



Belfast Festival of Learning

5 – 11 March 2018

ALL EVENTS FREE

Putting people at the heart of learning



Welcome to the Belfast Festival of Learning 2018



As Lord Mayor of Belfast I am proud to introduce the third annual Belfast Festival of Learning.

The festival of learning aims to showcase the very diverse range of lifelong learning opportunities that exist in the city which contribute to making Belfast a very special place to live and work in, or visit. The festival caters for all ages, interests and abilities, from the very young, starting their learning journey to the not so young. Events of all kinds are taking place in a variety of venues across Belfast and all events are free.

As a parent myself, I am particularly delighted to see so many family friendly events in the programme – providing safe and welcoming places for family members (of any combination) to learn new skills and have fun together.

Our festival breaks down barriers and celebrates how learning takes place in many different settings and throughout our lives. Building a strong culture of learning is core to our vision of developing Belfast as a learning city. Developing as a learning city is about improving the lives of residents, by reducing inequality and

social exclusion, making our city a better and more sustainable place for everyone. We still have much to do to achieve this but we are working collaboratively with other cities, as part of the UNESCO Global Network of Learning Cities, learning from each other and sharing good practice in an effort to be the best we can!

I wish to thank the many people all over the city for their huge commitment to deliver this festival and who give their time, expertise and enthusiasm every year on a voluntary basis. We hope you find our festival is an inspiration to keep working on creating a better, fairer and more equal society for all and to share this experience of living and learning together.

The festival's motto is "celebrate and collaborate!" and you are invited to do just that – discover different learning opportunities, take part in events, team up with others and have lots of fun doing so!

A handwritten signature in black ink, appearing to be 'Nuala McAllister', written over a horizontal line.

The Right Honourable The Lord Mayor
Councillor Nuala McAllister

Introduction



As the Chairperson of the Belfast Strategic Partnerships Lifelong Learning Group, I am again delighted to introduce the third annual Belfast Festival of Learning taking place this year from 5th–11th March 2018.

Congratulations to all those involved in putting together this eclectic combination of Belfast's talent, skills and creativity and to all my colleagues on the Lifelong Learning group for their continued efforts throughout the year.

Belfast is a changing city and is transforming into a positive and embracing place to live, work and visit.

This unique festival journey provides the platform to bring Belfast citizens on a learning journey, full of discovery and enjoyment, equipping them with the tools to embrace life to its full whether it is in the field of education, employment, living together in a shared society or simply as mechanisms to cope with life's stresses and strains, it is a challenging but rewarding road to travel.

The Festival is a snapshot of what Belfast has to offer throughout and across the year, from our formal education system, including our renowned Universities, our first-class Higher Education facilities to our vibrant community, voluntary and business sectors.

Throughout the next number of weeks and months we will be engaging with our

partners, many of whom will be highlighting their work in the Festival week in the evolving 'Learning City plan for Belfast', our commitment on behalf of the city to the UNESCO Global Network of Learning Cities in our application for membership of that body.

Belfast as a city has demonstrated the value of working together to improve the lives of all our citizens – a material demonstration of our community plan, the Belfast Agenda, that can be seen most vividly by the efforts of our key allies and partners in our collective drive to tackle and eliminate inequalities in health across the city, a concerted effort to improve the quality of life for all our citizens via the vehicle of the Belfast Strategic Partnership.

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

Belfast has an opportunity, through improved collaboration and partnership working to utilise more effectively its available resources in a more focused and outcomes-based approach.

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.

A handwritten signature in black ink, appearing to read 'D Power' with a long, sweeping horizontal line extending to the right.

Danny Power

Chairperson

Belfast Strategic Partnership

Lifelong Learning Thematic Group

A magnifying glass icon with a pink outline and a white handle. The lens of the magnifying glass is a white circle containing the text "QUICK LOOK" in pink, uppercase letters.

QUICK LOOK

MONDAY 5 MARCH

- 1 FESTIVAL OF LEARNING IN BELFAST TRUST
- 2 READING ROOMS FAIR - VERBAL ARTS CENTRE
- 3 SUN PRINTS AND SONG LYRICS
- 4 SENSORY FOOD JOURNEY - LEARNING SPACE
- 5 'ALL SYSTEMS GO' LEARNING WORKSHOPS - ULSTER UNIVERSITY
- 6 WHERE DOES YOUR WASTE GO? - BELFAST CITY COUNCIL
- 7 UP UP AND AWAY - GO FLY YOUR KITE!

FESTIVAL OF LEARNING IN BELFAST TRUST

Belfast Health and Social Care Trust will showcase a diverse range of learning opportunities for staff across the organisation. Activities will range from mindfulness, resilience, keeping your body and mind sharp, getting the most from your computer to realising your potential in line with our Supporting Belfast Strategy.



Where: Variety of locations across the Belfast Trust sites including the Royal Victoria Hospital, City Hospital, Knockbracken Healthcare and various community sites across greater Belfast



Day and date: Monday 5 – Friday 9 March
Time: Events throughout each day



Contact name: Emma McGarry
Tel: 028 9504 3458
Email: emma.mcgarry@belfasttrust.hscni.net



READING ROOMS FAIR – VERBAL ARTS CENTRE

Do you enjoy a great story or love a good conversation? Climb aboard the Reading Rooms bus and hear stories from all over the world. Hear more about volunteering for Reading Rooms and sign up as a new volunteer. Share the passion for reading.



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



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



Contact name: Stephanie Campbell
Tel: 028 7126 6946
Email: readingrooms.mobile@theverbal.co



SUN PRINTS AND SONG LYRICS

Learn how to make a sun print or cyanotype. Learn illustration and stencil techniques. This session is for Windsor Women's Centre and is by invitation only.



**Where: The MAC Belfast, 10 Exchange Street West
Belfast BT1 2NJ**



**Day and date: Monday 5 March
Time: 10.00am - 2.00pm**



**Contact name: Kathy Marsh (and John Kelly)
Tel: 028 9028 5933
Email: kathymariamارش@gmail.com**



SENSORY FOOD JOURNEY - LEARNING SPACE

Travel with us on a sensory food journey from field to plate! Start by looking at how fruit and vegetables are grown and sold. Move on to cooking and end with eating together at a dinner table. Have fun taking part in this interactive event which has a little learning in the ingredients.



**Where: LEARNING SPACE, 11A Fountain Centre
College Street, Belfast BT1 6ET**



**Day and date: Monday 5 March
Time: 10.00am - 4.00pm**



**Contact name: Lorraine McAleer
Tel: 028 9031 9360
Email: Lorraine@learningspaceuk.co.uk**



'ALL SYSTEMS GO' LEARNING WORKSHOPS - ULSTER UNIVERSITY

Ulster University offers an amazing opportunity to local primary schools to participate in our Schools Partnerships STEM Outreach. Targeted specifically at P7 pupils, interactive sessions will run throughout the festival for pupils to investigate and explore STEM activities, such as programming and coding, maths and science. If you are interested in hosting a workshop within your school please contact us.



Where: Local Primary Schools



Day and date: Monday 5 March - Friday 9 March
Time: 10.30am - 12.30pm



Contact name: Lorraine Lavery-Bowen
Tel: 028 9036 6695
Email: l.lavery-bowen@ulster.ac.uk



5

WHERE DOES YOUR WASTE GO? - BELFAST CITY COUNCIL

Much of the waste we collect at kerbside and at the Recycling Centres is recycled within Northern Ireland and the industry supports hundreds, if not thousands of jobs. This presentation explores the recycling industry in Northern Ireland and shows the benefits to local communities.



Where: Shankill Library
298 - 300 Shankill Road, Belfast, BT13 2BN



Day and date: Monday 5 March
Time: 2.30pm - 3.30pm



Contact name: Mary Brady
Tel: 028 9032 0202
Email: bradym@belfastcity.gov.uk



6

UP UP AND AWAY – GO FLY YOUR KITE!

Design, build and fly your own kite at this fun and exciting event for adults and children alike. This is an interesting and lively event that is sure to provide fun for all the family.



