









February - March 2015

www.makinglifebettertogether.com



# **Family Friendly Belfast**

Family Friendly Belfast 2015 is run by Belfast Strategic Partnership and Belfast City Centre Management with support from the Public Health Agency.

We aim to provide a wide range of family activities that are affordable, attractive and accessible to all.

We promote Belfast as a Family Friendly and Child Friendly City, in line with World Health Organisation standards.

During February and March, there are a number of **FREE** activities and Taster Sessions on offer... there really is something for everyone!

All events are subject to change.

Registration and/or booking is essential for most events. Please see individual venue website for each listing.



Contact Rebecca: 028 9028 8277. Email: rebecca@cwa-ni.org

### What's on



Acoustic Picnic: A family friendly lunchtime event at Oh Yeah Music Centre featuring live music and activities for children. Cafe is open for coffee and lights snacks. Feel free to bring your own picnic. Please note: If you or a family member are celebrating a birthday on any of the Acoustic Picnics listed, get in touch in advance by calling Tel: 028 9031 0845, and we'll arrange a few extra treats for your birthday group! www.ohyeahbelfast.com



Volume Control: An event mentoring programme for young people who love music, follow local bands, love gigs and want to learn how to put on live music. www.ohyeahbelfast.com



Culture Babies: Creative playgroup for under 4s and their parents. Offering a range of experiences to support creative expression, enabling young children to try new things and give them freedom to be as creative and messy as they want in a fun, safe place. www.youngatart.co.uk



KidsSpace: A Belfast Healthy Cities initiative, providing a creative space and offering activities to spark ideas and encourage children's creativity, with the freedom to shape their own use of space. www.belfasthealthycities.com



Watersports for children: Taster sessions of bellboating & dragon boating.



Bryson LaganSports, 2 Rivers Edge, 13-15 Ravenhill Road, BT6 8DN. Time: 11.00am to 1.00pm. Tel: 028 9046 3971 or 028 9046 1711. Email: lquinn@brysonlagansports.org www.laganwatersports.com



Watersports for young people: Taster sessions of bellboating, dragon boating, canoeing, kayaking & zorbing. Time: 1.30pm to 3.30pm.



Bryson LaganSports, 2 Rivers Edge, 13-15 Ravenhill Road, BT6 8DN. Tel Liz on: 028 9046 3971 or 028 9046 1711.



Email Iquinn@brysonlagansports.org www.laganwatersports.com



DJ Taster Sessions: Taster sessions to cover the basics of DJ-ing platforms, mixing, equipment and careers in the music industry. Max 15-20 per session.



Inspiring, developing and nurturing the future through creativity. Miami House Party, RCity Media, Ground Floor, CRI Building 165-169 Donegall Pass, BT7 1DT. Tel: 028 9023 4396. Email: info@rcitymedia.com www.rcitymedia.com



The Book Clinic: Drop in for an informal consultation with a friendly panel of Book Doctors who can offer advice and a prescription for the young readers in your family. The patient and their family can then take a prescription to their local library or bookshop to have it filled.



Balloon Modelling Workshops: Make your own animal complete with googly eyes and craft materials followed by in-store Treasure Hunt. Learning Space, 11A Fountain Centre, College Street, Belfast, BT1 6ET. Tel: 028 9031 9360.

Email: info@learningspaceuk.co.uk www.learningspaceuk.co.uk

'The Office of Important Art', CastleCourt. www.youngatart.co.uk



Cookery Workshops - Kids Cook Along: Our chef will show you how to make fun recipes which you then make together and eat what you've made. Each workshop has 16 spaces for 8 families. Ingredients included. Contact: Nicola Evans. Tel: 028 9024 2111



Cupcake Workshops: Learn how to make and decorate perfect cupcakes and take home your wonderful creations!

Belfast Cookery School, 53-54 Castle Street, Belfast, BT1 1GH. Time: 4.30pm-7.30pm.

Contact: Nicola Evans. Tel: 028 9024 2111. Email: n.evans@belfastcentre.com



TiNY: A multi-sensory theatre show of lights, sounds and textures for babies age 0-12 months. Maximum of 6 babies and 6 adults per show. Date & Time: Friday 6th March - 2.00pm, 3.00pm & 4.00pm. Chinese Welfare Association.



Date & Time: Saturday 7th March - 2.00pm and 3.00pm. May Street Presbyterian Church Hall, Little May St., Belfast, BT1 4NU. Jacqui Frazer: 028 9050 2073. Email: jacqueline.frazer@bhdu.org

### What's on



Walking Trails - Urban Explorers: From elephants to dolphins, parrots to Chinese warriors, Belfast city centre presents a wonderful array of special architectural features. This walk encourages everyone to 'look up' and discover the city around. Maps and clues will be available at the start of the walk. PLACE, 7-9 Lower Garfield Street, BT1 1FP.



