

Information Update 20/03/25




Tell us your story


about the health and social care services you use



What happened?
What was good?
What could have been better?



Please tell us about...




Care Opinion is a website. It has stories on it from people who have used health and social care services.

Your story could help make things better



We do not use your name or any of your personal information when we share your story.

We share your story with staff so they know what is working well and what needs to change.

We share your story on our website so people can see

- your story
- and what changes staff have made to make things better.



Share your story



Go to our Website
careopinion.org.uk



Fill in the
Care Opinion
feedback card



Phone us on
0800 122 31 35

Staff, friends and family can help you to tell your story.




Health and Social Care Services Wants to Learn From You

Share your experience of care with Care Opinion:-

- What was good?
- What could have been better?
- How did you feel ?



careopinion.org.uk

Freephone
0800 122 3135
Monday-Friday 09:30 - 16:00

Care Opinion will publish your story anonymously on careopinion.org.uk

Together we learn from feedback to improve Health and Social Care Services

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



One Stop Shop

2 Royal Avenue, Belfast, BT1 1DA

As a free and confidential service, we are here to support you if you are experiencing physical, emotional, financial or sexual abuse, or coercive control. We have additional services available for asylum seekers/refugee women.

The service will be available from
10.30am - 12.30pm on:

- Monday 10th March
- Monday 24th March
- Monday 7th April
- Monday 14th April



Tel: 028 90319888

Women's Aid
BELFAST & LISBURN

Tel: 028 9066 6049



Parent Well

A source of inspiration



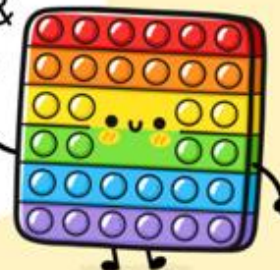
Promoting Wellbeing Through PLAY



Improve relationships

Provide stress relief & emotional balance

Build resilience & social skills



Small supportive group discussion and information session for parents of pre-school and primary school aged children



Tuesday 25th March
10am-11.30am on Zoom



To book your place call 0808 8020 400

IT'S A TEAM EFFORT!

SUNDAY 23 MARCH, 12PM TO 5PM
TITANIC HOTEL, BELFAST

How leaders in sport can
help end violence against
women and girls

Lunch will be provided.

END
VIOLENCE
AGAINST
WOMEN
& GIRLS

Save the date and email endviolence@belfastcity.gov.uk to register your interest



belfastcity.gov.uk/endviolence
#EndViolenceBelfast

Belfast City Council is going to host a conference for leaders in sport to look at ways to engage men and boys in ending violence against women and girls.

The conference will take place at the Titanic Hotel on Sunday, 23 March, 12pm-5pm

Entitled 'It's a Team Effort!', the conference is aimed primarily at those working in coaching and volunteer roles within local sports clubs. It's part of our ongoing work across Belfast to support the Northern Ireland Executive's Strategic Framework on Ending Violence Against Women and Girls.

If you're interested in attending, please email endviolence@belfastcity.gov.uk

Showcasing Parenting Support Programmes in NI

Join us to hear from evidence based parenting programme developers, and practitioners who deliver them locally in NI.

When: Monday 24th March 9.30am-12.30pm

Where: Online

Scan QR Code or
[click to register](#)



Public Health Dietitians Team



Food & Health Essentials

Training

FREE

For anyone who works with others to make healthier food and health choices

Learn about the key food and health messages

Gain skills and confidence to promote these key messages in YOUR setting

Get access to a wide range of resources, sign posting and ongoing support

This is now the first step to completing training in our other programmes: Cook It!, I Can Cook It!, Food Values, Making the Most of your Slow Cooker and Nutrition Awareness.

Contact us to register for this training

PHdietitians@belfasttrust.hscni.net | 028 96 152 450

Upcoming training



**Wednesday
30 April 2025**



**North Belfast
Location**



9.30am – 4.30pm

The Public Health Dietitians team at Belfast Trust offer training to provide tutors with the skills to deliver healthy eating messages and targeted nutrition & education programmes to their community groups. We provide a source of nutrition expertise to community, voluntary and statutory organisations throughout the Belfast area supporting health inequalities and health and wellbeing.



