



Belfast Festival of Learning

4 - 10 March 2019

FREE EVENTS

Putting people at the heart of learning

Welcome to the Belfast Festival of Learning 2019



As Lord Mayor I am delighted to introduce the fourth annual Belfast Festival of Learning. The festival showcases a wonderful array of free, fun and

interesting events across the city, with something for everyone.

The power of learning to transform lives and societies for the better has been recognised across the world. In today's fast moving world, cities and citizens face major challenges in adapting to the many social, political and economic changes taking place. Learning is key in helping people adapt to these changes.

In the past few years UNESCO established their Global Network of Learning Cities, a vibrant creative worldwide network, to help cities share solutions, good practice and ideas to support each other in addressing their key concerns.

Over 200 cities worldwide have committed to using learning to improve the lives of their citizens by joining this Network. We are very proud that Belfast joined the UNESCO Global Network of Learning Cities in 2018, the first city in Northern Ireland to do so.

We know that many people continue to experience hardship and face barriers in accessing the opportunities that could well improve their lives and the lives of their families. Our application to join the

UNESCO Network was based on a commitment to using learning to tackle inequalities, to create a more equal, just and inclusive society for all, by removing barriers to learning, by working together to meet the needs of the people who face most barriers and to ensure that 'no one is left behind'.

The annual festival of learning is an important part of building a learning city, a great example of how we can create a culture of learning and offer events that are accessible, creative and relevant to people's lives, whatever stage that might be, and all events are free.

The theme of this year's festival is celebration – celebration of our UNESCO status, and celebration of all the excellent opportunities that Belfast offers across the wide spectrum of learning.

After reading through the programme you will be amazed at how much is happening across the city and the diversity of events for all age groups. Why not make this the time to explore what's on offer?

I invite you to investigate, participate and celebrate. These events are great ways of having fun, meeting people and being part of Belfast Learning City.

The Lord Mayor

Councillor Deirdre Hargey

Introduction



As Chairperson of Belfast Strategic Partnership's Lifelong Learning Group, I am again delighted to introduce the annual Belfast Festival of Learning taking place this year from 4 - 10 March 2019.

Each year it is a fantastic and visible demonstration of 'Belfast a Learning City', bringing to life what learning really means across this city and the impact this has on many people's lives.

I am reminded of a quote I came across recently from John Ortberg, an American Clergyman in the mid 50's:

"Learning something new is a fabulous way to be refreshed. When work can grind you down, something about learning a new activity thrills the soul. It reminds you that the world is bigger than your desk and your to-do list"

Belfast as a city has been undergoing significant changes over the past number of years, the city centre landscape has been transforming before our eyes and spatial and physical improvements are clear to see, but there remain stubborn and persistent levels of deprivation across our city.

The Belfast Agenda, the city's first community plan, is committed to inclusive growth and growing the local economy to improve the quality of life for those who live, work in or visit Belfast. In that context the use of learning is a vital part of the city's combined efforts and can provide the means by which we all measure our progress.

The UNESCO endorsement of Belfast as a member of their Global Network of Learning Cities represents a recognition of the city's

efforts thus far. Many examples exist across the UNESCO network of the economic advantages of a learning city approach and we can all learn from our many friends across the globe.

Locally of course, our journey is about people and communities and throughout this unique festival week a platform is provided to bring Belfast citizens on a learning excursion, one which we hope is full of discovery and enjoyment.

We are reinvigorated at the range of events that continue to highlight and demonstrate improved accessibility and address barriers to learning. Awareness of, and accessibility to, learning opportunities are important to help people maintain active lives and maintain good positive mental health.

Throughout this week, I encourage everyone to participate. We hope you have fun and that the festival activity will inspire you to continue your learning journey.

The festival projects an eclectic vision of Belfast's talent, skills and creativity and I would like to thank all my colleagues on the Belfast Festival of Learning organising group for their continued efforts in drawing this range of talent together in the programme.

To decision makers, influencers and city leaders, I hope this week inspires you to continue your own journey as you seek to build a just and inclusive city, leaving no one behind.

A handwritten signature in black ink that reads "D Power". The signature is fluid and cursive, with a long horizontal line extending from the end.

Danny Power

Chairperson

Belfast Strategic Partnership

Lifelong Learning Thematic Group

A magnifying glass icon with a pink outline and a white center. The words "QUICK LOOK" are written in pink, uppercase letters inside the white circle.

QUICK LOOK

MONDAY 4 MARCH

- 1 STEM LEGO WORKSHOPS
- 2 ESSENTIAL SKILLS FOR EMPLOYMENT WORKSHOPS
- 3 FIX IT SURGERY
- 4 SHOPPING ONLINE
- 5 UPLOADING AND EDITING PHOTOS
- 6 YOGA WEEK AT GIRDWOOD COMMUNITY HUB
- 7 BASIC INTRODUCTION TO iMAC 1
- 8 ESSENTIAL SKILLS FOR EMPLOYMENT WORKSHOPS
- 9 ALTERED IMAGES: DESIGN A MUSIC ALBUM COVER
- 10 FAMILIES LEARN TO SWIM

STEM LEGO WORKSHOPS (OPEN TO 16-30 YEAR OLDS)

Learn and practise key STEM skills through taking part in engaging and inspiring programming activities. The LEGO Mindstorms series of kits contain software and hardware to create customised, programmable robots. Have fun and challenge yourself on your ability to measure distance, angles and work as a team.



Where: Prince's Trust NI
Unit 8 Weavers Court, Belfast, BT12 5GH



Day and date: Monday 4 March
Time: 10.00am - 12.30pm and 1.30pm - 3.30pm



Contact name: Jonny McKim
Tel: 028 9089 5031
Email: jonny.mckim@princes-trust.org.uk



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ESSENTIAL SKILLS FOR EMPLOYMENT WORKSHOPS

Shankill Job Assist will be offering opportunities to learn the essential skills of searching for and applying for work, through practical based workshops that will encourage participants to learn and use the skills required to secure employment.

Open Workshop: Developing a CV, completing an application form and dissecting a Job Description



Where: Shankill Job Assist Centre
252 Shankill Road, Belfast BT13 2BL



Day and date: Monday 4 March
Time: 10.00am - 12.30pm



Contact name: Carson Rankin
Tel: 028 9024 6226
Email: carsonjobassist@gmail.com

FIX IT SURGERY

Having issues with your tablet, phone or laptop? Learn how to fix it yourself. You will save money and frustration by learning the basic skills you need to update your own laptop/ tablet or phone so that it runs smoothly. Bring your device along and we will show you how to create more memory space, update your anti-virus software and run regular security checks so that you get the most out of your technology.



**Where: Knockbreda Wellbeing and Treatment Centre
110 Saintfield Road, Belfast BT8 6GR**



**Day and date: Monday 4 March
Time: 10.00am - 1.00pm**



**Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk**



SHOPPING ONLINE

Want to learn how to shop online safely to get yourself a bargain then come along and we will show you how easy it is when you know how. We will also give you a step by step guide that you can take away with you to use at home.



**Where: Newtownbreda Library
Saintfield Road, Belfast, Down BT8 7HL**



**Day and date: Monday 4 March
Time: 10.00am - 3.00pm**



**Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk**



UPLOADING AND EDITING PHOTOS

Learn how to keep, how to save and edit your photos and store/ save and share them safely on your phone or tablet.



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6DQ



Day and date: Monday 4 March
Time: 11.00am - 1.00pm



Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk



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YOGA WEEK AT GIRDWOOD COMMUNITY HUB

Yoga taster sessions for all with sessions for different groups throughout the week - older people, men only, teens, everyone, and baby sessions.

