

**Our lives begin to end the day we  
become silent about things that matter.**

Martin Luther King, Jr.

**ISSUE 114**  
**June 2016**

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# AGM

Annual General Meeting

Tuesday 7th  
June @ 6pm  
Dobbs

## Befriending Network Information Session Planning How to Evidence Your Impact

Can you demonstrate the difference your Befriending Scheme is making? Can you provide the evidence to funders and beneficiaries that what your staff and volunteers are doing really matters?

Volunteer Now Enterprises Ltd are pleased to announce a **FREE Information Session** coming your way on **22 June 2016** which will help you to put impact practice at the heart of what you do and help you plan effectively in order to gather the evidence you need to demonstrate the difference you make. This interactive and practical session will introduce you to the tools, techniques and resources available through the Inspiring Impact Programme, being used across the UK. As an optional extra, Volunteer Now Enterprises Ltd will also provide mentoring support to a number of organisations that wish to implement their learning from the event.

**To book your place please email [training@volunteernow.co.uk](mailto:training@volunteernow.co.uk).**



## TURNING THE TIDE ON OBESITY

Facts | Evidence | Interventions | Resources

This FREE half day conference will provide you with information on the lessons learned and the interventions and resources developed during the Hearty Lives Carrickfergus Project.

**21 JUNE 2016 | 9.30am-2.00pm**  
**LOUGHSHORE HOTEL**  
**CARRICKFERGUS**

Not on our email  
list? Contact  
Rachel at 02893  
359777 or  
carrickcommunity  
@btconnect.com  
for regular ezines.

## Women Speak Out on Community Planning Report Launch

On Wednesday 27th of April, WRDA launched its **Women Speak Out on Community Planning** report. The event was held at Belfast City Hall and sponsored by Belfast's Lord Mayor, Councillor Arder Carson.

With the re-structuring of local government, councils now have the new statutory duty of community planning. **Community Planning** aims to **improve the effectiveness of public services** in meeting people's needs, to

**support the development of local communities** and to **improve the quality of life for all**.

Therefore, it was important to WRDA that women are not only aware of this new duty but that they are fully involved.



WRDA Women's Sector Lobbyist held a number of workshops across Northern Ireland to engage with local women and listen to their main concerns. The research was then collated into a report highlighting the three key themes that emerged from the findings. **The full report is available at [www.wrda.net](http://www.wrda.net)**

The launch was a great success with a great turnout from local community groups, organisations and individual women and men interested in the process of Community Planning.

**WRDA would like to thank everyone who took part in this piece of work and contributed to the final report.**

“

The Women's Resource and Development Agency supports women's groups and organisations across Northern Ireland. We provide training and support to women's organisations and we campaign and lobby on key issues affecting women.

”



## THANK YOU BELFAST HARBOUR

Belfast Lough Sailability is delighted with the donation of buoyancy aids from Belfast Harbour. They have arrived in good time for the 2016 sailing season and are already being put to good use with excellent numbers coming down for the Wednesday Evening Open Session.

*Belfast Lough Sailability (BLS) is established for the relief of disability and the advancement of education; namely sailing by disabled people, involving training, recreation and competition. BLS also embraces those who are disadvantaged by reason of youth, age, infirmity or disability, financial hardship or social circumstances.*

Email: [belfastloughsailabilitynpr@gmail.com](mailto:belfastloughsailabilitynpr@gmail.com)



[www.belfastloughsailability.com](http://www.belfastloughsailability.com)



## Need help with hearing aids?

If so, the **Hear to Help** service will be able to help you. The service is community based with trained volunteers holding local clinics in your area; we also do home visits to help people unable to attend clinics.

### The free service includes:

- changing hard / old tubing
- earmould cleaning
- battery replacement
- advice and support for wearing hearing aids
- Providing information on equipment and services

**Come along to Carrickfergus Town Hall on the second Wednesday of every month from 10am-12pm. The next session is 8th June, Carrick Town Hall.**



## Member Focus: The Pregnancy Resource Centre

The Pregnancy Resource Centre is a charitable organisation providing pregnancy support services and sexual health education to the whole community. It offers free and confidential drop in services in the areas of crisis pregnancy support, post abortion counselling and sexual health advice. They also provide education programmes for men, women and young people in the areas of sexual health, personal development and hygiene.

**Don't let pregnancy turn your world upside down. Help is at hand.**

T: 02893329997 E: [talk@thepregnancyresourcecentre.co.uk](mailto:talk@thepregnancyresourcecentre.co.uk)  
30 Irish Quarter West, Carrickfergus BT38 8AT

### Online Advisor Service

Talk to someone in confidence with our anonymous chat messenger service.



[www.thepregnancyresourcecentre.co.uk](http://www.thepregnancyresourcecentre.co.uk)



Carrickfergus Castle will be the backdrop for a  
**Northern Ireland Somme Centenary  
Festival of Remembrance**  
on the evening of 1 July 2016

For information on tickets visit:  
[www.midandeantrim.gov.uk/somme](http://www.midandeantrim.gov.uk/somme)



Do you know of a non-profit organisation that could deliver an impactful youth project with the right funding? The **Thank You Fund** is celebrating Coca-Cola's 130th anniversary by giving €130,000 to projects that inspire and support young people across the Republic of Ireland and Northern Ireland, and applications are now open.

