



WALKING on EGGSHELLS

Non-violent resistance programme

Child to parent violence refers to patterns of behaviour which can impact on safety and wellbeing at home, often signalling that the child and family need understanding, support and guidance

About the Programme

Walking on Eggshells is an 8-week programme to support parents and carers in achieving a calmer, violence-free home

It can help you:

- Overcome feelings of helplessness
- Develop a support network
- Work toward healthier behaviours
- Improve family relationships

Runs Thursday 12 March to Thursday 14 May 2026

8 consecutive Thursdays 10am - 12pm (with a 2-week break for Easter)

Online

Open to parents and carers in the Belfast Health and Social Care Trust area

All parents / carers will complete an initial assessment to ensure the programme is suitable for their family circumstances

Take the first step towards a safer, more peaceful home for you and your child

Register now: 028 9040 1290
info@ci-ni.org.uk

Children in Northern Ireland

HSC Belfast Health and Social Care Trust
caring supporting improving together



ashton
Supporting North Belfast

I HAVE A TEENAGER

GET ME OUTTA HERE!

Teens and tantrums?...and that's just the parents! Living with a teenager can be confusing, exhausting — and sometimes downright funny. If you've ever wondered "Is it just my house?" then this is for you!

FREE Friendly Information Sessions for Parents & Carers
Come along for a relaxed, welcoming session where no one judges, everyone understands, and laughter is encouraged.

TWO DAY PROGRAMME
Dates: Wednesday 18th February and Wednesday 25th February
Time: 10:30am - 1:30pm
Location: Ashton Centre, 5 Churchill Street, BT15 2BP

You'll gain:

- Practical, gentle guidance
- Tips for managing disagreements positively
- A chance to laugh, learn, and feel reassured
- Connection with other parents

For more information, please contact Sáerlaith at:
028 9074 2255
saerlaith.kerr@ashtoncentre.com

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

PHILOSOPHICAL DIALOGUE TRAINING



Date: Friday, 13 March 2026
Time: 10:00 am – 4:00 pm
(registration from 9:30 am)
Location: Riddel Hall, Belfast

Discover how **Philosophy for (and with) Children (P4C)** can help young people think critically, speak confidently, listen deeply, and explore ideas respectfully. This hands-on training will show you how to create safe, inclusive spaces that encourage curiosity, creativity, and thoughtful dialogue.

During the day, you will:

- Take part in philosophical enquiry
- Raise and explore your own questions
- Gain practical tools, games, and strategies to use in classrooms, youth groups, and community settings

Ideal for:

Secondary school teachers, youth workers, community facilitators, and anyone working with Years 8–10 (ages 11–14).

Trainer:

Georgios Petropoulos, University College Dublin – Thinking Changes Project

Why philosophy?

Philosophy teaches young people **how to think, not what to think**. It builds confidence, empathy, and a sense of belonging — all while having fun.

Join us for a day of learning, thinking together, and sharing practice.

Register Today!

Please book your place by contacting
thinkingchangesproject@gmail.com
This training is funded and lunch will be provided.



Stronger Together: An Information Day for Children with Disabilities & Additional Needs

Featuring stalls from local services and community
organisations, presentations and information on
health, education and family support

MONDAY **23** MARCH

9.30AM-3.30PM
BELFAST CASTLE
ANTRIM ROAD, BELFAST

Light lunch & refreshments provided

ALL WELCOME TO COME ALONG & CONNECT
NO NEED FOR PARENTS/ CARERS/ PROFESSIONALS TO
PRE-REGISTER

HEALTH AND WELLBEING GROUP FOR PARENTS AND CARERS

Open to all parents and carers who support a
child with additional needs!
Come along for-

Coffee and a chat

Arts & crafts

Aromatherapy taster sessions

Positive thinking workshops

Support with ASD

And lots more!

**EVERY
FRIDAY**

**56-58
KNIGHTSBRIDGE
PARK, BT9 5EH**

**10AM-
12PM**



Please contact Rebecca

sat2@solasbt7.com

02890247600



GLENBRYN COMMUNITY GARDEN

Tuesdays from 11:00 - 13:00

89 Alliance Rd, Belfast BT14 7JE



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. IN05419.

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 2hours, 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.