Level 1 training



Food and Health Essentials

For anyone who works with adults to make healthier food and health choices.

- ✓ Learn about the key Food and Health messages
- ✓ Gain skills and confidence to promote these key messages in YOUR setting
- ✓ Get access to a wide range of resources, signposting and ongoing support.

Following training, tutors will be able to deliver the key messages to their groups and can then move on towards completing Level 2 training.

Level 2 training

Cook it!

fun, fast food for less



Cook it!

Cook it! is a practical nutrition education programme which helps adults enhance their cooking skills and learn more about healthy eating, particularly where cost is a consideration. On completion, tutors will be able to deliver a course of six sessions covering healthy eating, food hygiene and practical hands-on cookery.



I Can Cook It!



I Can Cook it! is an adapted version of Cook it! that has been specifically developed as a more accessible version of Cook It! often used with adults with lower literacy levels or mild to moderate learning disability. On completion, tutors will be able to deliver a course of eight sessions with participants to help enhance their cooking skills and to support healthier eating choices.

Food Values



Food Values is a budgeting programme designed to help adults make healthier food choices on a limited budget. It focuses on food shopping, better budgeting and cooking low-cost nutritional meals. On completion, tutors will be able to deliver a four week food budgeting programme to their groups.

Slow Cooker



A short online nutrition programme which empowers participants to use a slow cooker, shop smarter and make healthier food choices. For anyone working with adult groups who would benefit from the programme. On completion, tutors will be able to deliver a four session programme.

Nutrition Awareness



For those who work with 11-18 year olds. A 2 hour session equipping you with the knowledge, skills and confidence to deliver key nutrition and lifestyle messages in your setting. Plus a take home cue-card resource.

Public Health Dietitians Team
Beech Hall Wellbeing Centre
21 Andersonstown Road
Belfast, BT11 9AF
028 9615 2450



PHdietitians@belfasttrust.hscni.net





Free parent/carer support courses available

Autism NI has released new parent/carer support courses, with topics including autistic females, anxiety, school related anxiety, and supporting teens with puberty and independence.

Courses are delivered online via Zoom in the evenings. Sessions include the ability to interact and ask questions, so you can get the support that you need.

You can find out more about the sessions and dates available, and book your place [here](#).

[Free Parent/Carer Support Courses](#)

EXERCISE CLASSES

Come along and get fitter with like minded local people!



TUESDAY 5.30 - 6.15PM
THURSDAY 9.30AM - 10.30AM
THURSDAY 5.30 - 6.15PM

£1 per class

No need to book
Just turn up

Made with PosterMyWagon.com

Accupuncture Clinic



All welcome

Mondays
11.30-12.30pm

Fáilte Roimh Chách

A CELEBRATION OF BELFASTS MULTICULTURALISM

27TH MARCH
10:00-2:00PM
ST COMGALL'S - IONAD EILEEN HOWELL



SAVE THE DATE - MORE INFO TO FOLLOW

CRAFT FAIR

April 12th 11am - 2pm



373 Springfield Road



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.

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

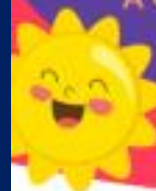


FREE COMMUNITY LUNCH



AFTERSCHOOLS

A Creative Learning Program for children aged 5 years and up



• PLAY • LEARN • GROW



Quality, affordable afterschool childcare

We provide an afterschool collection service too from selected schools!

We adopt a play approach - access to quality play is central to a child's development.



- Games
- Trips
- Gardening
- Library
- Homework
- Learning

£18 per day

Register your child
02890313945
<https://www.forthspring.org/springers>



Made with PosterMyFish.com

Autism N' go



Family Fun Day

Sunday 6th April 2025
10.15am to 12pm at W5, Belfast

Join us for
World Autism Acceptance Week

- Amazing interactive exhibitions
- Fun interactive activities
- A unique experience for all the family



Northern Ireland's Autism Charity

Sunday 6th April 2025

10.15am to 12pm at W5, Belfast

Join us for
World Autism Acceptance Week

- Amazing interactive exhibitions
- Fun interactive activities
- A unique experience for all the family

FREE EVENT

Exclusively for Autism NI Members

To register for this event, please email: waaw@autismni.org **with a total of adults children and any under 3s attending.**

www.autismni.org

Autism NI (Northern Ireland's Autism Charity) (Company Number: NI058548)
Registered Charity Number: NI058548, NI Charity Commission Number: NIC100340

[Support Group Meetings](#)

EATING DISORDERS AWARENESS SESSION



Thursday 10th April 2025
10am - 12:30pm

This session will provide you with an understanding of the major eating disorders in the UK and the impact they can have on people's day-to-day lives.

