



Digital Health & Care
Northern Ireland
HSC Goes Digital



Cold weather and winter bugs can affect our health, but there are things we can all do to keep well.

Apps can be a good source of information, advice and motivation.

Using apps and digital tools routinely helps people take control of their own healthcare and plays a key role in improving access to psychological therapies.

The apps can provide information and advice on topics such as managing breathing conditions, stop smoking, keeping active, promoting good sleep and general well being.

Here is a selection of apps to help you manage your health concerns common for this time of year.

Stay safe this winter – DHCNI

If you have any information you would like to share across our Locality Planning Group members in Belfast please email:
LocalityPlanning@belfasttrust.hscni.net



REFUGE
LANGUAGE

Public ESOL courses

East Belfast Beginners

Address - 22 Bloomfield Avenue, BT5 5AD
Day - Friday
Level - Beginners and Pre-Intermediate
Time - 9.30am - 12pm
Maps - [Refuge Language East](#)

City Centre Absolute Beginners

Address - GEMS, 34 Shaftesbury Square, BT2 7DB
Day - Thursday
Level - Beginners
Time - 12pm-1pm
Maps - [City Centre - GEMS](#)

East Belfast Intermediate+

Address - 22 Bloomfield Avenue, BT5 5AD
Day - Monday
Level - Intermediate and above
Time - 9.30am - 12pm
Map - [Refuge Language East](#)

City Centre Beginners - WAITING LIST

Address - GEMS, 34 Shaftesbury Square, BT2 7DB
Day - Thursday
Level - Beginners
Time - 1pm-3.30pm
Maps - [City Centre - GEMS](#)

IELTS exam preparation

Address - 22 Bloomfield Avenue, BT5 5AD
Day - Tuesday
Level - Advanced B2/C1
Time - 10am-12.30pm
Map - [Refuge Language East](#)

City Centre Intermediate

Address - GEMS, 34 Shaftesbury Square, BT2 7DB
Day - Thursday
Level - Intermediate
Time - 3.30pm-6pm
Maps - [City Centre - GEMS](#)

North Belfast

Address - The Duncairn, Duncairn Ave, Belfast
BT14 6BP
Day - Tuesday
Level - Beginners and Pre-Intermediate
Time - 10am-12pm
Maps - [Duncairn](#)

SCAN QR TO REGISTER!



For more information

- Complete our form on www.refugelanguage.com/public-courses/
- Contact 07859931887 or info@refugelanguage.com

All courses are free and are reserved for refugees and asylum seekers. Students must be aged 16 +

Belfast BT1

BURC (Belfast Unemployed Resource Centre), 4 - 6 Donegal Street Place, Belfast, BT1 2FN.

Online courses via zoom.

Classes start the week beginning Monday 12 January 2026.

BURC classes are free and online, using Zoom. *Operating in 8-week modules*, on rolling registration system, learners can join at any stage of the module.

Absolute Beginners: Monday, Tuesday and Wednesday 9.30 - 10.30 am.

Advanced Beginners: Tuesday and Thursday 11.30 am - 12.30 pm.

Progressors: Monday and Wednesday 11 am – 12 pm.

Advanced Progressors: Thursday 10 - 11 am.

Conversation: Wednesday 6.30 - 7.30 pm.

To register please contact: Claudia at ESOL@bunc.org.

Facebook: <https://www.facebook.com/burcelfastunemployedresourcecentre/>

Twitter / X: @BURCProgrammes

Website: <https://www.burc.org/english/>

North Belfast Friendship Club, Quaker Meeting House, 45 Frederick Street, Belfast, BT1 2LW.

Tuesday 6 - 8 pm every week. Open to anyone who wants to meet new people & practise English.

Contact: [North Belfast Friendship Club - Home](#) | [Facebook](#).

Acacia Path – iHubs (integration Hubs with ESOL classes)

iHub Central, Central Church, 13 - 15 May Street, Belfast, BT1 4NA.

Classes restart on Tuesday 13 January 2026.

Tuesday, 7 – 8.30 pm. Classes available for all levels.

Mixed male and female classes. No Childcare provided.

For all classes: www.acaciapath.com / Acacia Path | Facebook

Contact: Justin on 07563 735 206 for more information or email Justin@acaciapath.com

Yallaac café, Wellbeing Centre, 2 Royal Avenue, Belfast, BT1 2DA.

For English classes see website: [Home - Yallaac](#) for more information. Instagram: Yallaac.ni or

Yallaac on Facebook. Contact: email yallaac@gmail.com

Belfast BT2

Refuge Language (City Centre), GEMS, 34 Shaftesbury Square, Belfast, BT2 7DB.