Where: St Agnes Youth Club
4 South Green, Belfast, BT11 8JF



Day and date: Monday 5 March
Time: 6.30pm – 8.00pm



Contact name: Glenn Heasley
Tel: 07860 116 100
Email: info@goflyyourkite.com



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QUICK LOOK

TUESDAY 6 MARCH

- 1 FESTIVAL OF LEARNING IN BELFAST TRUST
- 2 DIGITAL KNOWHOW - CARR'S GLEN PRIMARY SCHOOL
- 3 STAY AND PLAY WITH THE ALZHEIMER'S SOCIETY
- 4 GARDENING WORKSHOP SERIES:
PROPAGATING HERBACEOUS PERENNIALS - BELFAST CITY COUNCIL
- 5 READING ROOMS FAIR - VERBAL ARTS CENTRE
- 6 SENSORY FOOD JOURNEY - LEARNING SPACE
- 7 'ALL SYSTEMS GO' LEARNING WORKSHOPS - ULSTER UNIVERSITY
- 8 SHARE MY FOOD - WHITEROCK CHILDREN'S CENTRE
- 9 'HEALTHIER SHOPPING BASKETS' - SUPERMARKET TOUR - BELFAST HSC TRUST
- 10 LOVING YOUR LEFTOVERS - BELFAST CITY COUNCIL
- 11 LOOKING BEYOND THE PLATE - ARTSEKTA
- 12 FAMILY FLAVOUR! - ST TERESA'S NURSERY
- 13 FAMILY FUN IN THE GARDEN, GROW YOUR OWN HERBS & VEGETABLES
- FLOWER POT MEN
- 14 "THE WORLD AROUND US" - ST VINCENT DE PAUL PRIMARY SCHOOL
- 15 360 CONNECTIONS - OH YEAH MUSIC CENTRE
- 16 GET SET - INTRODUCTION TO SET DANCING - STEP WITH ANNETTE
- 17 UP UP AND AWAY - GO FLY YOUR KITE!

FESTIVAL OF LEARNING IN BELFAST TRUST

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Where: Variety of locations across the Belfast Trust sites including the Royal Victoria Hospital, City Hospital, Knockbracken Healthcare and various community sites across greater Belfast



Day and date: Monday 5 - Friday 9 March

Time: Events throughout each day



Contact name: Emma McGarry

Tel: 028 9504 3458

Email: emma.mcgarry@belfasttrust.hscni.net



1

DIGITAL KNOWHOW - CARR'S GLEN PRIMARY SCHOOL

Digital knowhow for parents and anyone 18+ in the local community.

Learn the basics of iPad training, coding and basic programming.

Local digital leaders (aged 8-11) will be on hand to support the learning and help you gain more confidence on using technology at home.



2



Where: Carr's Glen Primary School
629 Oldpark Road, Belfast BT14 6QX



Day and date: Tuesday 6 March

Time: 9.30am - 11.00am



Contact name: Jennifer Fulton

Tel: 028 9039 1286

Email: jfulton960@carrsglenps.org

STAY AND PLAY WITH THE ALZHEIMER'S SOCIETY

Toddlers and parents will be learning through storytelling, craft, song and healthy snacks how they too can help their grandparents and other family members living with dementia. Open to families attending Little Owls Carew II.



**Where: Carew II Centre East Belfast
15 Tamar Street, Belfast, BT4 1HS**



**Day and date: Tuesday 6 March
Time: 9:30am - 11am**



**Contact name: Natasha Gilliland
Tel: 07738 854 477 / 028 9066 4100
Email: natasha.gilliland@alzheimers.org.uk
alzheimers.org.uk**



3

GARDENING WORKSHOP SERIES: PROPAGATING HERBACEOUS PERENNIALS - BELFAST CITY COUNCIL

Join our expert gardening staff to learn methods for propagating herbaceous perennials with a focus on splitting and dividing. Regardless of your skill level this is a wonderful opportunity to get insider tips on how to keep your perennial border well stocked while saving pennies. This event will take place outdoors, please dress appropriately.



**Where: Meet at Botanic Gardens
Palm House, Belfast BT7 1LP**



**Day and date: Tuesday 6 March
Time: 10.00am - 11.30am**



**Contact name: Cailin Lynn
Tel: 07775 031 345
Email: lynnc@belfastcity.gov.uk**



4

READING ROOMS FAIR – VERBAL ARTS CENTRE

Do you enjoy a great story or love a good conversation? Climb aboard the Reading Rooms bus and hear stories from all over the world. Hear more about volunteering for Reading Rooms and sign up as a new volunteer. Share the passion for reading.



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



Day and date: Tuesday 6 March
Time: 10.00am – 2.00pm



Contact name: Stephanie Campbell
Tel: 028 7126 6946
Email: readingrooms.mobile@theverbal.co



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SENSORY FOOD JOURNEY – LEARNING SPACE

Travel with us on a sensory food journey from field to plate! Start by looking at how fruit and vegetables are grown and sold. Move on to cooking and end with eating together at a dinner table. Have fun taking part in this interactive event which has a little learning in the ingredients.



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Tel: 028 9031 9360
Email: Lorraine@learningspaceuk.co.uk



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Ulster University offers an amazing opportunity to local primary schools to participate in our Schools Partnerships STEM Outreach. Targeted specifically at P7 pupils, interactive sessions will run throughout the festival for pupils to investigate and explore STEM activities, such as programming and coding, maths and science. If you are interested in hosting a workshop within your school please contact us.



Where: Local Primary Schools



Day and date: Monday 5 March - Friday 9 March
Time: 10.30am - 12.30pm



Contact name: Lorraine Lavery-Bowen
Tel: 028 9036 6695
Email: l.lavery-bowen@ulster.ac.uk



SHARE MY FOOD - WHITEROCK CHILDREN'S CENTRE

A culinary experience provided by 3 super cooks from 3 different countries who have made West Belfast their home. There will be a selection of delicious and interesting foods available for all to try. Taste and share!



Where: Whiterock Children's Centre
91 Whiterock Road. Belfast BT12 7PG



Day and date: Tuesday 6 March
Time: 9.30am - 12.00pm



Contact name: Deirdre Walsh
Tel: 028 9043 8438
Email: D.walsh@whiterockchildrenscentre.org



'HEALTHIER SHOPPING BASKETS' – SUPERMARKET TOUR – BELFAST HSC TRUST

Come and spend an hour in the supermarket aisles with a Belfast Health and Social Care Trust Health and Wellbeing Dietitian, and learn how to fill your basket with nutritious, good value foods to keep you and your family healthy!



**Where: TESCO, 2 Ballygomartin Road
Belfast BT13 3LD**



**Day and date: Tuesday 6 March
Time: 11.00am - 12.00pm**



**Contact name: Jenny Dorrans
Tel: 028 9504 3068
Email: CDHWTeam@belfasttrust.hscni.net**



9

LOVING YOUR LEFTOVERS – BELFAST CITY COUNCIL

This food waste demonstration will show you how to use up leftovers and reduce your food waste and save money. Recipe cards, foodie freebies and lots of tips and advice will be on offer too.

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**Where: Concorde Community Centre (Main Hall)
36 Alliance Road, Belfast BT14 7JB**



**Day and date: Tuesday 6 March
Time: 11.00am - 12.00pm**



**Contact name: Mary Brady
Tel: 028 9032 0202
Email: bradym@belfastcity.gov.uk**

LOOKING BEYOND THE PLATE - ARTSEKTA

Food and art are great vehicles for sharing culture with people from different backgrounds and in the changing fabric of Belfast, cultural understanding is important. Through the medium of storytelling, arts and food, we will create a place to gain and share knowledge, empowering people to learn from others, better understand different cultures, and eat well.



**Where: Glendinning House
6 Murray Street, Belfast BT1 6DN**



**Day and date: Tuesday 6 March
Time: 11.00am - 2.00pm**



**Contact name: Nabeela Yasin-Iannelli
Tel: 028 9023 1381
Email: nabeela@artsekta.org.uk**



FAMILY FLAVOUR! - ST TERESA'S NURSERY

This event will give pupils, parents and friends an opportunity to become familiar with a wider selection of traditional foods, and provide an opportunity for families to sample foods from Ireland, Spain and Malaya reflecting the different ethnicities our children come from.



**Where: St Teresa's Nursery
24 Bearnagh Glen, Belfast BT11 8HR**



**Day and date: Tuesday 6 March
Time: 1.00pm - 1.30pm to taste foods
(cooking on-going all day!)**



**Contact name: Clare Evans
Tel: 028 9061 6944
Email: stteresasnurserybelfast@gmail.com**




FAMILY FUN IN THE GARDEN, GROW YOUR OWN HERBS & VEGETABLES – FLOWER POT MEN

The Flower Pot Men are holding an event in Glenbank Community Garden to encourage families to grow their own vegetables and herbs. Adults and children are invited to attend the garden to sow a variety of seeds, in boxes, which can be taken home. Watch your carrots grow!