Monday - Yoga for older people



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG



Day and date: Monday 4 March
Time: 12.00pm - 1.00pm



Contact name: Cathryn McCarroll
Tel: 07770 748 778
Email: mccarrollc@belfastcity.gov.uk



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BASIC INTRODUCTION TO iMAC 1

Learn how to use an iMAC computer we will show you the basics.



**Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6DQ**



**Day and date: Monday 4 March
Time: 1.00pm - 3.00pm**



**Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk**



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Lone Parent workshop: Developing a CV, completing an application form and dissecting a Job Description



**Where: Shankill Job Assist Centre
252 Shankill Road, Belfast BT13 2BL**



**Day and date: Monday 4 March
Time: 1.30pm - 3.30pm**



**Contact name: Carson Rankin
Tel: 028 9024 6226
Email: carsonjobassist@gmail.com**



ALTERED IMAGES: DESIGN A MUSIC ALBUM COVER

Create a vintage handmade portrait music album cover, using old photographs and collage materials. Give new life to forgotten memories. Aimed at 7-14 year olds.



Where: Skainos Centre, 241 Newtownards Road
Belfast BT4 1AF



Day and date: Monday 4 March
Time: 4.30pm – 6.30pm



Contact name: Kathy Marsh
Tel: 028 9028 5933
Email: kathymariammarsh@gmail.com

Closed event in partnership with East Belfast Mission



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FAMILIES LEARN TO SWIM

Albert Foundry Academy FC wishes to provide opportunities for club members and their families to learn to swim as a family unit. This will be a five day programme and will introduce adults and children to the basic fundamentals of swimming and improve water confidence.



Where: Shankill Leisure Centre
100 Shankill Road, Belfast BT13 2BD



Day and date: Monday 4 March
Time: 7.00pm – 8.00pm



Contact name: Iris McIlroy
Tel: 07847 500 025
Email: Iris445414@gmail.com

*Please note this is a closed event and for
Albert Foundry Academy FC members only.*

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QUICK LOOK

TUESDAY 5 MARCH

- 1 FIX IT SURGERY
- 2 LEARN HOW TO GIVE YOUR DEVICE AN MOT
- 3 REMEMBER ME - THE ARTIST'S WAY
- 4 MAGIC OF THE MUSICALS
- 5 MEN'S HEALTH DAY
- 6 SENSORY PLAY
- 7 JOB FAIR
- 8 BIKE CAFE
- 9 RECOGNISING LEARNING ENDEAVOUR AWARDS 2019
- 10 REAL LIVES: LEARNING FROM THOSE LIVING WITH DEMENTIA
- 11 BASIC INTRODUCTION TO iMAC 2
- 12 VOICES FROM WW1: EXPERIENCES OF NURSES AND MEDICAL PERSONNEL
- 13 DEVELOPING FRIENDSHIPS
- 14 UNDERSTANDING MEDICATIONS
- 15 SOPHIE'S LITTER JOURNEY
- 16 SOPHIE'S LITTER JOURNEY
- 17 PLAY IN A DAY
- 18 FAMILIES LEARN TO SWIM
- 19 SNAP HAPPY - TAKE BETTER HOLIDAY SNAPS
- 20 GET SET - INTRODUCTION TO SET DANCING - STEP WITH ANNETTE
- 21 YOGA WEEK AT GIRDWOOD COMMUNITY HUB

FIX IT SURGERY

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**Where: Arches Wellbeing & Treatment Centre
Health & Care for East Belfast
4 Westminster Avenue North, Belfast BT4 1NS**



**Day and date: Tuesday 5 March
Time: 10.00am – 1.00pm**



**Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk**



LEARN HOW TO GIVE YOUR DEVICE AN MOT

Having issues with your tablet, phone or laptop? Learn how to fix it yourself. You will save money and frustration by learning the basic skills you need to update your own laptop/tablet or phone so that it runs smoothly. Bring your device along and we will show you how to create more memory space, update your anti-virus software and run regular security checks so that you get the most out of your technology.



**Where: Bloomfield Church
447 Beersbridge Road, Belfast BT5 5DW**



**Day and date: Tuesday 5 March
Time: 10.00am – 1.00pm**



**Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk**



REMEMBER ME- THE ARTIST'S WAY

Explore paths to creativity through combining walking in the park, writing and painting.



Where: Falls Park and Relatives for Justice Premises
39 Glen Road, Belfast BT11 8BB



Day and date: Tuesday 5 March
Time: 10.00am – 2.00pm



Contact name: Kathy Marsh
Tel: 028 9028 5933
Email: kathymariammarsh@gmail.com

Closed event in partnership with Relatives for Justice



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MAGIC OF THE MUSICALS

A number of primary schools from across Belfast are coming together to present a short musical concert to friends and family. This will consist of excerpts from children's musical favourites which the children will have developed with the support of Belfast Metropolitan College Level 3 childcare students.



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6DQ



Day and date: Tuesday 5 March
Time: 10.30am – 11.45am



Contact name: Faith Garrett
Tel: 028 9026 5000
Email: fgarrett@belfastmet.ac.uk



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MEN'S HEALTH DAY

Join Volunteer Now for a day of interesting information on health & hobbies.



Where: The Crumlin Road Gaol
53-55 Crumlin Road, Belfast BT14 6ST



Day and date: Tuesday 5 March
Time: 10.30am - 2.00pm



Contact name: Deirdre Murphy
Tel: 028 9023 2020
Email: deirdre.murphy@volunteernow.co.uk



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SENSORY PLAY

Sensory play engages children in experiences that stimulate and support the five senses. This interactive session- led by qualified Play Workers- is for parents or guardians and their babies or toddlers to give you ideas, hints and tips for learning and fun with your little one.



Where: Ligoniel Community Centre
144 Ligoniel Road, Belfast BT14 8DT



Day and date: Tuesday 5 March
Time: 10.30am - 12.00pm



Contact name: Ulrike Letzner
Tel: 07747 465 446
Email: letzneru@belfastcity.gov.uk



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JOB FAIR

The Department for Communities in partnership with Belfast City Council is hosting a Job Fair. Come along to see a wide range of employers actively seeking to recruit. Everyone welcome!



Where: Europa Hotel



Day and date: Tuesday 5 March

Time: 11.00am - 4.00pm



Contact: For more information, contact your local Jobs & Benefits office or check online

<https://www.nidirect.gov.uk/articles/careers-events>

Tel: 028 9082 9000



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BIKE CAFE

Come with your bike(s) that needs attention, and a favourite recipe to share. We'll do our best to teach you how to fix your bike, while you teach us how to make your favourite dish.



Where: Macrory Centre

130 Duncairn Gardens, Belfast BT15 2GL



Day and date: Tuesday 5 March

Time: 11.00am - 2.00pm



Contact name: Richard Higginson

Tel: 07402 513 432

Email: loveworkscoop@gmail.com

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RECOGNISING LEARNING ENDEAVOUR AWARDS 2019

The Open College Network NI 'Recognising Learning Endeavour Awards 2019' will cover a range of categories and recognise the achievements of adults and young people throughout Northern Ireland. The awards event will highlight learners who have overcome significant social, economic or educational barriers which were preventing them from realising their full potential.



Where: Stormont Hotel
Upper Newtownards Road, Belfast BT4 3LP



Day and date: Tuesday 5 March
Time: 11.30am – 2.00pm



Contact name: Matthew McCormick
Tel: 028 9046 3990
Email: mmccormick@ocnni.org.uk
By invitation only



9

REAL LIVES: LEARNING FROM THOSE LIVING WITH DEMENTIA

At this unique and inspiring session, members of Dementia NI share real-life experiences of living with dementia and help explain what support they need, in the hope that everyone will become more understanding and accepting of the symptoms of dementia.