Time: See dates shown on events. Each walk will last for 1 hour and 15 minutes. Tel: 028 9023 2524. Email: info@placeni.org www.placeni.org



Walking Trails - Urban Photo Walk: Join this fun walk of Belfast city centre; bring your own disposable camera, camera phone or digital camera. We'll guide and encourage you to create your own architectural images, which will be shared online.



PLACE, 7-9 Lower Garfield Street, BT1 1FP. Time: See dates shown on events. Max: 15 people per walk. Each walk will last for 1 hour and 15 minutes. Tel 028 9023 2524. Email: info@placeni.org Book online at: www.placeni.org



WiggleGiggle: An energetic wigglesome, gigglesome mash-up of words, rhythms and nifty noises designed to engage children's imaginations and enchant their eyes and ears! The show will delight its audience as it messes around with wonderful words, marvellous music, the silliest of sounds and some very interesting moves!



Date & Time: Sunday 8th March - 2.30pm & 4.00pm. May Street Presbyterian Church Hall, Little May St., Belfast, BT1 4NU. Maximum: 40 people (including adults).

Jacqui Frazer. Tel: 028 9050 2073. Email jacqueline.frazer@bhdu.org

Date & Time: Monday 9th March - 3.00pm & 4.30pm. At Ulster Hall. Tel: (Box Office) 028 9033 4455.



Children's Rights Exhibition: 'Citizen of the World, Now' 18 panels by 18 international artists containing 18 rights inspired by the UN Convention on the Rights of the Child.

'The Office of Important Art', CastleCourt. www.youngatart.co.uk



International Women's Day at Oh Yeah: Celebrating International Women's Day (IWD) 2015 on Saturday 7th March (held annually on 8th March).



This year's IWD global theme is #makeithappen. To mark the occasion our Family Friendly series of events will run with

a full afternoon of music, activities for children, interviews with local female artists, and a Q&A on women in the music industry. Time: 1.00pm to 4.00pm.



### **Ukulele Picnic**

Interactive workshop for all ages and abilities.

Working together to perform songs written by or made great by female artists.

Time: 1.00pm to 2.00pm.



### Special guest Bronagh Gallagher

Bronagh will be performing live and chatting about her music. Time: 2.00pm to 3.00pm.



### Music Industry panel and discussion

Oh Yeah will invite speakers along to talk about their experiences, offer advice and encourage debate. All welcome to participate, contribute and input into what could be a lively debate. Time: 3.00pm to 4.00pm.



### An Evening for Older Family Members

Come together, celebrate the great women in your life. Her World - Bjork Interpretations and inspiration with performances from Katharine Philippa, Goldie Fawn, R51, Sister Ghost, Jai McConnell and DJ Sage. Time: 8pm to Late.

www.ohyeahbelfast.com

### **Events February 2015**

### Saturday 21st February



What: Culture Babies

Where: 'The Office of Important Art', CastleCourt (former Warehouse unit on ground floor).

Time: 10.00am to 12noon.



## What: Balloon Modelling workshop followed by in-store Treasure Hunt

Where: Learning Space, 11A Fountain Centre College Street, Belfast. BT1 6ET.

Time: 11.00am to 2.00pm.





### What: KidsSpace



Where: Victoria Square, Lower Ground, House of Fraser entrance and CastleCourt, Middle Upper Mall. Time: 11.00am to 3.00pm.



Where: Oh Yeah Music Centre, 15-21 Gordon Street, BT1 2LG. All things tiger related, readings from the classic children's book, face painting, games, activities and more.

Time: 1.00pm to 2.00pm.







What: Watersport Taster Sessions (bellboating)

Time: 11.00am to 1.00pm.



What: Watersport Taster Sessions (canoeing/kayaking)



Where: Lagan Watersports **Time:** 1.30pm to 3.30pm.



Time: 3.00pm to 5.00pm





Where: 'The Office of Important Art', CastleCourt

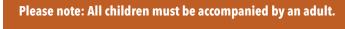
Time: 10.00am to 12noon.



What: Balloon Modelling workshop followed by an in-store Treasure Hunt

Time: 11.00am to 2.00pm.









































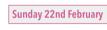




Plus live music from Rory Nellis and an open mic.























Where: Learning Space





What: Watersport Taster Sessions (bellboating) Where: Lagan Watersports







Where: Miami House Party Time: 3.00pm to 5.00pm.







Time: 2.00pm, 3.00pm and 4.00pm. Contact Rebecca: 028 9028 8277. Email: rebecca@cwa-ni.org

Time: Daily 11.00am to 5.00pm, Friday 6 March - Friday 13 March.

