

NEIGHBOURHOOD MATTERS

Inner South Belfast
and Botanic areas

Newsletter - Twenty-fifth Edition, 2025



Welcome to Neighbourhood Matters

Our newsletter brings to you the information on all services from Inner South Belfast and the Botanic areas. With fantastic highlights of work delivered by a range of projects.



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Safety For All In Our
Changing Community

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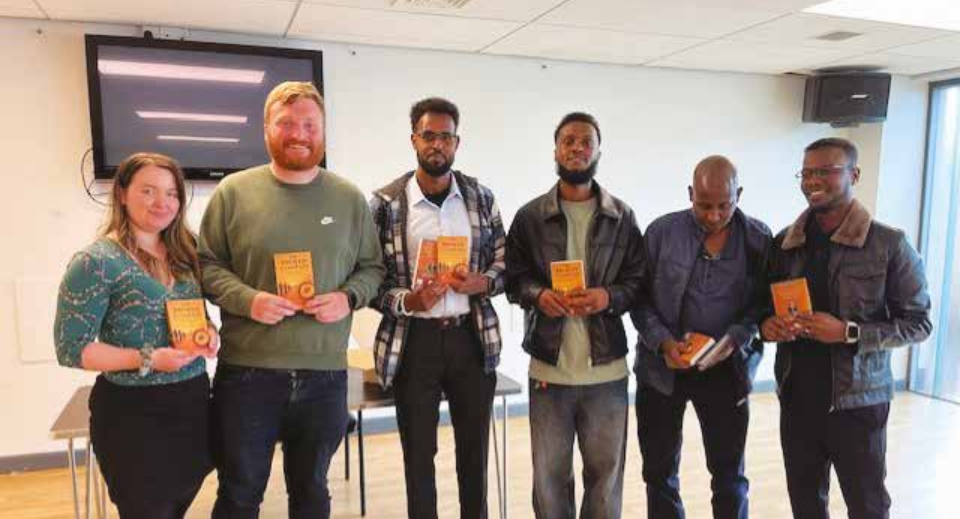
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Book Launch

One of LORAG's participants Yousuf Mohammed recently wrote and self published a book - **The Broken Compass When Direction is Lost but Hope Remains.** This book documents Yousuf's journey fleeing Somalia and travelling to Germany in 2013.

LORAG hosted a book launch for this publication on 5th August 2025 as part of its week of Féile events.

The launch gave a platform to a Somalian refugee who has written eloquently about a journey many people have been forced to make. It outlines the reasons that Yusuf needed to flee his birth country, explaining the history and modern day conflict which make Somalia highly dangerous for so many of its citizens.

The book was launched by local Councillor Conor McKay who talked very poignantly about the need for stories like Yousuf's to be heard. He drew comparisons with people fleeing this island during times of famine and war.

Yusuf concluded his book saying: 'For us, migration isn't a choice – it's fire behind and fire ahead. We walk through the flames. I lost a friend along the way. But I survived.

I lived to tell our story'. We in LORAG are glad Yousuf survived and subsequently moved from Germany to Ireland. He is making a really valuable contribution to our south Belfast community, sharing his football passion and skill with young people.

Coming up at LORAG

Christmas community bingo:
3rd December 2025
Doors open: 6.30 pm; start: 7.00pm

Winter Wonderland:
6th December 2025
1.00-4.00 pm

Pensioners' Christmas dinner:
7th December 2025
3.30-9.00 pm

Contact Geraldine on: 028 9031 2377

Engaged
Citizens
programme



LORAG received funding from Belfast City Council to deliver an Engaged Citizens programme.

The aim of this programme is to work with a broad range of participants and partner organisations to foster collaboration, strategic planning and inclusivity across Belfast. The project is designed to engage community activists, community groups, asylum seekers, refugees, long term residents and ethnically diverse groups, with the aim of challenging far right anti-immigrant sentiments, propaganda and narratives. The aim is to improve community cohesion and support residents to be more confident about speaking in an informed way in support of Belfast's migrant community.

This programme will take the form of four workshops with:

- LORAG's Strategic Networking Forum
- Community workers from across the city
- Local residents
- Active Citizens – an allocated person within each street to welcome new residents to the street

It will also involve production of a pack for new residents giving information about the local community. It will include an art project with partners, developing an art piece celebrating cultural diversity within our community.



Experienced community facilitator Alison Wightman was recruited to facilitate the workshops and develop a pack to support new residents.

To date, a workshop has taken place with the Strategic Networking Forum (19 participants) and a group of community workers (12 participants). These workshops were engaging, interactive, focussed, positive and hopeful in the face of rising hatred, vigilantism and violence within our community. There has also been a conversation with residents about how best to engage a wide group of Lower Ormeau residents.



The Project is funded by The Northern Ireland Executive, Central Good Relations. We would like to say thank you for the ongoing support.

Lower Ormeau

First Start
Programme

The First Start programme kicked off the summer scheme in true style with over 30 children attending multiple sessions each week. Sessions were delivered for children aged two to four.

A range of themes made each week different and unique. Children availing of this programme were eager to come into the sessions to see how the room was set up for the week ahead. The children were actively involved in lots of activities and games throughout the eight week programme. Children had the opportunity to explore through messy and sensory play which they were happy to try out.

The room was sectioned off with dress-up, construction, role-play and much more to encourage lots of imaginative play. Children also went on some fun filled trips that they really enjoyed and which helped to open lots of topics of conversation.



There was a lot of great weather this summer. Staff and children took full advantage of sunny days by spending a lot of time outdoors.

Overall, the First Start programme had another very successful summer scheme and lots of memories made by all.

LORAG's Children

Summer 2025 Children's Activities in LORAG
LORAG had excellent summer provision for 80 local children this year. Over seven summer weeks, LORAG provided the following services:

- A six week sports camp with five sessions a week
- Two club sessions a week
- two trips a week
- One workshop a week
- Three family trips over the summer period

Children enjoyed the summer programme very much.

Autumn saw the start of a six week healthy eating programme to teach cooking skills, inform children about nutrition and promote making healthier food choices.



Féile na hAbhann

Féile na hAbhann – organised by LORAG, the Market Development Association, An Droichead and Short Strand Community Forum’ - took place on 3rd August 2025. The festival was located along the Lagan walkway – from LORAG to the AllState headquarters at the Albertbridge, with around 11,000 people attending the event.

The walkway was bursting with activity turning it into a playground, fairground, learning zone, gym, water sport venue, nature zone, stage, music venue, creative activity zone, language immersion zone, workshop venue and place of wonder. Delicious food from across the world was served on the day.

Festival co-founder Gerard Rice, talking about the festival and future river developments said: 'The next step is the opening of the Lock Keeper's house and I'm happy to say that is well on track... We're particularly pleased this year at the huge turnout of newcomer communities who were very well represented among the food vendors, music performers and attendees. Féile sends out the message that we are building a south Belfast for all.'

Funders Belfast City Council saw the benefits of the event. Councillor Natasha Brennan said that the festival 'shows the potential for regenerating and reimagining this part of the River Lagan and the communities that surround it'. This shows the contribution Féile na hAbhann makes to the city in terms of community cohesion, regeneration, celebrating the city, animating the walkway and celebrating the city's urban blueways. Féile na hAbhann organisers were delighted that no contentious bonfires took place in the area this year, at least partly due to the festival.

Participants recognised that Féile na hAbhann was strong in bringing people together from different backgrounds and in animating the walkway and the city:

- 'I tried Somalian food, learnt about dinosaurs and the Chinese harpist and the African drumming circle'.
- 'A positive experience of the city following the race riots last year.'
- 'It's local including all cultures with everybody chatting together - the inclusiveness is visible.'
- 'I learnt how people appreciate our culture' (woman from south India).
- 'Inclusive. Lots of different ethnicities. Belfast is a good place.' (Spanish visitor).
- 'Peaceful and multi ethnic – what a change for Belfast.'
- 'Really well organised: great to see the diversity. Everything is free so it's accessible to everybody in the community'.
- 'Relaxed atmosphere; a place for everyone. Energised.'