For tickets, please search Real Lives on www.eventbrite.co.uk or register via the events section of Dementia NI Facebook page www.facebook.com/DementiaNI



Where: Grosvenor Hall, 5 Glengall Street, Belfast BT12 5AD



Day and date: Tuesday 5 March
Time: 12.00pm – 2.00pm



Contact name: Ashleigh Davis
Tel: 028 9068 6768
Email: ashleigh@dementiani.org



10

BASIC INTRODUCTION TO iMAC 2

Learn how to use an iMAC computer we will show you the basics.



**Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast, BT14 6EG**



**Day and date: Tuesday 5 March
Time: 1.00pm - 3.00pm**



**Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk**



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VOICES FROM WW1: EXPERIENCES OF NURSES AND MEDICAL PERSONNEL

HMS Caroline and the Royal College of Nursing History Network Northern Ireland present an exploration of the experiences of NI Nurses and Medical personnel during WW1 through diary readings and living history performance.



**Where: HMS Caroline, Dockside Museum
Alexandra Dock, Queens Road, Belfast, BT3 9DT**



**Day and date: Tuesday 5 March
Time: 1.30pm - 3.00pm**



**Contact name: Ruth Osborne
Tel: 028 9045 4484.
Email: info.caroline@nmrn.org.uk
Pre-booking required. Email or call.**



12

DEVELOPING FRIENDSHIPS

Social support can be vital in improving the lives of someone with a mental health difficulty, yet such a challenge can make it difficult to develop or build on important relationships. This course will help you or someone you know/work with consider the most appropriate ways to improve or establish a social system.



Where: Morton Community Centre
10 Lorne Street, Belfast, BT9 7DU



Day and date: Tuesday 5 March
Time: 1.00pm – 4.00pm



Contact name: Thomas Fisher
Tel: 028 9504 3059 / 07850 937868
Email: thomas.fisher@belfasttrust.hscni.net



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UNDERSTANDING MEDICATIONS

This short workshop explores the types of medications available for mental health issues, also looking at possible side effects, what to do if experiencing them, and where to go for more information.



Where: Belfast Recovery College, Ground Floor
Lanyon Building, 10 North Derby Street, Belfast, BT15 3HL



Day and date: Tuesday 5 March
Time: 2.00pm – 4.00pm



Contact name: Karen Bester
Tel: 028 9504 3059 / 07542 227812
Email: karen.bester@belfasttrust.hscni.net



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SOPHIE'S LITTER JOURNEY

Join us for a short story about Sophie and her journey of discovery about the impact littering can have on our city's wildlife and marine animals.



**Where: Whiterock Library, Whiterock Road
Belfast BT12 7FW**



**Day and date: Tuesday 5 March
Time: 3.00pm**



**Contact name: Kirsty Torney
Tel: 028 9032 0202 ext 5379
Email: torneyk@belfastcity.gov.uk**



15

SOPHIE'S LITTER JOURNEY

Join us for a short story about Sophie and her journey of discovery about the impact littering can have on our city's wildlife and marine animals.



**Where: Ormeau Road Library
247 Ormeau Road, Belfast BT7 3GG**



**Day and date: Tuesday 5 March
Time: 3.30pm**



**Contact name: Kirsty Torney
Tel: 028 9032 0202 ext 5379
Email: torneyk@belfastcity.gov.uk**



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PLAY IN A DAY

Carnegie Oldpark opens its doors to local young people for a 'Play-in-a-Day' event. Genevieve Swift (Theatre Without Walls) will show participants how to brainstorm ideas for the plot of their play, make costumes and props, and develop a dance to go with the song they choose and perform.



Where: Carnegie Oldpark Library
46 Oldpark Road, Belfast BT14 6FR



Day and date: Tuesday 5 March
Time: 4.00pm - 7.00pm



Contact name: Ani Kanakaki
Tel: 07454 028 628
Email: ani@northernireland.foundation



FAMILIES LEARN TO SWIM

Albert Foundry Academy FC wishes to provide opportunities for club members and their families to learn to swim as a family unit. This will be a five day programme and will introduce adults and children to the basic fundamentals of swimming and improve water confidence.



Where: Shankill Leisure Centre
100 Shankill Road, Belfast BT13 2BD



Day and date: Tuesday 5 March
Time: 6.00pm - 7.00pm



Contact name: Iris McIlroy
Tel: 07847 500 025
Email: Iris445414@gmail.com

Please note this is a closed event and for Albert Foundry Academy FC members only.



SNAP HAPPY- TAKE BETTER HOLIDAY SNAPS

Most of us take a picture to record and keep memories. Our Snap Happy Taster session is a great precursor to our Digital Photography workshops and explores colour, framing and composition to help you take better snaps. Max numbers are 10.



Where: Café Destination
17 Stranmillis Road, Belfast BT9 5AF



Day and date: Tuesday 5 March
Time: 6.30pm - 8.30pm



Contact name: Jason Lear
Tel: 07808 579 057
Email: Jason.lear@leartraining.com



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GET SET - INTRODUCTION TO SET DANCING - STEP WITH ANNETTE

All are welcome to this special beginner's class, no partner or experience necessary! Instruction will be provided, from basic steps and movements to dancing popular figures. Wear comfortable shoes, and bring a bottle of water.

Fun guaranteed - get moving - get dancing!



Where: Dance studio, Skainos Centre
241 Newtownards Road, Belfast BT4 1AF



Day and date: Tuesday 5 March
Time: 7.00pm - 8.30pm



Contact name: Annette Collins
Tel: 028 3834 5522
Email: stepwithannette@yahoo.co.uk

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YOGA WEEK AT GIRDWOOD COMMUNITY HUB

Yoga taster sessions for all-sessions for different groups throughout the week.

Tuesday - Yoga for men



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG



Day and date: Tuesday 5 March
Time: 7.30pm - 8.30pm



Contact name: Cathryn McCarroll
Tel: 07770 748 778
Email: mccarrollc@belfastcity.gov.uk



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A magnifying glass icon with a dark teal outline and a white interior. The words "QUICK LOOK" are written in a dark teal, sans-serif font inside the lens of the magnifying glass.

QUICK LOOK

WEDNESDAY 6 MARCH

- 1 ESSENTIAL SKILLS FOR EMPLOYMENT WORKSHOPS
- 2 CELEBRATING WORLD BOOK DAY
- 3 CS LEWIS SQUARE TOUR
- 4 SHOPPING ONLINE
- 5 CELEBRATING WOMEN'S PARTICIPATION IN SWIMMING
- 6 WILDLIFE IN DANGER
- 7 UPLOADING AND EDITING PHOTOS
- 8 ESSENTIAL SKILLS FOR EMPLOYMENT WORKSHOPS
- 9 PRINT A PLANET WITH BELFAST PRINT WORKSHOP
- 10 YOGA WEEK AT GIRDWOOD COMMUNITY HUB
- 11 MINDFULNESS FOR EVERYDAY LIVING
- 12 FAMILIES LEARN TO SWIM

ESSENTIAL SKILLS FOR EMPLOYMENT WORKSHOPS

Shankill Job Assist will be offering opportunities to learn the essential skills of searching for and applying for work through practical based workshops that will encourage participants to learn and use the skills required to secure employment.

Young persons' workshop (16-24): Developing a CV, completing an application form and dissecting a Job Description



Where: Shankill Job Assist Centre
252 Shankill Road, Belfast BT13 2BL



Day and date: Wednesday 6 March
Time: 10.00am - 12.30pm



Contact name: Carson Rankin
Tel: 028 9024 6226
Email: carsonjobassist@gmail.com



CELEBRATING WORLD BOOK DAY

This event is designed to support children's love and interest in reading. Supporting World Book Day in March this event will help bring books to life in a fun environment where children will be able to listen to storytelling, read books, explore characters and create things from some of our favourite books.



