



Belfast Festival of Learning

20 - 26 March 2017

Putting people at the heart of learning



Welcome to the Belfast Festival of Learning 2017



The benefits of learning for us as individuals, families, communities and cities are well documented – benefits everyone should enjoy such as more confidence and self-esteem, better health and wellbeing, better quality of life and a more prosperous, connected and inclusive society.

Through the new Belfast Agenda, our first community plan for the city, we have set out a vision of Belfast as a great place to live for everyone.

Learning is fundamental to achieving this vision, but only when it is geared to the needs of everyone and particularly those of our citizens who face stubborn barriers when it comes to accessing learning opportunities in the city.

The Belfast Festival of Learning aims to showcase events which break down barriers to learning; all events in the festival are free, organised in local areas across the city, as well as in the city centre, and open to people of all ages, interests and walks of life.

The variety of learning opportunities on offer demonstrates the commitment to developing Belfast as a sustainable learning city, with benefits for everyone across economic development, health and wellbeing, social inclusion and the environment. Belfast is, and will continue to be, a learning city that reflects the ever changing needs of our citizens with more diverse opportunities to meet these needs.

Finally, I would like to congratulate the organisers of the Belfast Festival of Learning and the wide range of partners involved in delivering such a creative and diverse programme to citizens across all parts of Belfast. With over 100 events on offer, there is something for everyone.

The festival aims to create a love of learning, and, as Lord Mayor, I encourage you all to get out and try something new, you never know where it can lead to.

A handwritten signature in black ink that reads "Brian Kingston". The signature is written in a cursive, flowing style.

The Rt Hon The Lord Mayor
Alderman Brian Kingston

Introduction



As Chair of the BSP's Lifelong Learning Group, I am delighted to introduce the second Belfast Festival of Learning taking place from 20-26 March 2017.

Firstly, let me congratulate all those involved in putting together this showcase of Belfast talent, skills and creativity.

This unique festival aims to demonstrate learning in all its forms across Belfast, covering:

- Learning through education
- Learning for life
- Learning to live together
- Learning for and in work

Belfast has a first class learning and educational network to deliver on these key areas of interest. There is a unique array of opportunities ranging from our formal education system, including our renowned Universities, our first-class Higher Education facilities to our vibrant community, voluntary and business sectors.

All these city partners are willing and ready to play their part in establishing Belfast as a Learning City linked to the UNESCO Global Network of Learning Cities and we hope, throughout the

week, to highlight the breadth of opportunities that exist throughout the city and throughout the year on an ongoing basis.

This is an opportunity for Belfast to highlight, as a city, the value of working together to improve the lives of all our citizens - a real demonstration of community planning.

We are particularly encouraged at events that demonstrate improved accessibility and are addressing barriers to learning. Accessible learning opportunities are important to help people maintain active lives and maintain good positive mental health. We can help to address inequalities that exist in the city through improved collaboration and partnership working and using all available resources in a more focused and outcomes based approach.

Throughout this week, I encourage everyone to participate. We hope you have fun and that this snapshot of what Belfast has to offer will inspire you to continue your learning journey.

Join us on Twitter @bspmlbt and share your experiences of **#BelfastLearningCity**.

A handwritten signature in black ink that reads "D Power". The signature is fluid and cursive, with a long horizontal line extending from the end of the name.

Danny Power

Chairperson

Belfast Strategic Partnership

Lifelong Learning Thematic Group

A white magnifying glass icon with a circular lens and a handle, positioned in the upper right quadrant of the page. The lens contains the text 'QUICK LOOK' in white, bold, uppercase letters.

QUICK LOOK

MONDAY 20 MARCH 2017

- 1 Arts & Crafts Workshops
- 2 Build It / Mysterious Belfast
- 3 Spring Flowers at Glenbryn Community Garden
- 4 Learn How to Shop Online
- 5 A Northern Ireland Adventure - Treasure Hunt
- 6 Recycling Pallets
- 7 Explore Old Footage of Belfast
- 8 Free Fix it Surgeries
- 9 Healthy Cookery Demonstration
- 10 Anyone Can Learn Spanish!
- 11 Football for Health
- 12 Paediatric First Aid
- 13 'Halfway House' (Community Performances)

ARTS & CRAFTS WORKSHOPS

Free workshops to coincide with 'A Northern Ireland Adventure - Treasure Hunt'. Children can re-create some of the amazing landmarks they found on their adventure, while discovering Northern Ireland landmarks in-store!



Where: Learning SPACE

11a Fountain Centre, College Street, Belfast BT1 6ET



Day and date: Monday 20 March – Friday 24 March

Time: All day, every day from 9.00am – 5.00pm



Contact name: Ashleigh Browne

Tel number: 028 9031 9360

Email: marketing@learningspaceuk.co.uk

www.learningspaceuk.co.uk



1

BUILD IT / MYSTERIOUS BELFAST

Help build a Lego® city - create a well-connected city with houses, shops, schools, parks and much more. Use our "Mysterious Belfast" map and find the treasure in the architecture of Belfast. You will discover the unique elements that make Belfast an interesting and fun city to walk around.



Where: Place, 7-9 Lower Garfield Street

Belfast BT1 1FP



Day and date: Drop in Monday 20 March - Friday 24 March

Time: 9.30am – 5.00pm



Contact name: Stephanie Palmer

Tel number: 028 9023 2524

Email: Stephanie@placeni.org

www.place.org



2

SPRING FLOWERS AT GLENBRYN COMMUNITY GARDEN

Come along and learn how to plant in containers, how to plant spring flowers and under-plant with summer bulbs to provide colour for longer.



Where: Glenbryn Community Garden, 85 Alliance Road, Belfast BT14 7JE (behind the Jolly Roger Community Centre)



Day and date: Monday 20 March
Time: 10.00am - 1.00pm



Contact name: Heather Boyd
Tel number: 028 9074 9494
Email: heatherboyd@groundworkni.co.uk
www.groundworkni.org.uk



LEARN HOW TO SHOP ONLINE

Sick of hearing your friends talking about how they bagged a bargain online or how they get their groceries delivered to their home? Why not come along and we will show you how easy it is. All while making sure that you shop safely online.



Where: BCC Donegall Pass Community Centre
25 Apsley Street, Belfast BT7 1BL



Day and date: Monday 20 March
Time: 10.00am - 12.00pm



Contact name: Roisin McKenna
Tel number: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx



A NORTHERN IRELAND ADVENTURE - TREASURE HUNT

Take a trip around Northern Ireland without even having to leave our store! Use the map to follow the trail to find all the famous landmarks and learn some of their fun facts. Find and collect all of the landmarks and receive a lucky dip at the end!



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College Street, Belfast BT1 6ET



Day and date: Monday 20 March - Friday 24 March
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www.learningspaceuk.co.uk



RECYCLING PALLETS

Come along and find a new use for a familiar object. Take an old pallet, and imagine a new use for it. Deconstruct it, adapt it and build it for a new purpose perhaps something for the garden etc. This workshop will enable you to explore a new way to develop basic carpentry skills.



Where: Tree of Life Centre, Conway Mill
5-7 Conway Street, Belfast BT13 2DE



Day and date: Monday 20 March
Time: 10.00am - 1.00pm




Contact name: Janice Beggs
Tel number: 07872 075 585
Email: locacentre@hotmail.co.uk




EXPLORE OLD FOOTAGE OF BELFAST

Over a cup of tea or coffee, you're invited to explore hundreds of images of Belfast how you remember it. You can watch reels of old footage dating back to 1897 with Northern Ireland Screen's Digital Film Archive.

 **Where:** BCC Dee Street Community Centre
12-16 Dee Street, Belfast BT4 1FT

 **Day and date:** Monday 20 March
Time: 11.00am - 1.00pm

 **Contact name:** *Roisin McKenna*
Tel number: *028 9027 0644*
Email: *mckennaroisin@belfastcity.gov.uk*




FREE FIX IT SURGERIES

Learn how to give your laptop/device an MOT. Bring your device along and we will show you how to create more memory space, update your anti-virus software and run regular security checks so that you get the most out of your technology.

 **Where:** Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG

 **Day and date:** Monday 20 March
Time: 2.00pm - 5.00pm

 **Tel number:** *0844 736 5355*
Email: *info@ignite.it*

www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx



HEALTHY COOKERY DEMONSTRATION

Cooking healthy meals – a session for Belfast Health and Social Care Trust staff, delivered by Barbara Redmond, a Health and Lifestyle facilitator (Health Improvement).



Where: Ravenhill Recovery Centre
318-322 Ravenhill Road, Belfast BT6 8GL



Day and date: Monday 20 March
Time: 2.30pm – 3.30pm



Contact name: Fiona Meenan
Tel number: 028 9504 6785
Email: Fiona.meenan@belfasttrust.hscni.net
www.belfasttrust.hscni.net



9

ANYONE CAN LEARN SPANISH!

A one hour fun introduction session to learning Spanish.



Where: Conway Education Centre, 2nd Floor Conway Mill
5 - 7 Conway Street Belfast BT13 2DE



Day and date: Monday 20 March
Time: 4.00pm - 5.00pm



Contact name: Clare Anderson
Tel number: 028 9024 8543
Email: canderson@conwayeducation.org
www.conwayeducation.org



10

FOOTBALL FOR HEALTH

Football for Health will distribute helpful resources for young people and their parents on looking after both physical and emotional wellbeing and promote the message "It's OK to ask for help no matter what." Find out about the wide range of support available for parents and young people.



**Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG**



**Day and date: Monday 20 March
Time: 6.00pm - 8.00pm**



**Contact name: Joe Donnelly
Tel number: 07849 324 360
Email: tamhi2011@outlook.com
tamhi.btck.co.uk**



PAEDIATRIC FIRST AID

A twelve hour course over four evenings leading to a three year certificate in Paediatric First Aid.



