



Bank of Ideas 2026 – Creative Community Fund Reopens!

Deadline Monday 23rd March, 5pm

The Bank of Ideas is reopening for 2026! A way for the people of Belfast to propose and collectively decide on local creative projects for our city.

The Bank of Ideas supports individuals and groups to bring their ideas for their local area to life with up to £2,500 per project.

Open to neighbours, friends, schools, clubs or one individual with an idea. All creative ideas are welcome – from recycling and baking to skateboarding and gardening – the theme for ideas is **'Celebrating Together'**.

This year ideas can be part of the celebrations for the **Fleadh Cheoil** as the world's biggest celebration of Irish music and culture, which comes to Belfast from **Sunday 2 August to Sunday 9 August 2026**.

The Bank of Ideas is run through a Participatory Budgeting scheme, which means that decisions on funding are made by the public, as they vote for the ideas they want to be funded at a Voting Day in City Hall.

There will be Idea Generating and Info sessions all across the city, so come along for a chat if you've got a bit of an idea, maybe a few ideas or would just like to learn more.

<https://yoursay.belfastcity.gov.uk/bank-of-ideas-2026>

<https://yoursay.belfastcity.gov.uk/bank-of-ideas-2026/surveys/register-for-an-information-event>

If you have any information you would like to share across our Locality Planning Group members in Belfast please email:

LocalityPlanning@belfasttrust.hscni.net

20 APPS PARENTS & CARERS NEED TO KNOW

www.SocialWorkersToolbox.com

 Snapchat <p>Messages and photos disappear. Children can be pressured to send images because they believe they will not be saved. Location sharing can show where a child is in real time.</p>	 Roblox <p>Although it looks like a children's game, it includes chat features. Children can be contacted by strangers and slowly groomed through friendly game play.</p>	 Kik Messenger <p>Accounts can be anonymous. It is often used to move conversations away from apps parents may check.</p>	 Fortnite <p>Voice chat allows children to talk to strangers during games. Language and behaviour are often inappropriate.</p>
 TikTok <p>Children can see adult content, receive sexual comments, and be contacted by strangers. Live videos allow real-time interaction, which can quickly become unsafe.</p>	 Telegram <p>Messages and groups are encrypted, making them difficult to monitor. It is used to share sexual images, harmful material, and to keep conversations hidden from adults.</p>	 Hoop <p>The app connects directly to Snapchat and encourages children to add new contacts quickly, including people they have never met.</p>	 Reddit <p>Children can easily access sexual, violent, or extreme material through posts and comments.</p>
 Instagram <p>Messages allow strangers to contact children directly. Many children run secondary accounts that parents do not know about. There is strong pressure around appearance and popularity.</p>	 OmeTV <p>Random video chats with strangers. No effective safeguarding. Sexual content and adult behaviour are common. Children have no control over who appears on screen.</p>	 LiveMe <p>Children can broadcast themselves live to anyone watching. Viewers can comment in real time, including adults.</p>	 BeReal <p>The app prompts children to take photos instantly, which can lead to oversharing without thinking about safety.</p>
 WhatsApp <p>Private chats and group chats are often used for school or friendship groups, but bullying, exclusion, and sharing of images can happen quickly and spread widely.</p>	 Yubo <p>The app is designed to meet new people. Children can live stream and chat with strangers, which can quickly become sexual or exploitative.</p>	 Calculator+ <p>These apps look like calculators but are used to hide photos, videos, and messages from parents and carers.</p>	 Twitch <p>Children watch and interact with live streamers through chat, which often includes adults and unmoderated comments.</p>
 Discord <p>Children join private chat servers linked to gaming or interests. These spaces are often unmoderated and can include adults, sexual content, or harmful language.</p>	 Monkey <p>Children are placed into random video chats with people they do not know. They have no control over who appears on screen.</p>	 YouTube <p>Children can be exposed to adult content through suggested videos, comments, and live streams, even when watching innocent clips.</p>	 Bumble <p>This is a dating app. Despite age limits, some under-18s access it to talk to adults looking for relationships.</p>

PARENTING PROGRAMME SHOWCASE 2026: NEURODIVERSITY

SAVE THE DATE:

March 31st 2026
10am-12pm
Online via Zoom

Register by clicking
 here for the link, or
 scanning the QR code



Who?