- 'Happy; buzz in the air. NO QUEUES! It's good to get out and about. Great mixture of activities for the kids.'
- 'Magical – a lovely thing to see. I enjoyed everything.'
- 'Lovely, relaxing, happy... Lots of space so people aren't running into each other.'
- 'It's (Féile na hAbhann) got bigger and better over the years. I spend more time here year on year – there's more to do and more to see. I work in a local school and see our kids here.'

A huge thank you to funders Belfast City Council and Northern Ireland Housing Executive, LORAG and Markets Development Association staff for organising the event, the amazing artists and community workers who made it happen and local residents for coming along on the day and engaging enthusiastically with the activities. Nothing would have happened without you.

In addition, LORAG delivered several shared space river festivals this summer:

- A Summer Solstice River Day (21st June 2025)
- A river Growing Day (18th July 2025)
- A mini Féile (22nd August 2025)

In total 683 people attended these festivals – mostly those living within walking distance of the walkway. People came from further afield too - primarily from across south and east Belfast.

Activities during these festivals included:

- Summer solstice sunrise yoga at 6 am which 21 people attended (much to our surprise!!). Donations were made to Medical Aid for Palestine and £311 paid to this organisation from yoga participants
- Photography workshop – photographing the river Lagan, documenting the river before the new bridge is built. Three workshops took place over three shared space festivals and a launch took place in the polytunnel.
- Exploris touch van – children had the opportunity to touch sea creatures like crabs and star fish
- Animal touch experience
- Poltunnel irrigation workshop
- African drumming workshop
- Music – local children had access to creating music through playing musical instruments and singing
- Canoeing: there was a continual stream of families on the water for a short canoe journey (20-30 minutes) during the Summer Solstice River Day
- Arts and crafts
- Bouncy castles – bouncy castles provided fun and good exercise opportunities throughout all the festivals
- Face painting: beautiful face painting for local children



Youth Hub

Since the launch in April 2025, the Youth Hub, situated on River Terrace in the Lower Ormeau area, has come on in leaps and bounds.

It has been catering for young people in the area five evenings per week and one afternoon for the afterschool's club. The Hub provides those who attend with a safe space, somewhere they can be themselves and use the facilities and opportunities the Hub can provide. Over the last six months, membership has grown, with young people from all backgrounds attending.

There are plenty of activities to keep young people busy and entertained. Including football, snooker, pool, arts and crafts, cooking and baking. Each session is packed full of entertaining activities.

The Hub has recently completed a seven-week summer scheme, full of lots of great activities centred around the developmental growth of the young people. This included two residential stays as part of a summer diversionary programme, allowing young people to be away from any anti-social behaviour that may arise over July and August. The young people stayed in the Share Centre in Enniskillen and Greenhill YMCA in Newcastle. They took part in many different activities such as canoeing, bouldering, zip-lining and bushcraft skills.

The summer scheme included a mixture of trips out and facilitated sessions. Young people from all backgrounds and ages experienced many new and engaging activities, learning new skills and burning off energy in a creative way. Some highlights of these were deep sea fishing off the coast at Ballycastle, a trip to Carrickfergus castle, Lets go Hydro, the lake at Kilrea, surfing in Portrush, go-karting and Lagan Valley LeisurePlex. The Hub facilitation sessions included a shrink plastic workshop, first aid, team building and outdoor bushcraft skills hosted by Connected Adventures. The summer scheme had fantastic feedback from both young people and their parents, and next year's will be even bigger and better.

As the new school year begins, we look forward to another great year of challenges and activities in the Youth Hub with plenty of group work opportunities. These will include:

Monday

- arts and craft session (6pm – 7.30pm)
- senior young men's group one (7.30pm – 8pm)

Tuesday

- junior young men's tea and biscuit club. (5.45pm – 6.45pm)

- GCSE support session group one (6pm - 7.30pm)
- senior young women's group (7.30pm - 9pm)

Wednesday:

- afterschool's club (3pm – 5pm)
- homework support p6+ (3.30pm – 5.30pm)
- GCSE support session group two (6pm – 7.30pm)
- Junior Masterchef – cooking group (6pm – 7.30pm)

Thursday

- Shared Agenda for Peace (6pm – 8pm)
- Junior girl's group (6pm – 7.30pm)

Friday:

- pizza Fridays (all night)
- Together Through Sport group (7.30pm – 9pm)

Lower Ormeau Youth Hub is passionate about encouraging young people to succeed. For this reason, the Hub is offering GCSE support sessions, to both 4th and 5th year students, in core GCSE subjects – English language, mathematics and religious studies. These sessions cover the specifications of each subject, with lots of practice on how to answer exam questions. Currently, private tuition at GCSE level can range from £30 - £40 per hour. This is unattainable for many families, and this puts the Hub's young people at an educational disadvantage. Therefore, the club is providing these sessions for free, run by a master's level student from Stranmillis University College,

twice a week. The aims of the English language support sessions are to improve writing (spelling, punctuation and grammar), enhance spoken language and assist young people with their homework and coursework. The aims of the maths support sessions are:

- to develop knowledge, skills and understanding
- to practise examination questions
- to assist with homework

Two sessions are being offered to accommodate young people who have special educational needs and newcomer children, who require more assistance with their studies.

Upcoming events

- Youth Hub Halloween Party: Wednesday 29th October
- Hub Christmas Party: Thursday 18th December

The Hub is always looking for new members. If you, or anyone you know are at the school age of primary four or above, please call in to the Hub and we can assist with registration.

Please follow us on social media for more updates:

Facebook @ Lower Ormeau Youth Hub
Instagram @ lowerormeauyouthhub



Cairde na Cille Partnership

LORAG has developed a partnership with Cairde na Cille (Friends of the Churchyard). This exciting partnership will open up four of Belfast's oldest graveyards to LORAG participants:

- Friar's Bush – right on our doorstep
- Giant's Ring
- Shankill Road
- St. George's (city centre).

To date, two amazing visits to Friar's Bush have taken place and one talk in LORAG about this fascinating graveyard. LORAG and other participants have had the opportunity to really get in the spirit and dress up in medieval costume. Each graveyard visit is accompanied by beautiful music, storytelling dance, mime. All the senses are fed by these spectacular visits which raise awareness about our rich cultural heritage.

CEARTA

Lá cumhachtach le teachtaireacht láidir don rialtas. Éilíonn pobal na Gaeilge infheistíocht cothrom don Ghaeilge (A powerful day with a strong message for government. The Irish language community demand equal investment for the Irish language).

Several thousand Gaels from all over Ireland took to the streets of Dublin on 20th September 2025. Marchers took to the streets to demand appropriate investment in education, housing and community services for the Irish language community, in particular the Gaeltacht, across the island of Ireland. The march called Cearta (Rights) was the first major national march for the Irish language for over a decade. One of the organisers Adhna Ní Bhraonáin said: "Without homes, there can be no communities - and without Gaeltacht communities, the language cannot survive."

Representatives from An Droichead in south Belfast attended to represent the thriving and growing south Belfast Irish language community. A strong message was sent to the Irish government from the Irish language community demanding sustainable investment. Irish language rights are human rights and a right delayed is a right denied.

Ceartha teanga. Ceartha daonna (Language rights. Human rights).

Irish language classes

Irish language classes are available at An Droichead in Belfast's Cooke Street all year round. Choose from 20 classes and conversations circles, three evenings per week. Attend online or in person. You are sure to find a course that suits you. No excuses. Start your Irish language journey today. Contact fionnuala@androichead.com for more information.

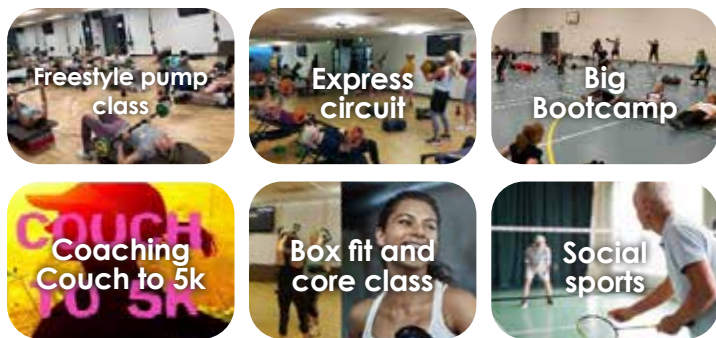


Health and Fitness: Bounce into Autumn 2025

Shaftesbury Community Recreation Centre has a great community gym which is attractive and suitable for all ages and abilities. A modern workout rig has been installed recently, with a new dumbbell rack giving choice and the opportunity for a great varied workout routine.