Classes restart on Thursday 8 January 2026.

Day – Thursday. Time – 12 - 1 pm. City Centre. **Level – Absolute Beginners.**

Day – Thursday. Time – 1 - 3.30 pm. City Centre. **Level – Beginners.** **WAITING LIST.**

Day – Thursday. Time – 3.30 - 6 pm City Centre. **Level – Intermediate.**

To register: All courses can be found here: www.refugelanguage.com/public-courses/

Contact: 07859 931 887 or email: info@refugelanguage.com for more information.

Map - <https://goo.gl/maps/Fjd772y9s6n3SyB67>

All courses are free and are reserved for refugees and asylum seekers. Students must be aged 16+.

Belfast BT3

Globe International Café, The Dock, Titanic Quarter, Queen's Road, Belfast, BT3 9DT.

Conversation club - Meet up to make new friends, practise your English and have fun together.

Mondays from 7.30 - 9.30 pm. **Starts on Monday 12 January 2026.**

Contact email: jenny.globe@outlook.com , Instagram [globecafebelfast](#) or [Globe Café | Facebook](#)

Belfast BT5

Refuge Language (East Belfast), 22 Bloomfield Avenue, Belfast, BT5 5AD.

Classes restart the week beginning Monday 5 January 2026.

Day – Friday. Time – 9.30 am – 12 pm. **East Belfast Beginners.**

Level – Beginners and Pre-Intermediate.

Day – Monday. Time – 9.30 am – 12 pm. **East Belfast Intermediate+.**

Level – Intermediate and above.

Day – Tuesday. Time – 10 am – 12.30 pm. **IELTS exam preparation.** **Level – Advanced B2/C1.**

IELTS class restarts on Tuesday 13 January 2026.

You must register: www.refugelanguage.com/public-courses/

Contact: 07859 931 887 or email: info@refugelanguage.com for more information.

Map - <https://goo.gl/maps/Fjd772y9s6n3SyB67>

All courses are free and are reserved for refugees and asylum seekers. Students must be aged 16+.

Belfast BT6

The Suitcase Project, Emmanuel Hall, 55 Roslyn St, Belfast, BT6 8JJ.

Classes start on Monday 5 January 2026.

Conversational English - Monday 10 am - 12 pm. Children welcome.
English class – all levels – Wednesday 10.30 am – 12 pm. Childcare provided.
All welcome to practice speaking English. Refreshments provided.
Contact: Tim Burns: 07572 817 429 or email: tim@thesuitcaseproject.org.uk

Belfast BT7

~~Homeplus~~, 113 University Street, Belfast, BT7 1HP.

Class restarts on Wednesday 25 February 2026.

Elementary: Wednesday 2 – 4 pm.
Contact: Glen Phillips on 028 90311 836 or email: info@homeplusni.com

International House Belfast, 109 - 111 University Street, Belfast, BT7 1HP.
Free classes with trainee teachers.

IN PERSON CLASSES FOR 2026:

Elementary and Intermediate classes. Saturday only classes (9 am-12 pm).
Saturday 14 March – Saturday 6 June. **Registration day: Thursday 12 March 2026.**

Elementary and Intermediate classes. Monday to Friday classes (2 - 4.30 pm).
Monday 6 July – Friday 31 July. **Registration day: Thursday 2 July 2026.**

Elementary and Intermediate classes. Saturday only classes (9 am -12 pm).
Saturday 5 September – Saturday 28 November. **Registration day: Thursday 3 September 2026.**

Elementary and Intermediate classes. Monday to Friday classes (2 - 4.30 pm).
Monday 19 October – Friday 13 November. **Registration day: Thursday 15 October 2026.**

ONLINE CLASSES – with Zoom for 2026:

Elementary and Intermediate classes. Monday to Friday (2 - 4.30pm).
Monday 16 February – Friday 13 March. **Registration day: Thursday 12 February 2026.**

Elementary and Intermediate classes. Friday afternoon only (3.30 -6.30 pm).
Friday 11 September – Friday 4 December. **Registration day: Thursday 3 September 2026.**

Contact: celta@ihbelfast.com with any questions or call into the office for more information.

Street Soccer NI, 9 – 11 Botanic Avenue, Belfast, BT7 1JG. Classes provided by Refuge Language.

For more information and registration contact justin@streetsoccerni.org or call 07704 904 714.
Street Soccer NI | Facebook or <https://www.streetsoccerni.org/>

People 1st, Suite 1, Ormeau House, 91 – 97 Ormeau Road, Belfast, BT7 1SH.