**Where: Wandsworth Community Centre
26A Belmont Church Road, Belfast BT4 3FF**



**Day and date: Monday 20 - Thursday 23 March
Time: 6.30pm - 9.30pm**



**Contact name: Alison Smith
Tel number: 07903 674 698
Email: alison_smith4@talk21.com**



'HALFWAY HOUSE' (COMMUNITY PERFORMANCES)

Enjoy a one act play involving two women who meet each other on a winter's night, stuck in the back room of a pub in the Sperrin Mountains. They discover that they have much in common but discover more about each other's families that is disturbing for both women. The subject of remembrance becomes a troubling part of their conversation. Is there anything that could and should have been talked about in our society that would have helped to prevent the conflict that engulfed us all?



**Where: Greenway Women's Centre
19 Greenway, Belfast BT6 0DT**



**Day and date: Postponed.
See contact details below for information on new dates**



**Contact name: Philip McDonagh
Tel number: 07768 671 100
Email: philipmcdonagh@ntlworld.com
southbankplayhouse.com**



13



QUICK LOOK

TUESDAY 20 MARCH 2017

- 1 Lessons from Africa
- 2 Arts & Crafts Workshops
- 3 4th Annual Digital Youth Event
- 4 School Gaming Tournament
- 5 Build It / Mysterious Belfast
- 6 Pop in to Prop
- 7 Creative Writing
- 8 Step up to learn
- 9 A Northern Ireland Adventure - Treasure Hunt
- 10 Drawing for the Terrified
- 11 Let's Work Together
- 12 Printmaking Taster Sessions
- 13 Explore Old footage of Belfast
- 14 Real Story: Learning from those who live with Dementia
- 15 Printmaking Taster Sessions
- 16 Basic Introduction to Mac 1
- 17 Numeracy in the Home
- 18 Imagination Gaming
- 19 Sensory Zone
- 20 Science and space!
- 21 Parent and Family Participation Nights
- 22 Football for Health
- 23 Children and Parents Olympic Weightlifting Class
- 24 Carr's Glen Goes Digital
- 25 'Halfway House' (community performances)

LESSONS FROM AFRICA

An interactive workshop to inform and inspire both children and adults about Africa, covering subjects such as family life, sport and exercise, cultural differences and similarities, education, daily work life, diet and children's games. The presence of our African athletes only helps to make this an authentic and original experience.



Where: Girdwood Community Hub Belfast
10 Girdwood Avenue, Belfast BT14 6EG



Day and date: Tuesday 21 March
Time: 9.00am – 2.00pm



Contact name: Ciaran Collins
Tel number: 07774 088 034
Email: projectafricaathletics@gmail.com
projectafricaathletics.com



1

ARTS & CRAFTS WORKSHOPS

Free workshops to coincide with 'A Northern Ireland Adventure - Treasure Hunt'. Children can re-create some of the amazing landmarks they found on their adventure, while discovering Northern Ireland landmarks in-store!



Where: Learning SPACE, 11a Fountain Centre
College Street, Belfast BT1 6ET



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Tel number: 028 9031 9360
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www.learningspaceuk.co.uk



2

4TH ANNUAL DIGITAL YOUTH EVENT

Open to year 10 - 12 pupils to highlight career pathways, courses and skills needed in the digital / creative industry. Hear from a range of leading digital companies and get hands on with interactive demonstrations. Designed to inspire and motivate young people to pursue a career in this very diverse sector.



**Where: Whitla Hall, Queens University
University Road, Belfast BT7 1NN**



**Day and date: Tuesday 21 March
Time: 9.30am - 1.00pm**



**Contact name: Clare Dumigan
Tel number: 028 9024 4070
Email: clare.dumigan@southbelfast.org
www.southbelfast.org**



SCHOOL GAMING TOURNAMENT

A fantastic tournament for P6 pupils that introduces games to new and seasoned players alike, whether you're hot with numbers, words, problem solving or you are more physically flexible, everyone will have a chance to shine. At the end of the tournament, there will be a prize-giving with certificates and prizes.



**Where: The Black Box Belfast
18-22 Hill Street, Belfast BT1 2LA**



**Day and date: Tuesday 21 March
Time: 9.30am - 2.30pm**



**Contact name: Ashleigh Browne
Tel number: 028 9031 9360
Email: marketing@learningspaceuk.co.uk
www.learningspaceuk.co.uk**

BUILD IT / MYSTERIOUS BELFAST

Help build a Lego® city - create a well-connected city with houses, shops, schools, parks and much more. Use our "Mysterious Belfast" map and find the treasure in the architecture of Belfast. You will discover the unique elements that make Belfast an interesting and fun city to walk around.



Where: Place, 7-9 Lower Garfield Street
Belfast BT1 1FP



Day and date: Drop in Monday - Friday
Time: 9.30am - 5.00pm



Contact name: Stephanie Palmer
Tel number: 028 9023 2524
Email: Stephanie@placeni.org
www.place.org



5

POP IN TO PROP

Pop in to the Palm House, work alongside experienced Botanic Gardens staff and learn how to take cuttings and multiply your plants, you'll even get one to take away!



Where: Palm House, Belfast Botanic Gardens
College Park, Botanic Avenue, Belfast BT7 1LP



Day and date: Tuesday 21 March
Time: 10.00am - 12.00pm



Contact name: Cailín Lynn
Tel number: 07775 031 345
Email: lynnc@belfastcity.gov.uk
www.belfastcity.gov.uk



6

CREATIVE WRITING

Develop your creative writing skills exploring the themes of identity and sense of belonging!



Where: Conway Education Centre, 2nd Floor Conway Mill
5 - 7 Conway Street, Belfast BT13 2DE



Day and date: Tuesday 21 March
Time: 10.00am - 1.00pm



Contact name: Clare Anderson
Tel number: 028 9024 8543
Email: canderson@conwayeducation.org
www.conwayeducation.org



7

STEP UP TO LEARN

Hear about Belfast City Council's "Step Up To Learn" programme – our pre recruitment programmes, recruitment and selection processes and how we support employees in developing literacy and numeracy essential skills.



8



Where: 21 Linenhall Street
Belfast BT2 8AB



Day and date: Tuesday 21 March
Time: 10.00am - 1.00pm



Contact name: Lisa Rogan
Tel number: 028 9027 0397
Email: roganl@belfastcity.gov.uk

A NORTHERN IRELAND ADVENTURE - TREASURE HUNT

Help build a Lego® city - create a well-connected city with houses, shops, schools, parks and much more. Use our "Mysterious Belfast" map and find the treasure in the architecture of Belfast. You will discover the unique elements that make Belfast an interesting and fun city to walk around.



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Email: marketing@learningspaceuk.co.uk

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9

DRAWING FOR THE TERRIFIED

A drawing session for those who have avoided anything artistic since school, yet always felt they may be missing out. We will explore ways to start drawing - none of which involve a sharp pencil and a blank sheet of paper (terrifying!).



Where: Ulster Museum, Botanic Gardens

8 Stranmillis Road, Belfast BT9 5AB (meet in Discover Art)



Day and date: Tuesday 21 March

Time: 10.30am - 12.00pm



Contact name: Colleen Watters

Tel number: 028 9066 8765

Email: colleen.watters@nmni.com

www.nmni.com

10

LET'S WORK TOGETHER

Information sessions for people with disabilities seeking work. Find out more on making work pay - benefits advice, disclosing your disability to employers, job-search and interview skills plus supports and adjustments available.



Where: Cedar Foundation, Training and Resource Centre
1 Upper Lisburn Road, Belfast BT10 0GW



Day and date: Tuesday 21 March
Time: 10.30am - 4.00pm



Contact name: Michael Blair
Tel number: 07921 776 372 or 028 9061 2424
Email: m.blair@cedar-foundation.org
www.cedar-foundation.org



PRINTMAKING TASTER SESSIONS

Hands on printmaking workshops for adults.



Where: Belfast Print Workshop, Cotton Court
30-42 Waring Street, Belfast BT1 2ED



Day and date: Tuesday 21 March
Time: 11.00am - 1.00pm
with the East Belfast Alternators Group



Contact name: Tonya McMullan
Tel number: 028 9023 1323
Email: Events@bpw.org.uk
www.bpw.org.uk

EXPLORE OLD FOOTAGE OF BELFAST

Over a cup of tea or coffee you can explore hundreds of images of Belfast how you remember it. You can watch 1000s of old footage dating back to 1897 with Northern Ireland Screen's Digital Film Archive.



Where: BCC Knocknagoney Community Centre
41A Knocknagoney Drive, Belfast BT4 2QF



Day and date: Tuesday 21 March
Time: 11.00am - 1.00pm



Contact name: Roisin McKenna
Tel number: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx



THE REAL STORY:

LEARNING FROM THOSE WHO LIVE WITH DEMENTIA

Learn more about dementia from people living with it. Hear about symptoms, diagnosis and treatment. Gain skills to communicate better with people living with dementia and learn how, with the correct support and services, people can still live well after a diagnosis.



Where: Grosvenor Hall, Grosvenor House
Glengall Street, Belfast BT12 5AD



Day and date: Tuesday 21 March
Time: 12.00pm - 2.00pm



Contact name: Ashleigh Davis
Tel number: 028 9068 6768
Email: ashleigh@dementiani.org
www.dementiani.org



PRINTMAKING TASTER SESSIONS

Hands on printmaking workshops for adults.