Shaftesbury Healthy Living Centre has been serving the south Belfast community for many years. It has a wide variety of programmes for all ages and a great, friendly fitness centre to keep south Belfast residents fit and healthy. LORAG's fitness coaches are involved with health programmes, walking groups and outreach programmes. They deliver 14 fitness classes each week to suit all fitness levels.

Some of our more popular fitness classes:



The Healthwise programme gives the opportunity for participants with varied health conditions to use the facility for a 12-week period free of charge. It provides a qualified coach to develop an individual fitness routine that will support participants with their conditions and improve activity levels. The three coaches are fully qualified to levels three and four in areas such as healthwise/diabetes/cardiac and are familiar with a wide range of health and fitness techniques.

So just ask your GP for referral and see you there.



Older & Active Group Over 55

Every Thursday between 10am and 12.30pm in Shaftesbury Comm

The Older and Active programme brings older people together to socialise and aims to improve the quality of life and health and wellbeing of older people within the local and wider community by providing services and improving support.

Older and Active has a warm and welcoming environment which provides people with a safe space to enjoy chatting and meeting new people. Older and Active provides a socially inclusive programme to allow our older people to take part in lots of fun activities.

Come along and enjoy tea and coffee and get involved in the exercise, bingo, boccia, dance, art and crafts and many more activities finished with a tasty, nutritious lunch.

If you would like more information about the Older and Active programme call 028 9031 2377 and speak to Geraldine



Walking Group

Shaftesbury Rec Centre Wednesday 1-3pm
Email Colin: fitness@lorag.org

This summer LORAG's walking group had a jam packed summer programme taking in various sites across the region. The group visited lots of destinations from natural wonders to the historical Victorian era around Belfast. The summer kicked off with a trip up the north coast to the Giant's Causeway to learn about this natural landmark, visit the interactive centre and hike the coastline above it. Finnebrogue Woods followed this a bit further south in Downpatrick. Walkers were treated to a guided tour of the private grounds, filled with fun facts and information on how to survive in nature through their bush craft section where they live solely off the land.

The summer was capped off by linking in with ArtEska who ran heritage tours through the summer, which were all based on the Victorian era of Belfast. LORAG walkers managed to take in four excellent tours which included Conway Mill, Belfast alleyways, Riddle's Warehouse and Sailortown. LORAG's weekly walking group continues to run throughout the year from the Shaftesbury Community Recreation Centre where they enjoy local walks, with the odd trip further afield.

Anyone wishing to join should contact Colin on fitness@lorag.org or 028 9031 2377.



NEW CLASS TIMETABLE FOR AUTUMN STARTS 15TH SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
STRENGTH & TONE @ 10AM POWERPLUS 30 @ 5.30PM BODYHIIT/BOXFIT 6.10PM ZUMBA 7PM	YOGA @ 10AM PILATES @ 11.15AM EXPRESS CIRCUIT PLUS CORE 5.30PM	CARDIOACTIVE @ 10AM WALKING GROUP @ 1PM FREESTYLE PUMP & CORE @ 5.30PM	LADIES SMALL GROUP GYM WORKOUT @ 9.15AM BODY RESET @ 10AM TRX & KETTLEBELLS @ 5.30PM BOOTCAMP @ 6.10PM STRENGTH/CARDIO & CORE YOGA @ 7PM	PILATES @ 9.30AM SOCIAL SPORTS @ 10.30AM

An Droichead

Dianchúrsa na Samhna
Weekend Intensive Course
at An Droichead
18/19.10.25

Bunrang | Meánrang Ioch | Meánrang Uach | Ardrang

Pacáiste cuimsitheach Gaeilge thar dhá lá a bhfuil réimse leibhéil ann le freastal a dhéanamh ar chumais éagsúla, idir ghlan-tosaitheoirí agus Ghaeilgeoirí líofa. Beidh tú tumtha sa Ghaeilge anseo in An Droichead mar a bhfuil an Ghaeilge beo beathach agus ina cuid den ghnáth-shaol laethúil.

A two-day comprehensive Irish language package consisting of a range of levels to suit all abilities, from the complete beginner to the fluent speaker. Immerse yourself in our Irish language setting where an Ghaeilge is alive and kicking, and part of everyday life here at An Droichead.



Féile na Samhna

Meath an tSolais Samhain: The Dying of the Light 15.10.25, 18:00 Saor in Aisce/Free	Ccardlann Déanta Scuab Caillí Besom Broom making workshop 19.10.25, 10:00-16:00 £25 per person
Slí na Sí 23.10.25 18.00, 18.20, 18.40, 19.00 Saor in Aisce/Free	Dianchúrsa na Samhna 18/19.10.25 £30 2 lá £20 1 lá

Donegall Pass Summer Diversionary Scheme

Donegall Pass Residents Association coordinated and collaborated with local community groups and activists to stage a very successful summer diversionary scheme funded by Belfast City Council (BCC) from 1st to 18th July 2025.

A coordination group consisting of Donegall Pass Residents Association, Donegall Pass Community Enterprises, Donegall Pass Women's Group, South Belfast Alternatives and South Belfast Young Conquerors Flute Band (SBYC) was set up to share resources and develop and deliver a programme of activities.

A programme of cultural workshops was held, facilitated by local community activists and historians. These workshops were very well attended by local teenagers. The question and answers session allowed the young people to fully participate and engage. They were pivotal in attracting the target teenage audience.

In keeping with the theme of cultural activities, a band pole making workshop was held at the 11th July Donegall Pass cultural day festival. This proved a huge attraction with the younger generation. The restoration of an historic snare drum given to the local community proved very popular with young people who now feel part of restoring a piece of their cultural heritage.

A huge number of local families and children attended the 11th July Donegall Pass cultural day festival which consisted of a barbecue, musical entertainment, inflatables, games, face painting, hair tips, band pole making, stilt walkers, jugglers,

refreshments, kids' play bus and a parade by the local band SBYC.

A very pleasing aspect of the cultural festival day was that it achieved full inclusive support from residents from all ethnic backgrounds.

This is very important for the district going forward to deliver such a selection of activities so that there is something available for any child to participate in and feel welcomed to do so.

The 11th July cultural bonfire was another huge success for the community. This bonfire was located at Posnett Street car park which has been the long established site for the Donegall Pass bonfire.

Any anti social behaviour around the bonfire was eliminated because the bonfire collectors took ownership and responsibility for health and safety issues. They communicated with neighbours around the site and local community groups during the bonfire collection and concluding event.

Donegall Pass Residents Association confirms its commitment to self regulation of its community bonfire which has always been a success for this community.

Donegall Pass Bonfire Collectors

With new housing being planned for Posnett Street with building starting in March 2026, a new challenge will face the



local community to identify a site for its traditional 11th July bonfire. It is Donegall Pass Residents Association's intention to consult with the local bonfire collectors and the community and convene a meeting in the new year to reach community consensus on the subject.

Conclusion

The above group believes that Belfast City Council 2025 Summer Diversionary Scheme achieved its objectives in the Donegall Pass district of inner city Belfast:

- Engagement of young people in a range of activities that they were interested in.
- Structured activity focused on cultural activities which diverted young people away from anti social behavior.
- Young people took ownership of the activities and helped to create a successful outcome.
- The festival was able to achieve full inclusiveness for all ethnic groups who live within the Donegall Pass district.
- There was no sectarian or anti social behaviour reported during this period at the interface between Donegall Pass, The Market and the Ormeau Road.

We hope that BCC also found this scheme a success and that this funding can be continued. We urge Council to give sufficient notice in 2026 to allow for effective planning and delivery.

Donegall Pass Residents Association wish to extend their immense thanks to South Belfast Alternatives, because without their intervention, knowledge and contacts this summer diversionary scheme would have failed because of a short lead in time. Finally a big thank you to the Greater Village Regeneration Trust for promoting and coordinating this scheme across community groups in south Belfast.



School of Music Update September 2025

Progress

Things may have seemed quiet but there has been progress with the former School of Music. Thankfully lots of it – even if mostly unseen.