FEARLESS

ENTREPRENEURSHIP AS A PATHWAY

A Masterclass in 'Defying the Odds'

- 📍 INVEST NI, BEDFORD SQUARE, BELFAST
- 📅 THURSDAY 26TH FEBRUARY 2026
- 🕒 4.00PM – 5.45PM
- ✓ BOOK A PLACE: WWW.PODIEM.COM/FEARLESS
- 👥 CONCLUDES WITH FOOD, NETWORKING & ACCESS TO "NEXT STEPS" SUPPORT

DR CAROLINE CASEY

Serial Entrepreneur, Global Speaker
& Founder of The Valuable 500



Book tickets:

www.podiem.com/fearless

DR CAROLINE CASEY

Serial Entrepreneur, Global Speaker & Founder of The Global 500

Caroline's passion and drive are rooted in a very unique personal story of trying to fit in with a secret. Born with ocular albinism, she spent years concealing her visual impairment (she is legally blind). Now a globally recognised entrepreneur, she has turned bold ideas into movements that shift how business values people and drives market advantage through inclusion. She has repeatedly launched ventures that transform business practice and champion diversity and adversity as a strength.

President of the International Agency for the Prevention of Blindness (IAPB) and a board member at L'Oréal and Sky, Caroline launched her principal venture, The Valuable 500, at the World Economic Forum's Davos Summit. Since then, she has secured commitments from 500 multinational companies, collectively generated \$8 trillion in revenue and employed 20 million people. Her efforts have earned her an honorary doctorate and numerous awards including the Eisenhower Fellowship, the Ashoka Fellowship and the Young Global Leader award.

Caroline will share her own journey — from hiding her legal blindness to founding multiple enterprises that influence global business systems — which embodies resilience, creative risk-taking and entrepreneurial spirit as a pathway. She will offer powerful insights and inspiration for would-be founders navigating adversity (in whichever form it takes), proving that purpose-driven innovation can create both meaningful impact as well as commercial and personal success.

TRAVELLER AWARENESS AND ENGAGEMENT EVENT

Raising awareness of the barriers that
Travellers face in accessing services

Join us at this event to promote understanding
of Traveller culture and traditions.



Cultural Demonstrations

Information Stands

Panel Discussions

Please scan/click to
register your attendance:



TUESDAY 10 MARCH 26
10.30AM-1PM

Maureen Sheehan Centre
106 Albert St
Belfast, BT12 4HL

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



Department of

Education

School Attendance

Parents and carers have a legal duty to ensure that their children of compulsory school age receive a suitable full-time education. It is also vital that they encourage their child's regular and punctual attendance at school. If a child is registered at a school then it is vital that they attend on a regular basis

A series of public consultation events are being held across Northern Ireland to hear your views on our new draft 'Attendance Matters' strategy.

These events are your opportunity to:

- share your thoughts and experiences;
- ask questions; and
- help shape future attendance policies.

All public events are free to attend and are being held in buildings with disabled access.

[School Attendance | Department of Education](#)



Department of Education Consultation Event on **'Attendance Matters' Strategy**

**Monday 23rd February 6.30pm
At Forward South Partnership
(185-189 Lisburn Road)**

**Come along & share your views
on the consultation, share your
experience & shape future
attendance policies.**

Scan here with your mobile phone



<https://tinyurl.com/5b25h4v7>

Your paragraph text



International Women's Day 2026

Friday, 6 March 2026, 07:00

5-7 Conway Street, Unit B1/1, Belfast, BT13 2DE [View Map](#)

IWD ACTIVITIES 2026:

