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LENADOON COMMUNITY NEWS

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AT THE HEART OF THE LOCAL COMMUNITY

March 2020

Choose Life!



In this past twelve months at least ten local people have lost their lives to suicide or drug misuse. Many others have attempted to take their own lives. Their deaths have had a traumatic effect not only on their families and friends but also the wider Lenadoon Neighbourhood. Community Activists, Services and local community and sporting organisations are doing their best to support young people, adults and families affected by suicide and drug related deaths and addictions.

A number of meetings have been facilitated locally involving Youth and Community Workers, Family Support Workers and Counsellors to identify some of the main reasons for an increase in suicides and drug misuse locally. Among the findings were:-

- Access to drugs is easy and rife
- Drug taking is becoming “normalised” and accepted
- Drug dealers are preying on vulnerable young people and are able to operate with impunity
- Social Media is having a detrimental impact, especially on young people and suicide is being glamorised rather than illustrating the reality that death is final.

- Young people and adults don’t appreciate the devastating impact of the decisions they make regarding suicide, drugs, alcohol etc.
- Many local people cannot access the appropriate supports and services they need within the statutory sector
- Suicide and self-harm are now seen as real solutions to some local people’s problems
- Local Community Services are under severe pressure and don’t have the resources or funding to deal with this crisis
- Need for the development of wrap-around, preventative/resilience focused services.
- Our Services need to focus on developing Hope and Positivity in local people.

Local Youth, Community and Family Support Workers and Services have already begun to organise and facilitate programmes, training and workshops to provide the knowledge, skills and understanding to young people and adults that will build resilience and offer hope and positive solutions to the problems they may be facing (See inside Centre Pages).

Publication Funded By the William Cadbury Trust
Lenadoon Community Forum Providing A Framework For Regeneration

Lenadoon Community Forums Housing and Environmental Update

There was a large turnout at February's meeting of Lenadoon Community Forums Housing and Environmental Sub Group which meets on the first Wednesday of every second month in the Glen Community Centre. The meeting provides an opportunity for Residents groups and Statutory Service providers to address issues across the area.

The Housing Executive announced that new Communal doors are planned for Glentees flats while no time scale has been decided for the external improvements to the rear area of the masonettes in Lenadoon Avenue.

The Housing Executive have both bathroom and kitchen replacement schemes scheduled for Lower Lenadoon Avenue and the Doon Road areas as well as a bathroom replacement scheme planned for Carrigart Flats in 2021.



LHECS Meeting

Carrigart Looking Good

Although fly tipping has greatly reduced some non-residents continue to tip their household waste at the flats and City Council were recently able to identify a local resident who in turn was cautioned for doing so. Residents in Carrigart flats are appealing for this fly tipping to cease and welcome the much needed improvements recently delivered by the Housing Executive. In light of the plans to demolish the Corrib Flats and replace with social housing the process of vacating the existing flats is well on schedule. Choice Housing Association held a Public Information Event in St Pauls GAC on Tuesday 25th February to give local Residents particularly those who live in close proximity an opportunity to see at first hand proposed plans for the future of the Corrib Flats site.



Carrigart Flats

The Forum would like to acknowledge the contribution of the numerous Statutory and Voluntary reps who work hard to address the needs of the area identified at these meetings, these reps include Alison Devenney, Declan Mc Keown and Sean O'Kane from the Housing Executive, George Lytle, Sean Conlon and Patrick Mallon from Belfast City Council, Julie Dineen from Choice Housing and Catherine Glen and Nicola Hutchinson from Belfast Central Mission and Kevin Wallace and Sean McGreevy from Translink.

Suffolk Road Traffic Calming Needed!

The volume and speed of traffic along the Suffolk Road urgently requires action to be taken by the department of infrastructure and through its participation on Building Successful Communities the Forum are asking to have traffic calming measures implemented. New developments this past twenty five years along the Suffolk road such as Derryveagh, Riverside Mews, Suffolk Glen, Larkspur, old Suffolk Road and developments along the Colin Glen road have multiplied the traffic volume yet the road infrastructure has remained the same. This situation requires urgent investment by the Department for Infrastructure and Lenadoon Community Forum will continue to work hard to see that this is properly addressed.



Suffolk Road

Suffolk Road Flats

Residents in Suffolk Road flats are planning to meet with the housing executive regarding the security of the doors to the rear of the ground floor where drug paraphernalia is being left by non-residents. Residents say they are being tortured by young people that are non residents who continue to force their way into the communal areas to use drugs and to drink and then leave their paraphernalia behind them where residents and children access their own homes. Residents are hoping that the Executive can address these security issues which will contribute to a safer and cleaner environment for everyone living there. Belfast City Council recently visited the flats and met with residents with a view to establishing recycling just as they have successfully done in Carrigart Flats. Lenadoon Community Forum have arranged meetings in the coming weeks for where residents will meet representatives from Belfast City Council and the Housing Executive to have these issues progressed.



Reps attending meeting at Suffolk Road Flats

To report a broken street light, go to the web address below.
<https://reportfaultproblem.nidirect.gov.uk/streetlight.htm>

Still No Shelter from the Rain

After following the required application process to request Bus Shelters for the Suffolk and Glen Roads there is still no sign from Translink that this is likely to happen anytime soon. Lenadoon Community Forum along with local elderly residents met with representatives from Translink to request much needed shelters for residents using Public transport.



