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"THERE ARE NO GREAT PEOPLE IN THIS WORLD, ONLY GREAT CHALLENGES WHICH ORDINARY PEOPLE RISE TO MEET."

William Frederick Halsey, Jr.

CCF Holds its Annual General Meeting

On Thursday 15th June, CCF held its AGM at the Dobbs Room in Carrickfergus Town Hall. Chairperson Bill Dornan welcomed everyone to the meeting and introduced the top table including Chief Executive MEABC Anne Donaghy.

Guest speaker Anne Donaghy gave an update on the recent launch of the Community Plan which sets out the vision within Mid and East Antrim regarding the health, wellbeing and economy of the area. She spoke of the importance of a multi-agency approach and building relationships within community development.

Coordinator Janice Cherry gave a presentation which outlined the role of CCF and the activities carried out in the last year since the previous AGM, plus information on funding accessed by CCF to organise these.

Janice

advised that CCF follow a framework for community development and what they deliver is based on the needs of the community.

Nominations were received for the Board of Directors with minutes from last year's AGM and the Annual statement of accounts being adopted.

We would like to take this opportunity to thank everyone who took the time to attend our AGM, but also to thank all of our member groups who continue to support us and keep us busy.

We couldn't do it without you!



The voice of Carrickfergus Community

COMMISSION ON FLAGS, IDENTITY, CULTURE & TRADITION

On Thursday 11th May in the Town Hall, CCF hosted a public meeting on the Commission on Flags, Identity, Culture and Tradition.

The Commission on Flags, Identity, Culture and Tradition was established under the Fresh Start Agreement. As part of its work, the Commission were gathering views and opinions from right across all sections of our society. This took various forms, including a series of public meetings.

Discussions on the night included:

- The important role that culture and identity plays in parts of our society.
- What, if any, are the most challenging issues in relation to flags, identity, culture and tradition.
- Examples of good practice that have been successful in dealing with issues relating to flags, identity, culture and tradition.



Thank you to everyone who took the time to come along to this meeting. Your input was valued and appreciated.

Sign Language Course at CCF

From May, we have been running a course about 'Deaf Awareness Training' and 'Start to Sign' (British Sign Language).

The course has been very well attended for the weeks it has run in the community forum. The Facilitator, Mr John Carberry MBE describes the course as educational and fun with some of the participants being given their very own sign language nicknames to boot!



Those in attendance learned valuable basic sign language skills that they can now apply in daily interactions with the Deaf Community.



Dear Member,

Carrickfergus Community Forum has been given notice to vacate its current premises in the Town Hall. We plan to source new premises over the next few months which will accommodate our user groups.

We will keep you updated with any progress.

Thank you for your continued support.



SHARE THE CARE



Share the Care is a family based scheme in the Northern Health and Social Care Trust, providing short breaks, adult placements and a befriending service to adults with learning disabilities, physical disabilities and sensory impairment.

The scheme has been extremely successful and has evolved over the past twenty years; however we are very keen to continue to promote and enhance our service throughout the Northern Trust area. In order to do this we need to recruit more volunteers in the east Antrim area (Larne, Carrickfergus, and Newtownabbey).

We are looking for people who could spare a few hours to spend with individuals giving them time out to do things they may otherwise not get the opportunity to do, whilst also giving their carers a break.

Have you a spare room in your home and would you be prepared to offer a break for an adult with learning disabilities perhaps for a day, weekend or even a week? If you did not wish to do this in your own home, would you have a few spare hours to offer to take someone out and about?

For some families they are caring for someone 24 hours a day 7 days a week with little or no relief. To them a few hours of a break can be a god send. If you are someone who has something to offer however little, please contact Irene Convery (Social Worker, Share the Care Scheme) on 028 9331 5100 or email - irene.convery@northerntrust.hscni.net

We look forward to hearing from you.

The Cithrah Foundation Moves Premises

After 14 years in its office in West St, The Cithrah Foundation have moved to a ground floor premises in North St.

Cithrah is a Christian organisation providing help to women in crisis. It provides support, information, counselling, advice and temporary accommodation to families suffering the effects of domestic abuse.