We'll also cover risk factors and early warning signs and symptoms of various eating disorders as well as our guidance and information on signposting someone to support.

We conclude with the opportunity to submit your own questions to our Lived Experience Trainer for advice and insight.

When

Thursday 10th April 2025
10am-12:30pm.

How

Delivered via Zoom, details will be sent the week of the session to anyone who has booked.

Beat
Eating disorders

Booking Required

Book using this link:
<https://bit.ly/April10Session>
or scan the QR code below.



Northern Ireland Alternatives invites you to a preview of:

In the Shadow of Buddleja

A photographic exhibition
by **Gareth McConnell**
celebrating **25+ years** of
Northern Ireland Alternatives
& restorative justice in
Northern Ireland



Thursday 3rd April,
2025

3pm - 5pm

Main Gallery,
Belfast Exposed

RSVP to shankilladmin@alternativesrj.co.uk
by Friday 28th March 2025



The Executive Office



Our funding in Northern Ireland



Yallaa CIC

National Lottery Awards for All

£300 - £20,000

At The National Lottery Community Fund, we believe everything starts with community. That's who we serve, and that's where you'll find us, in every corner of the country.

Our funding aims to give people the power to build and strengthen their community, by supporting them to come together and improve lives.

Working within and alongside communities in Northern Ireland over the last 30 years, we are committed to supporting the people who need it most. We make decisions locally, because we can support communities best by understanding what matters to them most.

Supports projects that do one or more of the following:

- Bring people together and build strong relationships in and across communities.
- Improve places and spaces that matter to communities.
- Help more people to reach their potential, by supporting them at the earliest stage.
- Support people, communities and organisations facing more demands and challenges because of the cost-of-living crisis.

Funding is for projects that run for 24 months or less. There's no deadline.

Strengthening Communities

£20,001 - £500,000

Provides up to five years of funding for projects which make communities stronger, healthier and more inclusive.

Projects must:

- Involve people who experience poverty, disadvantage or discrimination.
- Support people early to help prevent negative experiences.
- Be led by your community and build on its strengths and connections.

Apply at any time. There is no closing date.



Tobin Centre



Cloughmills Community Action Team

UK Wide Programmes

Climate Action Fund - Our Shared Future

£500,000 to £1.5 million over 3 to 5 years

- Funding more people to get involved in climate action.
- Funding for groups working in partnership.
- To inspire bold and exciting change by involving more people in climate action.

The UK Fund

£500,000 to £5 million over 2 to 5 years

- Supports projects that bring diverse communities together.
- Also helps children and young people use their voice to influence change.

Sustainable Community Buildings

Up to £50,000

- Supports groups to make environmental improvements to their community buildings.
- It includes free carbon literacy training and expert support to write an environmental plan.
- Helps meet one of the aims of our new strategy, to support communities to be environmentally sustainable.
- Opens for applications at various dates depending on geographic area so check our website.



Bangor Foodbank

Talk to us

We'd like to talk to you about your ideas early on, so we can give you the best funding advice, so please contact us on:

028 9055 1455

enquiries.ni@tnlcommunityfund.org.uk

[@TNLComFundNI](https://twitter.com/TNLComFundNI)

[@TNLCommunityFundNorthernIreland](https://www.facebook.com/TNLCommunityFundNorthernIreland)

[tnlcommunityfund.org.uk/northern-ireland](https://www.tnlcommunityfund.org.uk/northern-ireland)

[The National Lottery Community Fund Northern Ireland](https://www.linkedin.com/company/the-national-lottery-community-fund-northern-ireland)



Better Days
Pain Support Programme

Supporting people
to self-manage their
pain and live better
and happier lives

Do you live with chronic pain?

“ My pain had overwhelmed me
and I had lost my confidence
and drive.

This course has built my confidence and
improved my motivation and self-worth.