No Bus Shelter on Suffolk Road



One of the many bus shelters in the Belvoir estate

Residents are demanding to know why some areas in other parts of Belfast are well populated with bus shelters both on arterial routes and within housing estates and yet Lenadoon, Glen Colin and the Suffolk and Glen Roads are totally neglected. After countless emails and phone calls Lenadoon Community Forum have now asked Translink for an urgent meeting with the appropriate individuals who have the responsibility for these matters.

Rapid Transit Project still not complete!

Residents of Hillhead Crescent have been lobbying hard to have the Hillhead embankment reinstated to reflect the way it looked before the works associated with the Rapid Transit System began. Local resident Michael Dobbin said "All we are wanting is the Department of Infrastructure to honor its promise to reinstate the grass embankment that was there before the BRT works began, the department have let the clock run down and the contractor no longer has any obligations towards these works. Residents reject claims by senior engineers from the department that the request by the residents is for merely Cosmetic reasons and not Safety reasons, anyone can see for themselves that the department has shown a complete disregard for the people living here".

Lenadoon Community Forum will continue to support the residents to lobby elected representatives and the Department for Infrastructure to have this situation made good as promised during the community consultations throughout the duration of the Belfast Rapid Transit Project.

Pictured is the Grass Embankment at Hillhead after the completion of the BRT by the Department for Infrastructure.



Woodbourne Environmental Improvement Scheme takes a step forward

Planning has now been approved for the proposed significant environmental improvement scheme after having been resubmitted with a number of amendments which were requested by the traders. The proposals include the creation of secure front areas for the Woodbourne cottages, a realignment of the parking with designated spaces for disabled drivers, a redesigning out of the front square and an improved traffic management system for deliveries servicing the shops.

For more information ring Paddy or Renee at 90615319

Woodbourne Cottages



**Lenadoon Community Health Information Morning
Tuesday 30th June @ 10am - Glen Community Centre**

Tuesday Clubs Silver Surfers

Belfast City Council and NI Libraries have been providing training sessions for the local Tuesday Club and if any other groups are interested this support can be offered in a library, or in a community setting, for more information just contact 02890320202 and ask for Digital Training. Teresa Hyland from the Tuesday Club said "It can be hard to know where to start and how to navigate the massive amounts of information available but you eventually get there, our group want to build on this initial training and to end up being able to send and receive emails as well as looking to see if there are any holiday bargains that can be got online"! Karen Woods who is delivering the course said that "The training programmes can be tailored so that participants get exactly what they need to become a confident user of the internet and other digital technology. Learn about: - computer basics - finding information and accessing services - email and social networking - various tablet and mobile devices - shopping online - saving money - anything else you want to know"!

For more information on Computer classes contact Paddy on 02890615319 or Sharon on 611225.



Pictured above are members of The Tuesday Club

Kevin Bell Repatriation Trust

Pictured are members of the Glen Community Centres Tuesday Club presenting a cheque for money they raised at a coffee morning during a Lenadoon Community Forum Community Information Morning in November. The Tuesday Club have formed a close relationship with Colin Bell having raised funds for the Repatriation Trust several Times.

Colin Bell who lost his son Kevin said, 'Your creed or colour doesn't matter, we'll help any family'.

The family of a late GAA player who died in an accident in America have raised over £100k to help other families who find themselves in the same tragic situation.

Kevin Bell, from Newry, died in June in a hit-and-run accident in New York.

The 26-year-old dancing champion and talented Gaelic player was one of seven children, including a twin brother.

"Kevin had been out, it was a Saturday night and he returned home at about half three in the morning, he got out of a taxi and a white van came speeding and struck him, drove on and then he was hit by a second car but apparently he had been killed instantly," his father Colin explained.

"We were fortunate or God was good in that we didn't get a cold call from America. Kevin had been out to a friends', Sheamie Toner, and Sheamie rang his parents and then Vincent and Caroline came up and broke the news to us.

Kevin had been living in the American city for almost a year before the tragic incident

In dealing with the loss of Kevin, his family and the community have come together to create a lasting legacy in his memory.

The Kevin Bell Repatriation Trust now helps other families bring their loved ones' bodies home – already they have raised £120,000. It can cost families £5,000 to bring someone's body home from another country.

Colin said they have offered help to many as local families who have lost a relative overseas.

He added: "We said at the time, Kevin wasn't going to be the last, so the fund is there to help. We just want to help people. To contact the Kevin Bell Repatriation Trust phone 0283083311



The Tuesday Club present proceeds of coffee morning to Colin Bell



GLEN ROAD COMMUNITY CENTRE

9am - 5pm & 7pm - 10.30pm
Monday - Thursday &
9am - 4.30 7pm - 10.30pm Friday

Tel: 028 9062 7189



Horn Drive COMMUNITY CENTRE

9am - 5pm & 7pm - 10.30pm
Monday - Thursday &
9am - 4.30 7pm - 10.30pm Friday

Tel: 028 9060 4860

Lenadoon Women's Group Continue To Deliver

Lenadoon Women's Group has continued to provide ongoing support, Family Support, Information Workshops and a number of Courses over the past few months one of these Courses has been the "Incredible Years Course".

The programme aims to promote practical ways to increase Parental Confidence and Empowerment to assist them in supporting Children in their Development.

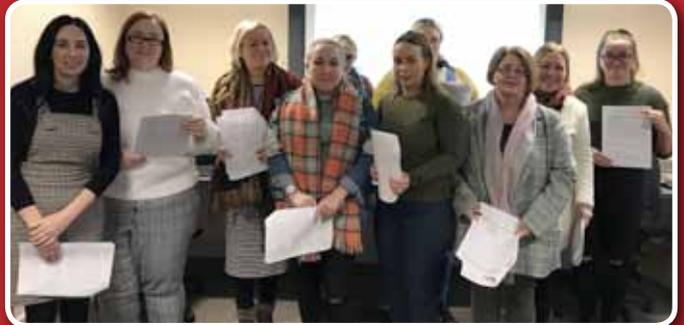
Congratulations and Well Done to all those who took part in the Programme.