 **Where:** Glenbank Community Garden
Glenbank Park, Ligoniel Road, Belfast BT14 8BY


 **Day and date:** Tuesday 6 March
Time: 3.00pm – 5.00pm


 **Contact name:** William Harris
Tel: 07508 235 763
Email: mensshed@ashtoncentre.com




"THE WORLD AROUND US" – ST VINCENT DE PAUL PRIMARY SCHOOL

An interactive talk and activity afternoon for parents and children aimed at making "The World Around Us" topics accessible for parents, and in particular, parents working with their children through WAU-based homework and other activities. All parents and relatives welcome.

 **Where:** St Vincent de Paul Primary School
167 Ligoniel Road, Belfast, BT14 8DP

 **Day and date:** Tuesday 6 March
Time: 3.15pm – 4.30pm

 **Contact name:** Éamonn McKermott or Nuala Hair
Tel: 028 9071 7920
Email: emckermott210@stvincentdepaul.belfast.ni.sch.uk



360 CONNECTIONS – OH YEAH MUSIC CENTRE

This event aims to promote a 360 learning approach to utilising social media and digital technologies in a way that is effective for older musicians. The event is open to any mature musician who wants to know more about podcasting, streaming, blogging and using social media to increase visibility.



Where: Oh Yeah Music Centre
15-21 Gordon Street, Belfast, BT1 2LG



Day and date: Tuesday 6 March
Time: 5.00pm – 8.00pm



Contact name: Sian O'Neill
Tel: 028 9031 0845
Email: sian@ohyeahbelfast.com



15

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 6 March
Time: 6.30pm – 8.30pm



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



16

UP UP AND AWAY – GO FLY YOUR KITE!

Design, build and fly your own kite at this fun and exciting event for adults and children alike. This is an interesting and lively event that is sure to provide fun for all the family.



Where: Denmark Street Youth Club
1 Denmark Street, Belfast BT13 1AN



Day and date: Tuesday 6 March
Time: 7.00pm - 8.30pm



Contact name: Glenn Heasley
Tel: 07860 116 100
Email: info@goflyyourkite.com





QUICK LOOK

WEDNESDAY 7 MARCH

- 1 UP UP AND AWAY - GO FLY YOUR KITE!
- 2 FESTIVAL OF LEARNING IN BELFAST TRUST
- 3 DIGITAL KNOWHOW - CARR'S GLEN PRIMARY SCHOOL
- 4 ARABIC COOKERY AND INFORMATION SESSION - CONWAY EDUCATION CENTRE
- 5 FAMILY LEARNING CONFERENCE - EPALE AND NI IMPACT FORUM ON ADULT LEARNING
- 6 CHILDREN OF THE WORLD - BELFAST METROPOLITAN COLLEGE
- 7 CELEBRATING SCHOOLS IN THE COMMUNITY - TACKLING AWARENESS OF MENTAL HEALTH ISSUES (TAMHI)
- 8 SENSORY FOOD JOURNEY - LEARNING SPACE
- 9 'ALL SYSTEMS GO' LEARNING WORKSHOPS - ULSTER UNIVERSITY
- 10 SHARE MY FOOD - WHITEROCK CHILDREN'S CENTRE
- 11 LOVING YOUR LEFTOVERS - BELFAST CITY COUNCIL
- 12 LIVING WITH DEPRESSION - BELFAST RECOVERY COLLEGE
- 13 GET STARTED " GROWING YOUR OWN" - GROUNDWORK NI
- 14 COMMUNITY FAMILY SUPPORT FAMILY OPEN DAY - ASHTON COMMUNITY TRUST
- 15 ACTING THROUGH SONG MASTERCLASS - THE JH ACADEMY OF THEATRE ARTS WITH NIAMH PERRY
- 16 LIVE, LEARN AND LOVE LIGONIEL - LIGONIEL IMPROVEMENT ASSOCIATION
- 17 VITAL NUTRITION WORKSHOP - BELFAST CITY COUNCIL
- 18 UP UP AND AWAY - GO FLY YOUR KITE!

UP UP AND AWAY – GO FLY YOUR KITE!

Design, build and fly your own kite at this fun and exciting event for adults and children alike. This is an interesting and lively event that is sure to provide fun for all the family.



**Where: St Oliver Plunkett Primary School
Glen Rd, Belfast BT11 8AY**



**Day and date: Wednesday 7 March
Time: 9.15am – 10.45am**



**Contact name: Glenn Heasley
Tel: 07860 116 100
Email: info@goflyyourkite.com**



1

FESTIVAL OF LEARNING IN BELFAST TRUST

Belfast Health and Social Care Trust will showcase a diverse range of learning opportunities for staff across the organisation. Activities will range from mindfulness, resilience, keeping your body and mind sharp, getting the most from your computer to realising your potential in line with our Supporting Belfast Strategy.



Where: Variety of locations across the Belfast Trust sites including the Royal Victoria Hospital, City Hospital, Knockbracken Healthcare and various community sites across greater Belfast



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**Contact name: Emma McGarry
Tel: 028 9504 3458
Email: emma.mcgarry@belfasttrust.hscni.net**



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DIGITAL KNOWHOW – CARR'S GLEN PRIMARY SCHOOL

Digital knowhow for parents and anyone 18+ in the local community. Learn the basics of iPad training, coding and basic programming. Local digital leaders (aged 8–11) will be on hand to support the learning and help you gain more confidence on using technology at home.



Where: Carr's Glen Primary School
629 Oldpark Road, Belfast BT14 6QX



Day and date: Wednesday 7 March
Time: 9.30am – 11.00am



Contact name: Jennifer Fulton
Tel: 028 9039 1286
Email: jfulton960@carrsglenps.org



ARABIC COOKERY AND INFORMATION SESSION – CONWAY EDUCATION CENTRE

A taster workshop on Arabic Cookery, part of a series of tasters delivered by experienced tutors to give participants an idea of what a course in the subject would be like. During the Festival of Learning week we will serve tea, coffee and home-baked cake to all participants!



Where: Conway Education Centre
5/7 Conway Street, Belfast BT13 2DE



Day and date: Wednesday 7 March
Time: 10.00am – 12.00pm



Contact name: Pauline Kersten
Tel: 028 9024 8543
Email: pkersten@conwayeducation.org

FAMILY LEARNING CONFERENCE – EPALE AND NI IMPACT FORUM ON ADULT LEARNING

This conference aims to bring together practitioners from adult and family learning contexts to hear research into family learning in England & Wales and share examples of good practice from N.I. There will also be an opportunity to hear about the Learning Dreams pilot: <https://wiseabap.com/learning-dreams/>.



Where: NICVA, 61 Duncairn Gardens, Belfast BT15 2GB



Day and date: Wednesday 7 March
Time: 10.00am – 3.00pm



Contact name: Colin Neilands
Tel: 07714 322 651
Email: Colin.neilands@communitus.co.uk



5

CHILDREN OF THE WORLD – BELFAST METROPOLITAN COLLEGE

Belfast Metropolitan College Childhood Studies students will take two groups of local school children on a journey around the world to explore world culture, costume and music. Using a variety of materials, they will complete a teamwork task, culminating in an exciting catwalk show to display their creations! This event is by invitation only.



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



Day and date: Wednesday 7 March
Time: 10.00am – 12.00pm and 12.30pm – 2.30pm



Contact name: Faith Huish or Stuart Dickinson
Tel: 028 9026 5448
Email: ehuish@belfastmet.ac.uk or
sdickinson@belfastmet.ac.uk


6

CELEBRATING SCHOOLS IN THE COMMUNITY – TACKLING AWARENESS OF MENTAL HEALTH ISSUES (TAMHI)

A presentation, delivered by nominated young leaders, about the Active Belfast project. It will be delivered to teachers and parents and pupils. We will invite community groups, other schools and members of the Barnardos Collective Impact programme along to share our learning about the programme.

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

 **Day and date: Wednesday 7 March
Time: 10.00am – 3.00pm**

 **Contact name: Joe Donnelly
Tel: 07849 324 360
Email: tamhi2011@outlook.com**


7

SENSORY FOOD JOURNEY – LEARNING SPACE

Travel with us on a sensory food journey from field to plate! Start by looking at how fruit and vegetables are grown and sold. Move on to cooking and end with eating together at a dinner table. Have fun taking part in this interactive event which has a little learning in the ingredients.


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 **Contact name: Lorraine McAleer
Tel: 028 9031 9360
Email: Lorraine@learningspaceuk.co.uk**

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Contact name: Lorraine Lavery-Bowen
Tel: 028 9036 6695
Email: l.lavery-bowen@ulster.ac.uk



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SHARE MY FOOD - WHITEROCK CHILDREN'S CENTRE

A culinary experience provided by 3 super cooks from 3 different countries who have made West Belfast their home. There will be a selection of delicious and interesting foods available for all to try. Taste and share!