Over the years, Cithrah has welcomed hundreds of people broken and in need through its doors who left with hope that life does exist after an abusive relationship. The move outlines the next chapter for the foundation to continue to provide a service in more accessible premises.

For more information, see Cithrah's website www.cithrah.org, call 028 9335 1199 or visit 28 North Street, Carrickfergus.



Meet the Councillors event

Earlier this year, CCF was approached by several members of the local community regarding engagement with their political representatives in Council in relation to local issues in Carrickfergus and the wider area. As a result, Carrickfergus Community Forum (CCF) invited local Councillors (Carrick Castle, Knockagh and Larne Lough) to discuss local issues and take questions from the floor.

The discussion event took place on Tuesday 23rd May 17 at Carrickfergus Community Forum, from 7.00pm. 19 councillors/MLA's were invited, 7 apologies were received, 4 councillors attended the event; Councillor's Cheryl Johnston (DUP), Noel Jordon (UKIP), Robert Logan (Alliance) and Paul Sinclair (Alliance). The meeting was chaired by CCF Treasurer Drew McCoubrey. 15 people attended the meeting in total including representatives from CCF member groups Shopmobility, Carrickfergus Junior Gateway,

Mencap, NI Crown Forces for Justice, Carrickfergus Road Safety Committee and Friends of Bashfordlands. The purpose of the meeting was to discuss issues of social and strategic importance to the community and to take these forward with key policy and decision makers within the statutory and local government sectors. The main points from discussion included the current situation in Stormont which has left public funded charities and organisations in a very vulnerable state with little indication of how funding is going to be affected going forward.

Local issues were also discussed included CCF being asked to vacate its current premises at the Town Hall. There was a general concern among councillors and attendees regarding CCF being evicted. Noel Jordan stated that CCF has played a huge role in the town to help form groups and assist them in securing funding. He added that the Forum came into Sunnylands at a time when they were isolated and offered hope to the community, making a massive difference in an area of deprivation. He stated the community would be lost without the Forum and added that they often work behind the scenes in times of unrest. Cheryl Johnston said that this year's pageant has received more funding and support than ever before this year due to the help and expertise from the Forum. She added that Council simply do not have the resources to offer this help.

The councillors were asked what they felt were the main issues within the Carrickfergus community. Main points included:

- Antisocial behaviour – community need to accept there is an issue
- Drugs and alcohol
- Mental health issues
- Underachievement and unemployment
- Lack of social housing
- Lack of police resources and closing of Carrick police station

CCF would like to thank the panel of councillors for attending and for the attendees for their contribution to the meeting.



COURSES AT CCF:

Personal Development & Assertiveness Training:

In May, 10 women participated in personal development/assertiveness training at an away day. This was implemented through the pilot Fresh Start Initiative by Department for Communities, a programme for women involved in community transformation. This engagement process is being undertaken as part of the departments contribution to the Fresh Start Initiative and to the delivery of the executive's action plan – Tackling Paramilitarism, Criminality and Organised Crime.

CALL FOR EXPRESSIONS OF INTEREST FOR DEMENTIA NI WORKSHOP

To be held on 2nd August 2017 10.30am-12.30pm at CCF. Contact Rachel or Janice if you would like to attend. carrickcommunity@btconnect.com or janicecherry@btconnect.com

We are preparing our program for 17/18 and would like to give our member groups the opportunity to request workshops and courses.

We are hoping to run workshops in:

- ◊ Sign language
- ◊ Governance & setting up a group
- ◊ Community development level 1 and 2
- ◊ Talking about tough issues to your children
- ◊ Charity Commission
- ◊ ICT

EXPRESS YOUR INTEREST NOW!

Do any of these courses sound familiar to the needs of your group? Get in touch!

Access NI Enhanced Checks

CCF is a registered Umbrella Body with Access NI. This means that we submit enhanced criminal record checks for community organisations in the Carrickfergus area. Access NI authorises umbrella bodies to provide these services to organisations. For more information on this service contact Janice Cherry, Coordinator 02893359777.

Places will be allocated on a first come first served basis.