Anyone interested in enrolling for courses organised by Lenadoon Womens Group can contact Bronagh or Greta at 90611205



Empowering Local Women

Lenadoon Women's Group recently received funding from Community NI to deliver a number of accredited training courses and workshops. Currently the group are running a computerised Payroll level 2 Course and ECDL level 2. Anyone looking further information on courses or services being delivered by Lenadoon Women's Group can contact Bronagh or Greta on 90611205.



**PADRAIG SAIRSEIL
WALK & TALK**

HEALTHY RIDES
HEALTHY MINDS
HEALTHY CLUBS

WE ARE OPENING UP OUR GATES AND TURNING ON OUR LIGHTS TO WELCOME EVERYONE YOUNG AND OLD TO JOIN US FOR A COMMUNITY WALK & TALK IN A SAFE ENVIRONMENT

WALKS WILL TAKE PLACE THURSDAY EVENINGS 7-8PM STARTING 12TH MARCH

Clear the head IMPROVE PHYSICAL HEALTH

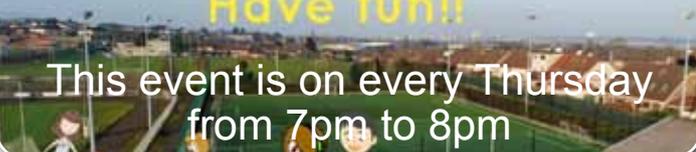
MEET NEW FRIENDS & RECONNECT WITH OLD ONES

Burn calories IMPROVE MENTAL HEALTH

Promotes health & wellbeing

Have fun!!

This event is on every Thursday from 7pm to 8pm



Weekend Crisis Intervention Service

For telephone support or an emergency face to face appointment, please call 07516187447

Opening Hours;

- Saturday 12pm to 4pm
- Sunday 12pm to 4pm

**Lenadoon Community
Health Information Morning
Tuesday 30th June @ 10am
Glen Community Centre**

Next ASIST training dates are:

29th/30th September 2020
and 24th/ 25th February 2021.

To book, email:
manager@lenadooncounselling.org
or Tel:02890600641

Lenadoon Womens Group contact: 90611205

Happy 30th Birthday 1990 -2020



Oliver Plunkett Disabled Care Group are now celebrating their 30th year in providing activities and respite to its members and their families from across West Belfast. The group were first established by the late Leo Martin and Collette Murray who along with Brendan Mc Allister and Marie Torbitt operated out of the OPELS building (Old Pig Factory) on the Suffolk Road. With the closure of OPELS in 2002 the group moved around the corner to where they are now in Horn Drive Community Centre. The group are highly dependent on its volunteers and are always inviting anyone who wish to give up a couple of hours on a Wednesday evening to get in touch with them, the group are especially in need of male volunteers. So Happy Birthday to everyone at OPDCG and if anyone wishes to find out more they can call 90604860 any Wednesday night after 7pm and ask for Joe or Marie Torbitt.



Pictured above are the Wednesday Night Club enjoying their activities

Horn Drive Senior Citizens Christmas Dinner

Our Senior Citizens enjoyed yet another successful Dinner in Horn Drive Community Centre. We catered for pensioners from near and far. Entertainment was provided by the fantastic 'Castaway'. Many thanks to the many volunteers, staff and sponsors who helped make this day once again a very special and enjoyable occasion. For further information ring Anto Adams on 90604860



Pictured are Seniors enjoying Christmas dinner

St. Oliver Plunkett Disabled Care Group Wanted

Male Volunteers to help maintain the services on a Wednesday evening please Contact Joe or Anto at Horn Drive Community Centre on any Wednesday evening after 7.30pm on 90604860

FINGERS & THUMBS GROUP

EVERY MONDAY & WEDNESDAY
6-9PM
KNITTING
CROCHETING
OR EVEN FOR A WEE NATTER ALL WELCOME, SO COME ALONG AND ENJOY THE CRAIC.
FOR DETAILS CONTACT NIAMH AT HORN DRIVE ON 90-604860

Community Responds Helping the Homeless

Christmas really is the time for giving and sharing, and the young people from Glen Parent and Youth Group did their magnificent best to do that during December just passed. Despite freezing winter conditions a group of senior members along with Robert and Karen joined the 'Have-a-Heart Foundation' and 'Team Haven' on the Streets of Belfast City Centre distributing warm coats and sleeping bags along with other items of clothing to those people unfortunate enough to find themselves Homeless. Robert Sands a Senior Youth worker at Glen Parent said, "I think I can speak on behalf of all the young people who participated in this initiative by saying that we have all come away that bit more grateful for all that we have and realise how much we all can take things for granted.

It was honestly a proud and heartwarming time seeing our young people show so much Compassion, Love and Kindness to those vulnerable people living and sleeping on the cold streets of Belfast City Centre. Together we have all sworn to do more to help those less fortunate than ourselves not just at Christmas but into 2020 as well so a massive big Well Done to everyone involved as they did Lenadoon Proud". To find out more about the Projects at Glen Parent and Youth Group telephone 02890585544 and ask to speak to Robert, Karen or any of the Youth Leaders.