I am now more confident in being able
to manage my own pain and I
have a more positive outlook
Carole, 53, Belfast ”

**THURSDAY 3rd APRIL AT 1PM
UPSTAIRS IN THE MAUREEN SHEEHAN
CENTRE
CONTACT MARY ON M: 07394566990
T: 028 90 310346 TO REGISTER**



Better Days
Pain Support Programme

Topics include:

Take 5 Steps to Wellbeing

Sleep

Pain Toolkit

Self Care

Understanding Pain

Pharmacist Session

Relaxation & Breathing

Gentle Movement & Exercise

Nutrition

Peer Led Session

For more information please contact us.

Details overleaf











For the first time ever Radio Ulster is bringing the [BBC Make A Difference Awards](#) to Northern Ireland. We want to celebrate and say thank you to the people and animals living in our towns and cities who make Northern Ireland a better place.

Every day we hear stories of people doing incredible things for each other and their communities. Now it's time to recognise them for all their hard work.

Whether it's caring for someone in need, being a brilliant neighbour, or inspiring children in the classroom, if you know someone who is really making a difference to your life or where you live, then you can nominate them for an Award.

There are 8 categories;

 <p>The Volunteer Award Awarded to an individual who makes a notable difference to their community by giving their time voluntarily to help others.</p>	 <p>The Young Hero Award Awarded to someone under 16 who has made a positive impact in their community or achieved something exceptional.</p>	 <p>The Great Neighbour Award Awarded to an individual who helps to make the neighbourhood a better place to live or work in, either on a regular basis or through a single act of kindness.</p>	 <p>The Active Award Awarded to an individual or group of people who have used physical activity or sport as a way of improving the lives of those in their community.</p>
 <p>The Animal Award Awarded to either a remarkable animal that improves people's lives, or an individual or group of people who improve the welfare of animals.</p>	 <p>The Green Award Awarded to an individual or group of people who improve or conserve their local environment.</p>	 <p>The Fundraiser Award Awarded to an individual or group of people who have gone the extra mile to raise funds for a good cause.</p>	 <p>The Community Group Award Awarded to a group of people who have helped to change the lives of others within their community.</p>

Nominations are now open and will close on the Monday 31 March 2025 at 5:00pm.

You can nominate at bbc.co.uk/makeadifference, where you can also see full Terms and our Privacy Notice.

The winners will be announced at our exciting Make a Difference event in September.

Follow #BBCMakeADifference on social media for more details.

How to contact and register with the Carer Support Service

- ☎ 028 9504 2126
- ✉ CarerSuppSvc@belfasttrust.hsoni.net
- 🌐 <https://belfasttrust.hsoni.net/service/carers-services/>

Register here



Visit our website



Carer Support Service - what carers say about us

"The events I have attended were so helpful for me to just enjoy focusing on things that were so beneficial to my mind, body and soul. I depend on these sessions for my mental health"

"I appreciated the peer and Carer Support Groups. The Carer Team staff were so compassionate. I felt seen, understood and less isolated"

"Feeling that I'm not alone, having fun, enjoying the time out from our caring duties"

"The Carers Register was a great way to keep me informed."

"The programme of activities are brilliant. There's something for everyone".



Do you care for someone?



Services for Carers

Who are we?

The Carer Support Service is part of the Belfast Health and Social Care Trust (BHSCT). We are here to support carers of all ages, as we recognise and value all that you do. You are a carer if you are regularly supporting a family member, or friend who is unwell, frail, living with a disability or a mental health condition. This could be a child, adult or an older person.

Here are supports available for carers in the Belfast HSC Trust



We also:

- ✔ Invite you to register with the Carer Support Service to keep you up to date with support opportunities, activities, information, courses, community events and send you Newsletters.
- ✔ Issue a Carers ID card to recognise your unpaid caring work. It may also help you gain discounts and easier access to public venues, events and attractions.
- ✔ Link young carers to support and available services. A young carer is aged under 18. For further information refer to: <https://www.nidirect.gov.uk/articles/young-carers>
- ✔ Offer opportunities for you to have a say in our work or get involved to plan and shape our services in the future so they are carer focused.