Where: Newington Day Centre
31-33 Atlantic Avenue, Belfast BT15 2HN



Day and date: Tuesday 21 March
Time: 1.00pm - 3.30pm



Contact name: Tonya McMullan
Tel number: 028 9023 1323
Email: Events@bpw.org.uk
www.bpw.org.uk



15

BASIC INTRODUCTION TO MAC 1

Ever wondered why so many people are using mac? Get the knowledge and experience to use an iMac with confidence. You'll learn about the applications you'll use every day, find out how to find files, create an Apple ID account, use FaceTime, Safari, iTunes and much more.



16



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG



Day and date: Tuesday 21 March
Time: 2.00pm - 5.00pm



Contact name: Roisin McKenna
Tel number: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx

NUMERACY IN THE HOME

Aimed at parents with children attending primary school, you will meet teachers who will lead activities to help you support your children through maths based homework and other activities.



Where: St Vincent de Paul Primary School
167A Ligoniel Road, Belfast BT14 8DP



Day and date: Tuesday 21 March
Time: 3.30pm - 5.00pm



Contact name: Eamonn McKermott
Tel number: 028 9071 7920

Email: emckermott210@stvincentdepaul.belfast.ni.sch.uk



IMAGINATION GAMING

Our fun games night will showcase a wide range of educational and board games for all ages to play, from new innovative games to old classics. Learn as you play and share your hints, tips and ideas with others.



Where: The Black Box Belfast
18-22 Hill Street, Belfast BT1 2LA



Day and date: Tuesday 21 March
Time: 3.30pm - 8.00pm



Contact name: Ashleigh Browne
Tel number: 028 9031 9360

Email: marketing@learningspaceuk.co.uk
www.learningspaceuk.co.uk



SENSORY ZONE

A pop-up sensory space for children to enjoy, relax and chill in! A therapeutic area for anyone with sensory processing disorders. From bubble tubes to bean bags, bright and flashing lights to touch and tactile resources, our Sensory Spot will engage all of the senses.



Where: The Black Box Belfast, 18-22 Hill Street
Belfast BT1 2LA



Day and date: Tuesday 21 March
Time: 3.30pm – 8.00pm



Contact name: Ashleigh Browne
Tel number: 028 9031 9360
Email: marketing@learningspaceuk.co.uk
www.learningspaceuk.co.uk



19

SCIENCE AND SPACE!

Come and learn about the universe and the amazing objects beyond our planet!

20



Where: Conway Education Centre, 2nd Floor Conway Mill
5 - 7 Conway Street, Belfast BT13 2DE



Day and date: Tuesday 21 March
Time: 4.00pm – 6.00pm



Contact name: Clare Anderson
Tel number: 028 9024 8543
Email: canderson@conwayeducation.org
www.conwayeducation.org

PARENT AND FAMILY PARTICIPATION NIGHTS

An evening for the parents and families of our club members to learn about boxing and the benefits of physical activity and healthy eating on our mental, emotional and physical wellbeing.



Where: Corpus Christi A.B.C.
Ard-na-va Road Belfast BT12 6FF



Day and date: Tuesday 21 March
Time: 6.00pm - 7.30pm



Contact name: Tony Leonard
Tel number: 07960 755 648
Email: tonyleonard2013@hotmail.co.uk



FOOTBALL FOR HEALTH

Football for Health will distribute helpful resources for young people and their parents on looking after both physical and emotional wellbeing and promote the message "It's OK to ask for help no matter what." Find out about the wide range of support available for parents and young people.



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG



Day and date: Tuesday 21 March
Time: 6.00pm - 8.00pm



Contact name: Joe Donnelly
Tel number: 07849 324 360
Email: tamhi2011@outlook.com
tamhi.btck.co.uk



CHILDREN AND PARENTS OLYMPIC WEIGHTLIFTING CLASS

An Olympic weightlifting coaching session for children and their parents. You will be coached through various movements of the main types of lifts, using technique bars and wooden bars.



Where: St Gabriel's Weightlifting Club
Unit 11-3c Blackstaff Mill, 81 Springfield Road, Belfast BT12 7AE



Day and date: Tuesday 21 March
Time: 6.30pm - 8.30pm



Contact name: Bronagh Donnelly
Tel number: 07725 738 458
Email: stgabrielsweightliftingbelfast@outlook.com
bronaghdfitness@outlook.com



CARR'S GLEN GOES DIGITAL

For families to develop a greater understanding of the digital world in which their children live. Pupils will present a series of interactive activities where they become the educators, guiding parents, grandparents and relations through the different technologies that are now a part of everyday life in school.



Where: Carr's Glen Primary School
629 Oldpark Road, Belfast BT14 6QX



Day and date: Tuesday 21 March
Time: 7.00pm - 9.00pm



Contact name: Tony Young
Tel number: 07812 138 696
Email: ayoung607@c2kni.net

'HALFWAY HOUSE' (COMMUNITY PERFORMANCES)

A one act play involving two women who meet each other on a winter's night, stuck in the back room of a pub in the Sperrin Mountains. They discover that they have much in common but they discover more about each other's families that is disturbing for both women. The subject of remembrance becomes a troubling part of their conversation. Is there anything that could and should have been talked about in our society that would have helped to prevent the conflict that engulfed us all?



Where: Knocknagoney Community Centre
41A Knocknagoney Drive, Belfast BT4 2QF



Day and date: Postponed.

See contact details below for information on new dates



Contact name: Philip McDonagh

Tel number: 07768 671 100

Email: philipmcdonagh@ntlworld.com
southbankplayhouse.com





WEDNESDAY 22 MARCH 2017

- 1 Arts & Crafts Workshops
- 2 Build It / Mysterious Belfast
- 3 Sustrans Fun Forage by Foot
- 4 Art & Literacy: Our Street
- 5 Healthy Meal Times Together
- 6 Diversity and Inclusion in Adult Learning
- 7 Making Space to Grow
- 8 Belfast Met's 110 Years of Learning Taster Event
(Please note this is a Thursday event, see details)
- 9 Beginners Botanical Art
- 10 A Northern Ireland Adventure - Treasure Hunt
- 11 Collage for the Terrified
- 12 The Importance of Cultural Understanding
- 13 Let's Work Together
- 14 Printmaking Taster Sessions
- 15 Uploading and Editing Photos
- 16 Fancy University? You're Closer Than You Think
- 17 Healthy Cookery Demonstration
- 18 Free Fix It Surgeries
- 19 Get Crafty Online
- 20 Printmaking Taster Sessions
- 21 Family Support Learning Open Day
- 22 Dementia Friendly Workshop
- 23 Basic Introduction to Mac 2
- 24 Reconnect with Learning
- 25 From Somalia with Recipe - Traditional Somali Food
- 26 Parent and Family Participation Nights
- 27 Fighting Words Belfast Volunteer Training Session
- 28 'Halfway House' (Community Performances)

ARTS & CRAFTS WORKSHOPS

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**Where: Place, 7-9 Lower Garfield Street
Belfast BT1 1FP**



Day and date: Drop in Monday - Friday

Time: 9.30am - 5.00pm



Contact name: Stephanie Palmer

Tel number: 028 9023 2524

Email: Stephanie@placeni.org

www.place.org



SUSTRANS FUN FORAGE BY FOOT

Come along and enjoy the wildflowers, weeds, woodlands and wonders that thrive along the traffic free pathways of Tullycarnet and East Belfast. Book early to avoid disappointment.



**Where: Comber Greenway (meet at Tullycarnet Community Centre)
Kinross Avenue, Belfast BT5 7GE**



**Day and date: Wednesday 22 March
Time: 10.00am - 12.30pm**



**Contact name: Rachael Ludlow-Williams
Tel number: 028 9043 4569**

Email: rachael.ludlow-williams@sustrans.org.uk

www.sustrans.org.uk/northern-ireland/our-work-northern-ireland

3

ART & LITERACY: OUR STREET

A mixed media art workshop, exploring memories of growing up in Belfast. Ideas inspired by the blue plaque of actor J.G. Devlin outside Falls Library.



4



**Where: Falls Road Library
49 Falls Road, Belfast BT12 4PD**



**Day and date: Wednesday 22 March
Time: 10.00am**



Contact name: Kathy Marsh

Tel number: 028 9028 5933

Email: kathymariammarsh@gmail.com

www.irishartnow.com/WORKSHOPS-1

HEALTHY MEALTIMES TOGETHER

Watch a cookery demonstration and enjoy the tasty meals made by our children and their parents as part of our Food Values programme.



Where: St Kevin's Primary School
446 Falls Road, Belfast BT12 6EN



Day and date: Wednesday 22 March
Time: 10.00am



Contact name: Miss Maria Tierney
Tel number: 028 9032 6791
Email: mtierney481@c2k



DIVERSITY AND INCLUSION IN ADULT LEARNING

EPALE: Electronic Platform for Adult Learning in Europe hosts an interactive workshop on social inclusion in adult learning. It will look at the issues faced by those from minority / disadvantaged groups accessing learning and how provision can be made more inclusive.



Where: The Mac, 10 Exchange Street
Belfast BT1 2LS



Day and date: Wednesday 22 March
Time: 10.00am - 12.30pm followed by lunch





Contact name: Janett Scully
Tel number: +44 (0)121 212 8905
Email: janett.scully@ecorys.com
www.ec.europa.eu/epale/en



MAKING SPACE TO GROW

Learn how to grow your own food - a fun event for all the family. Get your hands dirty while sowing, planting and digging in the community garden.

 **Where:** Connswater Community Garden
Connswater Street, Newtownards Road
Belfast BT5 (behind C.S. Lewis Square)

 **Day and date:** Wednesday 22 March
Time: 10.00am - 1.00pm

 **Contact name:** Dave Carver
Tel number: 028 9074 9494
Email: davidcarver@groundworkni.co.uk
www.groundworkni.org.uk




BELFAST MET'S 110 YEARS OF LEARNING TASTER EVENT

(Please note this is a Thursday event, see details below)

Come along for a taster of everything that is great about learning here in the city. Exhibitions include how to make basic clothing alterations, creating simple hairstyles, looking after your mental health, picking up a new instrument, boxing and much more.