7:00AM - SEA DIP AT HELEN'S BAY

11:00AM - PILATES WITH ERIN & PUREGYM

1:00PM - BELOVED BEADING BRACELET WORKSHOP

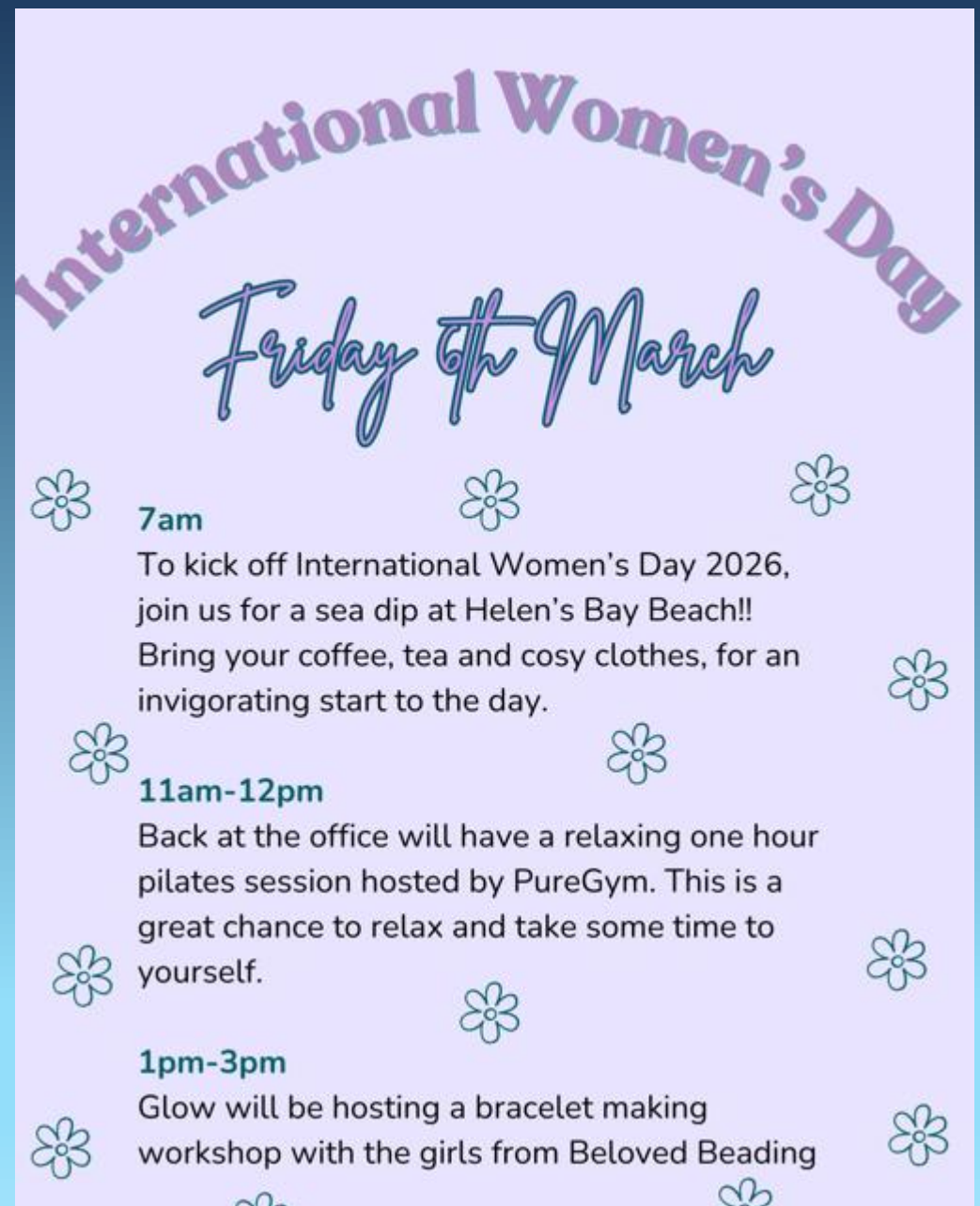


International Women's
Day

This allows you entry for all IWD
Activities

£5.00

[Register](#)



[International Women's Day 2026 | Giving Life Opportunities To Women](#)



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



**Conway
Education
Centre**



Acacia Path

REGISTER NOW



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

Magdalen Hospital Trust Accepting Applications

04/02/2026

All News Items

Magdalen Hospital Trust Accepting Applications



03/02/2026

Project funding for charities working with vulnerable young people under 25

The Trust makes grants to promote the welfare of young people, under the age of 25 years, who suffer from various effects of social deprivation, abuse, mental and physical handicap, inadequate housing, lack of education or training, and the problems derived from unemployment and broken families.

Grants of between £500 and £2,000 are available to UK-based Charities and Charitable Incorporated Organisations (CIOs) working with vulnerable children and young adults, especially those at risk of sexual and other forms of exploitation.

The funding will support project costs. Projects can include those that provide:

- Training for work and personal development
- Clubs and play schemes
- Safeguarding education
- Mental health support and counselling
- Emergency care.

There are three funding rounds in 2026.

The first deadline for applications is 28 February 2026.



“Drop-in Coffee Morning in Cancer Lifeline”

To coincide with **“LOOK NORTH”** (The North Belfast Festival) we are inviting you to come have a cuppa with us in Cancer Lifeline and see around our premises.

Maybe you are supporting or working alongside people affected by cancer and would like to find out about local cancer support services.

Try out some taster Complementary Therapies & Relaxation Wellbeing sessions.

Date: Friday 27th February 2026

Venue: Cancer Lifeline, 44 Alliance Avenue

Time: 10.00am – 12.00pm

Please register your interest to attend by MONDAY 23RD FEBRUARY 2026. Tel – 02890 351999

Thank you and we look forward to showing you around...



