



Family Friendly Belfast



February - March 2015

www.makinglifebettertogether.com

Free Events

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.

Free Events

Please note: All children must be accompanied by an adult.

What's on

All the Family
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

Age 14-18
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

Under 4s
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

All the Family
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

Age 8-13
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

Age 14+
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 lquinn@brysonlagansports.org www.laganwatersports.com

Age 14+
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

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

All the Family
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

Age 8+ & Adults
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.**

Booking Essential
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

Age 0-12 months
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.
Contact Rebecca: 028 9028 8277. Email: rebecca@cwa-ni.org
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

Age 3-5
Booking Essential
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

All the Family
Booking Essential
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

Age 3-5
Booking Essential
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.

All the Family
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

All the Family
Booking Essential
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.

All the Family
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.

All the Family
Special guest Bronagh Gallagher
Bronagh will be performing live and chatting about her music.
Time: 2.00pm to 3.00pm.

All the Family
Booking Essential
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.

18+
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

Under 4s
What: Culture Babies
Where: 'The Office of Important Art', CastleCourt (former Warehouse unit on ground floor).
Time: 10.00am to 12noon.

All the Family
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.

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

All the Family
What: Acoustic Picnic presents: 'The Tiger Who Came To Tea'
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.
Plus live music from Rory Nellis and an open mic.
Time: 1.00pm to 2.00pm.

Sunday 22nd February

Age 8-13
Booking Essential
What: Watersport Taster Sessions (bellboating)
Where: Lagan Watersports
Time: 11.00am to 1.00pm.

Age 14+
Booking Essential
What: Watersport Taster Sessions (canoeing/kayaking)
Where: Lagan Watersports
Time: 1.30pm to 3.30pm.

Age 14+
Booking Essential
What: DJ Taster Sessions
Where: Miami House Party
Time: 3.00pm to 5.00pm.

Saturday 28th February

Under 4s
What: Culture Babies - Litter Bugs
Where: 'The Office of Important Art', CastleCourt
Time: 10.00am to 12noon.

All the Family
What: Balloon Modelling workshop followed by an in-store Treasure Hunt
Where: Learning Space
Time: 11.00am to 2.00pm.

Sunday 1st March

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What: Watersport Taster Sessions (bellboating)
Where: Lagan Watersports
Time: 11.00am to 1.00pm.
 
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What: Watersport Taster Sessions (canoeing/kayaking)
Where: Lagan Watersports
Time: 1.30pm to 3.30pm.
 
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What: DJ Taster Sessions
Where: Miami House Party
Time: 3.00pm to 5.00pm.
 

Friday 6th March

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What: Children's Rights Exhibition
Where: 'The Office of Important Art', CastleCourt.
Time: Daily 11.00am to 5.00pm, Friday 6 March - Friday 13 March.
 
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What: TiNY
Where: Chinese Welfare Association
Time: 2.00pm, 3.00pm and 4.00pm.
 Contact Rebecca: 028 9028 8277. Email: rebecca@cwa-ni.org
 



Saturday 7th March

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What: Balloon Modelling workshop followed by an in-store Treasure Hunt
Where: Learning Space
Time: 11.00am to 2.00pm.
 
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What: Walking Trails - Urban Photo Walk
Where: PLACE
Time: 11.00am.
 
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What: Walking Trails - Urban Explorers
Where: PLACE
Time: 1.00pm.
 
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What: TiNY
Where: May Street Presbyterian Church. Entrance at Little May Street.
Time: 2.00pm and 3.00pm. Contact: Jacqui Frazer. Tel: 028 9050 2073. Email: jacqueline.frazer@bhdu.org
 
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What: International Women's Day
Where: Oh Yeah Music Centre
Time: 1.00pm to 4.00pm & 8pm to late.
 
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What: Culture Babies - Baby Yoga
Where: 'The Office of Important Art', CastleCourt
Time: 2.00pm to 4.00pm.
 
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What: Cookery Workshops - Kids Cook Along
Where: Belfast Cookery School
Time: 4.30pm to 7.30pm.
 

Sunday 8th March

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What: Watersport Taster Sessions (bellboating)
Where: Lagan Watersports
Time: 11.00am to 1.00pm.
 
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What: Walking Trails - Urban Explorers
Where: PLACE
Time: 11.00am.
 
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What: Walking Trails - Urban Photo Walk
Where: PLACE
Time: 1.00pm.
 
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What: The Book Clinic
Where: 'The Office of Important Art', CastleCourt.
Time: 12noon to 4.00pm.
 
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What: Watersport Taster Sessions (canoeing/kayaking)
Where: Lagan Watersports
Time: 1.30pm to 3.30pm.
 
