

NEIGHBOURHOOD MATTERS

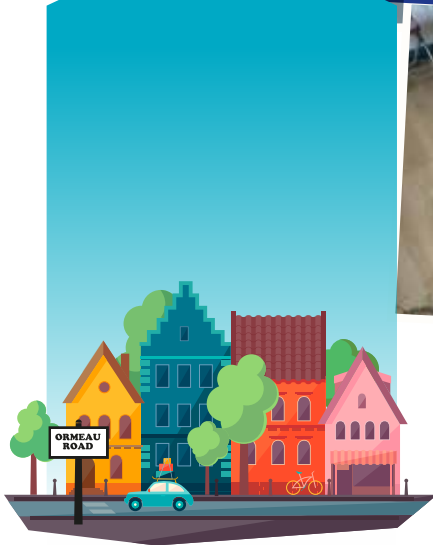
Inner South Belfast
and Botanic areas

Newsletter - Twenty-sixth Edition, 2026



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
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Lower Ormeau Youth Hub

The Lower Ormeau Youth Hub was officially opened on 6th May 2026. This marks an important milestone for the community, bringing youth services back into a facility which has played a central role in supporting young people over a 40 year period.

There were two openings on that day – an official opening in the afternoon with speakers Gerard Rice, LORAG director of services; Brian Kelly, Hub manager and John Lynch, the chief executive officer of the Youth Work Alliance. Speakers referenced the history of the Hub, activities the Hub will be delivering, the centrality of young people to all developments and the importance of communities remaining actively involved in protecting and supporting the services they rely upon. The message from the reopening was clear: this is recommitting to young people, protecting vital community services, and ensuring that future generations continue to have access to safe, supportive spaces within their own community.

The evening launch was a lively event which over 80 young people attended, with bouncy castles, music, art and games - a barbeque and ice cream van added to the fun.

While the reopening represents a major achievement, the work is far from complete. Attention is now turning towards building long-term protections and sustainable support structures for local youth services. Central to that ambition is the creation of a strong Youth Providers Forum that will bring together youth workers, community organisations, volunteers, parents, and local partners to strengthen cooperation and ensure the Youth Hub becomes a lasting home for services supporting young people. Special thanks are given to Sinead Grimes (Belfast City Council), Nicola Cregg (Department for Communities), and their teams for their commitment, support, and belief in the project throughout the redevelopment process.

The John Vianney centre closed two years ago, ending dedicated youth provision delivered under the guidance of the Parish and the Down and Connor Diocese. Following a public meeting, the community tasked LORAG with securing the future of the facility and protecting the remaining resources needed to restore youth services. However, when the facility first reopened last April, conditions remained extremely challenging, with no heating, no hot water, and several rooms still unusable.

On Friday 9th January 2026 the Hub closed its doors to allow for renovation. This included repairs to the roof and a brand new heating system being installed. For the first time in years, the building was made warm and dry and once again a safe space for local young people to call their own. Whilst this work was ongoing, drop in facilities temporarily relocated to the neighbouring Shaffesbury Recreation Centre so we could continue providing this much needed service to the area.

Over the last few months, young people enjoyed great activities such as helping out with the St Patrick's day spring festival. They also attended several different trips such as Ice-skating, Airtastic, Lisburn Swimmers and go-karting. There were three trips to Scotland.

The Hub is always on the lookout for new members and there are activities and sessions to suit everyone, such as drop-in, group work, educational workshops and employment support. The Hub works within a youth-led framework, meaning our young people have a continuous voice in the management and activities of the Hub. A special shout out goes to our young people who have been involved in group work - both the young men's and young women's groups have completed some excellent sessions and these have not gone unrewarded. A trip go-karting was well earned and gave those involved a chance to blow off some steam as the girls and boys went head to head against each other.

The Youth Hub drop-in operates five evenings per week Monday – Friday 6pm – 7.30pm for junior members (p4-p7) and 7.30pm – 9pm for senior members (1st year plus). There is also an afterschool session on a Wednesday for juniors. These sessions deliver activities such as arts and crafts, sports and games, cookery programmes and competitions. There is something for everyone, keep an eye on our social media for updates.



Community Cohesion

Storytelling



LORAG delivered a storytelling and song event for children and parents for Black History month. This was very informative and a participative, good fun way to learn the history and culture of Zimbabwe and Uganda.

Brigid's Day



LORAG also delivered an event celebrating Brigid's Day on 31st January 2026 in Gairdín Abhann. Over 60 people attended and really enjoyed learning about this inspirational figure and making crosses to celebrate her life.