This event is for parent programme facilitators, peer coaches, managers, funders and anyone interested in finding out more about parent programmes.

What?

CDICs and key figures from four evidence-based parenting programmes currently active across NI will speak to their knowledge and experience, highlighting key information about each programme's work with neurodiversity.

Why?

Hear about the dynamic range of support available, along with what specific programmes work best to support parents and families with neurodiverse children in NI.

Any questions, contact:

cphillips@ncb.org.uk
 smckeever@ncb.org.uk



COSARAF is offering grants of up to £2,000 to organisations that support families and individuals from across the UK who are in financial need and struggling with everyday costs such as basic expenses, utilities, or rent arrears.

The Hardship Grants Programme supports recognised third-party social organisations, such as charities, housing associations, schools, and social services, which are acting on behalf of a family or individual in need, with priority being given to:

- The most financially excluded people.
- Families over individuals.
- Those with caring responsibilities.
- Items that will make the most difference to the individual/family's long-term future.

Funding can be used to support vulnerable individuals with costs such as:

- Basic living expenses, such as utilities and food.
- Work or education-related expenses.
- Rent or Council tax arrears where there is a clear risk of homelessness.
- Immigration-related costs, where a person's current immigration status is causing financial hardship.
- Household items, such as white goods, and occasionally furniture, including sofas or wardrobes.

Applications are assessed every six weeks, and groups can expect to receive a response within eight weeks of their application.

[Hardship Grants - Cosaraf](#)

FREE SUMMER SESSIONS during AUGUST – INVITATION

Dear Colleagues,

Belfast City Council Play Team are pleased to invite organisations and community groups to take part in free summer play sessions at **Woodvale Playcentre/Woodvale Bowling Pavilion** throughout August

The sessions are available on the following days:

- Mondays
- Tuesdays
- Wednesdays
- Fridays

Each session will last 2 hours, with groups able to choose either a morning (2h AM) or afternoon (2h PM) slot.

These sessions provide a fun, safe and engaging environment for children during the summer period. Places are limited and will be allocated on a first – come, first – served basis.

If you are interested in booking a session for your group or would like further information, please email me at:

siudekm@belfastcity.gov.uk tel.07909891539

We look forward to hearing from you and welcoming your group to Woodvale Playcentre this summer.



"I enjoyed learning about a new topic. I was aware of issues regarding gambling and gaming but learnt lots of facts and new information. The facilitators were extremely good at presenting the information and made it very engaging."

- Healthcare professional, Northern Ireland

FREE gaming and gambling harm prevention workshop for Healthcare professionals in Northern Ireland.

**Thursday 19th February 2026
10:00-12:30**

Click this [LINK](#) or scan the QR code to book!



Topics covered:

- Gaming and gambling harm
- Influences on young people
- Mental health and wellbeing
- Blurred lines between gaming and gambling
- How to spot the signs of harm
- Where to get help and support



For more info about us and our training please visit www.ygam.org



Remember these selection criteria

- Children must be aged 7-14.
- The programme works with one mother and one child at a time. If there is more than one child, you could ask the mother if she'd like to work through the programme again at a later stage with the other children.
- The perpetrator of domestic abuse must not be living within the family home, and must no longer be in a relationship with the mother. This is because it's important that mothers and their children feel safe enough to take part in the programme.

Get in touch

If you know a family who could benefit from attending DART, or for more information, contact:

NSPCC NI Hub, The Lanyon Building,
Jennymount Business Park, North Derby
Street, Belfast, BT15 3HN email:
nihubadmin@nspcc.org.uk and Tele: 02820
441650

Domestic Abuse Recovering Together (DART)

Information for Professionals

Helping children and families recover from domestic abuse.

How it works

DART is a 10-week programme that helps mothers and children strengthen their relationship following domestic abuse.

Who's it for?

DART is for mothers and children (aged 7-14) who've experienced domestic abuse. Over a 10-week programme, they explore their issues within a safe and friendly environment, promoting openness and honesty.

This programme is designed for one mum and one child per family. But if they have more than one child, you may invite them to complete the programme with the other children at a later time.