Where: Millfield Campus
125-153 Millfield, Belfast BT1 1HS



Day and date: Wednesday 6 March
Time: 10.00am - 12.00pm



Contact name: Margaret Deevy
Tel: 028 9026 5448
Email: mdeevy@belfastmet.ac.uk



CS LEWIS SQUARE TOUR

This event will involve P5 pupils in a West Belfast school and their teachers working in partnership with a school in East Belfast to explore CS Lewis Square and the East Belfast area. The event is designed to raise awareness of CS Lewis and his connection to East Belfast. Pupils will also have an opportunity to explore the themes of diversity and inclusion.



Where: CS Lewis Square
402 Newtownards Road, Belfast BT4 1HF



Day and date: Wednesday 6 March
Time: 10.00am – 12.00pm



Contact name: Frances Maguire
Tel: 028 9061 4823
Email ftmaguire@hotmail.com



SHOPPING ONLINE

Want to learn how to shop online safely to get yourself a bargain then come along and we will show you how easy it is when you know how. We will also give you a step by step guide that you can take away with you to use at home.



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8-10 Lorne Street, Belfast BT9 7DU



Day and date: Wednesday 6 March
Time: 10.00am – 1.00pm



Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk

CELEBRATING WOMEN'S PARTICIPATION IN SWIMMING

This is to celebrate women from diverse backgrounds learning a new sport - swimming to gain new skills, and to promote integration and cross-community engagements.



**Where: DW Sports Fitness 24 Boucher Rd
Belfast BT12 6HP**



**Day and date: Wednesday, 6 March
Time: 10.30am - 12.00pm**



**Contact name: Adekanmi Abayomi
Tel: 07579 026 375
Email: emsoni.sports@gmail.com**



5

WILDLIFE IN DANGER

Discover the reasons wildlife is in danger: habitat destruction, hunting, bush meat, live animal trade. Meet up close with an animal facing all these threats. Look at how zoo breeding programmes are conserving wildlife and find out how you can help.

Aimed at senior citizens



Where: Belfast Zoo, Antrim Road, Belfast BT36 7PN



**Day and date: Wednesday 6 March
Time: 10.30am - 12.30pm**



**Contact name: John Fisher
Tel: 07840 959 215**

Email: fisherj@belfastcity.gov.uk

Refreshments provided

6

UPLOADING AND EDITING PHOTOS

Learn how to keep, how to save and edit your photos and store/ save and share them safely on your phone or tablet.



Where: Dee St Community Centre
12-16 Dee Street, Belfast BT4 1FT



Day and date: Wednesday 6 March
Time: 1.00pm - 3.00pm



Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk



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Contact name: Carson Rankin
Tel: 028 9024 6226
Email: carsonjobassist@gmail.com



PRINT A PLANET WITH BELFAST PRINT WORKSHOP

Kids and grown-ups can get creative at this fun taster workshop to learn printmaking techniques. Working together, each pair (child 7+ and accompanying adult) will create their own printed planet artworks, using inks, stencils, brushes and found objects. Booking, imagination and no previous experience required.



Where: 30-42 Waring Street, Belfast BT1 2ED



Day and date: Wednesday 6 March

Time: 4.00pm - 6.00pm



Contact name: Belfast Print Workshop

Tel: 028 9023 1323

Email: events@bpw.org.uk



YOGA WEEK AT GIRDWOOD COMMUNITY HUB

Yoga taster sessions for all-sessions for different groups throughout the week.

Wednesday - Yoga for teenagers



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG



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Contact name: Cathryn McCarroll

Tel: 07770 748 778

Email: mccarrollc@belfastcity.gov.uk



MINDFULNESS FOR EVERYDAY LIVING

Learn how to improve health, relationships and bring more of the good into your life by using this ancient technique of mindfulness. There will be a short talk on the benefits of mindfulness and how you can practise mindfulness in everyday situations. All welcome



Where Lisburn Road Library
440 Lisburn Road; Belfast, BT9 6GR



Day and date: Wednesday 6 March
Time: 6.30pm - 7.30pm



Contact name: Pauline Dunlop
Tel: 07768 184 524
Email: Paulinemdunlop@hotmail.com



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Albert Foundry Academy FC wishes to provide opportunities for club members and their families to learn to swim as a family unit. This will be a five day programme and will introduce adults and children to the basic fundamentals of swimming and improve water confidence.



Where: Shankill Leisure Centre
100 Shankill Road, Belfast BT13 2BD



Day and date: Wednesday 6 March
Time: 6.30pm - 7.30pm



Contact name: Iris McIlroy
Tel: 07847 500 025
Email: Iris445414@gmail.com

Please note this is a closed event and for Albert Foundry Academy FC members only.





QUICK LOOK

THURSDAY 7 MARCH

- 1 GET ONLINE FOR UNIVERSAL CREDIT
- 2 LEARNING THROUGH PLAY
- 3 FIX IT SURGERY
- 4 FIX IT SURGERY
- 5 UPLOADING AND EDITING PHOTOS
- 6 INNER CONSTELLATIONS, PAINTING WITH ALEXA
- 7 OUTTO LEARN
- 8 FIGHTING WORDS BELFAST
- 9 CREATIVE PHOTO AND VIDEO EDITING TASTER
- 10 BUILDING SELF-ESTEEM
- 11 DISABLED PEOPLE SPEAK OUT
- 12 GET ONLINE FOR UNIVERSAL CREDIT
- 13 BASIC INTRODUCTION TO iMAC 2
- 14 WILDLIFE IN DANGER
- 15 FAMILIES TOGETHER- LEARNING AND FUN
- 16 FIGHTING WORDS BELFAST
- 17 FAMILIES LEARN TO SWIM
- 18 YOGA WEEK AT GIRDWOOD COMMUNITY HUB

GET ONLINE FOR UNIVERSAL CREDIT

We will help you set up your own email account and navigate the internet on your phone or using the tablets and free wifi available at your local BCC Community Centre.



**Where: Cregagh Community centre
Mount Merrion Avenue, Belfast BT6 0FL**



**Day and date: Thursday 7 March
Time: 10.00am - 12.00pm**



**Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk**



1

LEARNING THROUGH PLAY

This event will offer an opportunity for children and staff to explore a range of play opportunities designed to support informal learning. They will encourage children and families to be active and creative. This event looks at play through both formal games and informal games that encourage physical activity.



**Where: Belfast Metropolitan College
Castlereagh Campus, Montgomery Road BT6 69D**



**Day and date: Thursday 7 March
Time: 10.00am - 12.00pm**



**Contact name: Margaret Deevy
Tel: 028 9026 5448
Email: mdeevy@belfastmet.ac.uk**

2

FIX IT SURGERY

Having issues with your tablet, phone or laptop? Learn how to fix it yourself. You will save money and frustration by learning the basic skills you need to update your own laptop/tablet or phone so that it runs smoothly. Bring your device along and we will show you how to create more memory space, update your anti-virus software and run regular security checks so that you get the most out of your technology.



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast, BT14 6EG



Day and date: Thursday 7 March
Time: 10.00am - 1.00pm



Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk



3

FIX IT SURGERY

Having issues with your tablet, phone or laptop? Learn how to fix it yourself. You will save money and frustration by learning the basic skills you need to update your own laptop/tablet or phone so that it runs smoothly. Bring your device along and we will show you how to create more memory space, update your anti-virus software and run regular security checks so that you get the most out of your technology.



Where: Grove Wellbeing Centre
Grove Wellbeing and Treatment Centre
120 York Road, Belfast, BT15 3HF



Day and date: Thursday 7 March
Time: 10.00am - 1.00pm



Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk



4

UPLOADING AND EDITING PHOTOS

Learn how to keep, how to save and edit your photos and store/save and share them safely on your phone or tablet.