Coca-Cola are looking for innovative projects that will empower young people, increase their self-esteem and confidence, and give them skills in areas such as wellbeing and leadership. The Thank You Fund is now open for applications at [thankyou.coca-cola.ie](http://thankyou.coca-cola.ie) - very best of luck to all those applying for 2016 funding!

Call out for **Champions and organisations** to tackle stigma around mental health.

**Change Your Mind** is Northern Ireland's regional campaign to tackle stigma and discrimination around mental health. It is a joint programme run by Niamh (Northern Ireland Association for Mental Health) and Public Health Agency. We are funded by Comic Relief and work in partnership with a range of organisations and community networks across Northern Ireland.

We are a grassroots campaign shaped by the collaboration of communities, organisations and individuals who are championing the message against mental health stigma across society – a campaign for people driven by people.

**Grants available to groups and individuals to run events and activities to address stigma.  
(Application process)**

Every voice that joins our campaign helps us shout louder against stigma: words, pictures, films and stories are all great ways of communicating the message against mental health stigma. If you would like to become a CYM voice and share something that challenges stigma, we would love to hear from you.

**Champions can but are not limited too-**

Use Social media to share anti stigma campaign message.

Public speaking.

Awareness raising e.g. Profiling your story for media.

Organizing and hosting events (grants available).

Attend community events/manage stalls and speak to individuals.

***We welcome your own ideas and thoughts on how to address stigma.***

Flexible and exciting opportunity.

Website: [www.changeyourmindni.org](http://www.changeyourmindni.org)

Contact: Maeve Donaghy Tel: 07921 697135 email: [m.donaghy@beaconwellbeing.org](mailto:m.donaghy@beaconwellbeing.org)



## Get ready for a *Blooming Great* Tea Party!

It's almost time to get out the fine china and dust off those cake tins. Get together with family and friends between 20 and 29 June and raise money to help us support people living with a terminal illness.



**Sign up today >**

Go to [www.mariecurie.org.uk](http://www.mariecurie.org.uk) to sign up and get a free fundraising pack





Our 2016 'In Bloom' campaign continues. We will be giving away 5000 FREE sunflower seeds to schools across the Borough so pupils can take part in the Tallest Sunflower Competition.

Do you have a beautiful garden? Is someone in your family a budding artist or poet? Then why not consider entering one of our In Bloom Competitions?

**The Mid and East Antrim in Bloom community competition categories are;**

- General Categories: 1) Best Kept Front Garden; 2) Best Kept Community Planting Scheme; 3) Best Kept Allotment Garden; 4) Best Kept Commercial Premises. 5) Gardening for Wildlife Award

Young people's (15 and under) categories: 6) Painting Competition; 7) Poetry Competition; 8) Tallest Sunflower Competition; 9) Best School Project; 10) Design a Flower Bed Competition

There are prizes for winners and runners up in each category and winners and runners up will be invited to an awards ceremony in October.

For more information visit: [www.midandeantrim.gov.uk/inbloom](http://www.midandeantrim.gov.uk/inbloom)

Do you need help getting into self employment or employment?



Introducing the **Exploring Enterprise<sup>3</sup>** programme from Enterprise Northern Ireland.

This is a **free** programme that helps you take the first steps to gaining employment or exploring your business idea.

The **Exploring Enterprise<sup>3</sup>** programme will help you:

- Gain a QCF Understanding Business Enterprise qualification
- Improve your skills for business or employment
- Meet new people
- Get back on track

*Eligibility: You must be either unemployed or working/ in education less than 16hrs a week. You must be 16 or over.*

For more information, visit [www.enterpriseni.com](http://www.enterpriseni.com) or contact your Local Enterprise Agency:



**Enterprise**  
NORTHERN IRELAND



This project is part funded through the Northern Ireland European Social Fund 2014-2020 Investment for Jobs and Growth Programme

# RE-EXAMINING IRISH NATIONALISM IN ULSTER

15th June 2016  
Queen's University Belfast

PRESENTED BY



Queen's University  
Belfast



Acadamh Ríoga na hÉireann  
Royal Irish Academy

Irish nationalism was strong in Ulster; however the complexity and diversity of the history of northern nationalism has been reduced due to the more recent perspectives on 'the Troubles'. But this diversity needs to be re-examined and articulated, especially in the context of contemporary

Northern Ireland and the North/South relationship. This one-day conference will explore Ulster Nationalism at the turn of the twentieth century – the Irish Parliamentary Party tradition, Sinn Féin/Irish Republican Brotherhood and cultural traditions.