Where: Whiterock Children's Centre
91 Whiterock Road, Belfast BT12 7PG



Day and date: Wednesday 7 March
Time: 9.30am - 12.00pm



Contact name: Deirdre Walsh
Tel: 028 9043 8438
Email: D.walsh@whiterockchildrenscentre.org





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LOVING YOUR LEFTOVERS – BELFAST CITY COUNCIL

This food waste demonstration will show you how to use up leftovers and reduce your food waste and save money. Recipe cards, foodie freebies and lots of tips and advice will be on offer too.

 **Where: Finaghy Community Centre (Main Hall)**
1-6 Geeragh Place, Belfast BT10 0ER

 **Day and date: Wednesday 7 March**
Time: 11.00am – 12.00pm


 **Contact name: Mary Brady**
Tel: 028 9032 0202
Email: bradym@belfastcity.gov.uk




LIVING WITH DEPRESSION – BELFAST RECOVERY COLLEGE (IN TWO PARTS HELD OVER THE AFTERNOONS OF 7 AND 9 MARCH)

We aim to dispel some myths around depression and provide information on where help and support can be found. This is open to everyone who completes the enrolment form on the Belfast Recovery College home page (link below), whether you are living with depression, or whether you are a family member, professional, carer or working in this area.

 **Where: Open University, 110 Victoria Street, Belfast BT1 3GN**

 **Day and date: Part 1 Wednesday 7 March**
Time: 1.00pm – 4.00pm

 **Contact name: Thomas Fisher**
Tel: 028 9504 3059

Email: Thomas.Fisher@belfasttrust.hscni.net
www.belfasttrust.hscni.net/BelfastRecoveryCollege.htm



GET STARTED " GROWING YOUR OWN" - GROUNDWORK NI

Learn how simple it is to grow some of your own food – come along and learn the basics. You don't even need a garden, just a space to put a couple of containers!



Where: Glenbryn Meanwhile Garden, 85 Alliance Road
Belfast BT14 7JE (behind the Jolly Roger Community Centre)



Day and date: Wednesday 7 March
Time: 2.00pm - 4.30pm



Contact name: Heather Boyd
Tel: 028 9074 9494
Email: heatherboyd@groundworkni.co.uk



13

COMMUNITY FAMILY SUPPORT FAMILY OPEN DAY - ASHTON COMMUNITY TRUST

Come and find out about the learning opportunities offered through Ashton Community Trust and its partners. This fun and informal event is designed to encourage families to sign up to learning programmes as well as show the support available in the local area offered by our community partners such as Credit Union, Housing Executive and local GPs.



Where: 147 TRUST, Duncairn Complex
Duncairn Avenue, Belfast BT14 6BP



Day and date: Wednesday 7 March
Time: 2.00pm - 4.00pm



Contact name: Jeanette O'Neill
Tel: 07849 331 989
Email: Jeanette.burns@ashtoncentre.com



14

ACTING THROUGH SONG MASTERCLASS – THE JH ACADEMY OF THEATRE ARTS WITH NIAMH PERRY

Come and learn from one of our home grown West End stars Niamh Perry. Niamh will lead a masterclass in acting through song. Each student will perform a song for her and receive expert help and tuition. Perfect for anyone that is auditioning for theatre college or wants to have a one on one with Niamh Perry. Book by email.



**Where: JH Academy of Theatre Arts
2 Derryvolgie Avenue, Belfast BT9 6FL**



**Day and date: Wednesday 7 March
Time: 2.00pm – 6.00pm**



**Contact name: James Huish
Tel: 028 9099 3899
Email: info@jhacademy.co.uk**



LIVE, LEARN AND LOVE LIGONIEL – LIGONIEL IMPROVEMENT ASSOCIATION

Calling all residents of Ligoniel, get active and learn! A community event will be held to maximise and accommodate all residents' potential to learn more about your place. The day will provide details of projects, programmes and activities open to all. Come join us. You'll never know if you don't try! Find out more (or sign up!).



**Where: Wolfhill Centre, 148 Ligoniel Road
Belfast BT14 8DT**



**Day and date: Wednesday 7 March
Time: 2.00pm – 7.00pm**



**Contact name: Nora Duncan
Tel: 028 9039 1225
Email: youthhealth@ligonielvillage.com**



VITAL NUTRITION WORKSHOP – BELFAST CITY COUNCIL

Be inspired to make practical, positive changes to eat well and feel better. An hour-long workshop presented in an informal setting, in a fun and interactive way and packed full of simple and practical ideas to help you make immediate positive changes for the good of your health. Booking is essential via link below.



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



Day and date: Wednesday 7 March
Time: 6.00pm – 7.00pm



Contact name: Cathryn McCarroll
Tel: 07770 748 778
Email: mccarrollc@belfastcity.gov.uk
www.belfastcity.gov.uk/events/Event-87229.aspx



UP UP AND AWAY – GO FLY YOUR KITE!

Design, build and fly your own kite at this fun and exciting event for adults and children alike. This is an interesting and lively event that is sure to provide fun for all the family.



Where: Taughmonagh Youth Club
Finbank Gardens, Belfast BT9 6QP



Day and date: Wednesday 7 March
Time: 6.30pm – 8.00pm



Contact name: Glenn Heasley
Tel: 07860 116 100
Email: info@goflyyourkite.com



QUICK LOOK

THURSDAY 8 MARCH

- 1 FESTIVAL OF LEARNING IN BELFAST TRUST
- 2 DIGITAL KNOWHOW - CARR'S GLEN PRIMARY SCHOOL
- 3 FOREST SCHOOL - LAND, ART AND PHOTOGRAPHY
- 4 WHERE DOES YOUR WASTE GO? - BELFAST CITY COUNCIL
- 5 'ALL SYSTEMS GO' LEARNING WORKSHOPS - ULSTER UNIVERSITY
- 6 SENSORY FOOD JOURNEY - LEARNING SPACE
- 7 SHARE MY FOOD - WHITEROCK CHILDREN'S CENTRE
- 8 BACK TO OUR PAST - FAMILY & LOCAL HISTORY EVENT - UTOPIA PROJECT
- 9 COMPOSTING AT HOME WORKSHOP - BELFAST CITY COUNCIL
- 10 CELEBRATING WOMEN, CELEBRATING LEARNING - FOOTPRINTS WOMEN'S CENTRE
- 11 DISABLED PEOPLE SPEAK OUT - ACTION ABILITY BELFAST
- 12 FAMILIES TOGETHER - LEARNING AND FUN - BARNARDOS
- 13 GET STARTED GROWING YOUR OWN - GROUNDWORK NI
- 14 COMPOSTING AT HOME WORKSHOP - BELFAST CITY COUNCIL
- 15 THE REAL STORY: DEMENTIA AWARENESS - LEARNING FROM THOSE WHO LIVE WITH DEMENTIA - DEMENTIA NI
- 16 A TOOLKIT FOR LEARNING: WORKSHOP FOR ADULTS CONSIDERING FURTHER AND HIGHER EDUCATION - ULSTER UNIVERSITY

FESTIVAL OF LEARNING IN BELFAST TRUST

Belfast Health and Social Care Trust will showcase a diverse range of learning opportunities for staff across the organisation. Activities will range from mindfulness, resilience, keeping your body and mind sharp, getting the most from your computer to realising your potential in line with our Supporting Belfast Strategy.



Where: Variety of locations across the Belfast Trust sites including the Royal Victoria Hospital, City Hospital, Knockbracken Healthcare and various community sites across greater Belfast



Day and date: Monday 5 - Friday 9 March
Time: Events throughout each day



Contact name: Emma McGarry
Tel: 028 9504 3458
Email: emma.mcgarry@belfasttrust.hscni.net



DIGITAL KNOWHOW - CARR'S GLEN PRIMARY SCHOOL

Digital knowhow for parents and anyone 18+ in the local community. Learn the basics of iPad training, coding and basic programming. Local digital leaders (aged 8-11) will be on hand to support the learning and help you gain more confidence on using technology at home.



Where: Carr's Glen Primary School
629 Oldpark Road, Belfast BT14 6QX



Day and date: Thursday 8 March
Time: 9.30am - 11.00am



Contact name: Jennifer Fulton
Tel: 028 9039 1286
Email: jfulton960@carrsglenps.org



FOREST SCHOOL – LAND, ART AND PHOTOGRAPHY

Forest school activities take place in the natural environment to support the development of a relationship between the learner and the natural world. Parents and their young children will create ephemeral artworks in the park and photograph them. Open to parents and children of Cathedral Nursery School only.