What are the goals of a DART group?

We'll help mothers and children:

- understand what domestic abuse is
- learn how to talk about domestic abuse
- express their feelings in healthy ways
- know they are not to blame
- identify protection strategies
- build their confidence and self-esteem.

"We know that mums find the group process empowering, and that children learn abuse is not their fault."

Ahmed, DART practitioner



What happens at DART?

Mothers and children work together for an hour at the start of the group then take part in activities in separate groups. At the end of each session, they join each other again.

Mothers will:

- meet other mothers who have lived with domestic abuse
- share their experiences
- talk about their feelings
- learn more about domestic abuse – why and how it happens, and how it affects children
- talk about and explore strategies that they can use as a parent.

Children will:

- meet other children who have lived with domestic abuse
- talk about what has happened to them and their family
- tell us how they are feeling
- learn about who can help to keep them safe
- learn more about domestic abuse.

Together, families will:

- share their experiences
- build on communication
- share what they have learned.





Belfast
City Council



The Belfast Local Community Action Plan is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

EVENT MANAGEMENT PROGRAMME SUPPORTED BY PEACEPLUS

Féile an Phobail is delivering a PEACEPLUS - Supported Level 2 OCN Event Management programme designed to equip participants with practical skills and confidence to plan, deliver, and evaluate community events.

The programme will cover key areas including event planning, health and safety, teamwork, communication, and inclusive practice, with learning grounded in real-life community festival and event delivery.



WHAT THE PROGRAMME OFFERS

ACCREDITED TRAINING:

Gain a Level 2 OCN Qualification in Festival & Event Management

HANDS ON EXPERIENCE:

Work with key flagship festivals in Belfast

PRACTICAL LEARNING:

- Festival & Events Leadership
- Development & Programming Skills
- Inclusive & Creative Event Design

OUTCOMES

- Strengthened Leadership & Programme Capacity
- More Accessible, Welcoming & Inclusive Festivals
- Real-World Experience in Event Planning & Delivery

Participants will co-design and deliver a small festival animation activity inspired by their learning.

WHO CAN APPLY:

Festival Staff, Volunteers, Emerging Event Leaders committed to developing their skills and creating positive community impact.

For More Information Contact:

aiane@feilebelfast.com

HOME
START

North Belfast



UPCOMING COURSES FOR MARCH, APRIL & MAY 2026

3rd,10th,24th,31st MARCH BABY BONDING.

14th,21st,28th APRIL MINDFULNESS & MEDITATION.

5th,12th,19th,26th MAY HEALTHY RELATIONSHIPS.

Contact us today to find out more.

**TO SECURE A PLACE PLEASE CONTACT PAULA, LIMITED SPACES
07739004151**

WISHING WELL
FAMILY CENTRE
ALLIANCE CRESCENT

Time
10AM/12PM

Charity No. XT30747
Charity No. XT30747 company limited by guarantee no. N05419



Upper Springfield Advice Centre
in partnership with
Kith & Kin social enterprise

KITH & KIN
FINANCIAL WELLBEING

FREE ONE-TO-ONE FAMILY FINANCE CLINICS

- Are you fed up living in unsuitable or overcrowded housing?
- Have you been waiting years on the social housing list?
- Do you dream of a secure and stable home for your family?

It may be more possible than you think!

Friendly, confidential one-to-one sessions
in your own home or Upper Springfield Advice Centre

Limited spaces available - first come, first served.

WHAT CAN YOU DISCUSS?

- ✓ Buying your first home (deposit free)
- ✓ Becoming a parent
- ✓ Income changes
- ✓ Separation / Divorce
- ✓ Ill health or life changes
- ✓ Any other money worries

HOW TO BOOK:

- ☎ 028 9590 8668
- 📍 2B Springhill Drive Belfast



Helping families take the next step toward a secure future



HEALING SPACES

THIS EVENT IS FREE WITH A SUGGESTED
£5 DONATION FOR MATERIALS



SATURDAY 21ST FEBRUARY
10:30am - 3:30pm



**GIRDWOOD COMMUNITY
HUB, BT14 6EG**

About Our Event !