Free online English classes – If you are a migrant living in Northern Ireland and would like to improve your English speaking and listening skills please contact: j.mcclory@people-1st.co.uk to register.
Office telephone number: 028 9266 5100.

Belfast Friendship Club, Aleksandar's Bakery, 12 – 24 University Avenue, Belfast, BT7 1GY.

The Friendship Club restarts on Thursday 8 January 2026.

New to Belfast or just want to meet some new people? Come along and join us. All welcome!
Every Thursday 7 – 9 pm. www.belfastfriendshipclub.org
Contact: Stephanie on 07548 938 508 or email s.mitchell@together-cic.org

Donegall Pass Community Forum, CRI Building, 165 -169 Donegall Pass, Belfast, BT7 1DT.

Classes restart on Friday 9 January 2026.

Come along and meet new people, build confidence and strengthen your English for everyday life.
Beginners - Friday 10 am – 12 pm. Just come along on the day to register.
Intermediate - Friday 10 am – 12 pm. Just come along on the day to register.

Registration email chloe@donegallpass.org
Contact: Office 028 9032 6256, www.donegallpass.org or Facebook Donegal Pass Community Forum.

Newtownbreda Presbyterian Church (St John's), 374 Ormeau Road, Belfast, BT7 3HX.

Tuesday 6 - 7.30 pm. Food served (Halal). Homework Club & Activities for Primary School Children.
Class restarts on Tuesday 9 January 2026.

Wednesday 10.30 am -12 midday. **Class restarts on Wednesday 10 January 2026.**
Coffee served. All levels welcome. **Classes held during school term time only.**
Contact: Janet Robinson on 07736 523 372 or email: janrobo@hotmail.com

~~Ballynafeigh~~ Community Development Association, 283 Ormeau Road, Belfast, BT7 3GG.

The conversation café starts on Tuesday 20 January 2026.

English Conversation café. Tuesday 10 am to 12 pm. **Classes held during school term time only.**
Practice English skills in an informal manner. All levels welcome. Tea and coffee available.
Email: volunteer.bcda@gmail.com to reserve your place.

Belfast BT8

The Village, 55a Newtownbreda Road, Newtownbreda, Belfast, BT8 6PZ.
For more details about English classes contact: Fal Vale 07539 128 864 or email fal@newtownbredabaptist.com

Belfast BT9

Belfast City Mission, 13 Great Northern Street, Lisburn Road, Belfast, BT9 7FJ.

Classes restart the week beginning Monday 5 January 2026.

Women Beginners: Tuesday and Thursday 11.30 am – 1 pm.
Open to all - Intermediate: Tuesday and Thursday 2 – 3.30 pm.
Contact: Willie Cowan 07366 383 977 or email: mark.englishclasses@gmail.com

International Meeting Point, 133a Lisburn Road, Belfast, BT9 7AG.

Classes restart week beginning Monday 12 January 2026.

Elementary, Intermediate, Upper Intermediate: Monday 3 - 4.30 pm.
Women only - Beginners, Intermediate, Upper Intermediate: Tuesday 10 – 11.30 am.
Elementary, Intermediate, Upper Intermediate: Wednesday 3 – 4.30 pm.
Contact: Henry Coulter on 07724 409 387, follow on Facebook or email imp@presbyterianireland.org

Friends Across Borders, Fisherwick Presbyterian Church, 2 Chlorine Gardens, Belfast, BT9 5DJ.

Informal classes in small groups at different levels (Beginners, Intermediate, Upper Intermediate).
Monday - 10.30 am – 12 pm. **Classes held during school term time only. Restarts Monday 5 January.**
No need to book and classes adapt to student needs.
Crèche available for pre-school children of parents attending.
Contact: Church office 028 9066 6683 or email: office@fisherwick.org

Roma Support Hub (RSH), 185-189 Lisburn Road, Belfast BT9 7EL.

Classes start on Thursday 8 January 2026.

Free informal English classes for members of the Romani communities.
Thursdays 10 -12 pm at Roma Support Hub. **Classes held during school term time only.**
For more information call: Romani: 07561 855 007, Romanian & Russian: 07842 310 477 or Slovak: 07395 318 943. See <https://www.facebook.com/BelfastRoma> or email romahelpline@forwardsouth.org

Majestic English, Windsor Baptist Church, 208 – 212 Lisburn Road, Belfast, BT9 6GD.

Classes restart on Friday 16 January 2026. Classes held during school term time only.