**Where: Dunville Park, Falls Road
Belfast BT12 4NH**



**Day and date: Thursday 8 March
Time: 9.30am – 1.00pm**



**Contact name: Kathy Marsh (and Una Barr)
Tel: 028 9028 5933
Email: kathymariamارش@gmail.com**



WHERE DOES YOUR WASTE GO? – BELFAST CITY COUNCIL

Much of the waste we collect at kerbside and at the Recycling Centres is recycled within Northern Ireland and the industry supports hundreds, if not thousands of jobs. This presentation explores the recycling industry in NI and shows the benefits to local communities.



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



**Day and date: Thursday 8 March
Time: 10.00am – 11.00am**



**Contact name: Mary Brady
Tel: 028 9032 0202
Email: bradym@belfastcity.gov.uk**

'ALL SYSTEMS GO' LEARNING WORKSHOPS - ULSTER UNIVERSITY

Ulster University offers an amazing opportunity to local primary schools to participate in our Schools Partnerships STEM Outreach. Targeted specifically at P7 pupils, interactive sessions will run throughout the festival for pupils to investigate and explore STEM activities, such as programming and coding, maths and science. **If you are interested in hosting a workshop within your school please contact us.**



Where: Local Primary Schools



Day and date: Monday 5 March - Friday 9 March

Time: 10.30am - 12.30pm



Contact name: Lorraine Lavery-Bowen

Tel: 028 9036 6695

Email: l.lavery-bowen@ulster.ac.uk



5

SENSORY FOOD JOURNEY - LEARNING SPACE

Travel with us on a sensory food journey from field to plate! Start by looking at how fruit and vegetables are grown and sold. Move on to cooking and end with eating together at a dinner table. Have fun taking part in this interactive event which has a little learning in the ingredients.



**Where: Learning SPACE, 11A Fountain Centre
College Street, Belfast BT1 6ET**



Day and date: Thursday 8 March

Time: 10.00am - 4.00pm



Contact name: Lorraine McAleer

Tel: 028 9031 9360

Email: Lorraine@learningspaceuk.co.uk

6

SHARE MY FOOD – WHITEROCK CHILDREN'S CENTRE

A culinary experience provided by 3 super cooks from 3 different countries who have made West Belfast their home. There will be a selection of delicious and interesting foods available for all to try. Taste and share!



Where: Whiterock Children's Centre
91 Whiterock Road, Belfast BT12 7PG



Day and date: Thursday 8 March
Time: 9.30am – 12.00pm



Contact name: Deirdre Walsh
Tel: 028 9043 8438
Email: D.walsh@whiterockchildrenscentre.org



BACK TO OUR PAST – FAMILY & LOCAL HISTORY EVENT – UTOPIA PROJECT

Discover a sense of family and place through talks given by a qualified genealogist. Use internet sources and join us on a guided visit to the Public Records Office, helping you to find family information not yet available online.



Where: Tullymore Community Centre
37a Tullymore Gardens, Belfast BT11 8NE



Day and date: Thursday 8 March
Time: 10.30am – 6.00pm



Contact name: Rose Nicholls
Tel: 028 9062 2201
Email: rosie.nicholls@yahoo.ie

COMPOSTING AT HOME WORKSHOP – BELFAST CITY COUNCIL

Learning to make your own compost at home is hugely satisfying, saves you money, reduces your waste and your plants will love it! This workshop will provide all the tips and advice you need to turn your fruit and vegetable peelings, grass cuttings and tea bags etc into a rich fertiliser for your garden.

 **Where: Skainos Centre (Montrose Room)**
241 Newtownards Road, BT4 1AF

 **Day and date: Thursday 8 March**
Time: 11.00am – 12.00pm


 **Contact name: Mary Brady**
Tel: 028 9032 0202
Email: bradym@belfastcity.gov.uk


9

CELEBRATING WOMEN, CELEBRATING LEARNING – FOOTPRINTS WOMEN'S CENTRE

Celebrating International Women's Day and the success of women participating in lifelong learning who aspire to Footprints Women's Centre's mission statement, "Enabling women to grow, to ensure their voices are heard and they can take their place in a just and equal society."

 **Where: Footprints Women's Centre**
84a Colmill, Poleglass, Belfast BT17 0AR

 **Day and date: Thursday 8 March**
Time: 11.00am – 12.30pm

 **Contact name: Eileen Wilson**
Tel: 028 9092 3444

Email: eileen@footprintswomenscentre.com

10

DISABLED PEOPLE SPEAK OUT – ACTION ABILITY BELFAST

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 Speak Out has raised our expectations, empowered us to have more control, to speak up for ourselves and to make decisions about our lives.



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



**Day and date: Thursday 8 March
Time: 1.00pm – 2.30pm**



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



FAMILIES TOGETHER – LEARNING AND FUN – BARNARDOS

This fun and activity packed event will take families on a learning journey around the six areas of the NI curriculum. Activities at each learning zone will encourage participation from parents and children and the focus will be on providing ideas that can support learning at home in a fun way.



**Where: Cregagh Primary School
Mount Merrion Avenue, Belfast BT6 0FL**



**Day and date: Thursday 8 March
Time: 2.00pm – 4.00pm**



**Contact name: Judith Searle
Tel: 028 9041 9069
Email: Judith.searle@barnardos.org.uk**

GET STARTED GROWING YOUR OWN – GROUNDWORK NI

Learn how simple it is to grow some of your own food – come along and learn the basics. You don't even need a garden, just a space to put a couple of containers!



Where: Shankill Meanwhile Garden
Shankill Road (just below Shankill Library)
Belfast BT13 2BN



Day and date Thursday 8 March
Time: 2.00pm – 4.30pm



Contact name: Heather Boyd
Tel: 028 9074 9494
Email: heatherboyd@groundworkni.co.uk



13

COMPOSTING AT HOME WORKSHOP – BELFAST CITY COUNCIL

Learning to make your own compost at home is hugely satisfying, saves you money, reduces your waste and your plants will love it! This workshop will provide all the tips and advice you need to turn your fruit and vegetable peelings, grass cuttings and tea bags etc into a rich fertiliser for your garden.



Where: Colin Community Allotments
30 Colin Glen Road, Belfast BT17 0LR



Day and date: Thursday 8 March
Time: 2.15pm – 3.15pm



Contact name: Mary Brady
Tel: 028 9032 0202
Email: bradym@belfastcity.gov.uk

14

THE REAL STORY: DEMENTIA AWARENESS – LEARNING FROM THOSE WHO LIVE WITH DEMENTIA – DEMENTIA NI

Dementia NI members will bring this unique session to life by sharing their real life experiences of living with dementia. Gain insight into the signs and symptoms, and what it is like to live with dementia. Discover how you can best support people living with dementia in the community and participate in thought provoking discussions around the stigma surrounding dementia.



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

Day and date: Thursday 8 March



Time: 12.00pm – 2.00pm. Lunch will be provided



Contact name: *Ashleigh Davis – Empowerment Officer*

Tel: 028 9068 6768

Email: *ashleigh@dementiani.org*



A TOOLKIT FOR LEARNING: WORKSHOP FOR ADULTS CONSIDERING FURTHER AND HIGHER EDUCATION – ULSTER UNIVERSITY

A practical workshop, providing information on finance, developing confidence and resilience for lifelong learning and signposting educational opportunities.



Where: Ulster University Belfast Campus
25–51 York St, Belfast BT15 1ED



Day and date: Thursday 8 March
Time: 7.00pm – 9.00pm



Contact name: *Andrea Duncan*

Tel: 028 9036 6046

Email: *a.duncan1@ulster.ac.uk*




FRIDAY 9 MARCH


- 1 FESTIVAL OF LEARNING IN BELFAST TRUST
- 2 OPEN DAY - MAITRI STUDIO
- 3 DJ WORKSHOP FOR ADULTS WITH LEARNING DIFFICULTIES - GIGA TRAINING
- 4 THE WOMEN THEY LEFT BEHIND - EAST BELFAST LADIES HISTORICAL & CULTURAL SOCIETY
- 5 ART IN THE GARDEN - MAKE A STEPPING STONE
- 6 INTRODUCTION TO BACH FLOWERS WORKSHOP - CONWAY EDUCATION CENTRE
- 7 SENSORY FOOD JOURNEY - LEARNING SPACE
- 8 'ALL SYSTEMS GO' LEARNING WORKSHOPS - ULSTER UNIVERSITY
- 9 READING ROOMS FAIR - VERBAL ARTS CENTRE
- 10 LIVING WITH DEPRESSION - BELFAST RECOVERY COLLEGE
- 11 EASTSIDE LEARNING READING FAIR - EASTSIDE PARTNERSHIP
- 12 MEN'S SHED COOKERY / NUTRITIONAL CLASS - COLIN NEIGHBOURHOOD PARTNERSHIP
- 13 COLIN NEIGHBOURHOOD PARTNERSHIP - STAFF AND FAMILY COOKERY / NUTRITIONAL CLASS
- 14 UP UP AND AWAY - GO FLY YOUR KITE!