We can tell you how a Carers Assessment may help you and how to access this

Caring for others can have such a big impact on your life. The law says that a person who provides a regular and significant amount of care for a person has a right to an assessment of their needs as a carer (a Carers Assessment). The purpose is to help you identify what your carer needs are and look at what support you might need in your caring role. A Carers Assessment is not linked to carers receiving benefits or allowances. For further information refer to: www.nidirect.gov.uk/articles/overview-carers-rights

You can meet with a BHSCT member of staff to talk about your caring situation and what you may need help with. This can include:

- ✔ The care and support you are providing
- ✔ How the caring role affects your physical health and emotional well-being
- ✔ What you find difficult at this time and what support you may need to continue caring
- ✔ Any concerns that you may have about the future
- ✔ Developing a carer support plan in partnership with you

You can access a Carers Assessment through a Key Worker in the BHSCT. If you do not have a Key Worker please contact the Carer Support Service and we will make a referral for you.

WILD YOUTH LEADER TRAINING



FREE

NO PRIOR EXPERIENCE NEEDED



AGES 16 - 24

6pm 9 May - 5pm 11 May

PARTICIPANTS GET..

- Level 2 AQA Certificate
- Experience planning and leading nature-based activities for wellbeing

GREAT FOR YOUNG PEOPLE WHO..

- Want to pursue a career in youth work, conservation, or a related field
- Love nature and want to share it with others

More info overleaf >>>



WILD YOUTH LEADER TRAINING



ABOUT THE TRAINING

You'll be joining Ulster Wildlife for a **weekend-long residential training**. You'll get plenty of practice leading activities in a fun, supportive environment and learn about some of the research behind nature-based wellbeing. After the training weekend is over, you'll have the option to gain even more experience by shadowing activity sessions run by Wild Youth project staff.

LOCATION & ACCOMODATION

The training will take place at **Lorne House in Holywood**. Meals will be provided.

HOW TO APPLY

Please submit applications by 5pm 28 March. To apply, visit:

ulsterwildlife.org/Wild-Youth-Residential

Questions? Contact
alexey.janes@ulsterwildlife.org 07816 065919



Free residential training for young people (ages 16-24) with an interest in nature, youth work, and/or conservation.

Participants will earn a Level 2 AQA Certificate in Leading Nature-Based Activities for Wellbeing.

The application deadline is 28 March 5pm. Applicants can apply on [the Ulster Wildlife website](http://theUlsterWildlife.com) . If we receive more applications than there are places, we will use the answers provided on the application to allocate spots on the training.

Grant opportunity to deliver summer schemes for children with disabilities and/or additional needs

Belfast

Share summer fun
with everyone



Applications close
31 March 2025

www.belfastcity.gov.uk/funding



Belfast
City Council



Spring into Girdwood Community Fun Day

Girdwood Community Hub
Saturday 29 March 2025
12pm - 3pm

Free entry
Just come along!

Spring into Girdwood Community Hub this March and enjoy a day of free family fun.

There will be lots of activities for everyone to enjoy including:

- BMX and skateboarding with Thunder Action Sports
- Cultural arts and drumming circle with Artsekta
- Crafts with Belfast Men Shed and New Lodge Arts
- DJ sessions with Giga Training
- Gaming and a sensory bus
- Face painting and balloon modelling
- Inflatables
- Plant spring seeds with Groundwork NI
- Photobooth
- Quiet Space available
- and more...

For more information, call into the centre or contact 028 9521 7870

“Supported by Belfast City Council”



ACTING UP BELFAST PRESENT'S

EASTER



TUESDAY 15TH APRIL

GIRDWOOD HUB
10AM AND 11AM
FREE OF CHARGE
AGES 0-4



IS YOUR CHILD AWAITING ASSESSMENT FOR AUTISM THROUGH BELFAST TRUST'S CHILD DEVELOPMENT CLINIC OR THE CHILD AND ADOLESCENT AUTISM SERVICE?

IF YOU WOULD LIKE TO FIND OUT ABOUT DIFFERENT SUPPORTS AVAILABLE AND WHAT THE EMOTIONAL HEALTH AND WELLBEING TEAM CAN OFFER

PLEASE COME ALONG TO OUR

NEURODIVERSITY CAFE


MEETING EVERY MONTH AT A VARIETY OF LOCATIONS ACROSS THE CITY.