Pictured are young people from GPYG helping those most in need on a cold night in Belfast City Centre

Glen Day Care Christmas Concert

Glen Parent Day-care's Annual Christmas Sing-a-long was yet again another great success. Staff, families and most important the children had an absolute ball. Hugh numbers of family and friends came to support the children in their Christmas Sing-a long, the children sang their hearts out, danced and played their musical instrument's to the Christmas songs. Santa came and surprised the children. After the sing-a-long parents enjoy browsing round the Christmas stalls, drinking hot chocolate and eating Christmas buns and cake. The atmosphere was fantastic and you could truly tell that everyone including the children were all in the Christmas spirit. Weeks of planning and preparing were well worth it. Great morning had by all. For further information on Glen Day Care phone Donna on 90618549



Emergency First Response Training in SRRP

Lenadoon Community Forum organised a Cross Community emergency first respondents training session in the Stewartstown Road Regeneration Projects Offices. The session was delivered by Jackie O'Neil from the Ambulance Service. Everyone enjoyed the experience and appreciated the importance of quick response when someone has taken ill. The lesson of the day was that the quicker a person gets help then the better it is for that person, this help comes in the form of CPR and the use of a defibrillator. So what exactly is CPR? Cardio pulmonary resuscitation (CPR) is an emergency procedure that combines chest compression's in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest.

CPR involves chest compression's for adults between at a rate of at least 100 to 120 per minute. The rescuer may also provide artificial ventilation by exhaling air into the subject's mouth or nose (mouth-to-mouth resuscitation) . Current recommendations place emphasis on early and high-quality chest compressions.

CPR alone is unlikely to restart the heart. Its main purpose is to restore partial flow of blood to the brain and heart. Administration of an electric shock to the subject's heart, termed defibrillation, is usually needed in order to restore a heart rhythm. A defibrillator has been recently positioned to the wall of the SRRP building just outside the Coffee House and can be accessed by the Public through calling 999. There are also other defibrillators positioned throughout the community in places such as Sarsfields GAC and Glen Community Complex on the Suffolk Road.

This session was one of several organised this past year by Lenadoon Community Forum and we plan to organise additional sessions throughout 2020. For more information on future sessions contact 02890 615319.



Community Responds To Crisis

MINDFULNESS YOUTH WORKSHOP

Following the traumatic events of this past three months in the Youth Centre and the grief and emotions that many young people were experiencing, we invited Kerri Mc Comish, a Yoga and Mindfulness instructor back to the Complex to do a Workshop with the youth members. Kerri worked with groups of over 25 young men and women exploring their feelings. The group openly discussed their fears, anxieties and expectations. Given the chance to reflect, the young people wrote down their biggest fears and were then invited to burn them on a fire as a means of letting go and getting rid of their worries. The Workshop was very productive and over the following weeks the young people explored their emotions and concerns and established individual coping mechanisms for handling difficult situations.



Suicide Prevention Training

Lenadoon Community Counselling Service organised a very successful two day A.S.I.S.T Suicide Prevention Training Programme in the Glen Community Complex in February. The aim was to train local people and health professionals so as if they encounter someone who is suicidal they will be equipped with the skills and knowledge of how to handle that situation. There will be another ASIST Training course being held on September 29th and 30th in the Glen Community Complex. If you want to book a place on this Free accredited training you can phone Lenadoon Community Counselling Service at 90600641



Mind fit Kids and Teens

Glen Parent Youth Group recently introduced a number of mindfulness programmes and activities for their After schools members. Anne from Mindfit Kids and Teens explained the benefits of mindfulness and how using our five senses contributes to us understanding the world around us and the thoughts in our head. The young people discussed their feelings with Anne and each other and explored breathing techniques that they can use when they are feeling stressed or angry.



Mental Health Day

Glen Parent Youth Group organised a Mental Health Day in the Glen Community Complex in November. Scores of adults and young people availed of the information and services on offer from Providers. The main aim was to break down the stigma around mental health and provide information around the Services that are available, create an ambience where people can come along and relax and receive treatment whether it be acupuncture, reflexology, head massage, a facial or just to have a chat and to meet new people.

A huge thank you to John from Lenadoon Counselling Services, Frankie and Ann from Lighthouse and Brendy Lowe and Margaret from Suicide Awareness. Mel Carville who organised the Event said, 'I want to say a huge thank you to everyone who made a donation, offered their time and Services at the event. It meant so much to bring back our Community spirit and make local adults and young people aware of the Services that are available should they need them'.



Community Responds To Crisis

Mind Your Mate

Glen Parent & Youth Group recently organised a "Mind Your Mate" workshop in the Glen Community Complex facilitated by Philip McTaggart from Mind-skills Training and Coaching. Youth leader Karen Nugent said "Whilst the young people found it hard hitting and tough to listen to at times, they came away with the skills to know what signs to look out for should one of their mates be suffering". One of the participants added, "I now know how to have a conversation with a friend or relative who may be in a dark place and also how to maintain my own personal mental health". The Workshop finished with the young people receiving a certificate and youth leader Mel Carville said, "It's no secret that these young people haven't had it easy this past few months but they are showing so much strength and support for each other, as youth leaders we are really proud of them". They appreciated the information Philip gave them and actively participated in the discussions.



Planning Ahead

Lorraine Morrissey recently facilitated a meeting in the Glen Community Complex to address the issues arising from the drug and mental health crisis in the local community. Youth, Family support and Community workers along with Counsellors met to discuss their experiences and to examine ways of how best to support young people, adults and families who are experiencing mental health and drug misuse difficulties.

One of the outcomes of the consultation was the need to organise or facilitate Information Workshops and Training for young people, adults, parents and youth and community workers.