FESTIVAL OF LEARNING IN BELFAST TRUST

Belfast Health and Social Care Trust will showcase a diverse range of learning opportunities for staff across the organisation. Activities will range from mindfulness, resilience, keeping your body and mind sharp, getting the most from your computer to realising your potential in line with our Supporting Belfast Strategy.

 **Where:** Variety of locations across the Belfast Trust sites including the Royal Victoria Hospital, City Hospital, Knockbracken Healthcare and various community sites across greater Belfast

 **Day and date:** Monday 5 - Friday 9 March
Time: Events throughout each day


 **Contact name:** Emma McGarry
Tel: 028 9504 3458
Email: emma.mcgarry@belfasttrust.hscni.net




OPEN DAY - MAITRI STUDIO

Maitri Studio will host an open day with free events for the public, of all ages, to try something new. This will include examples of all the classes offered at Maitri Studio already, including yoga, pilates, t'ai chi, belly dancing, sound baths and more. Register online at: <https://maitristudio.net/events/open-day-2018>

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

 **Day and date:** Friday 9 March
Time: 9.45am - 9.00pm. Doors open 9.45am, first events start at 10.00am.

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



DJ WORKSHOP FOR ADULTS WITH LEARNING DIFFICULTIES – GIGA TRAINING

This workshop will give a group of people with learning difficulties an opportunity to get hands-on experience of club DJing, learning how to use equipment and perform a DJ set. The session is available to any group or organisation working with adults with disabilities.



Where: The Black Box
18-22 Hill Street, Belfast BT1 2LA



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



Contact name: John Walls
Tel: 028 9581 1202
Email: info@gigatraining.com



3

THE WOMEN THEY LEFT BEHIND – EAST BELFAST LADIES HISTORICAL & CULTURAL SOCIETY

As their men trooped to the front, women waved goodbye and as the bullets rained down so did their tears. Participate in a craft session while listening to stories of women's experiences during the Great War. This emotive exhibition and learning experience has been created by women to remember women who loved and lost.



Where: Main Hall, Dee Street Community Centre
2-16 Dee Street, Belfast BT4 1FT



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



Contact name: Sharon Kirkwood
Tel: 07821 308 510
Email: sharon_atici@msn.com



4

ART IN THE GARDEN – MAKE A STEPPING STONE

Participants will learn how to make a mosaic stepping stone, along with glaze-fired clay flowers and butterflies. Learners will talk about their garden design ideas, and design other future artworks that can be incorporated into the community garden. Open to adults (18+) who attend Suffolk Day Centre and Orchardville Day Centre.



Where: Glen Community Centre
2 Carrigart Avenue, Belfast BT11 9HU



Day and date: Friday 9 March

Time: 10.00am – 2.00pm



Contact name: Kathy Marsh (and Fionnuala Toppen)
Tel: 028 9028 5933
Email: kathymariamarsh@gmail.com



INTRODUCTION TO BACH FLOWERS WORKSHOP – CONWAY EDUCATION CENTRE

A taster workshop on Bach Flowers. This is part of a series of tasters delivered by experienced tutors to give participants an idea of what a course in the subject would be like. During the Festival of Learning week we will serve tea, coffee and home-baked cake to all participants!



Where: Conway Education Centre
5/7 Conway Street, Belfast BT13 2DE



Day and date: Friday 9 March
Time: 10.00am – 3.00pm



Contact name: Pauline Kersten
Tel: 028 9024 8543
Email: pkersten@conwayeducation.org



SENSORY FOOD JOURNEY – LEARNING SPACE

Travel with us on a sensory food journey from field to plate! Start by looking at how fruit and vegetables are grown and sold. Move on to cooking and end with eating together at a dinner table. Have fun taking part in this interactive event which has a little learning in the ingredients.



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



Day and date: Friday 9 March
Time: 10.00am – 4.00pm



Contact name: Lorraine McAleer
Tel: 028 9031 9360
Email: Lorraine@learningspaceuk.co.uk



'ALL SYSTEMS GO' LEARNING WORKSHOPS – ULSTER UNIVERSITY

Ulster University offers an amazing opportunity to local primary schools to participate in our Schools Partnerships STEM Outreach. Targeted specifically at P7 pupils, interactive sessions will run throughout the festival for pupils to investigate and explore STEM activities, such as programming and coding, maths and science. **If you are interested in hosting a workshop within your school please contact us.**



Where: Local Primary Schools



Day and date: Monday 5 March – Friday 9 March
Time: 10.30am – 12.30pm



Contact name: Lorraine Lavery-Bowen
Tel: 028 9036 6695
Email: l.lavery-bowen@ulster.ac.uk



READING ROOMS FAIR – VERBAL ARTS CENTRE

Do you enjoy a great story or love a good conversation? Climb aboard the Reading Rooms bus and hear stories from all over the world. Find out about volunteering for Reading Rooms and sign up as a new volunteer. Share the passion for reading.



Where: Spectrum Centre, 331 Shankill Road
Belfast BT13 3AA



Day and date: Friday 9 March
Time: 1.00pm – 3.00pm



Contact name: *Stephanie Campbell*
Tel: 028 7126 6946
Email: *readingrooms.mobile@theverbal.co*



LIVING WITH DEPRESSION – BELFAST RECOVERY COLLEGE (PART TWO FOLLOWING 7 MARCH SESSION)

We aim to dispel some myths around depression and provide information on where help and support can be found. This course is open to everyone who completes the enrolment form on the Belfast Recovery College home page (link below), whether you are living with depression, or whether you are a family member, professional, carer or working in this area.



Where: Open University, 110 Victoria Street, Belfast BT1 3GN



Day and date: Part 2 Friday 9 March
Time: 1.00pm – 4.00pm



Contact name: *Thomas Fisher*
Tel: 028 9504 3059

Email: *Thomas.Fisher@belfasttrust.hscni.net*

www.belfasttrust.hscni.net/BelfastRecoveryCollege.htm



EASTSIDE LEARNING READING FAIR – EASTSIDE PARTNERSHIP

Now an annual event, the Reading Fair is a colourful and friendly event for parents to access information and advice to support their child's reading and will include storytelling sessions for the children, reading fun on your tablet / iPad, book swaps, phonics taster sessions and meet the teachers.



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



Day and date: Friday 9 March
Time: 1.00pm – 5.00pm



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



MEN'S SHED COOKERY / NUTRITIONAL CLASS – COLIN NEIGHBOURHOOD PARTNERSHIP

An inspirational hands-on cookery lesson where participants will gain skills such as teamworking and personal 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: Colin Community Allotments
30 Colin Glen Road, Belfast BT17 0LR



Day and date: Friday 9 March
Time: 2.30pm – 4.30pm



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

COLIN NEIGHBOURHOOD PARTNERSHIP – STAFF AND FAMILY COOKERY / NUTRITIONAL CLASS

Inspirational hands-on cookery lesson where participants will develop teamworking skills, and build 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: Colin Community Allotments
30 Colin Glen Road, Belfast BT17 OLR



Day and date: Friday 9 March
Time: 5.00pm – 7.00pm



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



UP UP AND AWAY – GO FLY YOUR KITE!

Design, build and fly your own kite at this fun and exciting event for adults and children alike. This is an interesting and lively event that is sure to provide fun for all the family.