Starters, Beginners and Intermediate and Advanced classes.
Women only tables available.
Fridays 9.45 am Registration, tea and coffee. Classes 10 – 11.30 am.
Crèche for 0-4 years (limited spaces).
Contact: Kerry Fee 07902 302 101 or email: kerry@windsorbpastist.org

Belfast BT12

Falls Women Centre, 256-258 Falls Rd, Belfast, BT12 6AL.

Classes start on Tuesday 13 January 2026.

Beginner and Entry level classes. Tuesday 10 am – 12 pm. **Women only.** Over 16 years of age.
Waiting list for crèche.
Contact: Nancy Graham 028 9032 7672. Email: nancy@fallswomencentre.org

Windsor Women's Centre, 136 – 144 Broadway, Belfast, BT12 6HY. Women only.

NOTE – Classes are full.
Please contact Windsor Women's Centre for details of future classes / waiting list.

Monday 10am – 12 pm - ESOL Entry 3 & L1.
Wednesday 10 am – 12 pm - ESOL Entry 1 & 2.
Wednesday 10 am – 12 pm - ESOL Speaking & Reading Proficiency Entry 3 & Higher (limited places).
Friday 10 am – 12 pm - ESOL for Beginners (limited places).

Free crèche places available to participants if there is a vacancy in our crèche. Please note there is always a high demand for the childcare places therefore we are not always able to accommodate childcare requests. However, you will be placed on a waiting list if the crèche places are unavailable.

For more info: Satya / Dani, educationmanager@windsorwomenscentre.com; 028 9023 5451 ext. 205.
Contact 07590 429 200 to make appointment or fill in the expression of interest form here at [contact us](#).
Website : [WINDSOR WOMENS CENTRE EDUCATION](#) - Windsor Womens Centre or [Facebook](#).

Belfast BT14

International Meeting Point North Belfast, 31 Carlisle Circus, Belfast, BT14 6AT.

The International Meeting Point centre is located behind the Hope Link Centre on Carlisle Circus.

Classes restart week beginning Monday 12 January 2026.

Monday 7 - 8.30pm Beginner & Intermediate class.

Tuesday 2-3pm. Upper Intermediate class.

Wednesday 10.30 am – 12 noon. Beginner, Pre-intermediate & Intermediate (no crèche).

Tuesday 10.30 am. – 12 noon Mixed level - **Women only** (limited crèche available).

Other Activities see Facebook page: [The International Meeting Point Belfast | Facebook](#)

- Monday 3 - 4.30 pm Homework club for Primary school children.
- Wednesday and Thursday 12 - 3 pm FREE LUNCH, coffee and chat.
- Thursday 10.30 -11.30 am Bible study in English.
- Friday 10 am-12 pm. Parents and Toddlers.

Contact: Shirley McGonigle on 07759 131 903 or email: smcgonigle@presbyterianireland.org

Refuge Language, The Duncairn, Duncairn Avenue, Belfast, BT14 6BP.

Classes restart on Tuesday 6 January 2026.

Day – Tuesday. Time – 10 am - 12 pm. Level – Beginners and Pre-Intermediate.

To register: All courses can be found here: www.refugelanguage.com/public-courses/

Contact: 07859 931 887 or email: info@refugelanguage.com for more information.

All courses are free and are reserved for refugees and asylum seekers. Students must be aged 16+.

Map - <https://goo.gl/maps/rJ81JJr7vjCYkzsx8>

Belfast BT15

Seaview Presbyterian Church Hall, 94 Shore Road, Belfast, BT15 3PZ.

Class starts on Tuesday 13 January 2026. Classes held during school term time only.

Tuesday 10.30 am – 12:30 pm. Informal English classes. Mixed level.

Contact: Helen Stewart 07716 744 974 or email: helenstewart389@hotmail.com

North Belfast Christian Fellowship, 246 Antrim Road, Belfast, BT15 2AR.

Classes start on Thursday 8 January 2026.

Beginners, Improvers, and Advanced classes: Thursday 10:30 am – 12.30 pm. Mixed male and female classes. Pre-school children and babies are welcome. Coffee break in the middle of the class.

Contact: Hannah on 07405 494 401 or email: hannah@acaciapath.com

Acacia Path – iHubs (integration Hubs with ESOL classes)

For all classes: www.acaciapath.com / [Acacia Path | Facebook](#)



Department of

Health

An Roinn Sláinte

Männystrie O Pouste

[Support While Waiting Grant Scheme 2025/2026 | Department of Health](#)

Minister Nesbitt launched the Department of Health Support While Waiting Grant Scheme.