Where: Knockbreda Wellbeing and Treatment Centre, 110 Saintfield Road, Belfast BT8 6GR



Day and date: Thursday 7 March
Time: 10.00am - 1.00pm



Contact name: Roisin McKenna

Tel: 028 9027 0644

Email: mckennaroisin@belfastcity.gov.uk



5

INNER CONSTELLATIONS, PAINTING WITH ALEXA

Practise self-care and creativity, with the help of Alexa: Amazon Echo's voice-controlled assistant.



Where: Aware NI, 40-44 Duncairn Gardens
Belfast BT15 2GG



Day and date: Thursday 7 March
Time: 10.00am - 2.00pm



Contact name: Kathy Marsh

Tel: 028 9028 5933

Email: kathymariammarsh@gmail.com

Closed event in partnership with Aware NI



6

OUT TO LEARN

Impact Training plans to promote external learning with 20 young people by bringing them to employers as part of their Training For Success programme development. This will provide experience to the world of work and to the range of roles within the workplace.



Where: 16 Lanark Way Belfast BT13 3BH

Day and date: Thursday 7 March



Time: 10.00am - 12.00pm
1.30pm - 3.30pm



Contact name: Gary McKay

Tel: 028 9033 9910

Email: gmckay@impacttraining.com



7

FIGHTING WORDS BELFAST

Like stories? Want to help spark children's creativity? Fighting Words Belfast, NI's creative writing centre for young people, is looking for volunteers from every walk of life. Come for a cup of tea and a yarn about joining us: "truly the most feel-good experience," as one volunteer put it.



Where: Skainos Centre

241 Newtownards Road BT4 1AF



Day and date: Thursday 7 March

Time: 10.30am - 12.30pm



Contact name: Emily DeDakis

Tel: 028 9023 0660

Email: emily@fightingwords.co.uk



8

CREATIVE PHOTO AND VIDEO EDITING TASTER

If you have an interest in photography or film and would like to gain an insight into image processing using FREE Open Source technology, then this taster workshop is an ideal opportunity for you.

You will leave with basic knowledge in a range of free technology that will enable you to start your creative journey. Numbers are limited so please book in advance.



Where: Café Destination
17 Stranmillis Road, Belfast BT9 5AF



Day and date: Thursday 7 March
Time: 12.30pm - 2.30pm



Contact name: Jason Lear
Tel: 07808 579 057
Email: Jason.lear@leartraining.com



BUILDING SELF-ESTEEM

This course examines the importance of valuing ourselves rather than just developing self-worth from others. It looks at practical skills and knowledge we can use to build self-esteem and confidence in a comfortable and interactive environment.



Where: Farsset International
466 Springfield Rd, Belfast, BT12 7DW



Day and date: Thursday 7 and Thursday 14 March
Time: 12.30pm - 4.00pm



Contact name: Stevie Millar
Tel: 028 9504 3059 / 07590 622420
Email: steven.millar@belfasttrust.hscni.net



DISABLED PEOPLE SPEAK OUT

We are a passionate disability self-advocacy 'Speak Out' group who want to share our experiences and our self-advocacy knowledge with others. We will show how it has raised our expectations, empowered us to have more control, to speak up for ourselves and to make decisions about our lives.



Where: Newlife City Church
143 Northumberland ST, Belfast BT13 2JF



Day and date: Thursday 7 March
Time: 1.00pm - 2.30pm



Contact name: Laura Burns
Tel: 028 9023 6677
Email: l.burns@usdt.co.uk



11

GET ONLINE FOR UNIVERSAL CREDIT

We will help you set up your own email account and navigate the internet on your phone or using the tablets and free wifi available at your local BCC Community Centre.



Where: Knocknagoney Community Centre
41 Knocknagoney Drive, Belfast BT4 2QF



Day and date: Thursday 7 March
Time: 1.00pm - 3.00pm



Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk



12

BASIC INTRODUCTION TO iMAC 2

Learn how to use an iMAC computer - we will show you the basics.



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6DQ



Day and date: Thursday 7 March
Time: 1.00pm - 3.00pm



Contact name: *Roisin McKenna*
Tel: 028 9027 0644
Email: *mckennaroisin@belfastcity.gov.uk*



13

WILDLIFE IN DANGER

Discover the reasons wildlife is in danger: habitat destruction, hunting, bushmeat, live animal trade. Meet up close an animal facing all these threats. Look at how zoo breeding programmes are conserving wildlife and find out how you can help.

Aimed at senior citizens



Where: Belfast Zoo, Antrim Road
Belfast BT36 7PN



Day and date: Thursday 7 March
Time: 1.30pm - 3.30pm



Contact name: *John Fisher*
Tel: 07840 959 215
Email: *fisherj@belfastcity.gov.uk*
Refreshments provided



14

FAMILIES TOGETHER- LEARNING AND FUN

This fun activity packed event will take families on a learning journey around 6 areas of the NI curriculum- Language, Mathematics, Arts, World around Us, Personal Development and Physical Education. Parents and children will enjoy learning activities at each zone and families will gain ideas that can support learning at home.



**Where: Euston Street Primary School
Euston St, Belfast BT6 9AG**



**Day and date: Thursday 7 March
Time: 2.00pm - 4.00pm**



**Contact name: Claire Humphrey
Tel: 028 9041 9069
Email: claire.humphrey@barnardos.org.uk**



15

FIGHTING WORDS BELFAST

Like stories? Want to help spark children's creativity? Fighting Words Belfast, NI's creative writing centre for young people, is looking for volunteers from every walk of life. Come for a cup of tea and a yarn about joining us: "truly the most feel-good experience," as one volunteer put it.



16



**Where: Skainos Centre
241 Newtownards Road BT14 4AF**



**Day and date: Thursday 7 March
Time: 6.00pm - 8.00pm**



**Contact name: Emily DeDakis
Tel: 028 9023 0660
Email: emily@fightingwords.co.uk**

FAMILIES LEARN TO SWIM

Albert Foundry Academy FC wishes to provide opportunities for club members and their families to learn to swim as a family unit. This will be a five day programme and will introduce adults and children to the basic fundamentals of swimming and improve water confidence.



Where: Shankill Leisure Centre
100 Shankill Road, Belfast BT13 2BD



Day and date: Thursday 7 March
Time: 6.00pm - 7.00pm



Contact name: Iris McIlroy

Tel: 07847 500 025

Email: Iris445414@gmail.com

Please note this is a closed event and for Albert Foundry Academy FC members only.



YOGA WEEK AT GIRDWOOD COMMUNITY HUB

Yoga taster sessions for all-sessions for different groups throughout the week.

Thursday - Yoga for everyone



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG



Day and date: Thursday 7 March
Time: 7.00pm - 8.00pm



Contact name: Cathryn McCarroll

Tel: 07770 748 778

Email: mccarrollc@belfastcity.gov.uk





FRIDAY 8 MARCH

- 1 SURFACE WORLDS: REFLECTION IN THE CITY
- 2 YOGA WEEK AT GIRDWOOD COMMUNITY HUB
- 3 ESSENTIAL SKILLS FOR EMPLOYMENT WORKSHOPS
- 4 GET ONLINE FOR UNIVERSAL CREDIT
- 5 DAILY BREAD
- 6 ADULT LEARNING AND MENTAL HEALTH & WELLBEING
- 7 FIX IT SURGERY
- 8 FAMILY FUN DAY AT THE MEN'S SHED
- 9 "GET ONLINE" FOR SENIORS
- 10 COLIN GRANDPARENTS GROUP COOKERY/NUTRITIONAL CLASSES
- 11 CELEBRATION OF LEARNING
- 12 DAILY BREAD
- 13 UPLOADING AND EDITING PHOTOS
- 14 MAKING SOMETHING USING A 3D PRINTER
- 15 EASTSIDE LEARNING READING FAIR
- 16 'A PART OF BELFAST NOW'
- 17 SOPHIE'S LITTER JOURNEY
- 18 FAMILIES LEARN TO SWIM

SURFACE WORLDS: REFLECTION IN THE CITY

Freestyle painting inspired by views of Belfast City- painting for fun and relaxation. Call into the pop up studio, open to shoppers, tourists, workers on their lunch break etc.