Where: East Belfast Mission Youth Club
241 Newtownards Road, Belfast BT4 1AF



Day and date: Friday 9 March
Time: 6.30pm – 8.00pm



Contact name: Glenn Heasley
Tel: 07860 116 100
Email: info@goflyyourkite.com





QUICK LOOK

SATURDAY 10 MARCH

- 1 DJ WORKSHOP FOR YOUNG PEOPLE - BEAMA
- 2 STRAND MOVIE MAKERS WORKSHOP - STRAND ARTS CENTRE
- 3 GET STARTED GROWING YOUR OWN - GROUNDWORK NI
- 4 MAKING MESSY MEMORIES - BRIGHT SPARKS DAYCARE
- 5 SENSORY FOOD JOURNEY - LEARNING SPACE
- 6 FAMILY FUN AND FOOD MORNING - RAVENSCROFT NURSERY SCHOOL
- 7 MEND AND REUSE POP-UP EVENT - BELFAST CITY COUNCIL
- 8 SCIENCE FUN FOR THE FAMILY - SCIENCE STARZ
- 9 COOK @ WILLOWFIELD! - WILLOWFIELD PARISH COMMUNITY ASSOCIATION
- 10 GIRLS UNDER 16 GAELIC FOOTBALL TOURNAMENT - GORT NA MONA
- 11 CODING WORKSHOP FOR YOUNG PEOPLE - BEAMA
- 12 ALL ABOARD! YOU ARE WHAT YOU EAT! - YOUNG AT ART
- 13 WILLOW WEAVING ON COMBER GREENWAY - SUSTRANS
- 14 ACOUSTIC PICNIC FOR INTERNATIONAL WOMEN'S DAY - OH YEAH MUSIC CENTRE
- 15 RMUSIC - N RCITY - RCITY MEDIA
- 16 LAUGHTER THERAPY - PAULINE DUNLOP
- 17 AFRICAN CULTURAL INFORMATION EVENT - AFRICA HOUSE NI
- 18 PRINTMAKING FOR ALL ABILITIES - BELFAST PRINT WORKSHOP
- 19 SCIENCE FUN FOR THE FAMILY - SCIENCE STARZ
- 20 GET DANCING! - STEP WITH ANNETTE

DJ WORKSHOP FOR YOUNG PEOPLE – BEAMA

This workshop will give a group of young people an opportunity to get hands-on experience of club DJing, learning how to use equipment and perform a DJ set. The session is available to any individual or any organisation working with young people aged 14–18.



Where: The ARC (Arts Resource Centre)
7 Donegall Street Place, Belfast BT1 2FN



Day and date: Saturday 10 March
Time: 10.00am – 12.00pm



Contact name: John Walls
Tel: 028 9581 1202
Email: info@beama.education



1

STRAND MOVIE MAKERS WORKSHOP – STRAND ARTS CENTRE

Strand Arts Centre will offer young filmmakers the opportunity to take part in an iPad Film Making workshop, delivered on iPads and covering a variety of film making techniques. The participants will gain a range of film-making skills and work towards producing short movie trailers which will be screened for parents, family and friends at the end of the session.



Where: Strand Arts Centre
156 Hollywood Road, Belfast BT4 1NY



Day and date: Saturday 10 March
Time: 3.30pm – 5.30pm



Contact name: Johanna Leech
Tel: 028 9065 5830
Email: Johanna@strandartscentre.com



2

GET STARTED GROWING YOUR OWN – GROUNDWORK NI

Learn how simple it is to grow some of your own food – come along and learn the basics. You don't even need a garden, just a space to put a couple of containers!



Where: Connswater Street Garden, Newtownards Road
Belfast BT4 1FD (opposite McDonald's and beside C S Lewis Square)



Day and date: Saturday 10 March

Time: 10.00am – 1.00pm



Contact name: Heather Boyd

Tel: 028 9074 9494

Email: heatherboyd@groundworkni.co.uk



3

MAKING MESSY MEMORIES – BRIGHT SPARKS DAYCARE

Our messy play workshop is for children aged 1 to 12 years old and grown-ups too! Come and explore all our messy, sensory activities you can do at home on a budget. These activities help support your children's learning and development. Fun for all the Family!



4



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



Day and date: Saturday 10 March

Time: 10.00am – 2.00pm



Contact name: Tanya Malone

Tel: 028 9046 3480

Email: tanya.malone@ebm.org.uk

SENSORY FOOD JOURNEY – LEARNING SPACE

Travel with us on a sensory food journey from field to plate! Start by looking at how fruit and vegetables are grown and sold. Move on to cooking and end with eating together at a dinner table. Have fun taking part in this interactive event which has a little learning in the ingredients.



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



Day and date: Saturday 10 March
Time: 10.00am – 4.00pm



Contact name: Lorraine McAleer
Tel: 028 9031 9360
Email: Lorraine@learningspaceuk.co.uk



5

FAMILY FUN AND FOOD MORNING – RAVENSCROFT NURSERY SCHOOL

A family fun and food morning, promoting the themes of healthy eating and cultural diversity with opportunities to sample and appreciate foods from around the world. We will have a Hullabaloo puppet show and workshop and then share a snack buffet together. Open to current and past parents and children.



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



Day and date: Saturday 10 March
Time: 10.30am – 12.30pm



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



6

MEND AND REUSE POP-UP EVENT – BELFAST CITY COUNCIL

Learn how to mend and reuse fabric, bikes and appliances to reduce waste going to landfill.



Where: Eastside Visitor Centre
402 Newtownards Road, Belfast BT4 1HH



Day and date: Saturday 10 March
Time: 10.00am – 12.00pm



Contact name: Mary Brady
Tel: 028 9032 0202
Email: bradym@belfastcity.gov.uk



SCIENCE FUN FOR THE FAMILY – SCIENCE STARZ

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



Where: Greater Village Regeneration Trust /
Richview Regeneration Centre
339–341 Donegall Road, Belfast BT12 6FQ



Day and date: Saturday 10 March
Time: 12.00pm – 1.00pm



Contact name: Elita Frid
Tel: 07783 171 734
Email: sciencestarz@yahoo.com

COOK @ WILLOWFIELD! – WILLOWFIELD PARISH COMMUNITY ASSOCIATION

A one day event for local families to learn how to cook healthy and tasty dishes, using fresh ingredients that they can easily replicate at home. We will also have a healthy lifestyle focus to complement this.



**Where: Willowfield Church Halls
290 Woodstock Road, Belfast BT6 8PR**



**Day and date: Saturday 10 March
Time: 12.00pm – 3.00pm**



**Contact name: Charlene Harwood
Tel: 07960 116 929
Email: Charlene@wpcabelfast.co.uk**



9

GIRLS UNDER 16 GAELIC FOOTBALL TOURNAMENT – GORT NA MONA

Girl's Gaelic football is increasing in popularity and Gort na Mona invites girls Gaelic Football teams (aged 14–16) from Belfast and outlying areas to participate in a tournament. This is an opportunity for new and developing teams to meet and learn from each other.



**Where: Gort na Mona GAC
Upper Springfield Road, Belfast BT12 7QX**



**Day and date: Saturday 10 March
Time: 12.00pm – 5.00pm**



**Contact name: Bridgeen Mulvenna
Tel: 07807 062 975
Email: bridgeenmulvenna@yahoo.co.uk**



10

CODING WORKSHOP FOR YOUNG PEOPLE – BEAMA

This interactive workshop will give young people aged 7-14 hands-on experience of coding, using state of the art iPad apps and software packages, to create a short animation, coded from scratch by the participants.



Where: The ARC (Arts Resource Centre)
7 Donegall Street Place, Belfast BT1 2FN



Day and date: Saturday 10 March
Time: 1.00pm – 3.00pm



Contact name: John Walls
Tel: 028 9581 1202
Email: info@beama.education



11

ALL ABOARD! YOU ARE WHAT YOU EAT! – YOUNG AT ART

The Big Botanic Birthday Bash celebrates Young at Art's 20th birthday with fun family-friendly activities and events. These include pop-up performances, walkabout activity, a large scale art work and children's workshops including the transport themed "All Aboard!" and "You Are What You Eat!" to promote local food and healthy eating.



12



Where: Botanic Gardens, Belfast BT9 5AB



Day and date: Saturday 10 March
Time: 1.00pm – 4.00pm



Contact name: Eibhlin de Barra
Tel: 028 9023 0660
Email: director@youngatart.co.uk

WILLOW WEAVING ON COMBER GREENWAY – SUSTRANS

Discover willow's versatility through the construction of willow sculptures. Participants will be led by an artist to use green willow, which grows adjacent to the Comber Greenway path. Willow provides a habitat for many native species. All tools provided.



Where: Meet at the bottom of the North Road Bridge steps on the Comber Greenway, part of the National Cycle Network. Meet at 1.00pm



Day and date Saturday 10 March
Time 1.00pm – 3.30pm



Contact name: Rachael Ludlow-Williams
Tel 028 9043 4569
Email: Rachael.ludlow-williams@sustrans.org.uk



ACOUSTIC PICNIC FOR INTERNATIONAL WOMEN'S DAY – OH YEAH MUSIC CENTRE

Acoustic Picnic is a family-friendly event that brings families together to make art, music and culture more accessible. Bring your own picnic, bring the family and we will bring the entertainment. At this event, we will celebrate females in the music industry, with our usual games and crafts supplied!