There have been contractors, assessors and industrial cleaners in and around the building through 2025. This has allowed structural surveys to be completed, moving us towards establishing the real cost of completing any works to the building.

This work has been completed with the support of Belfast City Council. Completion of this phase has enabled reengagement with Urban Villages, moving us towards establishing the business case for the works which are required. It is expected that the business case, including building sustainability in the medium and longer term, will be completed later in the autumn.

Engagement

Fitzroy has continued to engage with various bodies, especially Belfast City Council and Urban Villages. These remain key supporters in bringing this important landmark building back into use.

Light touch engagement also continues with The Vault and South Belfast Young Conquerors Flute Band, who are anticipated to be the two central building users when the building is safe and secure for use. The intention is that the upper floors will house artists from across the city. This will be co-ordinated and managed by The Vault, an organisation that is already successfully operating other sites in Belfast. The expectation is that the artists working from the former School of Music will engage with local people, encouraging and enabling new creativity in and around Donegall Pass.

The ground floor of the building will be open for community use and will host activities driven by local people. This will include space for South Belfast Young Conquerors.

Re-Connection

As things move to completion of the building assessment and business case, a series of events are planned through to the end of March 2026. This will include some relationship building and strategic thinking involving representatives and members of Fitzroy Church. This will help to ensure sustainability of activity when the building eventually reaches the point of use.

Fitzroy Church

New Football Team Formed in Donegall Pass



Donegall Pass Young Men's Football Club has recently been established and shall compete in the Belfast District Football League for the new season of 2025/26 which starts in September 2025.

Pre-Season Friendly games have been held with Donaghadee Football Club, Newtownards Royal British Legion, Lower Shankill Football Club and Kelvin Old Boys Football Club with some very positive results and performances put in by the players of the team.

The local community wishes the team all the very best going forward into this their inaugural season. You can follow them and their results and updates on their Facebook Page Donegall Pass YM.

Donegall Pass Good Relations Hub

Donegall Pass Community Enterprises has recently launched two new reports, People, Place and Space. These are the culmination of extensive baseline research into the evolving nature of our communities.

This research was carried out in preparation for the development of a Good Relations Hub, to be located on the site of the former PSNI station on Donegall Pass. Designed to serve the South Urban Village and

surrounding areas, the Hub will offer a dedicated space for connection, collaboration, and community-led progress.

As our communities face growing pressures and rapid change, it is more vital than ever to understand the issues that matter – heard directly from the people at their heart. These reports capture those voices and provide a foundation for inclusive, informed development.



RÉALTA NA CROMÓIGE

PLAYERS WANTED

TRAININGS, TUESDAYS, THURSDAYS GAMES ON SATURDAYS 2PM

VERY WELCOMING ATMOSPHERE - OPEN TO ALL

TEAMS

SENIOR MENS

SENIOR MENS RESERVES

BOYS UNDER 15S

Players wanted

Goal Keeper needed

MESSAGE US ON @realtaabu



Where: Ormeau Park 4G pitch

When: Saturdays 12:00 to 1:30pm

Saturday football camp

For kids aged 6 to 12 years

Booking essential

Contact us by E Mail realtanacromoige@gmail.com or @realtaabu



Where? St Malachys Youth Centre

When? Saturday mornings

The classes will teach fundamental movements involved in sport & athletics through fun and games.

BOOKING ESSENTIAL!

CONTACT US BY E MAIL REALTANACROMOIGE@GMAIL.COM OR @REALTAABU

BOY'S & GIRLS FOOTBALL

FOR KIDS AGED:

1.5 TO 4 YEARS - 11AM

5 YRS TO 7 YEARS - 10AM



Resident's Gardening Article

Myself and Bobby, one of our youth club leaders, attended the introduction to gardening workshops in LORAG.

We were hoping to pick up a few tips not just for ourselves, but also for the youth club gardening group in The Market. And we weren't disappointed!!! Not only did we learn a lot, but our confidence grew. Bobby had lots of experience growing things like tomatoes, potatoes and basil. I had very little experience.

After attending the workshops, we branched out. Building our own raised beds from recycled wood and now growing our first pumpkins. And with the enthusiasm of Claire (a participant), we now also have our own worm farm. Which the kids love. We are still in touch with LORAG and hoping to attend other groups - we loved the seed swap last week.

Attending the introduction to gardening has helped us build our knowledge for ourselves and for our youth group.

Albion Star FC NEW PLAYERS



We are actively recruiting new players for our senior teams. If your interested or fancy a new challenge contact the details below to get started.

We are actively recruiting new players for our junior teams. If your child is interested or fancies a new challenge use contact the details below to get started. We accept player born from 2007 right down to 2018

VOLUNTEERS NEEDED

Currently at Albion Star have marvellous volunteers base who put a lot of time and effort into the club but as the club continues to grow, we are now on the lookout for some more wonderful volunteers.

We have several roles now available at the club with training and support provided. We are currently on the lookout for: -

Mini Soccer Coaches – Youth Football Coaches – Senior Football Coaches – Team Administrators – Club Administrators - Fundraising Assistants – Fixtures Assistants

We will have a role for anyone to play at the club please get in touch with the contact details provided or approach an Albion coach and they will point you in the right direction

All Volunteers must pass an Access NI Check before taking on a role at the club

ALBION STAR FC



Sean 07871102360
Gerard 07884976955
albionstaryouth@hotmail.co.uk

The Market's Transformation

The Market community has secured £6 million in funding from a number of different bodies to support a range of innovative economic and social projects in the area.

The projects are:

- Tunnels project: an innovative project which will transform eight disused tunnels below East Bridge Street into a gym, restaurant-bar and community facilities. It will include a walkway to improve connectivity between the Market and the city centre. This will reintroduce a connecting route between the Market community and the city centre which was lost in recent years
- Convent school purchased: this site will be turned into a Market Heritage Hub, with plans for a Tenement Museum further down the line
- Raduis Housing development: this will see 94 new homes and apartments in the Gasworks – it is hoped families will start to move in before the end of 2025

Speaking at the funding launch and celebration in June 2025, First Minister Michelle O'Neill said: 'What has been achieved... for this area is both compelling and inspiring...I think what has been achieved here can be a blueprint for other areas...I want to praise Market Development Association, local residents and the funders for their hard work in transforming this area for the better'.

A local resident said: 'The next decade will be transformative for our people and our community. Onwards and Upwards - Market Abú!



Market Resident's Story

by Tracy Conlon

My name is Tracy Conlon, and I have been a resident of the Market community for over 25 years. I first became involved in community work through volunteering with the Market Development Association, where I have been active for 17 years.

During this time, I completed the Unblocking Potential course, which gave me the credits to progress into higher education. I am now in my third year of a community development degree, something I am very proud of as it has allowed me to both grow personally and give back to my community.

Alongside my studies, I am employed as a staff member in the Market Development

Association. In this role, I have the opportunity to work with people from a wide range of ethnic backgrounds. This has helped me to build stronger relationships and develop a greater understanding across the community.

I am also a facilitator in the Wellbeing Programme, which is run in partnership with Queen's Community And Place. This work has been especially rewarding, as it focuses on supporting local residents to improve their health, wellbeing and quality of life.

Overall, my journey reflects my commitment to both personal development and to making a positive difference within the Market community.



Queen's Communities and Place

The Market is the anchor pilot partner for the Queen's Communities and Place (QCAP) initiative in south Belfast. This new initiative was launched in the Market. This was recognition of the Market co-designing QCAP's first phase of work.

QCAP is based on partnerships between communities, policymakers and academics. The aim is to find lasting solutions which tackle disadvantage, improve outcomes for children, young people and communities and bring

about lasting change.QCAP adopts a place based approach with the aim of co-creating solutions to address persistent social challenges to create a more durable community model, designed to meet the needs of individual communities.



Queen's and PSNI launch initiative to prevent drink spiking in Belfast

As students returned to university for the start of a new academic year, Queen's University Belfast (QUB) teamed up with the PSNI to launch a new, proactive initiative to help prevent drink spiking in bars and clubs across Belfast.

The Drink Check initiative was launched during Freshers' Week and is designed to provide reassurance, raise awareness, and deter potential drink spikers, helping to ensure that Belfast remains the safest city in the UK for students to live and study.