### Saturday 7th March

What: Balloon Modelling workshop followed by an in-store Treasure Hunt Where: Learning Space

Time: 11.00am to 2.00pm.

What: Walking Trails - Urban Photo Walk Where: PLACE Time: 11.00am





Tel: 028 9050 2073.

What: TiNY Where: May Street Presbyterian Church. Entrance at Little May Street. Time: 2.00pm and 3.00pm. Contact: Jacqui Frazer.

What: International Women's Day Where: Oh Yeah Music Centre Time: 1.00pm to 4.00pm & 8pm to late.

Email: jacqueline.frazer@bhdu.org



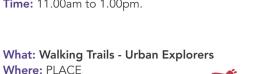
What: Cookery Workshops - Kids Cook Along Where: Belfast Cookery School Time: 4.30pm to 7.30pm.





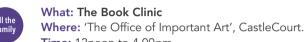
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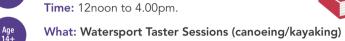






Time: 11.00am.





Where: Lagan Watersports **Time:** 1.30pm to 3.30pm.

What: WiggleGiggle Where: May Street Presbyterian Church. Entrance at Little May Street. Time: 2.30pm and 4.00pm. Contact: Jacqui Frazer.













What: WiggleGiggle Where: Ulster Hall **Time:** 3.00pm and 4.30pm. Tel: (Box Office) 028 9033 4455.





### Thursday 12th March

### What: Food for Thought



Part-meal, part-event, part-discussion, this free dinner will bring local families and communities together to share ideas, hopes and concerns. Recognising the growing food poverty among families in Northern Ireland, a particular focus will be on how families come together around meals and sharing responsibility for feeding our children.

Where: 'The Office of Important Art', CastleCourt. (former Warehouse unit on ground floor).

Time: 5.30pm. To book visit: www.youngatart.co.uk

### Saturday 14th March



What: Culture Babies - Build your own fort Where: 'The Office of Important Art', CastleCourt. Time: 10.00am to 12noon.



What: Balloon Modelling workshop followed by an in-store Treasure Hunt Where: Learning Space

Time: 11.00am to 2.00pm.



What: Acoustic Spring Picnic Music from Matt Duly, plus open mic. Spring themed activities and games for children. Where: Oh Yeah Music Centre **Time:** 1.00pm to 2.00pm.



Time: 1.00pm.



What: Walking Trails - Urban Photo Walk Where PLACE



What: Cookery Workshops - Cupcakes Where: Belfast Cookery School Time: 4.30pm to 7.30pm.



### Sunday 15th March



Time: 11.00am to 1.00pm.



What: Walking Trails - Urban Explorers Where: PLACE Time: 1.00pm.



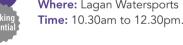


What: DJ Taster Sessions Where: Miami House Party Time: 3.00pm to 5.00pm.



### Tuesday 17th March







# Saturday 21st March

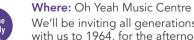


What: Culture Babies - Baby Circus Where: 'The Office of Important Art', CastleCourt Time: 10.00am to 12noon.



Time: 11.00am to 2.00pm.





We'll be inviting all generations to go back in time with us to 1964, for the afternoon. Belfast's Maritime Blues Club presentation, plus tea and cakes around a record player. Kaz Hawkins & her Band O' Men will also be bringing you live music. Time: 12noon to 4.00pm.



What: Cookery Workshops - Kids Cook Along Where: Belfast Cookery School. Time: 4.30pm to 7.30pm.





What: Watersport Taster Sessions (bellboating)

Where: Lagan Watersports Time: 11.00am to 1.00pm.





Time: 1.30pm to 3.30pm.









What: Volume Control Presents A Plastic Rose album launch with support from Paul Shevlin, The Radar and Ozymandias.

Where: Oh Yeah Music Centre Time: 7.00pm to 10.00pm.



### Saturday 28th March



What: Balloon Modelling workshop followed by an in-store Treasure Hunt

Where: Learning Space Time: 11.00am to 2.00pm.

What: Acoustic Picnic Where: Oh Yeah Music Centre

Music from Amidships, plus open mic. Games and activities for children.

What: How do we turn Belfast into a good

Where: May Street Presbyterian Church Hall, May Street, BT1 4NU. A high energy family art workshop exploring how we can turn Belfast into a good food city for the benefit of all – cabbages

**Time:** 1.00pm to 4.00pm.



and take home your wonderful creations! Where: Belfast Cookery School



### Sunday 29th March



What: Watersport Taster Sessions (bellboating) Where: Lagan Watersports

Time: 11.00am to 1.00pm.







What: Watersport Taster Sessions (canoeing/kayaking)



Where: Miami House Party Time: 3.00pm to 5.00pm.



