Where: Oh Yeah Music Centre
15–21 Gordon Street, Belfast BT1 2LG



Day and date: Saturday 10 March
Time: 1.00pm – 4.00pm



Contact name: Sian O'Neill
Tel: 028 9031 0845
Email: sian@ohyeahbelfast.com



RMUSIC – N RCITY – RCITY MEDIA

We will cover and demonstrate how to produce music, as well as looking at the creative concept from start to finish. We will take a piece of music to the next phase, right through to release.



**Where: Unit 7b, Argyle Business Centre
North Howard Street, Belfast BT13 2AU**



**Day and date: Saturday 10 March
Time: 1.30pm – 4.30pm**



**Contact name: Robbie Bryson
Tel: 07714 900 654
Email: rob@rcitymedia.com**



15

LAUGHTER THERAPY – PAULINE DUNLOP

Short introductory talk on stress and the health benefits of laughter therapy. Followed by gentle laughter exercises – confidence building and stress releasing. Try something different, you won't regret it!



16



**Where: Rosemary Street Church Hall (facing TK Maxx)
41 Rosemary Street, Belfast BT1 1QB**



**Day and date: Saturday 10 March
Time: 2.00pm – 3.00pm**



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

AFRICAN CULTURAL INFORMATION EVENT – AFRICA HOUSE NI

Africa is a huge continent with a multitude of cultures and nationalities that provide a rich tapestry of diversity. Learn more about its different countries and cultural delights through African cuisine, drumming, clothing and stories.



**Where: Africa House NI, St Joseph's Centre
321 Grosvenor Road, Belfast BT12 4LP**



**Day and date: Saturday 10 March
Time: 2.00pm – 4.00pm**



**Contact name: Fatuma Maallin
Tel: 07943 674 819
Email: Fmaallin12@yahoo.co.uk**



17

PRINTMAKING FOR ALL ABILITIES – BELFAST PRINT WORKSHOP

Enjoy a hands-on, creative and colourful afternoon with Belfast Print Workshop and the Mae Murray Foundation learning monoprinting techniques. Suitable for parents, carers and young people (aged 9+) with disabilities.



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



**Day and date: Saturday 10 March
Time: 2.00pm – 4.00pm**



**Contact name: Kyleigh Lough
Tel: 03006 001 166
Email: info@maemurrayfoundation.org
www.bpw.org.uk**



18

SCIENCE FUN FOR THE FAMILY – SCIENCE STARZ

Prepare to get messy with fizzy, hands-on science fun with Science Starz. This mobile lab allows for 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, Belfast BT17 0AW**



**Day and date: Saturday 10 March
Time: 2.00pm – 4.00pm**



**Contact name: Elita Frid
Tel: 07783 171 734
Email: sciencestarz@yahoo.com**



19

GET DANCING! – STEP WITH ANNETTE

An evening of mixed folk dances with live music, all ages welcome, no partner or experience necessary. Instruction will be given in Irish Ceili and 2-hand dances, French, Breton and Scottish Country dances.
Fun guaranteed – get moving – get dancing!



20



**Where: Main Hall, Skainos Centre
241 Newtownards Rd, Belfast BT4 1AF**



**Day and date: Saturday 10 March
Time: 8.00pm – 10.00pm**



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



SUNDAY 11 MARCH

- 1 **AUTISM FRIENDLY ACCESS MORNING – NATIONAL MUSEUM OF THE ROYAL NAVY**
- 2 **ALL ABOARD! YOU ARE WHAT YOU EAT! – YOUNG AT ART**
- 3 **MOVE-SING-REST – MICHELLE BAILLY**
- 4 **URBAN BEEKEEPING TALK AND HONEY TASTING – INFINITY FARM**

AUTISM FRIENDLY ACCESS MORNING – NATIONAL MUSEUM OF THE ROYAL NAVY

Join us on board HMS Caroline for an Autism Friendly Access morning. Tour the ship at your own leisure with reduced noise levels and higher lighting. Children's trails available.



**Where: HMS Caroline, Alexandra Dock, Queen's Road
Titanic Quarter, Belfast BT3 9DT**



**Day and date: Sunday 11 March
Time: 10.00am – 12.00pm**



**Contact name: Emelia Regattieri
Tel: 028 9045 4484
Email: learning.caroline@nmrn.org**



ALL ABOARD! YOU ARE WHAT YOU EAT! – YOUNG AT ART

The Big Botanic Birthday Bash celebrates Young at Art's 20th birthday with fun family-friendly activities and events. These include pop-up performances, walkabout activity, a large scale art work and children's workshops including the transport themed "All Aboard!" and "You Are What You Eat!" to promote local food and healthy eating.



Where: Botanic Gardens, Belfast BT9 5AB



**Day and date: Sunday 11 March
Time: 1.00pm – 4.00pm**



**Contact name: Eibhlin de Barra
Tel: 028 9023 0660
Email: director@youngatart.co.uk**



MOVE-SING-REST – MICHELLE BAILLY

Discover how to use gentle movement, singing and mindfulness as a practice to help you feel better, learn faster and decrease stress. Move-Sing-Rest is an engaging workshop open to learners of all ages and promises to be fun yet relaxing too!



Where: Crescent Arts Centre, 2-4 University Road, Belfast BT7 1NH



Day and date: Sunday 11 March

Time: 2.00pm – 4.00pm



Contact name: Michelle Bailly

Tel: 07518 973 146

Email: michelle@michellebailly.com



3

URBAN BEEKEEPING TALK AND HONEY TASTING – INFINITY FARM

Learn about keeping bees from the beekeepers at Infinity Farm and find out about their urban rooftop honeybee hives in the city. You will also get the chance to taste urban Belfast Honey in a selection of drinks and snacks.



4



Where: Framework Gallery

10 Upper Newtownards Road, Belfast BT4 3EL



Day and date: Sunday 11 March

Time: 2.00pm – 5.00pm



Contact name: Colm Clarke

Tel: 07879 054 757

Email: CONTACT@INFINITYFARM.INFO



ADDITIONAL EVENTS

- 1 ARTS AND WELL BEING FOR CARERS
- 2 INTRODUCTION TO REFLEXOLOGY WORKSHOP - CONWAY EDUCATION CENTRE
- 3 CRAFTS WORKSHOP - CONWAY EDUCATION CENTRE

ARTS AND WELL BEING FOR CARERS

An event for carers and their loved ones in outer West Belfast. Engage in a variety of arts and crafts that help promote physical health and mental wellbeing. Enjoy tea, chat, art and food in a relaxed, welcoming environment. This event is a closed event in partnership with Carers NI and Cloona House Carers Group.



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



**Day and date: Tuesday 6 March
Time: 10.00am - 2.00pm**



**Contact name: Kathy Marsh (and Clare Anne Magee)
Tel: 028 9028 5933
Email: kathymariammarsh@gmail.com**



INTRODUCTION TO REFLEXOLOGY WORKSHOP - CONWAY EDUCATION CENTRE

A taster workshop on Reflexology, part of a series of tasters delivered by experienced tutors to give participants an idea of what a course in the subject would be like. During the Festival of Learning week we will serve tea, coffee and home-baked cake to all participants!



**Where: Conway Education Centre
5/7 Conway Street, Belfast BT13 2DE**



**Day and date: Tuesday 6 March
Time: 1.00pm - 4.00pm**




**Contact name: Pauline Kersten
Tel: 028 9024 8543
Email: pkersten@conwayeducation.org**




CRAFTS WORKSHOP – CONWAY EDUCATION CENTRE

A taster crafts workshop, part of a series of tasters delivered by experienced tutors to give participants an idea of what a course in the subject would be like. During the Festival of Learning week we will serve tea, coffee and home-baked cake to all participants!

 **Where: Conway Education Centre**
5/7 Conway Street, Belfast BT13 2DE

 **Day and date: Thursday 8 March**
Time: 10.00am - 12.30pm

 **Contact name: Pauline Kersten**
Tel: 028 9024 8543
Email: pkersten@conwayeducation.org



For details of other events taking place in March,
please check out our website

www.makinglifebettertogether.com 



**Making life better,
together**

Belfast Strategic Partnership

Focusing on Life Inequalities



Belfast Festival of Learning

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

Twitter: @bspmlbt

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