Healing Spaces is a practical, interactive workshop delivered by The International Rescue Committee, designed for volunteers and community workers who support refugee and asylum-seeking children, young people, and families in the UK. The session builds understanding of trauma and displacement while equipping participants with simple, effective tools to create safe, welcoming, and healing environments in their everyday work.

Hosted by



 **Acacia Path**

REGISTER NOW



Any queries please contact
anne-sophie.cocault@ccmsschools.com

Dads Talk 2026

Start the New Year with Support
You're not alone



DADS TALK



Safe Space for Separated dads



Virtual meet ups by zoom



Real talk, shared Experiences



Phone Parentline on 0808 8020 400
for information on self-referral.

Sensory Steam

19th - 21st February 2026

A sensory-friendly event for
children aged 2-6 years

- ★ Dress-up & Roleplay
- ★ Tactile & Light Play
- ★ Sensory Bags Available
- ★ Explore the Museum!

Free for children



Book tickets at
steamtrainsireland.com

VOICES UNHEARD
WHEN WOMEN THRIVE,
WE ALL RISE



Glow NI
CONNECT. INSPIRE. GLOW

**GRAND
OPERA
HOUSE**

**8-WEEK CREATIVE PROJECT
FOR 15-18 YEAR-OLD GIRLS
EXPLORING THEIR VOICES, IDEAS, & EXPERIENCES
THROUGH THE POWER OF PODCASTING**

FEB 2026 - APRIL 2026

Contact treasa.rice@glowni.com to register



Community
Restorative
Justice
Ireland
cearc dom cearc duic

Trauma-Informed Practice: Understanding Pathways into the Criminal Justice System

Multi-agency learning on trauma-informed approaches across justice, health, education and community services

Date: Friday, 27 February 2026

Venue: The Beechlawn Hotel

Registration: 9.30am (tea, coffee and scones provided)

Start time: 10.00am

RSVP

Please confirm attendance by emailing kc@crjireland.org
Please include details of any dietary requirements.





<https://www.belfastcity.gov.uk/.../Growth-Path-Community>



Growth Path

💡 Have a business idea, but don't know where to start?

Follow the Growth Path to boost your self-development and take control of your business journey.

Join practical, peer-focused workshops to gain insights to strengthen your mindset and skillset, ensuring you're ready to take the next step toward sustainable business success.

We have 5 themed sessions, all The Hub at The MAC. The next session, **Neurodivergence and Business**, is on **Tuesday Feb 10th at 10.30am**.

- 👉 Start Where You Are (Jan 27th)
- 👉 Neurodivergence and Business (Feb 10th)
- 👉 Confidence, Pricing and Boundaries (Feb 24th)
- 👉 Going Out On Your Own Without Doing It Alone – Making Connections (Mar 10th)
- 👉 Future Focus – Taking Your Next Steps into Business (Mar 24th)

These workshops are friendly and free, everyone is welcome especially those who are curious but may feel unsure about getting started.



ASCERT News | February Training

[ASCERT Events - 13 Upcoming Activities and Tickets | Eventbrite](#)

DYSCALCULIA DAY Parent Webinars



2nd March
7 pm (GMT)
(seven o'clock in the evening/
19:00)
**Busy Parents - 7
Strategies
to Support Your Primary
Dyscalculic Child at Home**
Eryn Caddick

5th March
7 pm (GMT)
(seven o'clock in the evening/ 19:00)

**Numeracy in the
Early Years**
Bridget Mather-Scott



4th March
7 pm (GMT)
(seven o'clock in the evening/ 19:00)
**Understanding Maths Learning
Difficulties:
Supporting Secondary
Learners in the Maths
Classroom**
Ellie Tuck

**Dyscalculia
Day**
For Parents
Dyscalculia
network
March 2026

BOOK YOUR PLACE TODAY
dyscalculianetwork.com

The 
Community
Foundation
Northern Ireland

The Thomas Devlin Fund

Purpose of the Fund:

The Thomas Devlin Fund has now re-opened for 2026 for applications from gifted young people, aged 15 to 19 years, who would like to study, or pursue a career, in creative arts, performing arts or music. The fund was set up in memory of Thomas Devlin who, at the age of 15, was murdered in an unprovoked attack in 2005.