QUB Neighbourhood Engagement team spearheaded the initiative after listening to concerns raised by students who were worried about potential drink spiking. While reported cases of drink spiking in Belfast remain low, Queen's is committed to working closely with partners and Queen's Students' Union to promote student safety.

Through the project, QUB purchased specialist drink spiking test kits, and partnered with PSNI to distribute and manage them across 34 popular Belfast venues - The Queen's Students' Union Bar, The Botanic Inn, The Hatfield, Bootleggers, The Points, Thompsons, Lavery's, Limelight, Lux Nightclub, The Maverick, Happy's Belfast, The Marcus Ward, Kremlin, Revolution De Cuba, Wetherspoons, Ollie's, Liquid, The Harp Bar, The Duke of York, Haymarket, White's Tavern, The Dirty Onion, The Thirsty Goat, The Parlour, Common Market, 39 Gordon Street, Beehive, The Telegraph Building, The Dark Horse, The Crown, Brennan's Bar, The Empire, Robinsons, and Benedicts.

Each participating venue displayed posters making it clear that drink testing is available on-site - a visible deterrent to anyone considering spiking a drink. They were also been supplied with drink testing strips. If a customer believed their drink may have been tampered with, they could bring it to the bar where staff could check it using the test kits. If the test indicated spiking, the PSNI would be notified and would investigate. CCTV from the venue would be checked to help identify the individual responsible.

In addition, all venues involved in the initiative were provided with Ask for Angela materials - a discreet mechanism that enables patrons to use a code-word to seek help from bar staff if they feel unsafe or vulnerable.

Amy Smith, Queen's Students' Union president, said: "This initiative is all about prevention and reassurance. We know that spiking is a concern for students, so it's great to see the university listening and taking proactive steps to make sure it doesn't become an issue. The Drink Check initiative is another way of making our city even safer."



PSNI Superintendent Allister Hagan, said:

"While we do not see evidence of widespread or routine drink spiking, we understand the concern it causes. Every report is taken seriously, and we have a bespoke response plan to both support victims and robustly pursue offenders.

"This initiative provides reassurance that there is an additional safeguard for those enjoying the night-time economy, and it complements the wide range of harm prevention measures already in place. Our Crime Prevention Team works closely with licensees and trade bodies to ensure effective use of CCTV and robust incident response plans. Licensed premises continue to play a vital role in safety, supported by Security Industry Authority trained staff who have received bespoke training and are routinely deployed across the sector.

"Alongside this, police and partners promote initiatives such as Ask for Angela and safe spaces, as well as engaging directly with young people about personal safety. Together, these measures help build confidence that Northern Ireland's night-time economy is vibrant, welcoming and safe."

Police continue to encourage anyone who has concerns about their safety, or who believes they may have been a victim of drink spiking, to seek help immediately and report the matter to police or a member of staff.

The PSNI has these tips to help prevent drink spiking on a night out:

- Never leave your drink unattended, even if it's non-alcoholic - and keep an eye on your friends' drinks too
- Be cautious when accepting drinks from people you don't know
- Stick to bottled drinks when possible, and avoid sharing drinks
- If you suspect your drink has been spiked, don't consume it - alert a friend or member of staff and contact the police
- Report suspicious behaviour to venue staff or police immediately.

Building a Free Standing Shed

LORAG woodwork participants had a fantastic summer and autumn developing new skills by building a free standing shed.

Activity within the garden and shed has grown so much that additional space was needed to store wood. Participants learnt how to measure and cut wood, hang wood, measure space, drill safely, sand wood and saw safely. The new free standing shed is extremely well crafted and has kept wood dry through a lot of heavy summer showers. Participants are now in the process of building shelves to maximise space within the new build.

A participant commented: 'building our new shed has been a wonderful experience for all concerned. Not only have we put our recently learned skills of sawing, sanding and measuring to good use, but also it's been great for team building. Without one another, there would be no roof, no door would be hung, no ladder held. Together we have held our fears at bay and learnt new skills. The rain may have threatened, but the sunshine won and the shed's been built'.

Thanks to participants and facilitator Stephen Mackey for their amazing work on and dedication to this project.



Community Gardening

The gardeners from the community shed were really enthusiastic to be asked to join the kids and traders, brightening up the planters on Ormeau Road. Off we went with our green fingers and watering cans to join in with the fun...oops hard work. It was great to venture out of the polytunnel and show everyone we are there for all the community and that everyone is welcome to join. Knowledge of gardening isn't necessary, but the joy of friendship and togetherness is definitely worth the effort.

Since the day that we brightened up the planters, we have met up each Wednesday afternoon on the Ormeau Road, when necessary, to dead head the flowers and replant the odd one that's gone walk about. We've been made to continuously feel part of the wider community and still been given free ice-cream or a wee cuppa when it's cold, what more can anyone want.

Photography Exhibition and Awards

Three photography workshops took place during LORAG's summer festivals. The aim was to photograph the River Lagan along the walkway and capture human, plant and animal life along the river. These workshops culminated in an exhibition in the LORAG polytunnel which was launched by Belfast's mayor Tracy Kelly. Participants loved seeing the polytunnel turn into a living, vibrant art gallery. There was an award ceremony at the same event - seven LORAG participants received certificates for participating in the NCFE level two Growing Vegetables programme. Well done to all involved.



Participant quote

Myself and Bobby, one of our youth club leaders, attended the introduction to gardening workshops in LORAG. We were hoping to pick up a few tips not just for ourselves, but also for the youth club gardening group. And we weren't disappointed!!! Not only did we learn a lot, but our confidence grew. Bobby had lots of experience growing things like tomatoes, potatoes and basil. I had very little experience.

After attending the workshops, we branched out. Building our own raised beds from recycled wood and now growing our first pumpkins. And with the enthusiasm of Claire (a participant), we now also have our own worm farm. Which the kids love. We are still in touch with LORAG and hoping to attend other groups - we loved the seed swap last week.

Attending the introduction to gardening has helped us build our knowledge for ourselves and for our youth group.

Garden and Shed

LORAG garden and Shed had a busy summer. The introduction to gardening and woodwork programmes finished in July 2025, with a high level of skills, knowledge and several new members left in the gardening and woodwork groups. The woodwork programme developed into a major shed building project. The gardening group continued to meet on a Wednesday morning, maintaining and developing the garden. Learning was enhanced this summer with a trip to Lady Dixon's Park, with a particular focus on the rose garden. Thanks to Belfast City Council staff for organising this trip for us.

During the summer, an extension to the garden project was developed with LORAG participants - from school age to 70+ - planting the planters on the front of the Ormeau Road in partnership with Belfast City Council. The planters brightened up the Ormeau Road during the summer months and into autumn.

River Activities



LORAG celebrated the River Lagan and the city's urban blueway this summer through the Up the Lagan in a Bubble programme. In August 2025, 13 participants went on a Lagan cruise - Lady of the Lagan. Participants learnt about the history of the Lough, Belfast's maritime history, the history of industry on the Lough and a broader history of Belfast. This was most informative for all the participants.

Nine participants (most of whom were 60+) had a brilliant day canoeing from Shaw's Bridge to LORAG - the whole day was spent on the river Lagan. Many participants had not rowed before. This rowing event paved the way for a trip on Belfast's currach Mamach Mór. Five LORAG participants had a brilliant morning rowing from the Lagan Lookout to LORAG on this currach in September 2025. The currach was a pleasure to row - very stable and safe for complete beginners.

These river trips improved physical health, taught a new skill, offered social contact, improved awareness of local maritime history and offered an opportunity to be in nature which is extremely beneficial for emotional wellbeing.

Thanks to Mobile Team Adventure and Belfast Currachs for working with LORAG to deliver these amazing activities which were hugely beneficial for participants.



The long garden and the garden and shed also hosted four large festivals this summer, a summer solstice yoga class, a mindfulness walk from Maitri studio in east Belfast to the LORAG garden and a seed swap promoting sustainable gardening and seed sovereignty.

If you are interested in joining our gardening or woodwork groups, contact: hfloyd@lorag.org.

LORAG is looking for a new name for the garden and shed space. If you have any ideas, please send to: hfloyd@lorag.org.

Family Support Hub

What is a Family Support Hub?

We bring together organisations that deliver services to children, young people, parents and carers. This includes community, voluntary and statutory family support services.