The need to hold to account those who have a Statutory responsibility for tackling the drugs crisis was highlighted as was the inaction of the PSNI who appear to be allowing drug dealers to operate with impunity in the local area.



Mental Health Awareness Project for young people

Glen Parent/Youth Group in partnership with the Boys and Girls Club have organised a joint Initiative which sees young people from Glen Parent Youth and Youth Centres across Belfast come together every month to take part in Mental Health Awareness Workshops as well as playing indoor football blitzes.

In the first Programme at the end of January scores of young people participated in soccer blitzes and they then listened attentively to former Antrim GAA goalkeeper Chris Kerr talk about his battle with depression. The young people listened as Chris explained about his personal battles with anxiety and depression, being physically and mentally on his knees. However following counselling his outlook on life is good and he is in control of his emotional management.

The most powerful message that Chris left the young people with is this, "There is always light at the end of the tunnel. There is always help available, ask for help, don't bottle things up, be brave and get things off your chest." An inspiration for the young people present.



Pictured is Chris Kerr talking to the young people

Blackmountain Men Go Online

The Black Mountain Older Men's Group are currently acquiring new digital skills to enable them to be active in the Digital World and to take advantage of the benefits that being online can bring. The courses are provided through the BT Skills for Tomorrow programme in partnership with the Good Things Foundation and delivered by Ignite IT which is a member of the Online Centres Network. The men in the group have chosen what skills they would like to work on such as Basic Internet Skills, Social Media, Cyber Security, Managing Money and Improving Health. The men are supported by a weekly visit from an Ignite IT trainer and they are also able to continue their learning throughout the week at home using their unique online account on bt.learnmyway.com. And if they run into problems they have a freephone number to the Ignite IT helpdesk to help them get back on track!

Ignite IT has had over 20 years of experience delivering courses to communities, businesses and individuals and has won awards and recognition for their service and delivery.

Ignite IT provides everything you need for your course including i-pads/tablets, materials and even broadband connectivity! If you would like to have a discussion on having a free 5 week course delivered to your group please phone Ignite IT on 08000 488 638 and ask for Ken. For further information on the Blackmountain Mens Group phone Joseph Jordan or Manuel Millar on 02890 627189 any Wednesday after 1.30pm



Pictured are members of Blackmountain Mens Group during IT sessions

Focus Club Continue To Thrive

Focus Clubs Enterprise Group are selling their Felt Pictures. They had a very successful Exhibition in the Culturann during November and December. Pictures will also be exhibited in Colin Glen Library until Easter.

We also had a very successful Christmas Craft Fair in the Kennedy Centre. Members worked very hard on their hand made tree decorations. Thank you to everyone who supported us again this year.

Our Gardening Group made the best of the winter break with a Printing Workshop. We had a 'plants and flowers' theme. Members learned how to print using plants, leaves and flowers. They had beautiful pictures to take home. Fionnuala said that their AGM was last week and we now have some new parents and members on the committee. They are having a St Patrick's day event next week in Glen Community from 11am to 1pm, they are hoping to visit Dublin Zoo if successful with their grant application.

We are finishing up our Trash Fashion project with CAP. Our 'hero' style costumes are nearly ready for the catwalk in St Anne Cathedral in March 2020. For anyone looking further information at they can contact Fionnuala at 90627189



ADULT SAFEGUARDING TRAINING

Over this past six months more than 30 members of Lenadoon Forum, Glen Parent Youth Group, Lenadoon Community Counselling Services and Lenadoon Womens Group have completed Levels 1 and 2 of accredited Adult Safeguarding Training facilitated by Volunteer Now in the Glen Community Complex.



**For more information contact:
Volunteer Now on 02890 232020
deirdre.murphy@volunteernow.co.uk**

NEIGHBOURHOOD RENEWAL CAMPAIGN INTENSIFIES

Community Activists from Lenadoon joined colleagues from across Belfast in planning their next steps in the campaign to ring-fence funding for the Neighbourhood Renewal Programme.

Vital health, education, employment, regeneration and other essential Services are funded in the most disadvantaged communities in the Six Counties under the N.R. Programme. It's budget has been reduced by over £7 million in this past seven years and activists do not only want to ensure that they are able to provide these essential Services but they also want to be part of the co-production of a new Anti-poverty Strategy. "Executive Departments have a statutory duty to address poverty and disadvantage and to target resources at communities most in need. The Department for Communities and other Departments need to invest in communities, not make cuts", added Paddy O'Donnell of the Lenadoon Neighbourhood Partnership. The Neighbourhood Renewal Campaign recently met with the Dept for Communities Minister Deirdre Hargey who was very supportive of their aims and who intends to ring fence the NR budget for the next two years and to get her Civil Servants and NR activists to come together to co-produce a Programme modeled on the lines of the People and Places Initiative.



Pictured are community group reps at meeting of Neighbourhood Renewal Strategy in Belfast City Hall



Pictured above are members of the Neighbourhood Renewal working group meeting in the offices of East Belfast Community Development Association

Down Memory Lane

Lenadoon Community Forum recently organised a Cross Community Digital Film Archive (DFA) event in the offices of the Stewartstown Road Regeneration Project on the Stewartstown Road. Those in attendance enjoyed many of the old archive film footage of what life was like in working class areas across Belfast including the linen mills and the many bakeries that were in nearly every area of Belfast.

The DFA contains hundreds of hours of moving image titles, spanning from 1897 to the present day. Primarily focused on Belfast society, the collection also documents Pre-Partition Ireland and contains material of interest to wider international audiences. The group watched items covering a wide breadth such as broadcast news, feature films, television dramas, sport, documentaries, animation, light entertainment, amateur footage, newsreels and more.

