLEASE SEND THEM TO lucysimms@btconnect.com FOR INCLUSION IN THIS SECTION OF THE NEWSLETTER

WRESTLING CLASSES

Where?

Greenisland Youth Centre
15c Glassillen Grove
BT38 8TE

When?

Fridays 7.00pm - 9.00pm
Saturdays 10.00am - 11.00am
(Male & Female classes)

AGES?

7Yrs & Over



HEAD COACH - Dave Finlay
G.B. & Commonwealth Games Coach
N.I.I.C. Coach of the year.

Are you game to try the oldest Olympic Sport?

For more info phone Dave: (028) 9086 4442 / 07805 443 737

E-mail knockaghwrestlingclub@hotmail.co.uk

NSPCC Child Protection In Sport in place

Carrickfergus Borough Council administers a number of grant programmes on an annual basis. The Community Support Grants Programme will open for applications on 1 November 2011.

There are 2 grant schemes under this programme:

Large Grants 2012/2013

- Maximum Grant - £5000
- Closing date for applications is 12 noon on Wednesday 30 November 2011
- Grant must be spent between 1 April 2012 – 31 March 2013

Small Grants 2012/2013

- Maximum Grant of £1000 can be applied for at anytime during the year
- Grant must be spent by 31 March 2013

Both grant programmes seek to support community and voluntary organisations in the Borough which can demonstrate the following:

- Increase participation in community life
- Promote initiatives which will build capacity within communities
- Strengthen community organisations in disadvantaged areas
- Increase the level of volunteering opportunities
- Target resources in areas of greatest deprivation
- Promote greater partnership working with statutory agencies

Carrickfergus Borough Council particularly invites applications which will target areas of social need and promotes social inclusion.

If you wish to apply for a Community Support grant, please contact Jackie Sherriff, Grants Officer for an application form at Carrickfergus Borough Council, Museum & Civic Centre, Antrim Street, Carrickfergus, BT38 7DG or Tel: 028 93 358052.

Applications under the large grant programme must be submitted to Carrickfergus Borough Council at the above address no later than 12 noon on Wednesday 30 November 2011 with all supporting documentation.

ROLLING GRANTS PROGRAMMES

Carrickfergus Borough Council administers a number of rolling grants programmes which can be applied for at anytime of the year.

Sports Grants – Grants for individuals, existing and new sports clubs

Parks & Countryside – Grants for community groups

Good Relations – Small grants for community groups

Start Up Grant - £150 grant for new community/voluntary groups

Arts & Events Large and Small Grants

Civic Grants

Please contact Jackie Sherriff on Tel: 028 93 358052 if you have any queries or need any assistance completing an application form.

Stephen Johnston
Acting Town Clerk & Chief Executive



CHRISTMAS CRAFT FAIR!



At Carrickfergus Town Hall Saturday 19th of November

From 10am to 4pm

Entry fee: Adults £1 includes a free ballot

To raise funds for Carrickfergus Womens Forum

Helping promote positive mental health

Craft stalls and jumble

Tea and coffee

Great prizes to be won in our raffle!



**Quiz Night,
Raffle
& Disco**

**So come along and get your thinking cap on,
wet your whistle & boogie on down**

on Friday, 18th November 2011

7.30pm – 1am

Barn Club, Taylor's Avenue, Carrickfergus



**Tickets can be bought from
Kilcreggan Urban Farm
or on the night for £3 per person.**



Maximum of six people per team please

**Hosted by Kilcreggan Homes, Urban Farm,
The Carrickfergus Base and Youth Project.**

Tel: 028 933 64294

ROYAL NATIONAL LIFEBOAT INSTITUTION



Lifeboats

The local branch of the Lifeboats would like to thank the local community for their support at Flag days, bag packs and the RNL Souvenir shop.

The task of the local Carrickfergus branch is to raise funds for the Royal National Lifeboat Institution to be used for the Lifeboats in Northern Ireland.



The Souvenir Shop has been busy locally over the year attending Fun Days organised by the Windmill Residents' Association, helping out at the national flag day in Belfast, local bag packs and even going as far afield as Hillsborough Oyster Festival to raise funds. Lately our branch offered the community the opportunity of buying RNL Christmas cards early courtesy of Carrickfergus Health Centre, Taylors Ave at the end of October 2011.

From Monday 31 October through to Friday 4 November 2011 Christmas Cards and stocking fillers will be available courtesy of Northern Bank High Street Carrickfergus during banking hours. There is also a chance to buy a 2012 calendar in many different styles but one calendar in particular is made up of images of all around Ireland. This is a new concept and it is hoped will prove very popular. So please call in if you are in Carrickfergus and have a browse.

Our local branch is always on the lookout for people willing to give some time to help with flag days, or the Souvenir Shop so if you think you can give a couple of hours we would love you to get in touch with us.

The local branch meets at Carrickfergus Sailing Club so if you drop us a line at the following address or email the hon sec lucybosullivan@yahoo.co.uk with contact details your support would be of great help to the Lifeboats.

The Royal National Lifeboat Institution local branch Carrickfergus would like to take this opportunity to thank the Community Forum for their continuing help and support.