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Belfast City Hall Trip

LORAG gardeners and men's group joined forces with the walking group to attend a visit of Belfast City Hall. The tour guide showed us the stunning architecture, talked us through the building's history and art work. Councillor Conor McKay then showed us some of the more modern stained glass windows commemorating social history like An Gorta Mór (the Great Hunger), the history of the LGBTQ+ community in our city and the people from Belfast who fought against fascism during the second World War. One of the participants commented: '...A most informative afternoon with lovely people... what more could you ask for?'

Community Cohesion Festivals



LORAG delivered three major festivals over the last six months:

- Halloween festival: 25th October 2025: 162 participants
- Winter festival: 6th December 2025: 225 participants
- St. Patrick's Day spring festival: 17th March 2026: 500+ participants

These festivals took place in the Youth Hub and LORAG and were jam packed with activity – arts and crafts, vendors' stalls, bouncy castles, face painting, garden activities, international and local food, music, animal touch experiences, world class Irish dance, Santa Claus, sensory play areas, bobble ball. There was so much for children and adults to do. Some comments from participants include:

- 'Me and my children enjoyed the event thoroughly. It was a great day for all which included all cultures and a wide range of activities for all ages. Will defo be back next year'.
- 'The event was well planned out. It had a selection of stations for everyone. It was very inclusive and everyone was welcomed from all walks of life. A great day for all involved looking forward to the next one'.

Music



At the start of spring, LORAG delivered an intercultural, intergenerational singing project, bringing together LORAG's Older and Active group and the P3 class from Botanic Primary School.

Singing is a joyful process that can boost mood, support lung health, reduce stress, and enhance memory, concentration, and overall emotional wellbeing. It also helps create a sense of calm and connection.

It was wonderful to see meaningful relationships develop, with each child paired with an older participant throughout the

programme. Together they sang, played instruments, and enjoyed fun singing games. A big thank you to facilitator Anne McCambridge and to Belfast City Council's Community Recovery Fund for supporting this project. And of course, a huge thank you to all our participants for embracing something new with such enthusiasm, keep up the singing!

Challenging the Far Right – Starting the Real Conversation



A strong and important discussion took place at a workshop in LORAG delivered by Trademark on 21st April 2026. The workshop aimed to challenge far right narratives.

Participants explored how housing shortages, pressures on the health service, insecure jobs, and the growing fear of crime — are too often used to divide communities and create a "for versus against" mindset. But these issues come from deeper problems such as:

- Austerity
- Not enough homes being built
- Chronic underfunding of healthcare
- Failures in tackling crime and the fear that creates

This meeting marked a positive first step in shifting the conversation — focusing on the root causes, not turning communities against one another. It's about punching up, not down — and working together for real solutions. This was an important part of LORAG's Engaged Citizens programme funded through Belfast City Council's community recovery fund. This has involved discussions with residents, community workers and the Strategic Networking Forum about how to develop positive communities in the light of 2024 race riots in the Lower Ormeau.

Theatre Trip



LORAG organised a theatre trip to the Kabosh Theatre production – Cuckoo-Land – about the formation and early days of the Women's Coalition - great script, direction, acting and a recent history many of us could remember.



First Start

Recently in the First Start Programme, children have been learning about the life cycle of the butterfly. The children were extremely curious and excited when baby caterpillars arrived and they could experience firsthand how the caterpillars grew, changed and developed over the last few weeks.

The butterflies are currently in the co-con stage and we have moved them to a bigger enclosure for this final stage before beautiful butterflies emerge.



Inaugural meeting of Gairdín Abhann/River Garden

On 15th December 2025, 18 local residents and three LORAG staff attended the inaugural meeting of Gairdín Abhann/River Garden. At the meeting, the group signed the new constitution governing the structure and workings of this group.

The garden and shed have now been open for over two years. They are situated beside the John Murray Lockhouse. There are three groups which meet regularly in the space:

- Woodwork group (Mondays 10.30am)
- Garden (Wednesdays 10.30am)
- Men's group (Tuesdays 10am - 4pm)

Any residents are welcome at any of these groups.

The garden and shed are preparing the ground for the opening of the Lockhouse as a health and wellbeing centre. They are well used on a weekly basis with a lovely bunch of people in each group. Contact Heather at: hfloyd@lorag.org if you are interested in joining any of these groups.

LORAG staff and committee wish this group every success going forward, and we are all looking forward to the summer programme which we are in the process of planning.

Children's programmes within LORAG

LORAG children's team ran an action packed Easter programme.

Over 50 children took part in the easter sports camp. Sessions ran Tuesday-Friday 10am-12pm. LORAG sports camps are open to the wider community; they are very successful in bringing children together from different cultures and backgrounds. It's great to see new friendships forming at these sessions.