Wellbeing Hub Monthly Talks March 2026

Emily @21andsensory

Tips and Tricks for looking after your
Sensory Self



[Emily @21andsensory- Tips and Tricks for
looking after your Sensory Self Tickets, Thu, Mar
12, 2026 at 7:00 PM | Eventbrite](#)

Content:

The Centre For Autism Wellbeing Hub is delighted to welcome Emily @21andsensory for their March Webinar. Emily's talk is titled '*Tips and Tricks for looking after your Sensory Self*', where she will discuss a range of topics including hypo and hyper sensitivities, stimming, masking, sensory overwhelm and burnout, and ways to support sensory needs.

About Emily:

Emily is an Autistic Illustrator, Graphic Designer and Podcaster. She hosts her own 21andsensory podcast where she speaks to guests from all walks of life including Authors, Actors, Influencers, Illustrators, Artists, TikTokers, Educators, Activists, Writers, Speakers, Producers, YouTubers, Podcasters, Sports Teams, Researchers and Scientists!

Emily has worked with brands such as BBC, BBC Bitesize, Airbnb, Autistica, Royal College of Psychiatrists and Tiimo, as well as universities such as Oxford, Durham, Reading, Birmingham, Birkbeck, Stirling and UCL.



[Buy tickets – Protecting the Rights of Autistic Children - Hybrid Event – Children's Law Centre, Belfast](#)

Protecting the Rights of Autistic Children - Hybrid Event

 Wed 25 Mar 2026 1:30 PM - 4:15 PM

 Children's Law Centre, Belfast, BT7 1SH

Practical and accessible to everyone, this course will include discussion on the legal duties towards autistic children within education, health and social care, with a focus upon a robust children's rights-based approach. We'll examine recent case law and provide guidance on the SEN assessment, statementing and appeals processes as well as considering the current major policy directives and their impact on children and young people.

This course will be of benefit to parents and carers, health and social care practitioners, teachers, principals, SENCOs and teaching assistants in mainstream and special needs education, youth workers and youth advocates in the voluntary, statutory and community sector, Boards of Governors and anyone who works with or cares young people with autism.

This course carries verified CPD points for both Solicitors and Barristers.

Delivered by:

Rachel Hogan, SEND Specialist Advisor, CLC

Diane Hammond, Legal Advisor, CLC

Liam Mackle, Advice Manager, CLC




Urban Villages Programme

Location: Portview

A Creative Arts & Emotional Wellbeing Initiative for Young People & Adults


Week 1: Emotional Intelligence Workshops – Mind & Growth

Module	Dates	Time	Focus
Module 1	Mon 2nd & Wed 4th Mar	10:00–12:00	Understanding the mind, emotions & thinking patterns
Module 2	Mon 9th & Wed 11th Mar	10:00–12:00	Confidence, communication, self-image
Module 3	Tue 24th & Thu 26th Mar	10:00–12:00	Goals, purpose & action planning

 Times may adjust depending on participant feedback.


Week 1: Art Week – Create Your Masterpiece

Date	Instructor	Workshop	Time	Outcome
Tue 3rd Mar	Ann Marie	Watercolour	10:30–12:30	Participants create a piece for exhibition
Thu 5th Mar	Emma	Collage	10:30–12:30	Participants create a piece for exhibition

 Both classes are 2 hours. Each participant leaves with their own artwork ready for display.

Week 2: Dance Week – Move & Perform

Date	Instructor	Workshop	Time	Outcome
Tue 10th Mar	Ajendance	Dance Skills	10:00–12:00	Learn performance techniques
Thu 12th Mar	Ajendance	Dance + Live Recording	10:00–12:30	Recorded performance for exhibition

 Thursday includes an extra 30 minutes for a live performance that will be displayed at the exhibition.



Weeks 3 & 4: Digital Week – Tech & Creativity

Date	Instructor	Workshop	Time	Outcome
Mon 16th Mar	Ken	Digital Photography	10:00–12:00	Photography for exhibition
Wed 18th Mar	Ken	Digital Music	10:00–12:00	Music composition for exhibition
Mon 23rd Mar	Ken	Digital Photography	10:00–12:00	Photography for exhibition
Wed 25th Mar	Ken	Digital Music	10:00–12:00	Music composition for exhibition



Exhibition Day – Celebrate Creativity

Date	Time	Activity
Mon 30th Mar	All Day	Display of all artwork, performances & digital projects. Open to friends & family.

Notes:

- Workshops are progressive, building creative skills and emotional wellbeing.
- Participants produce tangible outputs for exhibition: art, dance, photography, music, and personal growth work.