Where: Belfast City Centre (pop up shop)



Day and date: Friday 8 March

Time: All Day



Contact name: Kathy Marsh

Tel: 028 9028 5933

Email: kathymariamarsh@gmail.com

Contact Kathy for venue details



1

YOGA WEEK AT GIRDWOOD COMMUNITY HUB

Yoga taster sessions for all-sessions for different groups throughout the week. Friday – Baby Yoga



**Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG**



Day and date: Friday 8 March

Time: 10.00am - 11.00am



Contact name: Cathryn McCarroll

Tel: 07770 748 778

Email: mccarrollc@belfastcity.gov.uk

2

ESSENTIAL SKILLS FOR EMPLOYMENT WORKSHOPS

Shankill Job Assist plans to promote and offer opportunities to learn the essential skills of searching for and applying for work through practical based workshops that will encourage participants to learn and use the skills required to secure employment.

Interview workshop with all service users with a practice mock interview with one of the employability mentors. A qualified benefits advisor will be on hand to advise and give specific advice and better off calculations if considering employment.



Where: Shankill Job Assist Centre
252 Shankill Road, Belfast BT13 2BL



Day and date: Friday 8 March
Time: 10.00am - 2.00pm



Contact name: Carson Rankin
Tel: 028 9024 6226
Email: carsonjobassist@gmail.com



3

GET ONLINE FOR UNIVERSAL CREDIT

We will help you set up your own email account and navigate the internet on your phone or using the tablets and free Wifi available at your local BCC Community Centre.



Where: Dee St Community Centre
12-16 Dee Street, Belfast BT14 1FT



Day and date: Friday 8 March
Time: 10.00am - 12.00pm



Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk

4

DAILY BREAD

Learn home baking skills through making fresh, wholesome and nourishing breads- just like Granny made. Make bread in various shapes and forms from basic materials and very cost effective.



Where: Lower Oldpark Community Association
9-23 Avoca Street, Belfast BT14 6EN



Day and date: Friday 8 March
Time: 10.00am - 12.00pm



Contact name: Rosemary McGreevy
Tel: 028 9075 3424
Email: belfastrosie@hotmail.com



5

ADULT LEARNING AND MENTAL HEALTH & WELLBEING

This seminar will examine research into the impact of participating in learning on adult wellbeing, summarised by Prof Olga Tegaskis, a report from the Learning & Work Institute on Learning, Work and Health, plus contributions from local organisations and learners.

This seminar is organised by the NI Impact Forum on Adult Learning and EPALE UK.



Where: NICVA 61 Duncairn Gardens
Belfast BT15 2GB



Day and date: Friday 8 March
Time: 10.00am - 1.00pm



Contact name: Colin Neilands
Email: colin.neilands@communitus.co.uk



6

FIX IT SURGERY

Having issues with your tablet, phone or laptop? Learn how to fix it yourself. You will save money and frustration by learning the basic skills you need to update your own laptop/ tablet or phone so that it runs smoothly. Bring your device along and we will show you how to create more memory space, update your anti-virus software and run regular security checks so that you get the most out of your technology.



Where: Beech Hall Centre, Wellbeing & Treatment Centre
21 Andersonstown Road, Belfast, BT11 9AF



Day and date: Friday 8 March
Time: 10.00am - 1.00pm



Contact name: *Roisin McKenna*
Tel: 028 9027 0644
Email: *mckennaroisin@belfastcity.gov.uk*



FAMILY FUN DAY AT THE MEN'S SHED

Members of North Belfast Men's Shed would like to invite their friends and family to participate in creative activities in our shed including copper work, pyrography, painting, helping construct a buddy bench, or get involved in a demonstration of how a wooden pen is made. Refreshments provided. All welcome.



Where: North Belfast Men's Shed, Unit L41
Edenderry Industrial Estate
326 Crumlin Road, Belfast BT14 7EE



Day and date: Friday 8 March
Time: 10.00am - 1.00pm



Contact name: *Geraldine Nelson*
Tel: 07850 651 263
Email: *mensshed@ashtoncentre.com*



"GET ONLINE" FOR SENIORS

Benefits or pensions online? Internet shopping? Email, WhatsApp or Skype? This workshop will help you to use your smartphone, tablet or laptop for everyday tasks, so please bring your own device with you. You will also get a hot lunch after all your hard work!

 **Where: Concorde Community Centre**
36 Alliance Road, Belfast BT14 7JB

 **Day and date: Friday 8 March**
Time: 10.30am - 1.00pm

 **Contact name: Mabel McClelland**
Tel: 028 9071 2450
Email: mcclellandm@belfastcity.gov.uk



9

COLIN GRANDPARENTS GROUP COOKERY/NUTRITIONAL CLASSES

Inspirational hands-on cookery lesson, participants will gain skills such as teamwork and confidence. The lesson will also give participants an understanding of nutrition, how to budget effectively to cook healthy meals and how produce is grown.

 **Where: Cloona House, 31 Colin Road**
Belfast BT17 0LG

 **Day and date: Friday 8 March**
Time: 11.00am

 **Contact name: Matthew McKinley**
Tel: 028 9062 3813
Email: Matthew@newcolin.com



10

CELEBRATION OF LEARNING

Celebrating International Women's Day and the success of women participating in lifelong learning. Celebrating our good relation programmes which have taken place during this last year and our links and friendships with cross community and BME groups.



Where: Footprints Women's Centre
84a Colinmill, Poleglass BT17 0AR



Day and date: Friday 8 March
Time: 11.00am



Contact name: Charlene Murray
Tel: 028 9092 3444
Email: Charlene@footprintswomenscentre.com



DAILY BREAD

Learn home baking skills through making fresh, wholesome and nourishing breads- just like Granny made. Make bread in various shapes and forms from basic materials and very cost effective.



Where: Lower Oldpark Community Association
9-23 Avoca Street, Belfast BT14 6EN



Day and date: Friday 8 March
Time: 1.00pm - 3.00pm



Contact name: Rosemary McGreevy
Tel: 028 9075 3424
Email: belfastosie@hotmail.com



UPLOADING AND EDITING PHOTOS

Learn how to keep, how to save and edit your photos and store/save and share them safely on your phone or tablet.



Where: Arches Wellbeing & Treatment Centre
Health & Care for East Belfast
4 West Minister Avenue North, Belfast BT4 1NS



Day and date: Friday 8 March
Time: 1.00pm - 3.00pm



Contact name: *Roisin McKenna*
Tel: 028 9027 0644
Email: *mckennaroisin@belfastcity.gov.uk*



MAKING SOMETHING USING A 3D PRINTER

Make something using a 3D printer, we will show you how to use our 3D printer which is free to use.



Where: 10 Girdwood Avenue, Belfast BT14 6DQ



Day and date: Friday 8 March
Time: 1.00pm - 3.00pm



Contact name: *Roisin McKenna*
Tel: 028 9027 0644
Email: *mckennaroisin@belfastcity.gov*



EASTSIDE LEARNING READING FAIR

Come along to this annual, colourful and friendly event aimed at helping parents to access information and advice to support their child's reading. It will include storytelling sessions for the children, reading fun on your tablet/ i-pad, giving library, phonics taster sessions, story-based drama workshops and meeting teachers for reading advice and support.