Lucy O'Sullivan
Hon Sec
RNL Carrickfergus Branch
C/O Carrickfergus Sailing Club
Carrickfergus Marina
Carrickfergus.



COMMUNITY SUPPORT PROJECT

FUNDING FAIR

29TH NOVEMBER 2011

**WHY NOT COME ALONG MEET FUNDING BODIES LIKE BIG
LOTTERY , COMMUNITY RELATIONS COUNCIL, CARRICKFERGUS
BOROUGH COUNCIL, COMIC RELIEF**

**ALSO ATTENDING WILL BE YOUTH-NET, BOY AND GIRLS CLUB
N.IRELAND , COMMUNITY FOUNDATION FOR
NORTHERN IRELAND, ACCESS TO BENEFITS**

DOBBS ROOM CARRICKFERGUS TOWN HALL

10 AM -2.00 PM

LITE LUNCH WILL BE PROVIDED

EVERYONE WELCOME

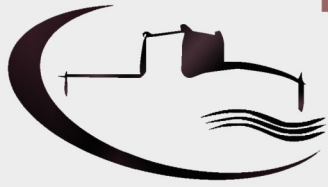


Carrickfergus Borough



NATIONAL TREE WEEK

in Carrickfergus Borough



**26th November to
4th December 2011**

MAKE A GREENER

Trees **FUTURE**
matter
Plant
them!



a nationwide celebration of trees

**EVENTS THROUGHOUT
CARRICKFERGUS BOROUGH**

For further information telephone 9335 8000 or visit our website
www.carrickfergus.org/treeweek

HEARTY LIVES FOR CARRICKFERGUS BOROUGH

Heart disease is the main cause of death in the Carrickfergus Borough and in an effort to address this the British Heart Foundation (BHF) has agreed funding for the Hearty Lives Carrickfergus project.

BHF Northern Ireland will invest over £213,000 over the next three years in the Borough of Carrickfergus to support the delivery of the Hearty Lives Carrickfergus Project. This project has been developed in partnership with the Northern Health & Social Care Trust (NHSCT), Carrickfergus Borough Council, the Managed Obesity Network and the Public Health Agency.

Angela Denvir, NHSCT, Hearty Lives Project Lead said:

"As obesity is a major risk factor for heart disease and can significantly reduce life expectancy it is essential that it is addressed effectively within communities".

For this reason Hearty Lives Carrickfergus aims to tackle maternal and family obesity by:-

- * Developing programmes to tackle obesity (a risk factor for heart and circulatory disease) in women of child bearing age.
- * Helping to achieve and maintain a healthy weight for women before, during and after pregnancy using a partnership approach.
- * Co-ordinating and developing obesity prevention programmes for families.

Stephanie Leckey, BHF Northern Ireland Community Development Coordinator said:

"BHFNI is proud to be funding this innovative project in the Carrickfergus Borough. The reality of the number of maternal deaths and complications due to obesity is frightening and we would hope that through this partnership we can make a difference in the local community over the duration of this project and beyond."

A local engagement event was held on 21 September, which provided the opportunity for representatives from the community to be involved in developing a robust action plan to take this project forward.

Representatives from Horizon Surestart along with Nicola Browne from the Northern Partnership for Physical Activity and Cheryl Flannegin from the Managed Obesity Network



HEARTY LIVES FOR CARRICKFERGUS BOROUGH

Alderman Jim McClurg, Mayor of Carrickfergus said:

"Carrickfergus Borough Council is delighted with the success of the recent Engagement Event for the Hearty Lives Carrickfergus Project. We look forward to making a positive contribution towards tackling obesity within our communities - particularly in relation to our young families. By encouraging, and providing opportunities, for young people to access a healthy diet and active lifestyle from an early age we can help increase their chances of developing into healthy adults."



We are now involved in the process of recruiting a full-time Heart Health Educator and a part-time Midwife - who will be based in the Carrickfergus Borough Council to support this project.

L - R Alan Barkley - Director of Environmental Services, Carrickfergus Borough Council

Dr Mike Ryan, Clinical Lead for the Managed Obesity Network

Alderman Jim McClurg, Mayor of Carrickfergus

Councillor Billy Ashe and representative from Carrickfergus Community Forum

If you would like any further information about the project please email:

heartylives@carrickfergus.org



LARNE LINE PASSENGER GROUP

Annual General Meeting

Tuesday 22nd November 2011

Carrickfergus Town Hall

7.30 pm

Everyone who wants to see an improved service on the Larne Line is encouraged to attend

MISKIMMON SUITE

OLD TOWN HALL

ANTRIM STREET

CARRICKFERGUS

BT38 7DG

TEL: 02893 359777

FAX: 02893 366606

www.carrickferguscommunityforum.co.uk

EMAIL ADDRESSES

lucysimms@btconnect.com

janicecherry@btconnect.com

billyashe@btconnect.com

carrickcommunity@btconnect.com

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 25TH NOVEMBER 2011

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

THIS PROJECT IS FUNDED BY THE DEPARTMENT FOR SOCIAL DEVELOPMENT UNDER THE COMMUNITY INVESTMENT FUND PROGRAMME



Department for
**Social
Development**

www.dsdni.gov.uk

RECOGNISED AS A CHARITY BY THE INLAND REVENUE XR29856