The Fund provides an annual bursary scheme to support the development of applicants with a particular talent in their chosen career path of either music, performing arts or creative arts (including fine arts and literary art), to financially assist them to develop their skills and knowledge and help them move up to the next level in their journey.

Over the last eighteen years the bursaries have supported 125 young people in a range of diverse activities, including:

[The Thomas Devlin Fund - Community Foundation Northern Ireland](#)

**Awesome At
Home**

How can I make
communication
with my child
easier?

Five weeks

Starting Feb 19th to
March 19th, 2026

Thursdays 10 - 12.00pm
Ballynaveigh Community
Dev., 283 Ormeau Rd

**Support for
Parents.**

Autism Focus
South Belfast Families
Children Aged 2-11

I want to
help my child
be happier.

How can I
help when
my child gets
frustrated
and angry?

How can I help
my
anxious
child?

To sign up, contact:
Christine-07724701039
Leah-07740545129

BARNARD'S



In conversation

Understanding autistic minds from an autistic clinician

In this webinar, Myrto Kakoulidou will interview Naomi Mathews about understanding autistic people, drawing on both lived and professional experience.

[Understanding autistic minds from an autistic clinician |
Autism Central](#)

**Last Wednesday of every month
12 - 2pm
Forthspring, 373 Springfield Road**

Upcoming Dates

January 28th
February 25th
March 25th - Easter egg hunt!
April 29th - Beltane celebration



**FREE
COMMUNITY
LUNCH**



**Help and support when
you need it most**

Last Tuesday of the month
6.30-8pm

Offering support
to parents and
carers of autistic
people

ADMISSION OPEN FOR 2026

Our Benefits:

Open to children aged 4+

Monday - Friday
1.30pm - 5.45pm

Waged: £20 per day per child
Unwaged: £5 per day per child

OUR FEATURES

- School pick-up available: just £4
- Healthy snacks provided
- Homework help & emotional
- Fun activities with friends
- Mental health support built in
- Become part of our wider Forthspring family

FOR MORE INFO
02890313945

play@forthspring.com

START TRAINING TODAY

Community Gym

M/W/F 9-9PM
T/T 9-6PM

ARTS AND CRAFTS WEEKLY GROUP

THURSDAY | FRIDAY
10.30AM - 12PM

Jewelry-making,
painting, felting, card
making, scrapbooking,
sewing & more

Bingo night. First Wednesday of every month. £2 entry and £5 for 3 books. Over £300 in prizes each month given away! Refreshments provided.





Table of Contents with Karen Sethuraman



Fortnightly on Mondays, 7-8pm

A safe space to share your experiences a woman and grow deeper in your understanding of self and spirit.

Children over 5+ years are welcome to join us in youth club while you attend.

Refreshments provided.

Forthspring

Midweek Mingle

Wednesdays nights just got awesome.

6 PM

A weekly gathering of women in a chilled environment. We'll have a yarn, drink some tea and generally put the world to rights. #magic
Different activities each week to include art, bingo, quizzes, and seasonal crafts.

Forthspring

YOUTH CLUB

Monday - Wednesday, Friday
6 - 8.30PM

Bring a friend

ART • FUN • GAMES

Forthspring
Inter Community Group

EXERCISE CLASSES

No need to book
Just turn up

Come along and get fitter with like minded local people!

£1 per class

TUESDAYS 9.15am - 10am - Chair Aerobics
TUESDAY 5.30 - 6.15PM - Keep Fit
WEDNESDAYS - 9.15am - 10am - Pilates
WEDNESDAYS 6 - 7PM - Zumba
THURSDAY 9.30AM - 10.30AM - Legs, Bums, Tums
THURSDAY 5.30 - 6.15PM - Keep Fit

Bryson

PATHWAYS

Bryson Pathways exists to



**MAKE THE GREATEST
DIFFERENCE TO THE
GREATEST NEED.**

We develop and deliver a range of programmes to directly address root cause issues in relation to health, education, employment and environment.

To find out more about the services we provide, please head to our website:

www.brysonpathways.org


or contact us at
advice@brysonpathways.org
or 07386662309.