We aim to connect families to services they need at a time when they need them. We work in partnership with each family to find the best service for them.

Making a referral

If you wish to make a self-referral please email Michelle McDonagh at mmcdonagh@lorag.org providing your name and telephone number and Michelle will give you a call to discuss your referral and see how we can support you.

Alternatively, you can call Michelle at your local Family Support Hub which is located at Shaftesbury Healthy Living Centre. T: 028 9031 2377 or M: 07956 749 172

How does it work?

You or any family member can complete a referral from. A referral can also be made by someone working on your behalf (eg. school, health visitor, GP)

Once we receive your referral, we will call you to talk about your options and how best to support you and your family.



Pain Support

Since 2017, Shaftesbury Healthy Living Centre in partnership with The Healthy Living Centre Alliance has been co-ordinating the regional Better Days Pain Support Programme across 30 Healthy Living Centres in Northern Ireland.

The programme has recently been shortlisted for an Advancing Healthcare Award for Partnership Working in Public Health. We can't wait to celebrate this amazing achievement at an Awards Ceremony at the end of October where the winner will be announced.



Members of the Better Days Steering Group with the Health Minister Mike Nesbitt at the Better Days Celebration Event in Stormont, June 2025

Support for Living Well with Chronic Pain

Are you living with chronic pain that affects your daily life, mood, or independence? You are not alone — and support is available. The Better Days programme, run by the Healthy Living Centre Alliance, is a free community-based initiative designed to help you take back control, manage your pain and improve your wellbeing.

The 8-12 week programme offers:

- ✓ Support in a local Healthy Living Centre or online
- ✓ Simple strategies for pain relief & better movement
- ✓ Practical sessions on sleep, nutrition and relaxation
- ✓ Support from experts & people who understand

What does the programme include?

- Understanding pain: Learn how pain works and why it persists
- Medicines: Appreciate how to get the best from medicines
- Practical self-management: What can help, including simple techniques to reduce the impact of pain on your daily life
- Gentle movement: Safe ways to stay active
- Mind and mood: Support for anxiety, low mood and fatigue
- Peer support: Share experiences and encouragement in a friendly group
- Further support: Guidance to local and online help

Who is this programme for?

This programme is suitable for adults living with long-term (chronic) pain, including conditions like:

- Arthritis or joint pain
- Fibromyalgia
- Back and neck pain
- Nerve pain
- Other ongoing pain conditions

You are very welcome to join us!



Local Services

Mental Health Self Help Guides

Belfast Health and Social Care Trust's health improvement team has developed a really useful series of self-help guides to offer support and information on a wide range of topics related to mental health and emotional wellbeing. You can find the guides at: <https://selfhelp.cntw.nhs.uk/organisation/belfast-health-and-social-care-trust>.

The guides offer users the opportunity to find out more about the causes of mental health issues and provide tools to work through feelings and emotions as well as links to access local support organisations. They contain verified information and are written by NHS clinical psychologists with contributions from service users, healthcare and voluntary sector staff.

The guides also include interactive exercises and can be downloaded and/or printed

The full list of guides includes information on:

- Childhood abuse
- Anxiety
- Depression and low mood
- Eating disorders
- Health anxiety
- Hearing voices and disturbing beliefs
- Obsessions and compulsions
- Post-traumatic stress
- Postnatal depression
- Social anxiety
- Alcohol and you
- Bereavement
- Domestic abuse
- Food for thought
- Managing anger
- Panic
- Self-harm
- Sleeping problems
- Stress

There is also a specialist versions for prisoners covering depression and low mood, anxiety and post traumatic stress.



Charity Number: NIC100730

We support the homeless on the streets of Belfast 365 nights a year.

We assist destitute asylum seekers and refugees with food, advice and other support at our Drop-In Centre.

We run a Women's Centre for women and families of all nationalities and backgrounds.

Homeplus is based locally in the Holyland area of South Belfast.

You can make a donation to our work at: www.justgiving.com/homeplus-ni

For more information, please visit www.homeplusni.com or contact us at info@homeplusni.com

Talk to someone, you are not alone.

Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence.

Deaf and hard of hearing textphone users can call Lifeline on 18001 0808 808 8000. Calls to Lifeline are free to people living in Northern Ireland who are calling from UK landlines and mobiles.

Lifeline
0808 808 8000

mindingyourhead.info



EMPLOYMENT SUPPORT PROGRAMME

WHO ARE WE?

Triangle Supported Employment Service has over 25 years' experience in delivering employment services to economically inactive individuals. Its aim is to provide the necessary support systems to enable individuals to achieve and maintain meaningful employment in their local communities.

FREE SUPPORT AVAILABLE

- CV Building
- Job Sample
- Job Coaching
- Interview
- Employer Liaison
- 'In Work' Support

WHO IS ELIGIBLE?

Those aged 16 years or over, who are considered 'Economically Inactive' and who want to find some kind of paid employment. This includes those individuals with health conditions or disabilities, young people not in education or training, over 55s, students etc.

For more info contact your local Employment Officer: coriene.mulligan@trianglehousing.org.uk M: 07803 005877



Hire charges

	off-peak per hour	peak per hour
Main Hall	£24 ph	£32 ph
3G FULL Pitch	£35 ph	£45 ph
3G 1/2 Pitch	£20 ph	£25 ph
Dance Studio	£20.00 ph	
Social Area	£20.00 ph	
Committee Room	£15.00 ph	
Therapy Rooms	£10.00 ph	



LIVE LONGER AND STRONGER
WITH REGULAR
PHYSICAL ACTIVITY



Traditional Irish Music and Dance on the Lower Ormeau

I really enjoyed all the live music on our doorstep this July and August.

Fair play to the Hatfield House for teaming up with Belfast Trad Fest and bringing world class musicians into the area for daily music sessions, in the last week of July. What a treat! Apart from the really wonderful celebration of traditional Irish music, song and dance, I particularly liked the bringing together of neighbours, friends old and new from near and afar, with shared interest and pleasure in the sessions. I appreciate preservation of these traditions alongside the lovely opportunities for community gatherings, catching up, having the odd pint and connecting through music and dancing. The Hatfield House has a long established reputation for respecting and promoting Irish music. We all miss Brendan's excellent Friday night sessions in The Rose and Crown.

Some highlights from the Hatfield for me were Ciarán ó Maonaigh's fabulous fiddle playing, all the way from Gaoth Dobhair in Donegal and sean nós dancing with the wonderful Stephanie Keane.

In August, Féile na hAbhann did not disappoint in continuing what was started at Trad Fest with my favourites - the Rapparees from Co Antrim and the legend, John Spillane all the way from Cork. It was brilliant to hear John performing his latest release - Passage West. The music was so good that I didn't make it beyond the big stage on the river. I hear that there were also excellent acts playing on the Gasworks stage but I didn't get there. (Maybe next year we might need a two day Féile na hAbhann, with a day each for the river entertainment and then a day for all the entertainment at The Gasworks?).

Thanks again to all our local groups and businesses who brought this to our lovely area and made it a very special summer.

Keeping the vibe alive through the autumn months we have Couch to Ceilí. Great, free Sunday evening dancing with Annette at An Droichead.

Not to forget that next year, we have the massive coup for Belfast, that is Fleadh Cheoil na hÉireann! So, following straight on from Belfast Trad Fest 2026 we will have in total two full weeks of fabulous music, song and dance on our streets.

I look forward to welcoming next year's enthusiasts, musicians and performers for what promises to be excellent entertainment and I'm sure lots of new friendships and craic.



Balfour Avenue Playground

The park on the Ormeau walkway, Balfour Avenue Playground, which LORAG manages has had an upgrade. First built in the mid 1990s, there was no playground equipment to support disabled children and no equipment to support sensory development. To address this, the park was upgraded to meet requirements under the Disability Discrimination Act and support local children with a range of needs.

Throughout the summer months, the old equipment was taken out and new equipment installed. The park was redesigned, with a lovely green area, modern equipment, sensory equipment, comfortable seating and a picnic area.

The park reopened the same day as LORAG's mini Féile - 22nd August 2025. It has been widely used by local families since and is providing a fantastic opportunity for outdoor play, outdoor learning, physical activity, exercise and improved wellbeing.