Where: Skainos Centre
241 Newtownards Road, Belfast BT4 1AF



Day and date: Friday 8 March
Time: 1.00pm - 4.30pm



Contact name: Maggie Andrews
Tel: 028 9046 7922
Email: maggie@eastsidepartnership.com



'A PART OF BELFAST NOW'

Belfast is becoming a much more diverse city. Belfast City of Sanctuary works with public bodies, non government organisations and community organisations to make Belfast a welcoming environment for refugees, asylum seekers and new communities.

'A Part of Belfast Now' is an exhibition featuring the stories of 9 refugees and members of new communities and this event will feature the exhibition, short talks by two refugees/newcomers and a discussion.



Where: Lisburn Road Library
Derwent House 440 Lisburn Road, Belfast BT9 6GR



Day and date: Friday 8 March
Time: 2.30pm - 3.30pm



Contact name: John O'Neill
Email: belfastcityofsanctuary@gmail.com

SOPHIE'S LITTER JOURNEY

Join us for a short story about Sophie and her journey of discovery about the impact littering can have on our city's wildlife and marine animals.

 **Where: Ballyhackamore Library**
1-3 Eastleigh Drive, Belfast BT4 3DX

 **Day and date: Friday 8 March**
Time: 3.30pm

 **Contact name: Kirsty Torney**
Tel: 028 9032 0202 ext 5379
Email: torneyk@belfastcity.gov.uk



FAMILIES LEARN TO SWIM

Albert Foundry Academy FC wishes to provide opportunities for club members and their families to learn to swim as a family unit. This will be a five day programme and will introduce adults and children to the basic fundamentals of swimming and improve water confidence.

 **Where: Shankill Leisure Centre**
100 Shankill Road, Belfast BT13 2BD

 **Day and date: Friday 8 March**
Time: 6.15pm - 7.45pm

 **Contact name: Iris McIlroy**
Tel: 07847 500 025
Email: Iris445414@gmail.com

Please note this is a closed event and for Albert Foundry Academy FC members only.



A blue magnifying glass icon with a white circular center. Inside the white circle, the words "QUICK LOOK" are written in a bold, blue, sans-serif font.

QUICK LOOK

SATURDAY 9 MARCH

- 1 OPEN DAY 2019
- 2 CELEBRATING CULTURAL DIVERSITY WITH FOODS FROM AROUND THE WORLD
- 3 CODERDOJO
- 4 CODERDOJO
- 5 OH THE PLACES YOU'LL GO
- 6 LIFE STORY-NARRATIVE WORK
- 7 DINOSAUR ROBOTICS
- 8 MINDFULNESS FOR EVERYDAY LIVING
- 9 SCIENCE FUN FOR THE FAMILY
- 10 CAMAN HURL WITH ME
- 11 PRINT A PLANET WITH BELFAST PRINT WORKSHOP
- 12 MOVE RIGHT, BODY BRIGHT
- 13 SCIENCE FUN FOR THE FAMILY
- 14 'HOMEMAKERS' FAMILY WORKSHOP
- 15 STAINED GLASS WORKSHOP
- 16 PRINT A PLANET WITH BELFAST PRINT WORKSHOP
- 17 AN EVENING OF MIXED FOLK DANCES FROM IRELAND, SCOTLAND AND FRANCE - GET DANCING!

OPEN DAY 2019

Maitri Studio will host an open day with free events for the public to try something new. They will include examples of all the classes we offer at Maitri Studio already, including yoga, pilates, t'ai chi, belly dancing, sound baths and more.

 **Where: 4 The Mount, Belfast BT5 4NA**

 **Day and date: Saturday 9 March**
Time: All Day

 **Contact name: Claire Ferry**
Tel: 028 9099 2428
Email: info@maitristudio.net



1

CELEBRATING CULTURAL DIVERSITY WITH FOODS FROM AROUND THE WORLD

Ravenscroft Nursery School will be hosting a morning of celebrating the cultural diversity and inclusivity of our school community. Mr Hullaballoo will be here to tell us exciting stories about the globe around us and we will enjoy different foods from around the world.

 **Where: Ravenscroft Nursery School**
Ravenscroft Avenue, Belfast BT5 5BA

 **Day and date: Saturday 9 March**
Time: 10.00am

 **Contact name: Nuala Symington**
Tel: 028 9047 1684
Email: ravenscroftns@btconnect.com

2

CODERDOJO

Our CoderDojo Saturday Club gives young enthusiasts 8-15 years old the opportunity to learn to code, build a website, create an app or a game, and explore technology in an informal, creative, and social environment. Come along and see what you think.



Where: Girdwood Community Hub
10 Girdwood Avenue, BT14 6EG



Day and date: Saturday 9 March
Time: 10.00am - 12.00pm



Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk



3

CODERDOJO

Our CoderDojo Saturday Club gives young enthusiasts 8-15 years old the opportunity to learn to code, build a website, create an app or a game, and explore technology in an informal, creative, and social environment. Come along and see what you think.



Where: Market Community Centre
1 Market Street, Belfast BT7 2BS



Day and date: Saturday 9 March
Time: 10.00am - 12.00pm



Contact name: Roisin McKenna
Tel: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk



4

OH THE PLACES YOU'LL GO

Oh the Places You'll Go... in East Belfast. Enjoy a Suess-ical scavenger hunt around the Belmont Road, reading rhymes and finding funny friends, ending back at the Strand with some classic Seuss cartoons.



Where: Strand Arts Centre
152-154 Holywood Road BT4 1NY



Day and date: Saturday 9 March
Time: 10.00am - 12.00pm



Contact name: Ali Fell
Tel: 07889 195 754
Email: ali@strandartscentre.com



5

LIFE STORY-NARRATIVE WORK

Life story-narrative training will provide an opportunity for adoptive parents to support their children understand the story of their life including the tough stuff. Children often struggle to deal with their complex past and need support of their adoptive family.



Where: Adoption UK
63-75 Duncairn Gardens BT15 2GB



Day and date: Saturday 9 March
Time: 10.00am - 3.00pm



Contact name: EJ Havlin
Tel: 028 9077 5211
Email: ej@adoptionuk.org.uk



6

DINOSAUR ROBOTICS

Fun for all the family giving people the opportunity to code. Creating your own robotic dinosaur and taking them on a race through the jungle that is the tropical ravine.



Where: Tropical Ravine, Belfast Botanic Gardens
Belfast BT7 1LP



Day and date: Saturday 9 March
Time: 10.00am - 3.00pm



Contact name: *Roisin McKenna*
Tel: 028 9027 0644
Email: *mckennaroisin@belfastcity.gov.uk*



7

MINDFULNESS FOR EVERYDAY LIVING

Learn how to improve health, relationships and bring more of the good into your life by using this ancient technique of mindfulness. There will be a short talk on the benefits of mindfulness and how you can practise mindfulness in everyday situations



8



Where: Falls Road Library
49 Falls Road, Belfast BT12 4PD



Day and date: Saturday 9 March
Time: 10.30am - 11.30am



Contact name: *Pauline Dunlop*
Tel: 07768 184 524
Email: *Paulinemdunlop@hotmail.com*

SCIENCE FUN FOR THE FAMILY

Prepare to get messy with fizzy, hands-on science fun with Science Starz. This mobile lab allows children of all ages to carry out a variety of interactive science experiments.