The Scheme offers grants of £5,000 to £30,000 to voluntary and community sector (VCS) organisations delivering community-based initiatives that strengthen wellbeing, resilience and self-management. These may include mental health support, practical assistance, peer programmes, and activities designed to help individuals maintain their health while awaiting treatment.

The Scheme will be open for applications from today Thursday 4th December and will close at noon on Friday 30th January.



2026/27 Central Good Relations Fund

Open for online applications from Friday 19 December 2025 at 12 noon

The 2026/27 Central Good Relations Fund (CGRF) will open for applications on Friday 19 December 2025 at 12 noon, for groups who wish to apply online for a project funding grant (for projects over £2,000).

It should be noted that awards are limited to two per organisation. The amount of grant applied for should generally not exceed £50,000 per application.

Any application requesting £50,000 or over must be exceptional in its design, delivery and expected outcomes from a good relations perspective.

Applications must be submitted online by:

Friday 30 January 2026 at 4:00pm

[Central Good Relations Fund | The Executive Office](#)



The Education Minister, Paul Givan, launched the draft Executive Early Learning and Childcare (ELC) Strategy.

The draft Strategy, agreed by the Executive, sets out plans to transform early learning and childcare in Northern Ireland by expanding provision, easing financial pressures on families and strengthening the sustainability of the childcare sector.

The draft ELC Strategy and details of the consultation can be found at:

[Consultation on the draft Executive Early Learning and Childcare Strategy | Department of Education](#)

The consultation will run until 24 March 2026.



Come along to our Take 5 Steps to Wellbeing Champion Networking Event. The purpose of these events is to celebrate our Take 5 Champions from across the city, to share learning and ideas from the work of our Champions, and to provide you with the opportunity to meet and chat with other Champions who can support you with your own Take 5 work.

**Theme: Working with
Refugees and Asylum
Seekers**

• [Please Register Here](#)

Take 5 Steps
to Wellbeing
Champion
Networking
Event

Wednesday
28th January,
1:30pm –
3:30pm

Olive Tree
House, 23
Fountain
Street, BT1 5EA

- Take 5 Charter Presentations
- Presentations from Take 5 Organisations
- Networking Activities
- Tea & Coffee provided





Free laptops for young people in Northern Ireland

Families who can't afford a laptop may be able to get support from [Digital Poverty Alliance](#). Their latest programme provides a free refurbished laptop for young people aged 11–16.

It's aimed at young people who are experiencing health issues or disabilities, supporting someone with health needs, have special or additional educational needs, have experience of the care system, or are engaged with family support services.

Applying is straightforward. Families complete a short form, and a trusted professional such as a GP, social worker, school nurse or family support worker confirms that the young person would benefit. This helps ensure the support reaches those who need it most.

Places are limited and allocated on a first-come, first-served basis once verified. More details and the online application form can be found here: <https://digitalpovertyalliance.org/tech4youth/>

www.eani.org.uk/admissions 

CLOSES AT
12 NOON
21 JAN 2026

Pre-School & Primary 1
Online Applications for
September 2026 are
now open via
eacconnect

<https://connect.eani.org.uk/parent/>



preschooladmissions@eani.org.uk
primaryadmissions@eani.org.uk 



Skills for Life and Work

Your Choice- Your Journey- Your Future

2025 COURSES INCLUDE:

- ADMIN
- BRICKLAYING
- CHILDCARE
- HEALTH AND SOCIAL CARE
- JOINERY
- STORES & WAREHOUSING
- ENGLISH
- PERSONAL DEVELOPMENT
- MENTAL HEALTH & WELLBEING
- BEAUTY
- CATERING
- HAIRDRESSING
- IT
- PLAYWORK
- RETAIL
- MATHS
- EMPLOYABILITY
- DIGITAL ICT

Register today 

PLACES STILL AVAILABLE

CONTACT JULIA 07425589575
julia.hughes@brysonpathways.org

Bryson
PATHWAYS
Skills Based Training

Stockman House
39-43 Bedford Street
Belfast
BT2 7EE

Department for the
Economy
An Roinn
Geilleagair
www.economy-ni.gov.uk
Skills for Life
and Work

Skills for Life and Work

Your Choice- Your Journey- Your Future

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- EMPLOYABILITY
- DIGITAL ICT

Register today 

PLACES STILL AVAILABLE

CONTACT JULIA 07425589575
julia.hughes@brysonpathways.org

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Stockman House
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Department for the
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NEA NI TRAINING SERVICES



JANUARY – MARCH 2026

Northern Ireland - National Energy Action (NEA)