It is a welcome upgrade for the walkway and is part of the LORAG naming project - LORAG is looking for a new name for the park in response to requests from the local community for a name reflecting community history, physical location and aspirations for the area. Any ideas should be sent to: hfloyd@lorag.org.



From a building site... To laying strong foundations... To starting to place the equipment... To a modern, child friendly park ready to welcome local families.

Quiz

- 1 What date was Féile na hAbhann this year?**
- 2 Who wrote the book 'The Broken Compass When Direction is Lost but Hope Remains'?**
- 3 What is the current name for the park on Balfour Avenue?**
- 4 Where is the new Good Relations Hub in Donegall Pass to be located?**
- 5 What is the initiative, delivered by Queen's University and the PSNI, to help prevent drink spiking called?**
- 6 Which major music festival is coming to the city of Belfast in 2026?**
- 7 What does QCAP stand for?**
- 8 What football club was recently launched in Donegall Pass?**
- 9 Where did a photography exhibition launch and certificate award ceremony take place this summer?**
- 10 What will the Tunnels in the Market be turned into?**

£50 PRIZE Voucher for Dunnes Stores
Send answers to: hfloyd@lorag.org.
Names will be put in a hat for everyone who submits ten correct answers.

Frása an Lae

Neighbourhood Matters includes a Frása an Lae spot every edition - a simple phrase in Irish and Arabic. Thank you, Awsan, for your help!

Irish: is maith liom caife

Phonics: is moy lum café

Arabic: احب انا احب القهوة

Phonics: oo-HEB-boo al

KAH-wah

English: I like coffee

Law Centre

Refugee Family Reunion Paused

On 4th September 2025, the UK Government paused all new applications for Refugee Family Reunion, one of the few remaining safe and legal routes for those seeking refuge in the UK. This route has historically been used by women and children, often the most vulnerable, to reunite with family members already granted protection.

The sudden suspension of this lifeline has sent shockwaves through refugee communities and support organisations alike.

"The decision to suspend these applications is not only deeply unjust but it's one of the most damaging in recent immigration policy. By shutting this door, governments know that children, women, and the most vulnerable will risk their lives on dangerous journeys to reunite with their families. This will inevitably lead to more human suffering, exploitation by traffickers, and preventable loss of life."

— Liz Griffith, Head of Migration Justice

What does this mean?

Applications submitted before 4th September will still be processed, but no new applications are currently being accepted.

In place of Refugee Family Reunion, the British government is now directing individuals to apply through standard family visa routes, which include strict requirements such as a minimum income threshold and English language skills - both significant barriers for many.

You can find our full statement on Refugee Family Reunion pause at www.lawcentreni.org/news/law-centre-responds-to-family-reunion-pause/

Change to Refugee Move-On Period

The refugee move-on period is the time given to a newly recognised refugee to leave their asylum accommodation after receiving a positive asylum decision.

Previously, a 56-day grace period had been introduced in December 2024 as a pilot to give refugees more time to access housing, financial support, and employment.

However, as of 1st September 2025, the 56-day period has ended for single adults, and the move-on period has reverted to just 28 days.

The 56-day period will continue to apply to:

- Families with children under 18
- Pregnant individuals
- People over 65
- Those with a disability as defined under the Equality Act 2010

This change is expected to place further pressure on single adult refugees, many of whom face serious challenges finding housing and support within just four weeks.

You can read our updated Law Centre NI Refugee Move-on guide at: www.lawcentreni.org/new-refugee-move-on-guide/

Lagan Lockhouse Project Update

Following an initial burst of activity by the contractor to prepare the Lockhouse for its transformation into a Community Healthy Living Hub the project was brought to a complete stop with the discovery of an unmapped major storm overflow pipe in the back garden.

Despite all efforts the project design team were unable to reach agreement with NI Water that offered an affordable solution that would allow the project to continue as originally designed.

With no agreement the project has been forced to undertake a radical rework of the design, removing the function rooms from the rear, and adding these to the Gasworks side of the Lockhouse. The new design is on the banners placed around the house to be viewed by those that pass the site daily.

The project will retain the café, multifunction rooms, conference room albeit with a delayed time with completion now set for end of 2026.

If you require any further detail regarding the new design, please do not hesitate to contact us at Shaftesbury Community and Recreation Centre.



Navigating Conversations About Migration

Capacity-Building Workshops to support the Community & Voluntary Sector

A 2-hour workshop to support community and voluntary organisations to engage in productive conversations around migration.

- Trauma-Informed ✓
- Practical Techniques ✓
- Time to Practise ✓

FREE for Community & Voluntary Organisations

Enquire Now!

For more information, contact:
E: katy@actnowni.org
M: 07388 878 572

[@actnownicampaigns](http://www.actnowni.org)

Further Support and Information

#BeActiveBeHealthy - The Wise Choice

HEALTHWISE PHYSICAL ACTIVITY REFERRAL SCHEME (PARS)

Healthwise is a free 12 week local physical activity referral scheme designed for individuals over the age of 19 who have health related conditions and would benefit from becoming more active. The programme is open to all ability levels and with encouragement from our specialist level 3 coaches, it offers a fantastic opportunity to improve your health and wellbeing.

Simply ask your GP or another registered health professional to refer you to Shaftesbury's Healthwise (PARS) programme.

HOW TO GET REFERRED

Contact your GP or health professional and get referred to Shaftesbury or our outreach centres Dee Street, Hanwood, and Short Strand. Take this great opportunity to change and join our centre and become stronger and healthier. We are waiting for you!

FOR MORE INFORMATION CONTACT:
Health & Fitness team @ Shaftesbury Recreation Centre
E: fitness@lorag.org or T: 028 9031 2377

CONTINUING YOUR HEALTH & WELLBEING JOURNEY

THE SHAFTESBURY HEALTHY LIVING CENTRE OFFERS A WIDE RANGE OF ACTIVITIES. WHY NOT CONTINUE YOUR ACTIVE FITNESS JOURNEY WITH US OR AT ONE OF OUR OUTREACH CENTRES:

- Shaftesbury Community Recreational Centre
97 Balfour Avenue, BT7 2EW T: 028 9031 2377
- Hanwood Community Centre
Kinross Avenue, BT5 7GE T: 028 9041 1970
- Dee Street Community Centre
12 - 16 Dee Street, BT4 1FT T: 028 9045 8113
- Short Strand Community Centre
26A Beechfield Street, BT5 4EQ T: 028 9045 0720

TAKE ADVANTAGE OF EVERYTHING THESE CENTRES OFFER MONTHLY GYM & CLASS MEMBERSHIP, OR PAY AS YOU GO

97 Balfour Avenue, Belfast, BT7 2EW
T: 028 9031 2377 E: fitness@lorag.org

SHAFTESBURY HLC HEALTHWISE MEMBERS BENEFIT FROM THESE SERVICES WE OFFER:

- A Client Centered Approach
- 10 Varied Fitness Classes
- 1-1 Programmes from a Level 3 Specialist Coach
- Zumba Classes
- Yoga Sessions
- Pilates Sessions
- Walking Groups
- Outreach Classes
- Strength, Mobility and Balance Classes
- Green Gyms
- Social Sports Mornings
- Older and Active Group

FREE FOR 12 WEEKS

WHO CAN JOIN THE PHYSICAL ACTIVITY REFERRAL SCHEME?

CLIENTS MUST BE 19 YEARS OR OVER, INACTIVE AND MOTIVATED TO CHANGE. IN ADDITION ONLY THE CLIENTS WHO FIT WITHIN THE FOLLOWING CRITERIA ARE ELIGIBLE:

- Obese (a BMI of $\geq 25\text{kg/m}^2$ and $< 40\text{kg/m}^2$) and one or more of below:
- Hypertension
- Hyperlipidaemia
- Impaired glucose levels or diabetes
- Family history of heart disease
- Asthma, bronchitis or COPD
- Musculoskeletal conditions
- Mild or moderate mental health conditions.

WHEN YOUR REFERRAL IS RECEIVED, OUR COACHES WILL CONTACT YOU AND BOOK YOUR CONSULTATION.

WHAT TO EXPECT?