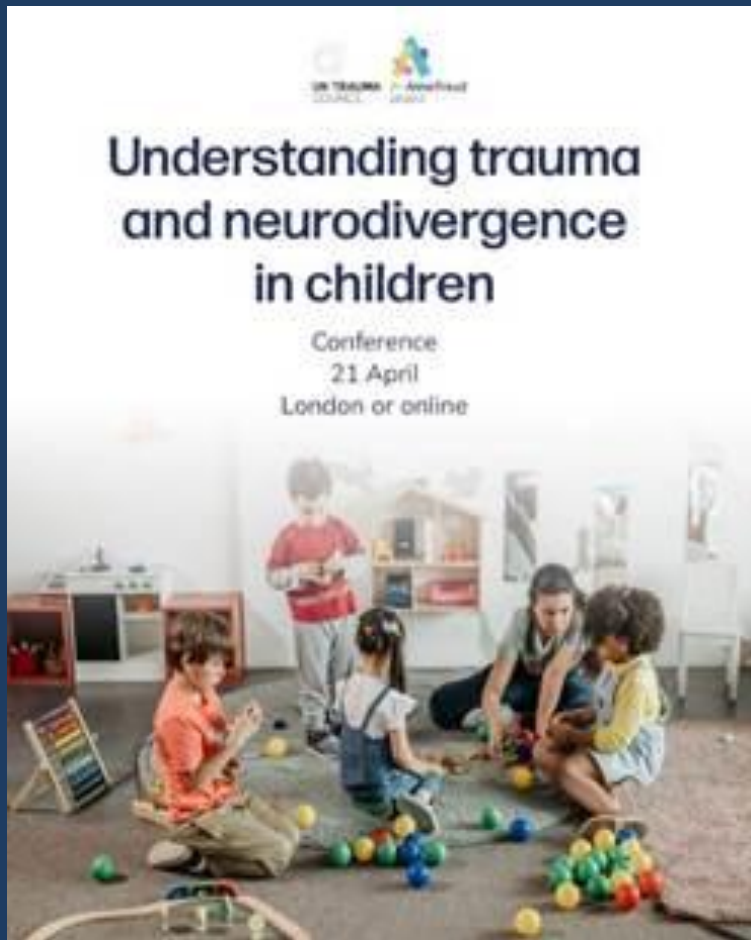


Bryson Pathways is managed and operated by Bryson Energy

PATHWAYS TO **NET ZERO**



 To find out more contact us at: advice@brysonpathways.org



Autism Assessment and Diagnosis

12 March 2026 • 1:00pm - 2:30pm

Autism

Free (registration required)

Online workshop

A graphic for an online workshop. It features a lightbulb with a puzzle piece inside, symbolizing ideas and autism. To the right, the word "AUTISM" is spelled out with wooden blocks. There are also two white chalk sticks.

[Autism Assessment and Diagnosis | BPS](#)

Understanding Trauma and Neurodivergence in Children (Online) 21 April 2026

This one-day joint conference between BPS and UKTC features psychologists and academics sharing insights on trauma and neurodiversity, focusing on the lived experiences of neurodivergent children.

[Trauma and Neurodivergence Conference 2026 \(Online\) | Anna Freud](#)



Could you foster?

**Give a child a
brighter future**

There are children and young people
in your local area right now in need of
safe and loving foster homes.

0800 0720 137
adoptionandfostercare.hscni.net



Could you Foster?

There are currently 3,514 children and young people who are reliant on foster care in Northern Ireland (March 2025). Every child deserves a stable and loving home where they can thrive. Foster carers are ordinary people who make an extraordinary difference to the lives of those children and young people in their community who, for a variety of reasons, are unable to live with their birth families.



Approximately 400 more
fostering households are
needed across Northern
Ireland to meet demand as
more children and young
people come into care.

Could you foster?

0800 0720 137
adoptionandfostercare.hscni.net

HSCNI Foster Care are encouraging anyone who feel they could open their hearts and homes to supporting a child or young person and consider Fostering.

By doing so, you are availing of an opportunity to **give a child a brighter future.**

If you are interested in hearing more about the types of foster care that can work with your lifestyle including short breaks, emergency and long-term foster care opportunities, please get in touch on 0800 0720 137 or adoptionandfostercare.hscni.net