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What: WiggleGiggle
Where: May Street Presbyterian Church. Entrance at Little May Street.
Time: 2.30pm and 4.00pm. Contact: Jacqui Frazer. Tel: 028 9050 2073. Email: jacqueline.frazer@bhdu.org
 
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What: DJ Taster Sessions
Where: Miami House Party
Time: 3.00pm to 5.00pm.
 

Monday 9th March

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




Thursday 12th March

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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.youngartart.co.uk


Saturday 14th March

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What: Culture Babies - Build your own fort
Where: 'The Office of Important Art', CastleCourt.
Time: 10.00am to 12noon.
 
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What: Walking Trails - Urban Explorers
Where: PLACE
Time: 11.00am.
 
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What: Balloon Modelling workshop followed by an in-store Treasure Hunt
Where: Learning Space
Time: 11.00am to 2.00pm.
 
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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.
 

Saturday 14th March (continued)

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What: Walking Trails - Urban Photo Walk
Where: PLACE
Time: 1.00pm.
 
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What: Cookery Workshops - Cupcakes
Where: Belfast Cookery School
Time: 4.30pm to 7.30pm.
 

Sunday 15th March

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What: Watersport Taster Sessions (bellboating)
Where: Lagan Watersports
Time: 11.00am to 1.00pm.
 
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What: Walking Trails - Urban Photo Walk
Where: PLACE
Time: 11.00am.
 
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What: Walking Trails - Urban Explorers
Where: PLACE
Time: 1.00pm.
 
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What: Watersport Taster Sessions (canoeing/kayaking)
Where: Lagan Watersports
Time: 1.30pm to 3.30pm.
 
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What: DJ Taster Sessions
Where: Miami House Party
Time: 3.00pm to 5.00pm.
 

Tuesday 17th March

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What: Watersport Taster Sessions (dragonboating)
Where: Lagan Watersports
Time: 10.30am to 12.30pm.
 
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What: Watersport Taster Sessions (zorbing)
Where: Lagan Watersports
Time: 1.00pm to 3.00pm.
 



Saturday 21st March

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What: Culture Babies - Baby Circus
Where: 'The Office of Important Art', CastleCourt
Time: 10.00am to 12noon.
 
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What: Balloon Modelling workshop followed by an in-store Treasure Hunt
Where: Learning Space
Time: 11.00am to 2.00pm.
 
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What: Vintage Picnic
Where: Oh Yeah Music Centre
 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.
 
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What: Cookery Workshops - Kids Cook Along
Where: Belfast Cookery School.
Time: 4.30pm to 7.30pm.
 

Sunday 22nd March

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What: Watersport Taster Sessions (bellboating)
Where: Lagan Watersports
Time: 11.00am to 1.00pm.
 
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What: Watersport Taster Sessions (canoeing/kayaking)
Where: Lagan Watersports
Time: 1.30pm to 3.30pm.
 
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What: DJ Taster Sessions
Where: Miami House Party
Time: 3.00pm to 5.00pm.
 

Friday 27th March

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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

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What: Culture Babies - Maker Baby Shaker
Where: 'The Office of Important Art', CastleCourt
Time: 10.00am to 12noon.
 
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What: Balloon Modelling workshop followed by an in-store Treasure Hunt
Where: Learning Space
Time: 11.00am to 2.00pm.
 
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What: Acoustic Picnic
Where: Oh Yeah Music Centre
 Music from Amidships, plus open mic. Games and activities for children.
Time: 1.00pm to 2.00pm.
 
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What: How do we turn Belfast into a good food city for everyone?
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 in drainpipes, rooftop vegetable gardens, a farm at City Hall, fish feeding plants and much more.
Time: 1.00pm to 4.00pm.
 
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What: Cookery Workshops - Cupcakes
 Learn how to make and decorate perfect cupcakes and take home your wonderful creations!
Where: Belfast Cookery School
Time: 4.30pm to 7.30pm.
 

Sunday 29th March

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What: Watersport Taster Sessions (bellboating)
Where: Lagan Watersports
Time: 11.00am to 1.00pm.
 
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What: Taste Adventure
 The Belfast Food Network invites you to an interactive mini-market with local artisan producers. Try new foods and learn more about where our food comes from. Arts and craft activities will also be available. Contact: kerry@belfastfoodnetwork.org
Where: Ulster Museum
Time: 12.00noon to 4.00pm. www.belfastfoodnetwork.org

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What: Watersport Taster Sessions (canoeing/kayaking)
Where: Lagan Watersports
Time: 1.30pm to 3.30pm.
 
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What: DJ Taster Sessions
Where: Miami House Party
Time: 3.00pm to 5.00pm.
 