TO CHECK DETAILS FOR THE NEXT MEETING AND TO BOOK A PLACE PLEASE SCAN THE QR CODE

WE LOOK FORWARD TO SEEING YOU!

FOR ANY QUERIES PLEASE EMAIL US AT
EHWBT@BELFASTTRUST.HSCNI.NET



 **Belfast Health and Social Care Trust**
caring supporting improving together



Building emotional
intelligence through play

PlayBoard's Playful Minds Programme

Supported by the National Lottery Community Fund

Get ready for a fun-filled journey into the world of emotions with Playful Minds - building emotional intelligence through play! This exciting FREE programme aims to boost children's mental health, well-being, and resilience using playwork methodology.

The programme is available to children aged four to nine years, in schools and School-Aged Childcare settings in the Belfast area, and invites them to meet our Play Champion and emotional expert – Archie Bear! Through play, children will learn that playtime is not just fun – it's the perfect tool for managing BIG emotions!

By the end of the programme, each setting will receive their own Archie Bear, Archie's Adventures in Emotions storybook, and a resource pack filled with fun activities!

What's in store?

Five play sessions for children:

1. Who am I? - Discover what makes you special!
2. What are emotions? - Explore the magic of feelings.
3. How do I manage my emotions? - Learn to tackle big feelings!
4. Where do I belong? - Understand your place in the world.
5. The power of Play Champions! – A fun-filled celebration of everything we've learned!



Building emotional
intelligence through play

Two practitioner sessions

- Pre-programme training (3 hours)
 - A deep dive into emotional intelligence, our wellbeing story book and using a playwork approach to support children's mental health and wellbeing.
 - Concepts include: Playwork principles, Bob Hughes' play types, and how play builds resilience and emotional understanding.
 - Introduction to Archie's Adventures in Emotions storybook and activity pack.
- Evaluation session (1 hour)
 - Reflect on the programme with a SWOT analysis, sharing successes and areas for improvement.

One parents' and caregivers session (1 hour)

- Flexible timing, held before, during, or after the children's sessions.
- Parents will learn about the programme, the topics their child(ren) explored, and how they can support emotional development at home through play.
- Key concepts:
 - Introduction to the project and its goals.
 - A look at children's mental health, resilience, and the power of play.
 - Tips for parents on using play to explore emotions at home.

PlayBoard's Playful Minds programme makes learning about emotions and resilience not just effective – but super fun!

If you would like to book our exciting, one-of-a-kind programme contact the Playful Minds team at:

E: playfulminds@playboard.co.uk
T: 028 9080 3380



Job & Training Opportunities

TRAINING OPPORTUNITY TO BE A

DRUG & ALCOHOL RESPONDER

Our Responders training provides you with tools to have effective conversations and signpost individuals seeking help about their alcohol and drug use.

HALF DAYS

Group A:

24 & 25

March

2pm - 5pm

Group C:

1 & 2

April

10am-1pm

Apply by contacting your
local Connections team.

Contact us via the link below



Project supported by the PHA

www.drugsandalcoholni.info/the-ni-dacts/

Job & Training Opportunities

RECRUITING NOW FOR SEPTEMBER!

HEADSTART





YOUTH WORK OR BUSINESS ADMIN



WEEKLY ALLOWANCE £40


- Essential Skills
- Qualifications
- Placement
- Free Travel

HeadStart

Journeys is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

XCELER8 TAKE A LEAD IN MAKING A POSITIVE CHANGE



LEADERSHIP SKILLS **COMMUNITY ADVOCACY** **NEW EXPERIENCES**

FREE TRAVEL
GET £8 PER DAY
ATTEND RESIDENTIALS

JOURNEYS

REGISTER NOW Email emerkelly@springboard-opps.org Call 028 9031 5111

springboard opportunities limited

YS YOUTH START
A BETTER START IN LIFE & WORK

Meet new people
Try new things

OFFERS OPPORTUNITIES FOR 16 - 30 YEARS OLD

What We Offer!