We kindly ask that if your registration has been confirmed and circumstances change that you are no longer able to attend the workshop, please let us know so that we can offer places to those on our reserve list.

See something you like? Get in touch with us for more information, to register your interest or book a place 02893 359777.



SPOTLIGHT on ABC Therapies

Providing a drop-in session in Carrickfergus every Friday for over 6 years.

ABC Therapies is run by Billy McCullough and offers a number of complementary therapies such as reflexology, back and shoulder massage, hot stone therapy, auricular acupuncture and emotional freedom techniques to name just a few.

While Billy has been practicing in alternative therapies for some 18 years, the name ABC Therapies only came about around 6 years ago when they set up the regular drop-in at CCF. Billy had been involved with another organisation in Carrickfergus treating people with addictions, but unfortunately the organisation folded. Keen to carry on with the initiative, he had to seek out new premises in the town and luckily connected with CCF who were able to offer a room.



The ABC Therapies drop-in takes place weekly at CCF and is available for people from Carrickfergus, Greenisland and Whitehead. Although it initially started out as treatment for people with addictions, the drop-in now caters for just about any health problem people may have, including muscular problems, dealing with pain or emotional issues.

Complementary therapies are used alongside, or in addition to, conventional medical treatments . People use them to boost their physical or emotional health. Or to relieve symptoms or side effects. Some have been scientifically tested to check how effective and safe they are.



One of ABC Therapies service users getting a reflexology treatment from Billy McCullough at CCF.

Billy says of the initiative, *"The drop-in is very welcoming and friendly. Alongside the treatments, it is also a place where people form friendships and help each other. I often think people come along for both therapies!"*

Why not come along a try a free therapy treatment? The drop-in takes place on Friday mornings 9am-12 noon at CCF (check with the office in advance during holiday periods). The therapies are on a first come first served basis, so the earlier the better. Tea, coffee and cake (kindly home baked by Billy's wife Margaret) is on offer while you await your treatment.

For more information, contact the office on 02893 359777 or carrickcommunity@btconnect.com

The Royal Landings in Carrickfergus

This year, a four day festival marking the historic event of King William's arrival in Carrickfergus took place from 8th–11th June. The re-enactment of the inaugural Royal Landing which took place on Saturday 10th June was the highlight of the festival.



King William was rowed into the town's harbour where he was met by soldiers and dragoons dressed in period costume, before leading a parade on horseback through the town. The Orange Order described this year's event as a "rebranded and improved annual pageant", which also incorporated an open-air musical concert and Lambeg drumming workshop prior to the main event. A separate Gospel concert took place on the Sunday afternoon. Deputy Grand Master of the Grand Orange Lodge of Ireland, Harold Henning, said: "Carrickfergus is rich in Orange history, with its magnificent castle overlooking the harbour where King William landed in 1690 on his way to victory at the Battle of the Boyne." The Carrick pageant was held in partnership with the British Heart Foundation in Northern Ireland, raising funds for research into and awareness of heart disease.



Well done to everyone who helped organise this year's pageant and all the participants and visitors who made it the great success it was. ***For more information and photos from the day, visit The Royal Landings Facebook page www.facebook.com/theroyalandings***



Carrick Hosts NI's first Learning Disability Pride Day

Northern Ireland's first Learning Disability Pride Day took place in Carrickfergus at the end of May.

Thousands braved the unpredictable weather to support those taking part, while organisers hope the parade will raise awareness and inspire similar events across the UK. Organiser Thomas Houghton, from the Carrickfergus Senior Gateway Club, said: "There are 33,000 people with a learning disability in Northern Ireland and we wanted to organise an event to bring them together and to show pride in who they are."

"We want to raise awareness about what learning disability is, and how it does not have to stop someone achieving their full potential."



The event started with a parade, led by Queen of Comedy May McFetridge. *"It's an honour to lead the very first Learning Disability Pride Parade and to support and make people aware of what a learning disability is all about,"* John Linehan, the actor and comedian behind the larger-than-life character, said. Learning Disability Pride is funded and supported by the Big Lottery Fund, Mid and East Antrim Borough Council, and learning disability charity Mencap.



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 in our ezine, please contact us!

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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