 **Where:** Belfast Met's Titanic Quarter Campus
7 Queens Road, Belfast BT3 9DT

 **Day and date:** Thursday 23 March
Time: 9:00am - 4.00pm

 **Contact name:** Michelle Smyth
Tel number: 028 9026 5355
Email: michellesmyth@belfastmet.ac.uk
www.belfastmet.ac.uk

BEGINNERS BOTANICAL ART

Join the Irish Society of Botanical Artists for this hands on workshop with the Tropical Ravine Plant Collection. This is an unmissable opportunity to work alongside experienced artists for a full day to build new skills or develop existing skills in botanical art.



Where: Belfast Botanic Gardens Bowling Pavilion
College Park, Botanic Avenue, Belfast BT7 1LP



Day and date: Wednesday 22 March
Time: 10.00am - 4.00pm



Contact name: Cailín Lynn
Tel number: 07775 031 345
Email: lynn@belfastcity.gov.uk
www.belfastcity.gov.uk



9

A NORTHERN IRELAND ADVENTURE - TREASURE HUNT

Take a trip around Northern Ireland without even having to leave our store! Use the map to follow the trail to find all the famous landmarks and learn some of their fun facts. Find and collect all of the landmarks and receive a lucky dip at the end!



Where: Learning SPACE
11a Fountain Centre, College Street, Belfast BT1 6ET



Day and date: Monday 20 March to Friday 24 March
Time: All day, every day from 10.00am - 5.00pm



Contact name: Ashleigh Browne
Tel number: 028 9031 9360
Email: marketing@learningspaceuk.co.uk
www.learningspaceuk.co.uk

10

COLLAGE FOR THE TERRIFIED

If the thought of drawing or painting is terrifying to you, then collage could be your way of getting started. Inspired by the 'Lines of Thought' exhibition from the British Museum, cut, tear and paste your way to making art.



Where: Ulster Museum, Botanic Gardens, 8 Stranmillis Road
Belfast BT9 5AB (meet in Discover Art)



Day and date: Wednesday 22 March
Time: 10.30am - 12.00pm



Contact name: Colleen Watters
Tel number: 028 9066 8765
Email: colleen.watters@nmni.com
www.nmni.com



THE IMPORTANCE OF CULTURAL UNDERSTANDING

Through storytelling and arts activities, we will be listening and interacting with different cultures to understand the issues of racism and sectarianism. Many misunderstandings in the world could be avoided if we took the time to understand viewpoints and cultures other than our own.



Where: ArtsEkta, Glendenning House
6 Murray Street, Belfast BT1 6DN



Day and date: Wednesday 22 March
Time: 10.30am - 12.30pm (light lunch served)



Contact name: Nisha Tandon
Tel number: 028 9023 1381
Email: nisha@artsekta.org.uk
www.artsekta.org.uk

LET'S WORK TOGETHER

Information sessions for people with disabilities seeking work. Find out more on making work pay - benefits advice, disclosing your disability to employers, job-search and interview skills plus supports and adjustments available.



**Where: Cedar Foundation, Training and Resource Centre
1 Upper Lisburn Road, Belfast BT10 0GW**



**Day and date: Wednesday 22 March
Time: 10.30am - 4.00pm**



**Contact name: Michael Blair
Tel number: 07921 776 372 or 028 9061 2424
Email: m.blair@cedar-foundation.org
www.cedar-foundation.org**



PRINTMAKING TASTER SESSIONS

Hands on printmaking workshops for adults.



**Where: Belfast Print Workshop,
Cotton Court, 30-42 Waring Street, Belfast BT1 2ED**



**Day and date: Wednesday 22 March
Time: 11.00am - 1.00pm
with the East Belfast Alternators Group**



**Contact name: Tonya McMullan
Tel number: 028 9023 1323
Email: events@bpw.org.uk
www.bpw.org.uk**



UPLOADING AND EDITING PHOTOS

Enhance your photography skills as we show you simple photoshop techniques that will allow you touch up old photos as well as store them online to free up space and email them to friends.



Where: BCC Morton Community Centre
Lorne Street, Belfast BT9 7DU



Day and date: Wednesday 22 March
Time: 11.00am - 1.00pm



Contact name: Roisin McKenna
Tel number: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx



FANCY UNIVERSITY? YOU'RE CLOSER THAN YOU THINK!

Find out about the 12 - week 'taster' course in Social Policy! Usual qualifications not required. Runs September - December, 3 hours every Wednesday. Grants, bursaries and part time loans available. If you meet certain criteria, the course will be FREE! You'll never know if you don't try! Find out more (or sign up!).



Where: Girdwood Hub, 10 Girdwood Avenue
Belfast BT14 6EG



Day and date: Wed 22 March
Time: 11.30am - 3.00pm



Contact name: Dr Wendy Saunderson
Tel number: 07703 452 404
Email: w.saunderson@ulster.ac.uk
www.ulster.ac.uk

HEALTHY COOKERY DEMONSTRATION

Cooking healthy meals – a session for Belfast Health and Social Care Trust staff, delivered by Barbara Redmond, a Health and Lifestyle facilitator (Health Improvement).



Where: Beech Hall Healthy Living Centre
21 Andersonstown Road, Belfast BT11 9AF



Day and date: Wednesday 22 March
Time: 1.00pm - 2.00pm



Contact name: Fiona Meenan
Tel number: 028 9504 6785
Email: Fiona.meenan@belfasttrust.hscni.net
www.belfasttrust.hscni.net



FREE FIX IT SURGERIES

Learn how to give your laptop/device an MOT. Bring your device along and we will show you how to create more memory space, update your anti-virus software and run regular security checks so that you get the most out of your technology.



Where: Olympia Leisure Centre
Boucher Road, Belfast BT12 6HR



Day and date: Wednesday 22 March
Time: 11.00am - 2.00pm



Tel number: 0844 736 5355
Email: info@ignite.it
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx



GET CRAFTY ONLINE

Learn how to search for your favourite crochet/knitting patterns and other crafty ideas online over a cuppa and a chat with other crafters.



Where: BCC Duncairn Community Centre
Upper Mervue Street, Belfast BT15 2JZ



Day and date: Wednesday 22 March
Time: 1.00pm – 3.00pm



Contact name: *Roisin McKenna*
Tel number: 028 9027 0644
Email: *mckennaroisin@belfastcity.gov.uk*
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx



PRINTMAKING TASTER SESSIONS

Hands-on printmaking workshops for adults, led by artist Ivan Frew.



Where: Newington Day Centre
31-33 Atlantic Avenue, Belfast BT15 2HN



Day and date: Wednesday 22 March
Time: 1.00pm - 3:30pm



Contact name: *Tonya McMullan*
Tel number: 028 9023 1323
Email: *Events@bpw.org.uk*
www.bpw.org.uk

FAMILY SUPPORT LEARNING OPEN DAY

Ashton Community Trust are opening their doors for a fun filled informal afternoon. Come along and find out more about all the learning and support available locally from a wide range of organisations.



Where: 174 Trust Duncairn Complex
Duncairn Avenue, Belfast BT14 6BP



Day and date: Wednesday 22 March
Time: 1.00pm - 4.00pm



Contact name: Jeanette Burns
Tel number: 028 9560 9522
Email: jeanette.burns@ashtoncentre.com
www.ashtoncentre.com



DEMENTIA FRIENDLY WORKSHOP

People with dementia need businesses and services that welcome them and understand their needs. Carers need more information on the condition. We provide support on dementia awareness, helpful communication tips and guides that will give you confidence to support people living with dementia.



Where: Frank Gillen Centre
1a Cullingtree Road, Belfast BT12 4JU



Day and date: Wednesday 22 March
Time: 2.00pm - 4.00pm



Contact name: James Erskine
Tel number: 028 9038 7487
Email: james.erskine@alzheimers.org.uk
www.alzheimers.org.uk



BASIC INTRODUCTION TO MAC 2

This course focuses on the Apple iMac, and gives you the knowledge and experience to use an iMac with confidence. You'll learn about the applications you can use every day, find out how to find files, create an Apple ID account, use FaceTime, Safari, iTunes and much more.



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG



Day and date: Wednesday 22 March
Time: 2.00pm - 5.00pm



Contact name:: Roisin McKenna
Tel number: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx



RECONNECT WITH LEARNING

Music, nutrition, fitness, creative arts - taster workshops.



Where: Hopelink Centre, Carlisle Circus, 4 Henry Place
Belfast BT15 2BB



Day and Date: Wednesday 22 March
Time: 2.30pm - 8.00pm



Contact name: Penny Owens Tel.028 9032 8308 and Frances Craig, Tel. 028 9035 1948
Email: powers@pcibsw.org and fcraig@pcibsw.org
www.carlislehouse.org

FROM SOMALIA WITH RECIPE - TRADITIONAL SOMALI FOOD

This event aims to introduce participants to various types of Somali dishes, especially those that have been prepared for celebrations and cooking methods used by Somali people for thousands of years.



Where: Global Kitchen, 117 Ormeau Road
Belfast BT7 1SH



Day and date: Wednesday 22 March
Time: 4.30pm - 7.00pm



Contact name: Adnan Hussein
Tel number: 07454 775 666
Email: info@nisomaliassociation.org.uk
www.nisomaliassociation.org.uk



25

PARENT AND FAMILY PARTICIPATION NIGHTS

An evening for the parents and family members of our club members to learn about boxing and the benefits of physical activity and healthy eating on our mental, emotional and physical wellbeing.