 **Where: Colin Glen Library, Unit 17
Dairy Farm Centre, Stewartstown Road
Dunmurry BT17 0AW**

 **Day and date: Saturday 9 March
Time: 10.30am - 12.00pm**

 **Contact name: Elita Frid
Tel: 07783 171 734
Email: info@sciencestarz.com
Booking essential at library**



9

CAMAN HURL WITH ME

Gort na Mona provide camogie for girls from age 3 to adulthood. Many of the young girls are new to the sport as well as the club. The parents often have no experience of the game. We hope to run a programme to allow the parent or grandparent to get actively involved in the training sessions. We feel that this will help promote active lifestyles as well as increase participation within the club.

 **Where: Gort na Mona 3g pitch facilities
Upper Springfield Road BT12 7QX**

 **Day and date: Saturday 9 March
Time: 11am**

 **Contact name: Danielle Hughes
Tel: 07999 624 683
Email: helloweeyou@hotmail.co.uk**



10

PRINT A PLANET WITH BELFAST PRINT WORKSHOP

Kids and grown-ups can get creative at this fun taster workshop to learn printmaking techniques. Working together, each pair (child 7+ and accompanying adult) will create their own printed planet artworks, using inks, stencils, brushes and found objects. Booking, imagination and no previous experience required.



Where: Cotton Court
30-42 Waring Street, Belfast BT1 2ED



Day and date: Saturday 9 March
Time: 11.00am - 1.00pm



Contact name: Belfast Print Workshop
Tel: 028 9023 1323
Email: events@bpw.org.uk



11

MOVE RIGHT, BODY BRIGHT

Physical play workshop for 1-12 year olds. Two 60 minute sessions- early years and after school- to encourage children to get moving. Challenge yourself with our timed obstacle course or learn new skills as you take part in Parent and Child yoga or Irish Dancing!



Where: East Belfast Mission, Community Hall
239 Newtownards Road BT4 1AF



Day and date: Saturday 9 March
Time: 11.00am - 12.00pm early years session
12.00pm-1.00pm after school children.



Contact name: Caroline Crossan
Tel: 028 9046 3480
Email: Caroline.crossan@ebm.org.uk



12

SCIENCE FUN FOR THE FAMILY

Prepare to get messy with fizzy, hands-on science fun with Science Starz. This mobile lab allows children of all ages to carry out a variety of interactive science experiments.



Where: Tullycarnet Library, Kinross Ave
Kings Road, Belfast BT5 7GF



Day and date: Saturday 9 March
Time: 1.15pm - 2.45pm



Contact name: Elita Frid
Tel: 07783 171 734
Email: info@sciencestarz.com
Booking essential at library



13

'HOMEMAKERS' FAMILY WORKSHOP

Join Young at Art for a 'HOMEMAKERS' workshop to design, decorate and make a model 'home'. This event is hosted by Young at Art as part of their inSPIRED family day on Saturday 9 March 2019.



Where: Belfast Cathedral, Donegall Street
Belfast BT1 2HB



Day and date: Saturday 9 March
Time: 2.00pm - 5.00pm



Contact name: Box Office
Tel: 028 9024 3042
Email: info@youngatart.co.uk

14

STAINED GLASS WORKSHOP

Celebrate the rich history and heritage of the Cathedral Quarter with a stained glass workshop. This event is hosted by Young at Art as part of their inSPIREd family day on Saturday 9 March 2019.



Where: Belfast Cathedral, Donegall Street
Belfast BT1 2HB



Day and date: Saturday 9 March
Time: 2.00pm - 5.00pm



Contact name: Box Office
Tel: 028 9024 3042
Email: info@youngatart.co.uk



15

PRINT A PLANET WITH BELFAST PRINT WORKSHOP

Kids and grown-ups can get creative at this fun taster workshop to learn printmaking techniques. Working together, each pair (child 7+ and accompanying adult) will create their own printed planet artworks, using inks, stencils, brushes and found objects. Booking, imagination and no previous experience required.



Where: 30-42 Waring Street BT1 2ED



Day and date: Saturday 9 March
Time: 4.00pm - 6.00pm



Contact name: Belfast Print Workshop
Tel: 028 9023 1323
Email: events@bpw.org.uk



16

SATURDAY 9 MARCH

AN EVENING OF MIXED FOLK DANCES - FROM IRELAND, SCOTLAND AND FRANCE-GET DANCING!

Beginner dancers welcome, no partner or experience necessary. Wear comfortable hard-soled shoes, bring a bottle of water and a sense of fun!



**Where: Strand Presbyterian Church
161 Connsbrook Avenue, Belfast BT14 1JY**



**Day and date: Saturday 9 March
Time: 7.00pm - 9.00pm**



**Contact name: Annette Collins
Tel: 028 3834 5522
Email: stepwithannette@yahoo.co.uk
Facebook: [stepwithannette](https://www.facebook.com/stepwithannette)**



13



SUNDAY 10 MARCH

- 1 CAMAN HURL WITH ME
- 2 BALLYMAC COMMUNITY SUNDAY LUNCH
- 3 FAMILY FRIENDLY FILM SCREENING IN CITY HALL
- 4 SING BECAUSE IT FEELS GOOD

CAMAN HURL WITH ME

Gort na Mona provide camogie for girls from age 3 to adulthood. Many of the young girls are new to the sport as well as the club. The parents often have no experience of the game. We hope to run a programme to allow the parent or grandparent to get actively involved in the training sessions. We feel that this will help promote active lifestyles as well as increase participation within the club.

 **Where: Gort na Mona 3g pitch facilities
Upper Springfield Road, Belfast BT12 7QX**

 **Day and date: Sunday 10 March
Time: 11.00am**

 **Contact name: Danielle Hughes
Tel: 07999 624 683
Email: helloweeyou@hotmail.co.uk**



1

BALLYMAC COMMUNITY SUNDAY LUNCH

If you live in the Ballymacarrett area of East Belfast, join us for a 3 course lunch accompanied by entertainment and activities for the younger ones. A great opportunity for parents, grandparents, children, aunts, uncles, nieces and nephews to spend some time together sharing a meal. Bring all the family!

 **Where: Ballymac Friendship Trust
1A Fraser Pass, Belfast BT4 1BP**

 **Day and date: Sunday 10 March
Time: 1.00pm**

 **For information on how to book places,
please log onto Facebook @ballymaccentre
or contact Roz - roz.small@hotmail.com**

2

FAMILY FRIENDLY FILM SCREENING IN CITY HALL - WALL-E

Enjoy a screening of WALL-E in the lovely surroundings of our City Hall. An animation for children (5+) on the adventures of WALL-E and the importance of looking after the planet. Take part in an arts and crafts session before the film.



**Where: Belfast City Hall, Great Hall
Donegall Square, Belfast BT1 5GS**



**Day and date: Sunday 10 March
Time: 1.30pm - 2.10pm Arts & Crafts session
2.15pm-4.00pm Screening of WALL-E**



**Contact name: Jacqueline Frazer
Tel: 028 9050 2073**

Email: jacqueline.frazer@bhdu.org

Numbers are limited and booking is essential.

Children under 16 must be accompanied by an adult.



SING BECAUSE IT FEELS GOOD

This is a fun and engaging singing workshop open to everyone regardless of age, singing talent or background. Research shows that when we sing we release endorphins that make us smarter, healthier, happier and more creative. Come sing songs to uplift and soothe your soul.



**Where: Crescent Arts Centre, 2-4 University Road
Belfast BT7 1NH Workshop Room 3**



**Day and date: Sunday 10 March
Time: 2.00pm - 3.30pm**



**Contact name: Michelle Bailly
Tel: 07518 973 146**

Email: Michellebailly1@gmail.com



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*For more information on the
Belfast Festival of Learning, please contact:*

Dolores Atkinson

Email: Dolores.atkinson@bhdu.org

Tel: 028 9050 2073

or visit our website:

www.makinglifebettertogether.com

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