The DAF delivers themed presentations based on the content of the Digital Film Archive to a variety of audiences, including community and reminiscence groups, historical societies and schools. All presentations are free of charge and, where possible, can be tailored to suit the interests of your group – be it a general overview of the collection, or a talk on a specific subject, place, era, or historical event. For more information contact Paddy on 02890615319.



Lenadoon Community Education & Training Project

Despite many funding setbacks and the reluctance of Government and Statutory Services to fund a much needed Education & Training Resource for the Lenadoon Area, the Lenadoon Community Forum have now commenced FREE Accredited Training in IT. We have secured funding from the "Cadburys Fund" to run a small number of Courses commencing after Easter. Sharon McCullough, Training Manager said "despite our many funding setbacks over this past 2 years, we were never prepared to sit back and give up on this much needed Community Service. We have always recognised the importance of accredited training with the wrap around services of childcare and other support services to enable our participants to fully participate in their learning and development. We will continue to lobby for funding for our participants to give them the opportunity to increase their employability skills. Our aim is to ensure that all our students have the opportunity to participate fully by providing a secure, friendly space for them to learn and eliminating the barriers they may be facing such as childcare, distance to travel etc."

All of these Courses are FREE of Charge

COURSES COMMENCING WEEK BEGINNING 27th April 2020 - Limited Free Child Care Spaces Available

ECDL Level 1

Computerised Accounts

Basic Functional Skills in ICT

For more information on the new courses commencing, please feel free to call in to Glen Community Complex, 41c Suffolk Road, Telephone Sharon on 90-611225 or email: lenadoonforum@yahoo.co.uk or check out our Facebook Page "Lenadoon Training Project".

Spinning The Linen 2020

Lenadoons Half Moon Lake 'Men's Shed' are about to help launch the second phase of an exciting cross community flax growing and processing project based at Suffolk Community Garden. The men have been working with Suffolk Community Forum, Suffolk Community Gardeners and Plough Men's Shed from the Grovenor Road for the past year researching how flax is processed into linen and have made all the tools needed to get the flax to the point of spinning. The lads have made a scutching board and sword, a crimper and hecklers to process the flax grown by Suffolk Gardeners and Plough Men's Shed. They have been visiting Lisburn Linen Museum and The Public Records Office to research the history of Half Moon Lake and have taken part in guided historical tours related to the linen industry in the Dunmurry, Colin and Suffolk areas. Spinners and weavers from the museum will be out to guide the groups through the final stages of making the thread and weaving the linen. This will be the first time that all the stages of linen production will have been performed in this area since the American Civil War.



During their research they learnt how the Linen Industry was the only trade that was encouraged by London as it was not seen as being in competition with English trade. Unlike the Irish woollen industry which was very successful and was dealing directly with the Hansiatic League (a prototype European Union). This industry was to be afforded the same fate as many other Irish industries as they were seen to be in direct competition with English. Wool producers in South East England complained to Westminster and the London government promptly slapped heavy tariffs and trade restrictions on Irish wool destroying the industry and triggering a famine which caused the death of thousands of native Irish and plunged many Protestants into abject poverty and forced migration.

In addition to the flax project the men have also just completed a photography course and will soon be starting a green woodworking spoon carving course. The shed meets every Thursday from 10am and all men are welcome, just drop in on a Thursday or call Micky on 07814860078.

Half Moon Lake Mens Shed meet every Thursday morning everyone welcome contact Micky Mc Corry on 07814860078

Annual Family Funday
@ Half Moon Lake
Saturday 27th June 12 to 3pm
Strictly No Dogs or Alcohol at this event

Lenadoon Community Health Information Event

A quick, free and painless scan for men aged 65 and over



Abdominal aortic aneurysm (AAA) screening

Around 1 in 65 men screened in Northern Ireland at age 65 has an AAA. Men aged over 65 who have never been screened are at greater risk. AAA can be life-threatening if left untreated.

All men in Northern Ireland in their 65th year will receive an invitation for an ultrasound scan that checks for swelling in the aorta. Look out for your invitation in the post.

Men aged over 65 can request a scan through the screening programme office on 028 9063 3826. Screening clinics are provided across Northern Ireland.

For further information, call the screening programme office, speak to your GP or visit pha.ni.gov.uk/AAA-screening-nidirect

HSC Public Health Agency



Tuesday 31st March 2020 @ 10am
Glen Community Centre

Lenadoon Community Forum are facilitating a Talk and Presentation on bowel cancer by an Oncologist Surgeon from the City Hospital. Also in attendance will be representatives from the Belfast Trust who will provide information and signposting on Abdominal Aortic Aneurysm(AAA) Screening. The Talk will take place in the Glen Community Centre in Carrigart Avenue will commence at 10am and a light lunch will be provided. For more information contact Paddy on 02890615319.

St Oliver Plunkett Parish News



We have a new website! It is still the same address but it is totally revamped, easily navigated and has a lot more information, photos and also has a link to daily tweets from the Vatican. Please take time to have a look and give us some feedback on your thoughts on the site. If there is anything you would like to see added, let us know. We have Instagram connected to the site and regular postings of events in the parish will appear. Could you encourage your children and their children to follow us? We would love to see some young followers.



The parish always needs new volunteers for various roles and adorers for an hour on a Wednesday. Interested? Call us.



We had an amazingly busy Christmas period and wish to thank all our parishioners for your continued support through contributions to the parish. We were delighted with the income from the Christmas Mass Bouquets this year so thank you all for your donations. Remember, throughout the year we have Mass cards and a range of other Mass intentions available from the parish office.