Where: Corpus Christi A.B.C. Ard-na-va Road
Belfast BT12 6FF



Day and date: Wednesday 22 March
Time: 6.00pm - 7.30pm



Contact name: Tony Leonard
Tel number: 07960 755 648
Email: tonyleonard2013@hotmail.co.uk

26

FIGHTING WORDS BELFAST VOLUNTEER TRAINING SESSION

If you'd like to spark a young person's imagination, learn new skills and meet new people, train to become a volunteer with Fighting Words Belfast. Learn how to offer support and encouragement to children and young people aged 6 and upwards.



Where: fighting Words Belfast, 2nd Floor, Skainos Centre
239 Newtownards Road, Belfast BT4 1AF



Day and date: Wednesday 22 March
Time: 6.30pm - 8.00pm



Contact name: Hannah Armstrong
Tel number: 028 9023 0660
Email: Hannah@fightingwords.co.uk
www.youngatart.co.uk



'HALFWAY HOUSE' (COMMUNITY PERFORMANCES)

A one act play involving two women who meet each other on a winter's night, stuck in the back room of a pub in the Sperrin Mountains. They discover that they have much in common but they discover more about each other's families that is disturbing for both women. The subject of remembrance becomes a troubling part of their conversation. Is there anything that could and should have been talked about in our society that would have helped to prevent the conflict that engulfed us all?



Where: Argyle Business Centre, 39 North Howard Street
Belfast BT13 2AP



Day and date: Postponed.
See contact details below for information on new dates



Contact name: Philip McDonagh
Tel number: 07768 671 100
Email: philipmcdonagh@ntlworld.com
www.southbankplayhouse.com





QUICK LOOK

THURSDAY 23 MARCH 2017

- 1 Arts & Crafts Workshops
- 2 Build It / Mysterious Belfast
- 3 Open Learning at Queen's - An Introduction
- 4 Dementia Friendly Communities workshop
- 5 A Northern Ireland Adventure - Treasure Hunt
- 6 Daily Bread
- 7 Drawing for the Terrified
- 8 Colin Neighbourhood Partnership's Men's Shed Cookery Nutritional Class
- 9 Men's Shed Skills Open Day
- 10 Footprints' Celebration of Learners' Achievements
- 11 Belfast Met's culinary arts interactive demos - yes, you can eat well for less!
- 12 'Disabled People Speak Out'
- 13 An Afternoon of Curiosities
- 14 Exploring the Archive: PRONI and HMS Caroline
- 15 New Tricks? Digital tools to improve your teaching
- 16 Explore old footage of Belfast
- 17 Learning is Fun for All
- 18 Free Fix It Surgeries
- 19 Print In 3D
- 20 Colin Neighbourhood Partnership Staff and Families Cookery Nutritional Class
- 21 Art for children
- 22 Lifemaps
- 23 Parent and Family Participation Nights
- 24 Fighting Words Belfast, volunteer training session
- 25 'Good Will Hunting' Screening with an introduction on 20 years of the film

ARTS & CRAFTS WORKSHOPS

Free workshops to coincide with 'A Northern Ireland Adventure - Treasure Hunt'. Children can re-create some of the amazing landmarks they found on their adventure, while discovering Northern Ireland landmarks in-store!



Where: Learning SPACE, 11a Fountain Centre
College Street, Belfast BT1 6ET



Day and date: Monday 20 March – Friday 24 March
Time: All day, every day from 9.00am – 5.00pm



Contact name: Ashleigh Browne
Tel number: 028 9031 9360
Email: marketing@learningspaceuk.co.uk
www.learningspaceuk.co.uk



1

BUILD IT / MYSTERIOUS BELFAST

Help build a Lego® city - create a well-connected city with houses, shops, schools, parks and much more. Use our "Mysterious Belfast" map and find the treasure in the architecture of Belfast. You will discover the unique elements that make Belfast an interesting and fun city to walk around.



Where: Place, 7-9 Lower Garfield Street
Belfast BT1 1FP



Day and date: Drop in Monday - Friday
Time: 9.30am – 5.00pm



Contact name: Stephanie Palmer
Tel number: 028 9023 2524
Email: Stephanie@placeni.org
www.place.org

2

OPEN LEARNING AT QUEEN'S – AN INTRODUCTION

Open Learning is a part-time, adult education programme at Queen's that is open to all adults regardless of qualifications or experience. Find out more about the programme and meet tutors and current students.



Where: OG/007, School of Education
69 University Street, Belfast BT7 1HL



Day and date: Thursday 23 March
Time: 10.00am - 12.00pm



Contact name: *Dr Cathal McManus*
Tel number: 028 9097 5914
Email: *c.p.mcmanus@qub.ac.uk*
www.qub.ac.uk/ol



DEMENTIA FRIENDLY COMMUNITIES WORKSHOP

People with dementia need businesses and services that welcome them and understand their needs. Carers need more information on the condition. We provide support on dementia awareness, helpful communication tips and guides that will give you confidence to support people living with dementia.



Where: Training Room 3, East Belfast Network Centre
Templemore Avenue, Belfast BT5 4FP



Day and date: Thursday 23 March
Time: 10.00am - 12.00pm



Contact name: *Pamela Frazer*
Tel number: 07885 899 009
Email: *pamela.frazer@alzheimers.org.uk*
www.alzheimers.org.uk

A NORTHERN IRELAND ADVENTURE - TREASURE HUNT

Take a trip around Northern Ireland without even having to leave our store! Use the map to follow the trail to find all the famous landmarks and learn some of their fun facts. Find and collect all of the landmarks and receive a lucky dip at the end!



Where: Learning SPACE

11a Fountain Centre, College Street, Belfast BT1 6ET



Day and date: Monday 20 March to Friday 24 March

Time: All day, every day from 10.00am - 5.00pm



Contact name: Ashleigh Browne

Tel number: 028 9031 9360

Email: marketing@learningspaceuk.co.uk

www.learningspaceuk.co.uk



5

"DAILY BREAD"

Learn home baking skills through making fresh, wholesome and nourishing breads - just like Granny made. Make bread in various shapes and forms and basic materials and very cost effective.



Where: Lower Oldpark Community Association

9-23 Avoca Street, Belfast BT14 6EN



Day and date: Thursday 23 March

Time: Session One: 10.00am - 12.00pm

Session Two: 1.00pm - 3.00pm



Contact name: Rosemary McGreevey

Tel number: 07734 801 604

Email: belfastrosie@hotmail.com



6

DRAWING FOR THE TERRIFIED

Another drawing session for those who have avoided anything artistic since school, yet always felt they may be missing out. We will explore approaches to drawing, none of which involve a sharp pencil and a blank sheet of paper. This session will be different from Tuesday's so come to just one, or come to both.



Where: Ulster Museum, Botanic Gardens
8 Stranmillis Road, Belfast BT9 5AB (meet in Discover Art)



Day and date: Thursday 23 March
Time: 10.30am - 12.00pm



Contact name: Colleen Watters
Tel number: 028 9066 8765
Email: colleen.watters@nmni.com
www.nmni.com

7

COLIN NEIGHBOURHOOD PARTNERSHIP'S MEN'S SHED COOKERY NUTRITIONAL CLASS

An inspirational hands-on cookery class for men to learn skills such as team work, communication and confidence. It's also an opportunity to understand nutrition, food packaging and cooking healthy meals on a budget. We will also explore how to prepare, grow and harvest vegetables at home.

8



Where: Colin Neighborhood Partnership's
Healthy Living Centre, 30 Colinglen Road, Belfast BT17 OLR



Day and date: Thursday 23 March
Time: 11:00am to 1:00pm



Contact name: Matthew McKinley
Tel number: 028 9061 2317
Email: Matthew@newcolin.com
www.newcolin.com

MEN'S SHED SKILLS OPEN DAY

Come and enjoy a series of practical activities such as copper work, pyrography, glass painting, glass etching, match stick art etc. Volunteer Shed members will be on hand to give information to anyone hoping to join the men's shed. A light lunch will be provided. Age 18+.



Where: North Belfast Men's Shed, Unit 37 North City Business Centre 2 Duncairn Gardens, Belfast BT15 2GG



Day and date: Thursday 23 March
Time: 10.30am - 2.30pm



Contact name: Geraldine Nelson
Tel number: 07850 651263
Email: geraldine@nthbp.com
www.northbelfastpartnership.com



FOOTPRINTS' CELEBRATION OF LEARNERS' ACHIEVEMENTS

A celebration of the achievements of learners with the aim of inspiring more women to take up learning activities. You will learn more about future training/development programmes.



Where: Footprints Women's Centre
84a Colin Mill, Belfast BT17 0AR



Day and date: Thursday 23 March
Time: 11.00am - 1.00pm



Contact name: Paula Irvine
Tel number: 028 9092 3444
Email: paula@footprintswomenscentre.com
www.footprintswomenscentre.com



BELFAST MET'S CULINARY ARTS INTERACTIVE DEMOS – YES, YOU CAN EAT WELL FOR LESS!

Come along and visit our Linen Lounge restaurant to find out how you can create delicious meals out of simple, affordable ingredients.



Where: Belfast Met's Linen Lounge restaurant
Titanic Quarter Campus, 7 Queens Road, Belfast BT3 9DT



Day and date: Thursday 23 March
Time: On the hour demonstrations
between 9:00am and 12:00pm



Contact name: Michelle Smyth
Tel number: 028 9026 5355
Email: michellesmyth@belfastmet.ac.uk
www.belfastmet.ac.uk



'DISABLED PEOPLE SPEAK OUT'

An interactive discussion on how the Action Belfast's Speak Out Group has developed in its role as a self-advocacy group for adults with disabilities living in West and North Belfast. Learn about how the group promotes confidence, assertiveness and social inclusion and how through peer learning we can learn from each other.