IMH Lunchtime Learning

PHA's Breastfeeding Support Services
hosted by Community Infant Feeding lead,
Naomie Farrell

Wednesday 25th February
12:00PM - 1:00PM, online



To book please
scan the QR code



Project supported by the PHA





IMH Lunchtime Learning

**Launch of the refreshed NI IMH
Framework and Action Plan 2026-2029**
hosted by NCB and Maurice Meehan, the
PHA Strategic Lead for Health and Social
Wellbeing Improvement (Starting Well)

**Wednesday 25th March
12:00PM - 1:00PM, online**



To book please
scan the QR code



Project supported by the PHA





EMOTIONAL INTELLIGENCE WORKSHOP

Learn to regulate emotions with **Tanya McCuaig**

Transform the way you connect, lead, and thrive

Unlock Your Emotional Intelligence

Discover the power of understanding and managing emotions in this transformative workshop series designed to enhance your personal and professional life.

What You'll Gain: Develop self-awareness to recognise your emotional triggers and patterns, master techniques to regulate stress and remain composed under pressure, strengthen your relationships through empathy and effective communication, and build the confidence to navigate challenging conversations with grace.



Module 1

Understanding the mind, emotions, & thinking patterns

2nd Mar, 2026, Monday
4th Mar, 2026, Wednesday
10 am - 12 pm

Module 2

Confidence, Communication, & Self-Image

9th Mar, 2026, Monday
11th Mar, 2026, Wednesday
10 am - 12 pm

Module 3

Purpose, Goals, & Action Plan
24th Mar, 2026, Tuesday
26th Mar, 2026, Thursday
10 am - 12 pm



Portview Trade Centre,
310 Newtownards Rd, Belfast BT4
1HE

Email us for further information : info@burc.org



OPEN SESSION
CREATIVE WORKSHOPS



Let's Collaborate & be Creative

We invite you to discover how our Creative Workshop Programme can bring fresh energy, skills, and opportunities to the people you serve.

Explore how our Emotional Intelligence and Creative Arts Pilot Programme can inspire, empower, and provide new opportunities for the local community.

What We Offer

Our hands-on creative workshops are designed to engage, inspire, and empower. Whether it's creative arts, digital photography, music, or performing arts, we create safe, inclusive spaces where participants can:

- Express themselves through creative exploration
- Build confidence and develop new skills
- Connect with others in their community
- Discover pathways to education, employment, and personal growth

When: 23 Feb 2026

Time: 10:30 am

Join us via Teams meeting link

Why Attend Our Open Session?

This is your opportunity to:

- Learn how our workshops can complement your existing programmes
- Discuss how we can tailor sessions to your community's unique needs
- Meet our experienced facilitators and ask questions
- Explore collaboration opportunities at no obligation

REGISTER YOUR SPOT TODAY BY SENDING US EMAIL: INFO@BURC.ORG

Job and Training Opportunities

we are

HIRING!

Regeneration Project Coordinator

Ligoniel Improvement Association (LIA) is seeking a motivated leader to drive social, economic, and environmental change in Ligoniel Village.

The Role:

- Coordinate the Ligoniel Village Regeneration Partnership.
- Lead community engagement and implement local regeneration plans.
- Network with government and private sectors to secure funding.
- Manage project staff and report to the CEO and Partnership Board.

Requirements:

- Degree in Regeneration, Community Development, or a related field.
- 3+ Years Experience in community regeneration management.
- Knowledge of neighbourhood regeneration policies.

The Offer:

- Salary: £31,648 p.a.
- Hours: 37.5 hours per week.
- Location: Wolfhill Centre, North Belfast.

Apply Now: Request an application pack from administration@ligonielvillage.com or call 028 9039 1225.

Closing Date for current funding cycle: March 31, 2026. Possibility of further funding, depending on the funder

LIA is an Equal Opportunities Employer.



SIGN UP, LEARN, GET INTO PREMIER INN

Everyone starts somewhere.
Get the skills, experience and
opportunities to help you land
a job.

Find out more
via webchat at:
kingstrust.org.uk



ON THIS COURSE YOU'LL:

- Complete a 3-week work placement with Premier Inn to develop your skills
- Take part in employability sessions to work on your CV, interview skills and more
- Receive 1-1 support throughout the programme and beyond
- Gain an insight into the working environment at a top hotel chain

IMPORTANT INFO:

Taster day: Wednesday, 4 March
Course dates: 9 March-26 March
Email: outreachnl@kingstrust.org.uk
Location: Various
Eligibility criteria: Ages 18-30, not in full-time employment, education or training