Our parish draw was a huge source of income last year. We had our first £500 Christmas Prize drawn at the quiz night early December. We sold several gift cards and had more parishioners joining up for 2020. You can join anytime and have as many tickets as you wish for £2 each per month. We prefer that you sign up to do this by standing order though if you prefer, we will still accept cash. Call in and chat to us today!

You may have noticed our Church notice boards have been tidied and are being updated on a regular basis. Can we ask, if you have notices you wish to see there, please bring them to the parish office in the first instance. Remember - this is your parish! If we can do anything better or different, talk to us!



Our Lenten programme will be finalised at the beginning of February and we will update our website with all the information you will need.

**ST OLIVER PLUNKETT CHURCH, 27B GLENVEAGH DRIVE
BELFAST BT11 9HX PH: 028 90618180**

Visit: www.stoliverplunkettparish.ie

Email: office@stoliverplunkettparish.ie

St Oliver Plunkett Appealing for Volunteers

to help with the upkeep of the Church gardens St Oliver Plunkett Church 27B Glenveagh Drive

Belfast BT11 9HX **Phone 028 90618180**

Drumbeg Church graveyard

I love walking through graveyards and cemeteries -the difference being graveyards are attached a to a church- and one I've been to a few times in recent years is Drumbeg on the outskirts of Béal Feirste. It's not particularly big but a friend and I spent an hour or so walking around it and we took a couple of photos of some of the more interesting headstones. There has been a church on the site since the middle ages but over the centuries much has changed. The first Protestant church was established in 1622 by Scottish settlers who become big landowners in surrounding townlands such as Ballydrain, Ballydrombeg and Upper Falls.

One of the earliest headstones which is embedded on the church walls is that of the the Stewart family. One John Stewart and his escort were 'cut into pieces' by 'Roman Catholicicks' in 1641. Other plots in the graveyard belong to families such as Coates who were linen millowners and after whom Coates Street is named.

A small Celtic Cross marks the grave of William Gouldie who was an Irish Volunteer during the Rising of 1798. I've tried finding out more about him but that's as much as I could get. The remarkable thing about him is that he lived to the ripe old age of 104 and he died in 1873. It's possible he came from a wealthy family because very few poor people lived to even half that age, especially at a time when the potato blight led to An Gorta Mór when millions died of hunger and disease.

Another plot is that of the Montgomery family when one, Hugh, died at Balaclava in Crimea during the disastrous campaign-for the British army- during the Charge of the Light Brigade. I digress slightly here- many streets off the Falls Road were named after that period in British history such as Balaclava Street, Inkerman Street, Sevastapol Street and others. When the Falls Road streets were being built in the 1880s thousands of people came from surrounding counties to work in the many linen mills and other major industries.

The last Plot is that of McCance. I grew up in the Lenadoon area and remember the old pig factory, which we called the abattoir on the Suffolk Road. When i was young I helped a bread-man and one of the places I loved going to, especially on a Saturday morning was the abattoir because some of the women i knew would give me sausage rolls and pork pies. In the late 1960s there was an advertisement on tv for Cookstown sausages and George Best was in them. No doubt that added to the appeal of them! In the early 19th century a linen mill was built by the McCance family and the fields above it, which later became Lenadoon estate, were used as bleaching greens. The Half Moon Lake, which is still there, was used as a water source to run the Mills' wheels. The house, or mansion, where the McCance's lived was called Suffolk House and was located which is short walk from the Mill. They were a very wealthy family and one of them, John, was the founder of a bank which later became the Northern Bank (I didn't get a penny form it!!). He was an MP in 1835 but that didn't last too long because he died a few months later. They say of the 40 linen mills built in Béal Feirste the McCance's was the best because they treated their workers, were mostly young girls and women, better than other mills. So there you have it.....more to come on other interesting parts of Béal Feirste and surrounding areas and their link to Lenadoon.



Lenadoon Community Festival

Organisers of last years Community Festival are planning on running a similar Festival this year during the week August 3rd -7th. A meeting is being held on Wednesday April 8th at 10am in the Glen Community Complex, 41c Suffolk Road for anyone who is interested in helping out at any of the Events or who may have some ideas about possible Events. Feel free to come along or if you are unable to attend but would like to Volunteer, ring Paddy at 90 615319 and leave your contact details.

LENADOON FEILE MEETING
WED APRIL 8TH 10AM
in the
Glen Community Complex,
41c Suffolk Road

Child Protection Training

Almost one hundred members of Pdraig Sarseil CLG who assist with Gaelic Football, Hurling and Camogie and Ladies Football recently completed their updated Child Protection "Keeping Safe" Training which was facilitated by Barney Herron and Frances O'Neill of Antrim GAA.



Darkness into Light 2020



Lámh Dhearg CLG in association with Hannahstown Community Association are hosting its fourth annual Darkness into Light walk on Saturday 9th May 2020. The 5km walk that sets off at 4:15am from the Lámh Dhearg clubrooms and makes its way along the roads around Hannahstown to help raise awareness around suicide and mental health as well as providing vital funds to local organisations tackling the situation.

In May 2019 we had over 2000 members of the public walking the roads again through the darkness and into the light raising a further £47,000 towards Pieta House and our local partner group Suicide Awareness & Support Group.

More significantly, the event helped raised the profile of mental health and suicide awareness within our membership and local community as it attracted coverage in the press, radio and television as well as social media as we had our own Darkness into Light social media pages.

Through the monies raised last year Suicide Awareness have managed to hold an additional 1200 therapeutic sessions for those people bereaved or impacted by suicide.