Where: New Life City Church
143 Northumberland Street, Belfast BT13 2JF



Day and date: Thursday 23 March
Time: 1.00pm - 2.30pm



Contact name: Paula McMurrin / Micheál Smith
Tel number: 028 9023 6677
Email: paulamcmurrin@usdt.co.uk
Email: m.smith@usdt.co.uk
www.actionabilitybelfast.com



AN AFTERNOON OF CURIOSITIES

Get lost in An Afternoon of Curiosities with experts from Kew Gardens' Grow Wild Project, Eden Project's The Big Lunch, Belfast City Council's biodiversity officer and the Tropical Ravine's education officer to explore and examine the world of tropical and native curiosities right under your nose in Botanic Gardens.



Where: Belfast Botanic Gardens Bowling Pavilion
College Park, Botanic Avenue, Belfast BT7 1LP



Day and date: Thursday 23 March
Time: 1.00pm - 3.00pm



Contact name: Cailín Lynn
Tel number: 07775 031 345
Email: lynnc@belfastcity.gov.uk
www.belfastcity.gov.uk



13

EXPLORING THE ARCHIVE: PRONI AND HMS CAROLINE

Enjoy a tour of PRONI's archive focusing on the First World War and Women's History. You will also find out more from the Curatorial and Learning Teams at HMS Caroline about what's involved in building and creating an archive related to WRNS history at HMS Caroline.



Where: PRONI, 2 Titanic Boulevard
Titanic Quarter, Belfast BT3 9HQ



Day and date: Thursday 23 March
Time: 1.00pm - 3.00pm



Contact name: PRONI Public Services
Tel number: 028 9053 4800
Email: proni@communities-ni.gov.uk
www.nidirect.gov.uk/proni

14

NEW TRICKS? DIGITAL TOOLS TO IMPROVE YOUR TEACHING

We can help you find out more about the most innovative learning tools available today! We have assessed over 80 digital learning tools, come and find out which came out top. Enjoy FREE scrumptious muffins and coffee!



Where: East Belfast Enterprise
68-72 Newtownards Road, Belfast BT4 1GW



Day and date: Thursday 23 March
Time: 2.00pm - 4.00 pm



Contact name: Canice Hamill
Tel number: 028 9266 6161
Email: canice@caniceconsulting.com
www.modern.pm



EXPLORE OLD FOOTAGE OF BELFAST

Over a cup of tea or coffee you can explore hundreds of images of Belfast how you remember it. You can watch 1000s of images dating back to 1897 with Northern Ireland Screen's Digital Film Archive.



Where: BCC Glen Road Community Centre
2 Carrigart Avenue, Belfast BT11 9HU



Day and date: Thursday 23 March
Time: 2.00pm - 4.00pm



Contact name: Roisin McKenna
Tel number: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx

LEARNING IS FUN FOR ALL

This fun and action-packed event takes families on a learning journey around the six areas of the Northern Ireland curriculum. Families will be provided with learning ideas and activities they can take home.



Where: Euston Street Primary School
Euston Street, Belfast BT6 9AG



Day and date: Thursday 23 March
Time: 2.00pm - 4.00pm



Contact name: Roz McIlwaine
Tel number: 07720 337 117
Email: roz.mcilwaine@barnardos.org.uk



FREE FIX IT SURGERIES

Learn how to give your laptop/device an MOT. Bring your device along and we will show you how to create more memory space, update your anti-virus software and run regular security checks so that you get the most out of your technology.



Where: BCC Dee Street Community Centre
12-16 Dee Street, Belfast BT4 1FT



Day and date: Thursday 23 March
Time: 2.00pm - 4.00pm



Tel number: 0844 736 5355
Email: info@ignite.it
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx



PRINT IN 3D

A lot of people are intrigued by 3D printing, but that interest doesn't get any further than reading the occasional article. Come along and learn the core processes behind 3D printing and make something static come to life!



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG



Day and date: Thursday 23 March
Time: 2.00pm - 5.00pm



Contact name: *Roisin McKenna*
Tel number: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx



COLIN NEIGHBOURHOOD PARTNERSHIP STAFF AND FAMILIES COOKERY NUTRITIONAL CLASS

An inspirational hands-on cookery class for staff and family members to learn skills such as team work, communication and confidence. It's also an opportunity to understand nutrition, food packaging and cooking healthy meals on a budget. We will also learn how to prepare, grow and harvest vegetables at home.



Where: Colin Neighborhood Partnership's
Healthy Living Centre, 30 Colinglen Road, Belfast BT17 OLR



Day and date: Thursday 23 March
Time: 3:00pm to 5:00pm



Contact name: Matthew McKinley
Tel number: 028 9061 2317
Email: Matthew@newcolin.com
www.newcolin.com

ART FOR CHILDREN

Come along and discover the power of art to encourage emotional expression and build self-esteem.



Where: Conway Education Centre, 2nd Floor Conway Mill
5 - 7 Conway Street, Belfast BT13 2DE



Day and date: Thursday 23 March
Time: 4.00pm - 6.00pm



Contact name: Clare Anderson
Tel number: 028 9024 8543
Email: canderson@conwayeducation.org
www.conwayeducation.org



LIFEMAPS

Are you 16 - 25 years old? Come along and use our "Lifemaps" to create your personal plan to better understand and improve your mental health.



Where: Youth Action N.I. Building
14 College Square North, Belfast BT1 6AS



Day and date: Thursday 23 March
Time: 5.00pm - 8.00pm



Contact name: Caroline Redpath
Tel number: 028 9024 0551
Email: caroline@youthaction.org
www.youthaction.org



PARENT AND FAMILY PARTICIPATION NIGHTS

An evening for the parents and family members of our club members to learn about boxing and the benefits of physical activity and healthy eating on our mental, emotional and physical wellbeing.



Where: Corpus Christi A.B.C., Ard-na-va Road
Belfast BT12 6FF



Day and date: Thursday 23 March
Time: 6.00pm - 7.30pm



Contact name: Tony Leonard
Tel number: 07960 755 648
Email: tonyleonard2013@hotmail.co.uk



FIGHTING WORDS BELFAST, VOLUNTEER TRAINING SESSION

If you'd like to spark a young person's imagination, learn new skills and meet new people, train to become a volunteer with Fighting Words Belfast. Learn how to offer support and encouragement on reading to children and young people aged 6 and upwards.



Where: Duncairn Centre for Culture and Arts Duncairn
Complex Duncairn Avenue, Belfast BT14 6BP



Day and date: Thursday 23 March
Time: 6.30pm - 8.00pm



Contact name: Hannah Armstrong
Tel number: 028 9023 0660
Email: Hannah@fightingwords.co.uk
www.youngart.co.uk (online application form)

THURSDAY 23 MARCH

'GOOD WILL HUNTING' SCREENING WITH AN INTRODUCTION ON 20 YEARS OF THE FILM

A touching tale of a wayward young man who struggles to find his identity, living in a world where he can solve any problem except the one brewing deep within himself, until one day he meets his soulmate who opens his mind and his heart. With Matt Damon, Robin Williams, Ben Affleck, Minnie Driver, Casey Affleck.



Where: Strand Arts Centre
152-154 Holywood Road, Belfast BT4 1NY



Day and date: Thursday 23 March
Time: 8.00pm - 10.15pm



Contact name: Johanna Leech
Tel number: 07946 794 742 / 028 9065 5830
Email: Johanna@strandartscentre.com
www.strandartscentre.com





QUICK LOOK

FRIDAY 24 MARCH 2017

- 1 Arts & Crafts Workshops
- 2 Effectively communicating with young people
- 3 Build It / Mysterious Belfast
- 4 Textile Arts
- 5 Pop in to Prop
- 6 Happy and Healthy
- 7 Complementary Therapies
- 8 A Northern Ireland Adventure - Treasure Hunt
- 9 Art History for the Terrified
- 10 Northern Ireland Assembly 'Parents and Politics - Learning for all the family'
- 11 Free Fix It Surgeries
- 12 Let's Work Together
- 13 Get on Social Media
- 14 DJ Workshop for Adults with Disabilities
- 15 Fleur de Patrick - Spring Cuisine Event
- 16 Eastside Learning Reading Fair
- 17 DJ Works
- 18 Explore Old Footage of Belfast
- 19 Pats to the Future - Animation Workshop
- 20 Old Style Dining NOW and Then

ARTS & CRAFTS WORKSHOPS

Free workshops to coincide with 'A Northern Ireland Adventure - Treasure Hunt'. Children can re-create some of the amazing landmarks they found on their adventure, while discovering Northern Ireland landmarks in-store!



Where: Learning SPACE

11a Fountain Centre, College Street, Belfast BT1 6ET



Day and date: Monday 20 March - Friday 24 March

Time: All day, every day from 9.00am - 5.00pm



Contact name: Ashleigh Browne

Tel number: 028 9031 9360

Email: marketing@learningspaceuk.co.uk

www.learningspaceuk.co.uk



EFFECTIVELY COMMUNICATING WITH YOUNG PEOPLE

A training session for local youth workers.



Where: Girdwood Community Hub

10 Girdwood Avenue, Belfast BT14 6EG



Day and date: Friday 24 March

Time: 9.30am - 4.30pm



Contact name: Brenda Lappin

Tel number: 028 9074 9147

Email: girdwoodunitedyouth@btconnect.com

www.ccrf.org.uk



BUILD IT / MYSTERIOUS BELFAST

Help build a Lego® city - create a well-connected city with houses, shops, schools, parks and much more. Use our "Mysterious Belfast" map and find the treasure in the architecture of Belfast. You will discover the unique elements that make Belfast an interesting and fun city to walk around.