- Free Lunch & Travel
- Gain Qualifications
- Group Activities
- Volunteer Opportunities
- One to One Support
- Employability Support



Springboard Opportunities
 112-114 Donegall St, Belfast BT1 2GX
 Phone: 028 9031 5111
 Web: www.springboard-opps.org
 Email: Lauramarley@springboard-opps.org
 Funded by UK Government








Job & Training Opportunities

PEACEPLUS Northern Ireland - Ireland
 Co-funded by the European Union and UK Government

Journeys is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

FUSE

EXPLORE YOUR CREATIVITY

JOURNEYS


AGE 16-24
 GET £8 PER DAY
 EXPLORE DIFFERENT CULTURES


COMMUNITY PROJECTS
 PERSONAL DEVELOPMENT


FREE TRAVEL
 DISCUSSIONS ON ISSUES YOU'RE PASSIONATE ABOUT

OCN TRAINING

Contact Molly on 02890 315111
mollymurray@springboard-ops.org


 Rialtas na hÉireann Government of Ireland


 Northern Ireland Executive
www.northernireland.gov.uk

springboard-ops.org





PEACEPLUS Northern Ireland - Ireland
 Co-funded by the European Union and UK Government

Journeys is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

GAMECHANGER

Take The Chance Make The Choice Choose Your Path

GET £8 PER DAY
 ONE-TO-ONE SUPPORT





AGES 16-24
 FREE TRAVEL

RESIDENTIAL
 FLEXIBLE APPROACH

JOURNEYS

Contact Ruth on 02890 315111
ruthcurran@springboard-ops.org

springboard-ops.org

PEACEPLUS Northern Ireland - Ireland
 Co-funded by the European Union and UK Government

Northern Ireland Executive
 Rialtas na hÉireann Government of Ireland

A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

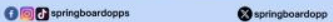
GENER8

SHAPE YOUR JOURNEY

Youth-Led
 Maximize Potential
 Explore Passions
 Identify Purpose

JOURNEYS

Qualifications
 £8 per Day
 Free Travel
 Residential
 Journeys Camp
 New Experiences

springboard-ops.org


JOIN NOW

Contact Conor: 028 9031 5111
conornolan@springboard-ops.org






PEACEPLUS Northern Ireland - Ireland
 Co-funded by the European Union and UK Government

Journeys is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

RISE

DISCOVER NEW ENVIRONMENTS BUILD RESILIENCE EMBRACE NEW CHALLENGES

£8 PER DAY
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Job & Training Opportunities



Floating Support Officer

Ark Housing Association is seeking to recruit an experienced and dedicated individual to join the organisation as Floating Support Officer. This position is on a permanent full-time employment basis.

[Floating Support Officer - Ark Housing](#)

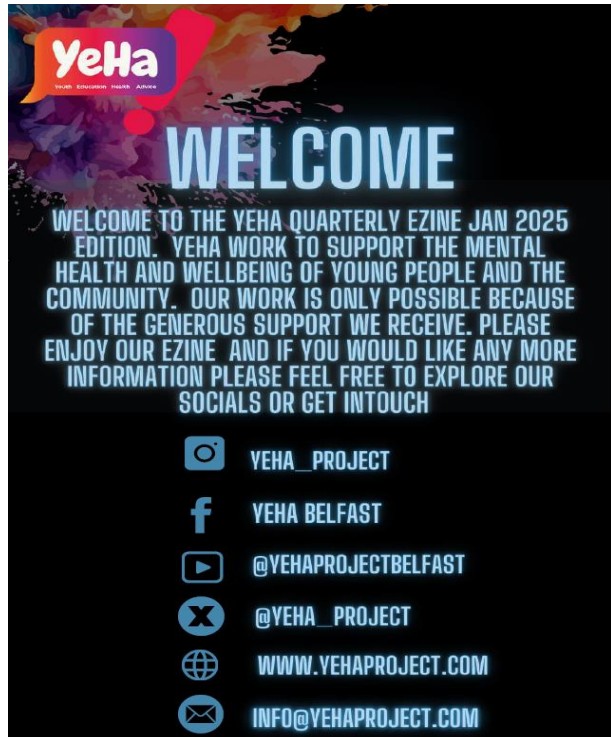


Community Engagement Officer

Ark Housing Association is seeking to recruit an experienced and dedicated individual to join the organisation as Community Engagement Officer. This position is on a permanent part-time employment basis.

[Community Engagement Officer - Ark Housing](#)

Newsletters



[YEHA Project – Youth Education Health and Advice](#)



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