INITIAL CONSULTATION	4 & 8 WEEK REVIEWS	ON COMPLETION
- Meet Healthwise Coach - Health Assessment, BMI & Blood Pressure Checks - Choice of Healthwise Activities, Gym, Classes and Groups all FREE for 12 weeks - Gym Induction and Programme - Coach Contact and Updates	- Catch-up with a Coach - Review Goal Setting - Update Programme - Health & Fitness Advice	- Health Assessment, BMI & Blood Pressure Checks - Step Down Programmes, Class & Membership information

Do you live with chronic pain?

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

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

For more information contact
Natasha Moore | Pain Programme Co-ordinator
E: nmoore@lorag.org | T: 028 90312377 ext.2
M: 07939 406277

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

Community Safety

Key Disturbance Contact Numbers

Please see below key contact numbers for reporting unacceptable levels of noise or disturbance locally. We are urging residents to report as much as possible to ensure we can follow this up and get the right resources into the area to support the community.

Noise from a house or premises contact:

Noise Control, Belfast City Council
Tel: 028 9037 3006

Operating Hours

Monday – Thursday 8.30am – 5pm
Friday 8.30am – 4.30pm
Saturday and Sunday 8pm – 4am

You can also follow up your phone call with an email to envhealth@belfastcity.gov.uk

Noise and or Disturbance coming from the Street and or Road contact:

PSNI
Tel: 101 Non Emergency
Tel: 999 Emergency

Local Neighbourhood Constable
Lee McGrillen – 07585 979250



PSNI Officers in the area

DONEGALL PASS & SANDY ROW (shared)
Constable Rick Hill / Constable Stuart Robinson
E-mail: richard.hill@psni.police.uk
E-mail: stuart.robinson@psni.police.uk

LISBURN ROAD - Constable Jill McLean
E-mail: jill.mclean@psni.police.uk

BOTANIC AVENUE & DUBLIN ROAD (shared)
Constable Mark Cousins / Constable Darren Watson
E-mail: mark.cousins@psni.police.uk
E-mail: darren.watson@psni.police.uk

ORMEAU - Constable Gavin Kelly
E-mail: gavin.kelly@psni.police.uk

LOWER ORMEAU & MARKET AREA
Sergeant Chris Wallace, tel: 07585 979307;
Constable Phil Barnes, tel: 07786 853011;
Constable Julie Halliday, tel: 07393 144032.
Constable Darren Watson, e-mail: darren.watson@psni.police.uk

HOLYLAND - Constable Davy Reynolds
E-mail: david.reynolds@psni.police.uk

Disturbance from a HMO can also be reported to:

Belfast City Council HMO Regulations
Tel: 028 9027 0414

If you have a complaint about a House in Multiple Occupation (HMO) please contact the number above – Belfast City Council has regulations in place for all HMOs.

If you have difficulty in reporting noise and/or disturbance contact:

BCC Anti Social Behaviour Officer: Keith Addy
Tel: 07876 686660 E: AddyK@BelfastCity.gov.uk

Call 101 from any phone for a non-emergency

Always call 999 if there is an emergency or you are in danger

Neighbourhood Matters - Directory

Medical

G.P.s: Out of Hours Tel: 028 9079 6220

Botanic Medical Centre

51 Botanic Avenue Belfast, BT7 1JL
Tel: 028 9032 0919

Ormeau Health Centre

120 Ormeau Road, Belfast, BT7 2EB
Tel: 028 9064 2914

University Street Surgery

142-144 University St, Belfast, BT7 1HH
Tel: 028 9031 1118

Kensington Medical Centre

15a Donegall Road, Belfast, BT12 5JJ
Tel: 028 9032 5679

Pharmacies

Medicare-Fitzroy Pharmacy

126 Ormeau Road, Belfast, BT7 2EB
Tel: 028 9023 0170

Botanic Pharmacy

98 Botanic Avenue, Belfast, BT7 1JR
Tel: 028 9032 5509

Harrison Healthcare

40E Donegall Pass, Belfast BT7 1BS
Tel: 028 9032 0059

Fullarton Pharmacy

Unit 6, St. Georges Market, Oxford St,
Belfast, BT1 3LA
Tel: 028 9023 3101

Hospitals

Royal Victoria Hospital and City Hospital

Tel: 028 9032 9241
Accident and Emergency (A&E) only
available at Royal Victoria Hospital

University Complaints Line

Ulster University 028 9536 5368
Queen's University 028 9097 5219

For noise disturbances please ensure
Council's Noise Team are also called
on **028 9037 3006**

Police Service

PSNI - South Belfast

Crimestoppers Telephone Number
Tel: 0800 555 1111

Non Emergency Telephone: Tel: 101

Housing

Housing Rights Service

Tel: 028 9024 5640

NI Housing Executive

Tel: 03448 920900

Clanmill Housing

Tel: 028 9087 6000

Choice Housing

Tel: 0300 111 2211

Radius Housing Association

Tel: 028 9042 8314

Belfast City Council

Belfast City Council

Tel: 028 9032 0202

Births, Deaths, Marriages

Tel: 028 9027 0274

Community Safety

Tel: 028 9032 0202

Street Cleansing/Litter

Tel: 028 9027 0230

Bulky Household Waste and Special Collections

Tel: 028 9027 0230

Dog Control & Animal Welfare

Tel: 028 9027 0431

Noise Control

(out of hours available)
Tel: 028 9037 3006

Places of Worship

St Malachy's Church

24 Alfred St, Belfast BT2 8EN
Tel: 028 9032 1713

City Church

12-24 University Ave, Belfast, BT7 1GY
Tel: 028 9023 8443

All Saints Church

University Street, Belfast, BT7 1LB
Tel: 028 9031 4114

Kingham Church for the Deaf

13 Botanic Avenue, Belfast, BT7
Tel: 028 9032 2588

Iglesia ni Cristo Belfast

2-4 University Avenue
Belfast, BT7 1GY

Christ Embassy Church Belfast

Meet every Sunday from 9am at:
Holiday Inn, 22 Ormeau Avenue,
Belfast, BT2 8HS
Tel: 07962 166354

Northern Ireland Muslim Family Association

7 Rugby Road, Belfast, BT7 1PS
Islamic Centre Tel: 028 9031 5784

Belfast Islamic Centre

13-19 University Rd,
Belfast, BT7 1NA
Tel: 028 9066 4465

Fitzroy Presbyterian Church

77 University Street, Belfast, BT7 1HL
Tel: 028 9023 5075

Elim Pentecostal Church

77 Donegall Pass, Belfast BT7 1DR
Tel: 028 9086 9569

Saint Mary Magdalene Parish Church

Donegall Pass, Belfast, BT7 1BU
Tel: 028 9032 1583

Community Organisations

LORAG (Lower Ormeau Residents Action Group)

Shaftesbury Community & Recreation Centre,
97 Balfour Avenue,
Belfast, BT7 2EW
Tel: 028 9031 2377

An Droichead

20 Cooke Street,
Belfast, BT7 2EP
Tel: 028 9028 8818

Community Restorative Justice Ireland (CRJI): South & East Belfast

26a Beechfield Street
Belfast, BT5 4EQ
Tel: 028 9045 6889
Email: mg@crjiireland.org

Mornington Community Project

117 Ormeau Road, Belfast,
BT7 1SH
Email: heather@cgm-fa.com

Lower Ormeau Youth Centre

River Terrace, Belfast,
BT7 2EN
Tel: 028 9024 7118

Northern Ireland Community of Refugees and Asylum Seekers

143a University Street,
Belfast, BT7 1HP
Tel: 028 9024 6699

African & Caribbean Support Organisation Northern Ireland

1st Floor 9 Lower Crescent,
Belfast, BT7 1NR
Tel: 028 9043 4090

Chinese Welfare Association

Chinese Resource Centre,
1 Stranmillis Embankment,
Belfast, BT7 1GB
Tel: 028 9028 8277

Donegall Pass Community Forum

Donegall Pass Community Forum
2nd Floor CRI Building
165-169 Donegall Pass,
Belfast BT7 1DT
Tel: 028 9032 6256

Market Development Association

Market Community Centre
1 Market Street,
Belfast BT1 3JD
Tel: 028 9031 2272

Northern Ireland Somali Association

185A Ormeau Road,
Belfast BT7 1SQ
Tel: 028 9020 1359 / 07454 775666

South Belfast Alternatives

33 Donegall Pass,
BT7 1DQ
Tel: 028 9031 5763 / 07415 461287