Where: Place, 7-9 Lower Garfield Street
Belfast BT1 1FP



Day and date: Drop in Monday - Friday
Time: 9.30am - 5.00pm



Contact name: Stephanie Palmer
Tel number: 028 9023 2524
Email: Stephanie@placeni.org
www.place.org



3

TEXTILE ARTS

Textile Arts for a group of visually impaired participants, referred by RNIB. Make a Spring rag rug wreath, build up layers of cotton and china silk fabric to make a sculptural piece to display at home. Recycle old clothing and fabric that has a personal meaning to add into the piece.



4



Where: Crescent Arts, 2 - 4 University Road
Belfast BT7 1NH



Day and date: Friday 24 March
Time: 10.00am



Contact name: Kathy Marsh
Tel number: 028 9028 5933
Email: kathymariamارش@gmail.com
www.irishartnow.com/WORKSHOPS-1

POP IN TO PROP

Pop in to the Palm House, work alongside experienced Botanic Gardens staff and learn how to take cuttings and multiply your plants, you'll even get one to take away!



**Where: Belfast Botanic Gardens Bowling Pavilion
College Park, Botanic Avenue, Belfast BT7 1LP**



**Day and date: Friday 24 March
Time: 10.00am - 12.00pm**



**Contact name: Cailin Lynn
Tel number: 07775 031 345
Email: lynn@belfastcity.gov.uk
www.belfastcity.gov.uk**



5

HAPPY AND HEALTHY

Come along for information and support on health and wellbeing including smoking cessation, height/weight checks, stress and relaxation techniques and nutritional advice.



**Where: St George's Market
12-20 East Bridge Street, Belfast BT1 3NQ**



**Day and date: Friday 24 March
Time: 10.00am - 12.00pm**



**Contact name: Laura Loye
Tel number: 028 9031 2377
Email: lloye@lorag.org
www.lorag.org**



6

COMPLEMENTARY THERAPIES

Enjoy taster sessions such as Flower Essence, Reflexology and Aromatherapy, what they are and how they are used.



**Where: Conway Education Centre, 2nd Floor Conway Mill
5 - 7 Conway Street, Belfast BT13 2DE**



**Day and date: Friday 24 March
Time: 10.00pm - 3.00pm**



**Contact name: Clare Anderson
Tel number: 028 9024 8543
Email: canderson@conwayeducation.org
www.conwayeducation.org**



7

A NORTHERN IRELAND ADVENTURE - TREASURE HUNT

Take a trip around Northern Ireland without even having to leave our store! Use the map to follow the trail to find all the famous landmarks and learn some of their fun facts. Find and collect all of the landmarks and receive a lucky dip at the end!



8



**Where: Learning SPACE
11a Fountain Centre, College Street, Belfast BT1 6ET**



**Day and date: Monday 20 March to Friday 24 March
Time: All day, every day from 10.00am - 5.00pm**



**Contact name: Ashleigh Browne
Tel number: 028 9031 9360
Email: marketing@learningspaceuk.co.uk
www.learningspaceuk.co.uk**

ART HISTORY FOR THE TERRIFIED

If art galleries make you feel slightly inadequate, then this could be the tour for you. We will focus on ways of looking at art which are guaranteed to help you notice new things.



Where: Ulster Museum, Botanic Gardens, 8 Stranmillis Road
Belfast BT9 5AB (meet in Discover Art)



Day and date: Friday 24 March
Time: 10.30am - 11.30am



Contact name: Colleen Watters
Tel number: 028 9066 8765
Email: colleen.watters@nmni.com
www.nmni.com



NORTHERN IRELAND ASSEMBLY 'PARENTS AND POLITICS - LEARNING FOR ALL THE FAMILY'

Open to parents with pre-school age children, it will provide an opportunity for you to connect with the Assembly, learn how it works and how to raise the issues that matter to you in an informal setting. Child friendly venue.



Where: Long Gallery, Parliament Buildings
Stormont Estate, Belfast BT4 3XX



Day and date: Friday 24 March
Time: 10.30am - 12.00pm



Contact name: Gillian Kirk Lyness,
Tel number: 028 9052 1019
Email: gillian.kirk-lyness@niassembly.gov.uk



FREE FIX IT SURGERIES

Learn how to give your laptop/device an MOT. Bring your device along and we will show you how to create more memory space, update your anti-virus software and run regular security checks so that you get the most out of your technology.



Where: BCC Finaghy Community Centre
1-6 Geeragh Place, Belfast BT10 0ER



Day and date: Friday 24 March
Time: 10.30am – 12.30pm



Tel number: 0844 736 5355

Email: info@ignite.it

www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx



LET'S WORK TOGETHER

Employing People with Disabilities – information sessions for employers and for people with disabilities seeking work. Learn from employees with disabilities and local employers about positive examples of what works.



Where: Cedar Foundation, Training and Resource Centre
1 Upper Lisburn Road, Belfast BT10 0GW



Day and date: Friday 24 March
Time: 10.30am – 2.00pm



Contact name: Michael Blair

Tel number: 07921 776 372 or 028 9061 2424

Email: m.blair@cedar-foundation.org

www.cedar-foundation.org

GET ON SOCIAL MEDIA

Learn how to stay in touch with friends and family for free as we walk you through the perks of social media and take the fear factor out of getting social online.



Where: BCC Hammer Community Centre
Agnes Street, Belfast BT13 1GG



Date and date: Friday 24 March
Time: 11.00am - 1.00pm



Contact name: *Roisin McKenna*
Tel number: *028 9027 0644*
Email: *mckennaroisin@belfastcity.gov.uk*
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx



DJ WORKSHOP FOR ADULTS WITH DISABILITIES

Get hands-on experience of club DJ'ing. Tutors will show you how to choose music, use the equipment and perform a DJ set. Also advice on how to kick-start a career in DJ'ing and how to access further training in Northern Ireland.



Where: The Black Box Belfast
18-22 Hill Street, Belfast BT1 2LA



Day and date: Friday 24 March
Time: 11.00am - 1.00pm



Contact name: *John Walls*
Tel number: *028 9581 1202*
Email: *info@gigatraining.com and info@beama.education*
www.gigatraining.com and www.beama.education



FLEUR DE PATRICK - SPRING CUISINE EVENT

A joint event between St. Patrick's College and Little Flower Girls' School. The students will create a 'fine dining' experience for their parents, showcasing their cookery and food service skills.



Where: St. Patrick's College Bearnageeha
619 Antrim Road, Belfast BT15 4DZ



Day and date: Friday 24 March
Time: 1.00pm - 2.30pm



Contact name: Nadine McClelland
Tel number: 028 9077 0011
Email: nmcclelland284@c2kni.net
www.stpatrickscollege.net



15

EASTSIDE LEARNING READING FAIR

A colourful friendly event for parents and children – get information and advice to support your child's reading. Enjoy a range of fun activities, with themed face painting of 'iconic' book characters for the younger children.



16



Where: Skainos Centre, 241 Newtownards Road
Belfast BT4 1AF



Day and date: Friday 24 March
Time: 1.00pm - 5.00pm



Contact name: Maggie Andrews
Tel number: 028 9046 7922
Email: maggie@eastsidepartnership.com
www.eastsidelearning.co.uk

DJ WORKS

Do you love music, are you aged 16 – 24, unemployed and not in education or training? Then this workshop could be for you! Come along and get FREE hands-on experience of club DJ'ing, with advice on how to choose music, use the equipment and perform a DJ set.



Where: The Black Box Belfast
18-22 Hill Street, Belfast BT1 2LA



Day and date: Friday 24 March
Time: 2.00pm - 4.00pm



Contact name: John Walls
Tel number: 028 9581 1202
Email: info@gigatraining.com
Email: info@beama.education
www.gigatraining.com and www.beama.education



EXPLORE OLD FOOTAGE OF BELFAST

Over a cup of tea or coffee, you're invited to explore hundreds of images of Belfast just how you remember it. You can watch 1000's of old images dating back to 1897 with Northern Ireland Screen's Digital Film Archive.



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG



Day and date: Friday 24 March
Time: 2.00pm - 5.00pm



Contact name: Roisin McKenna
Tel number: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx

PATS TO THE FUTURE – ANIMATION WORKSHOP

A chance for 7 – 16 year olds to try their hand at stop motion animation and history. Imagine if St Patrick came back today in a DeLorean? All equipment provided.



Where: Strand Arts Centre
152-154 Hollywood Road, Belfast BT4 1NY



Day and date: Friday 24 March
Time: 4.00pm – 7.00pm



Contact name: Larry Cowan
Tel number: 07733 362 297
Email: larrycowan@hotmail.com



19

OLD STYLE DINING NOW AND THEN

Take a trip down memory lane as you recall the tastes and smells of old style Irish cooking. Share your stories and recipes with people who grew up in the same area.

Why not bring along an older neighbour or relative who might enjoy the day?



20



Where: Loaf Café, 307-309 Grosvenor Road
Belfast BT12 4LP



Day and date: Friday 24 March
Time: 4.00pm - 8.00pm



Contact name: Anne Cheevers
Tel number: 028 9043 6400
Email: Anne.cheevers@nowgroup.org
www.nowgroup.org
www.loafcatering.com



SATURDAY 25 MARCH 2017

- 1 Sustrans Fun Forage by Bike
- 2 Absolute Beginner's Guide to Growing your Own Food
- 3 Crafty Cultures
- 4 Loveworks Bike Repair & Maintenance Workshop
- 5 Maitri Studio Open Weekend
- 6 Family and Food Movie Morning
- 7 A Historical Stroll Around 1798 Radical Belfast
- 8 Minors Film Club Screening of City of Ember
- 9 Saturday IT Club
- 10 Gardening Craft Workshop at Mid Shankill Community Garden
- 11 Laughter Therapy and Relaxation
- 12 Pathway to Music Demo
- 13 Somali Folklore Dance

SUSTRANS FUN FORAGE BY BIKE

Come along and enjoy the wildflowers, weeds, woodlands and wonders that thrive along the traffic free pathways of Belfast. Bring your own bike or make use of a Belfast bike, by booking in advance.