The event provided much comfort and help to families who have experienced suicide of loved ones and they appreciated it as an unique opportunity to remember their loved ones and at the same time to significantly raise awareness of mental health issues and we have built up strong links with the Suicide Awareness Charity and Pieta House in Dublin.



How To Register

You can register online by clicking on <https://www.darknessintolight.ie/event/hannahstown> or at specially arranged enrolment sessions in the Kennedy Centre on Saturday 14th and 28th March.

Active Winter Up The Hill



There was a very positive response and high attendance by Lámh Dhearg U16/Minor boys and ladies panels in the 'Physical Conditioning & Nutrition for Gaelic Games' programme generously sponsored by Belfast City Council. The programme is part of @belfastcc innovative project "Our Coaches, Our Players & Our Future. The Belfast Council should be commended for providing clubs the opportunity to avail of the beneficial programme. The club also deserves credit for embracing the opportunity which will enhance the conditioning, personal fitness and well being of their teenage players. The five week programme incorporated ten sessions which was professionally conducted by the Aufield brothers in their new gym Lifestyle & Performance @ Andersonstown News Office.

Also the younger members of the club have been enjoying the innovative Monkeynastix programme during their FUNdamentals sessions also generously funded by the Belfast City Council. The children are thoroughly enjoying participating in the programme which is helping to develop their agility, balance and co-ordination in a fun and safe environment.

Primary 7 pupils from Ballymacward PS and all club players recently enjoyed the opportunity of a lifetime having breakfast with Tipperary All Ireland winning panel.



 **Find us on Facebook**

**Check out our newly refurbished Club House
For Bookings Ring 90629855**

SARSFIELDS WIN DWYER CUP

Padraig Sairseil Minor Footballers won the Dwyer Cup (South Antrim Football Championship) by beating the Joe Brolly managed St Brigids in the Final at Colaiste Feirste recently.



The South Belfast side were going for three in a row but the young Paddies side led from start to finish, their workrate, tackling, discipline and scoring were superb throughout and sets them up nicely for the rest of the season.

Pádraig Sáirséil CLG March Juvenile Training Schedule

Girls Football	Venue	Day	Time	Lead Mentor
Under 6	Holy Child School	Thursday	6:00 - 7:00	Micheál Ó Duibh
Under 8	Glen Parent Centre	Thursday	6:00 - 7:00	Ursula Weir
Under 10	Sarsfields 4G Pitch	Thursday	6:00 - 7:00	Kieran Clarke
Under 12	Sarsfields 4G Pitch	Thursday	6:00 - 7:00	John Barr
Under 14	Sarsfields 4G Pitch	Monday	7:00 - 8:00	Alison O'Coighligh
Under 16	Glen Parent Centre	Monday	6:00 - 7:00	Aisling Dunlop
Minor / Senior	Sarsfields 4G Pitch	Sunday	3:00 - 4:00	Gary Farrelly
Camogie				
Under 6	Glen Parent Centre	Tuesday	6:00 - 7:00	Lee Wallace
Under 8	Glen Parent Centre	Wednesday	6:00 - 7:00	Gary Smyth
Under 10	Sarsfields 4G Pitch	Monday	6:00 - 7:00	Sean Dines
Under 12	Sarsfields 4G Pitch	Monday	6:00 - 7:00	Charlene / Kitty
Under 14/16	Sarsfields 4G Pitch	Sunday	11:00 - 12:00	Laura Ferris
Senior	Sarsfields 4G Pitch	Monday	8:00 - 9:00	Declan O'Toole
Boys Football				
Born in 2015	Brook Leisure Centre	Wednesday	6:00 - 7:00	Micirua
Born in 2014	Brook Leisure Centre	Wednesday	6:00 - 7:00	Chris White
Born in 2013	Sarsfields 4G Pitch	Wednesday	6:00 - 7:00	Sean McCrory
Born in 2012	Sarsfields 4G Pitch	Wednesday	6:00 - 7:00	Ciaran Digney
Under 10	Sarsfields 4G Pitch	Friday	7:00 - 8:00	Mick Brady
Under 12	Sarsfields 4G Pitch	Sunday	10:00 - 11:00am	Noel Ferris
Under 14	Sarsfields 4G Pitch	Monday	8:00 - 9:00	Gareth Ward
Uner 16	Sarsfields 4G Pitch	Thursday	7:00 - 8:00	Ciaran Doherty
Minor	Sarsfields 4G Pitch	Sunday	12:00 - 13:00	Michael Doherty
Hurling				
Born in 2015	St John the Bap School	Monday	6:00 - 7:00	
Born in 2014	St John the Bap School	Monday	6:00 - 7:00	Brendy McKernan
Born in 2013	Sarsfields 4G Pitch	Tuesday	6:00 - 7:00	Jim McKernan
Born in 2012	Sarsfields 4G Pitch	Tuesday	6:00 - 7:00	Brendy McKernan
Under 10	Sarsfields 4G Pitch	Tuesday	7:00 - 8:00	Gerard McKernan
Under 12	Sarsfields Pitch	Wednesday	7:00 - 8:00	Niall McGuinness
Under 14	Sarsfields Pitch	Friday	5:45 - 7:00	Gary Jemfrey
Under 16 / Minor	Sally Gardens	Monday	7:00 - 8:00	Coleman
Fundamentals for all kids born in 2015 or after	Glen Parent Centre	Saturday	09:30 - 10:30	

Check out our newly refurbished Club House - For Bookings Ring Fiona on 02890614340



Why not visit our facebook page Patrick Sarsfields GAA Club