## Panel One: The Parliamentary Tradition of Nationalism

**Chair:** Professor Seán Farren.

**Speakers:** Dr Conor Mulvagh, Dr Eamon Phoenix, Dr Mary Harris.

## Panel Two: The Socialist and Republican Tradition

**Chair:** Tom Hartley.

**Speakers:** Fearghal McCluskey, Dr Marnie Hay, Dr Margaret Ward.



## Panel Three: Cultural Nationalism

**Chair:** Dr Fearghal McGarry.

**Speakers:** Dr Catherine Morris, Dr Margaret O Callaghan, Professor Anthony Roche.

## Panel Four: Ulster Unionists' response to Northern Nationalism

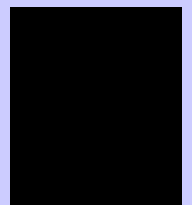
**Chair:** Cllr. Colin McCusker

**Speakers:** Dr Martin Mansergh, David Fitzpatrick, Dr Kyle Hughes.

## Get Involved with Parliament

Do you have an issue which you are concerned about? Do you want your voice to be heard by the policy makers at Westminster? Do you want to know more about how the Westminster Parliament works? Then get in touch with [www.parliament.uk/get-involved](http://www.parliament.uk/get-involved).

The Houses of Parliament Outreach and Engagement Officer Service provide free workshops on how Parliament works and how to effectively engage with it. Contact Gary Hart on 07917 488305 or by email [hartg@parliament.uk](mailto:hartg@parliament.uk).



# Community Integration Awards



The Community Integration Awards is seeking nominations to reward and support best practice in community integration and cohesion in the United Kingdom. There are three categories: **Grassroots Champion** (£3000 Award Available), **Large Organisation** and **Media Champion**.

- (1) **Grassroots Champion** (£3000 Award Available): The Grassroots category is the main focus and they want to really showcase and support the excellent integration work that happens in our communities. This category is open to:
  - Charities, unassociated groups, social enterprises, CICs (not individuals)
  - For migrant/refugee integration related work done in the last 12 months (can be ongoing)
  - Work carried out in the UK
  - Work which promotes community cohesion and integration of migrant and host communities
- (2) **Large Organisation**: They want to highlight examples of excellence in the projects run by the private or public sector and encourage them to keep up the good work. This category is open to:
  - Individuals, projects or groups from local authorities, NHS bodies, private companies, law firms, etc
  - For migrant/refugee integration related work done in the last 12 months (can be ongoing)
  - For work carried out in the UK
- (3) **Media Champion**: The Community Integration Awards recognises the outstanding work of a journalist or producer whose reporting has promoted integration and community cohesion.

See [www.integrationawards.uk](http://www.integrationawards.uk) for further information

## Vital Signs - The Community Foundation wants to hear what YOU have to say



The Community Foundation for Northern Ireland connects people who care to causes that matter. Through its funding and development work, it aims to give community and voluntary groups the tools and support to help them change lives. Vital Signs brings together data, comments and perspectives from people in local communities to provide an annual check up of life in Northern Ireland, across ten key social themes. Vital Signs aims to provide people who are interested in supporting their communities with the information they need to direct their action to the most critical areas. The aim of this report is to inform the development of community philanthropy and giving in Northern Ireland, by providing a 'health check' on key local issues. We hope it will encourage people to engage in conversation with us about the issues raised in the report.

Vital Signs is about taking the pulse of communities across Northern Ireland.

We want to hear about the needs, concerns and aspirations for your area.

For information or to take part in any way, please contact Sara Houston at the Community Foundation on 02890245927 or [shouston@communityfoundationni.org](mailto:shouston@communityfoundationni.org)





# Moth Night



**Wednesday 8th June, 8pm - 10pm**  
People's Park, Ballymena

**Thursday 9th June, 8pm - 10pm**  
Diamond Jubilee Wood, Whitehead

**Friday 10th June, 8pm - 10pm**  
Carnfunnock Country Park, Larne

Moth Night is the annual celebration of moths and moth recording.  
Come along and learn more about these fascinating creatures.  
Please consider bringing a torch.

Outdoor events. Please wear suitable clothing and footwear.  
Children must be accompanied by an adult.  
For more information contact:  
T: 028 9335 8231 E: [alison.diver@midandeantrim.gov.uk](mailto:alison.diver@midandeantrim.gov.uk)  
[www.midandeantrim.gov.uk](http://www.midandeantrim.gov.uk)



**Mid & East  
Antrim**  
Borough Council

**Want to get  
in touch with  
the Forum?**

MISKIMMON SUITE  
OLD TOWN HALL  
ANTRIM STREET  
CARRICKFERGUS  
BT38 7DG

TEL: 02893 359777

FAX: 02893 366606

[www.carrickferguscommunityforum.co.uk](http://www.carrickferguscommunityforum.co.uk)

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[janicecherry@btconnect.com](mailto:janicecherry@btconnect.com)



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'Carrickfergus  
Community Forum'



Follow us  
@CarrickForum

**Got something to say?  
We're Listening.**

**We would love to hear from you!** If you would like to contribute to this newsletter or have an event you would like to advertise, please contact us at [carrickcommunity@btconnect.com](mailto:carrickcommunity@btconnect.com)

**THE DEADLINE FOR SUBMISSION OF ARTICLES FOR THE JULY EDITION IS:  
FRIDAY 24TH JUNE 2016**

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

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Development  
[www.dsdni.gov.uk](http://www.dsdni.gov.uk)

**Housing  
Executive**

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