Where: Meeting at the lower entrance to Central Station, by the Belfast bike hire dock at Maysfield (Mays Meadow, BT7 2DS)



Day and date: Saturday 25 March
Time: 10.00am - 12.30pm



Contact name: Rachael Ludlow-Williams
Tel number: 028 9043 4569

Email: rachael.ludlow-williams@sustrans.org.uk
www.sustrans.org.uk/northern-ireland/our-work-northern-ireland



1

ABSOLUTE BEGINNER'S GUIDE TO GROWING YOUR OWN FOOD

Learn how to grow your own food! Fun for all the family. Come along and get your hands dirty while sowing, planting and digging in the community garden.



Where: Groundwork NI Offices
63-75 Duncairn Gardens, Belfast BT15 2GB



Day and date: Saturday 25 March
Time: 10.00am - 1.00pm



Contact name: Heather Boyd
Tel number: 028 9074 9494

Email: heatherboyd@groundworkni.co.uk
www.groundworkni.org.uk

2

CRAFTY CULTURES

Come on a journey to the other side of the world exploring crafts from the Japanese and Native Indian cultures. In this pop-in workshop, kids can make and take home their crafts. The workshop will be rolling from 10.00am to 1.30pm. Join us anytime for some Crafty Cultures. Suitable for primary age children.



Where: The Book Well
73 Belmont Road, Belfast BT4 2AA



Day and date: Saturday 25 March
Time: 10.00am - 1.30pm



Contact name: Tara Mullan
Tel number: 07871 925 093
Email: info@doodlebugworkshops.co.uk
www.doodlebugworkshops.co.uk



3

LOVEWORKS BIKE REPAIR & MAINTENANCE WORKSHOP

Learn how to maintain your bike and make basic repairs.



4



Where: Macrory Centre, 130 Duncairn Gardens
Belfast BT15 2GN



Day and date: Saturday 25 March
Time: 10.00am - 4.00pm



Contact name: Richard Higginson
Tel number: 07402 513 432
Email: Loveworkscoop@gmail.com

MAITRI STUDIO OPEN WEEKEND

Two days of free events to try something new, such as yoga, Pilates, tai chi, belly dancing, sound baths, kettlebells and more. There will be limited slots available for massage, reflexology and other complementary therapies, bookable in advance.



**Where: Maitri Studio, 4 The Mount
Belfast BT5 4NA**



**Day and date: Saturday 25 March
Time: 10.00am - 6.00pm**



**Contact name: Kate Porteous or Clare Ferry
Tel number: 028 9099 2428
Email: info@maitristudio.net
www.maitristudio.net/events**



5

FAMILY AND FOOD MOVIE MORNING

A family-friendly screening of the movie, Ratatouille and a chance to sample a buffet featuring foods from around the world!



**Where: Ravenscroft Nursery School
Ravenscroft Avenue, Belfast BT5 5BA**



**Day and date: Saturday 25 March
Time: 10.30am - 12.30pm**



**Contact name: Nuala Symington
Tel number: 028 9047 1684
Email: ravenscroftns@btconnect.com
www.ravenscrofturnursery.co.uk**



6

A HISTORICAL STROLL AROUND 1798 RADICAL BELFAST

Learn about significant events in the history of the city and visit sites where prominent historical figures lived or are buried. You're encouraged to walk on significant parts of the tour and to gain a greater understanding of how Belfast emerged as a centre of radical activities in the 1790's.



Where: Pick up point- Tullymore Community Centre, Andersonstown
37A Tullymore Gardens, Belfast BT11 8NE



Day and date: Saturday 25 March
Time: 10.30am - 3.00pm



Contact name: Pat or Lisa
Tel number: 028 9062 2201



7

MINORS FILM CLUB SCREENING OF CITY OF EMBER

For generations a massive generator has sustained the needs of the underground city of Ember but the generator was built to last only 200 years and, as its lights start to flicker and fade, it falls to two youths to follow a cryptic series of clues that will restore light to the place. Filmed in Belfast.



8



Where: Strand Arts Centre
156 Holywood Road, Belfast BT4 1NY



Day and Date: Saturday 25 March
Time: 12.00pm



Contact name: Johanna Leech
Tel number: 07946 794 742 / 028 9065 5830
Email: Johanna@strandartscentre.com
www.strandartscentre.com

SATURDAY IT CLUB

If you are between 8 - 15 years old and are interested in creative technology such as coding, building apps and designing on macs, come along to our Saturday IT Club. An opportunity to create and make using technology unlike in the classroom.



Where: Girdwood Community Hub
10 Girdwood Avenue, Belfast BT14 6EG



Day and date: Saturday 25 March
Time: 12.00pm - 3.00pm



Contact name: Roisin McKenna
Tel number: 028 9027 0644
Email: mckennaroisin@belfastcity.gov.uk
www.belfastcity.gov.uk/community/communitycentres/superconnectedcommunities.aspx



9

GARDENING CRAFT WORKSHOP AT MID SHANKILL COMMUNITY GARDEN

Come and try your hand at decorating a terracotta pot to take home. You can also help paint recycled tyres and pallets for the community garden. Sow a range of flower and vegetable seeds for both the community garden and to take back home.



Mid Shankill Community Garden
Shankill Road, Belfast BT13 2BN



Day and date: Saturday 25 March
Time: 1.00pm - 4.00pm



Contact name: Dave Carver
Tel number: 028 9074 9494
Email: davidcarver@groundworkni.co.uk
www.groundworkni.org.uk



10

LAUGHTER THERAPY AND RELAXATION

Laugh the stress away in this empowering workshop, take home some tools to deal with stress. Learn to relax and learn to focus on what you want and not on what you don't want! A powerful, positive energy uplifting and fun workshop.



Where: Rosemary Street Church Hall
Belfast (facing TK MAXX)



Day and date: Saturday 25 March
Time: 2.00pm - 3.00pm



Contact name: Pauline Dunlop
Tel number: 07768 184 524
Email: Paulinemdunlop@hotmail.com
www.laughtertherapyni.com



11

PATHWAY TO MUSIC DEMO

Insight into the music industry and how to promote yourself.



Where: Rcity Studios, CRI Building
165-169 Donegall Pass, Belfast BT7 1DT



Day and date: Saturday 25 March
Time: 2.00pm - 4.30pm



Contact name: Robbie
Tel number: 07714 900 654
Email: rob@rcitymedia.com



12

SATURDAY 25 MARCH

SOMALI FOLKLORE DANCE

This workshop will explore Somali traditional dances. Instruction is by a former dancer and expert of Somali dance, currently living in Belfast.



Where: Chinese Welfare Association (N.I)
133-135 University St Belfast BT7 1HP



Day and date: Saturday 25 March
Time: 4.30pm - 7.00pm



Contact name: Adnan Hussein
Tel number: 07454 775 666
Email: info@nisomaliassociation.org.uk
www.nisomaliassociation.org.uk



13




SUNDAY 26 MARCH 2017


- 1 JogBelfast 5k
- 2 Maitri Studio Open Weekend
- 3 Sustrans Willow Weaving on the Comber Greenway

JOGBELFAST 5K

5k recreational run open to all but particularly people who have graduated through Couch 2 5K programmes.

 **Where: Ormeau Park, 281 Ormeau Road, Belfast BT7 3GG**
(starting Ormeau Road, end of main driveway)

 **Day and date: Sunday 26 March**
Time: 10.00am start


 **For more information:**
See JogBelfast on Facebook or
www.jogbelfast.co.uk or follow us on Twitter @jog_belfast




MAITRI STUDIO OPEN WEEKEND

Two days of free events to try something new, such as yoga, Pilates, tai chi, belly dancing, sound baths, kettlebells and more. There will be limited slots available for massage, reflexology and other complementary therapies, bookable in advance.

 **Where: Maitri Studio,**
4 The Mount, Belfast BT5 4NA

 **Day and date: Sunday 26 March**
Time: 10.00am - 4.00pm

 **Contact name: Kate Porteous or Clare Ferry**
Tel number: 028 9099 2428
Email: info@maitristudio.net
www.maitristudio.net/events



SUSTRANS WILLOW WEAVING ON THE COMBER GREENWAY

Come along and discover the versatility of willow through making fun willow sculptures. You will be guided by an artist using willow similar to that growing beside the Comber Greenway path. Willow provides a habitat for more wildlife than any other tree. Find out more while creating willow sculptures. All tools will be provided.

Numbers are restricted so please book in advance. We will be enjoying the outdoors, so wear warm layers.



Where: On the Comber Greenway route NCN 99
(adjacent to the North Road Bridge steps onto the Comber Greenway)



Day and date: Sunday 26 March
Time: 1.00pm - 3.30pm



Contact name: Rachael Ludlow-Williams
Tel number: 028 9043 4569
Email: rachael.ludlow-williams@sustrans.org.uk
[www.sustrans.org.uk/northern-ireland](http://www.sustrans.org.uk/northern-ireland/our-work-northern-ireland)
[/our-work-northern-ireland](http://www.sustrans.org.uk/northern-ireland/our-work-northern-ireland)



3



**Making life better,
together**

Belfast Strategic Partnership

Focusing on Life Inequalities



For more information on the Belfast Festival of Learning, please contact:

Dolores Atkinson

Email: Dolores.atkinson@bhdu.org

Tel: 028 9050 2073

or visit our website:

www.makinglifebettertogether.com

Twitter: @bspmlbt

#BelfastLearningCity