The children's team offered popular trips over the Easter break: fishing, airtastic, ice skating, Indianna land and a family trip to Belfast Zoo,

A lot of LORAG children had their first experience on a boat during Easter



week - 42 children attended a theme park in Scotland, travelling by boat and coach. The week finished with another trip back on the boat to watch the Glasgow Celtic match.

The children's team enjoyed making those memories with the children and we are all looking forward to the summer programme which we are in the process of planning.



Shaftesbury Gym

The Shaftesbury Centre has a community gym. It is well laid out and suitable for all ages and abilities. With a modern workout rig, a new dumbbell rack and stair master, there is good choice and the opportunity for a varied workout routine.

LORAG's new gym circuit workout session started in May 2026.

LORAG's two coaches have relevant qualifications and are familiar with a wide range of health issues and fitness techniques. They coach twelve classes a week including: cardioactive freestyle pump, core, strength and conditioning and bootcamps. The coaches also deliver individual fitness programmes and routines, teaching safe and effective use of equipment.

Specialised health classes include: falls prevention, strength and balance, chronic

pain management, pulmonary maintenance and older active chair-based activities.

From January to March 2026, LORAG delivered an enjoyable programme for the centre's walking group. This comprised of three walking tours around Belfast, delivered by Walking Tours - Architecture and Sculptures tour, Titanic Trail and More Than the Troubles Tour.

We then took a group of 16 to Rathlin Island for the day taking in a walking tour of Mill Bay with Rathlin Walking Tours.

Councillor Conor McKay hosted the walking group for a tour of Belfast City Hall, While Deirdre



Hargey hosted the group for a tour of Stormont Buildings.

LORAG health and fitness coordinator Jim McGlinchey recently received an award for healthy lifestyle: GolfNow Belfast Sports Awards 2026. Well done Jim - very well deserved and a recognition of all the work you do for LORAG gym users.



Health and fitness at Shaftesbury centre

LORAG delivers the Healthwise physical activity referral programme which GPs refer people into. This is a free 12-week programme aimed at encouraging a more active lifestyle for participants.

Healthwise supports participants with different conditions and fitness levels. This involves level three (physical activity referral) and level four (pulmonary rehabilitation) coaches adapting exercise programmes to suit the individual, delivering both one to one and group sessions. Group classes such as strength and balance (falls prevention) help participants with mobility. The pulmonary maintenance group helps with breathing and everyday activities.



Some of our more popular fitness classes



CLASS TIMETABLE	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

Competition Winner



Well done to local resident Alison Cosgrove who scored ten out of ten for the Neighbourhood Matters edition 25 quiz.

Alison was presented with a £50 Dunnes voucher for winning the competition. Alison's name was pulled last time... who will win in spring 2026?

Family Support

LORAG has employed a new family support worker called Rachel Neeson. Rachel works 9.30 am-1.30 pm Tuesday to Friday every week.

The family support worker can provide practical and emotional assistance to families in areas such as:

- Financial hardship
- Behavioural issues
- Health issues
- Educational issues
- Parenting skills

The family support worker can visit families in their own homes or in LORAG.

Anyone wishing to avail of this service should contact Rachel at LORAG by email: rneeson@lorag.org or phone: 028 9031 2377.



Mornington community project

Situated on the Lower Ormeau Road, Mornington Community Project exists to nurture families through every stage of life by creating safe, welcoming spaces where people can build meaningful relationships, access support, and integrate together. We do this through a wide range of programmes.

Nurturing Programme



Mornington's Nurturing Families Programme supports parents and carers in south Belfast to build confidence, strengthen relationships, and enhance family wellbeing. Through a range of courses, the programme helps families develop emotional resilience, practical skills, and supportive social networks. It creates a safe, inclusive space where families can connect, learn, and thrive together.

Parents and toddler Wednesdays @ 10-11:30am
Parenting Puzzle 10 week course throughout year
Parenting Teens - Roll out throughout the year
P7 Transition parents and children course May/June
Email: AnneMckaymorningtoncommunityproject.com

Cozy hub foodbank

Mornington operates a weekly Cozy Hub/ Drop-in service. This is a welcoming space to meet others and decrease social isolation as well as offering fresh food, tea and coffee to those who need it. We also operate an emergency food bank to ensure that people have food over the weekend as well as providing food to those who have used up the allocated amount from the South Belfast Foodbank.

Fridays 11:30am - 2pm
Email: Clairebell@morningtoncommunityproject.com

Women's Over 55s programme

This newly formed programme strives to better the visibility and inclusion of women in this age group. At this age as health conditions start to emerge but the energy and ability to attend high impact classes or more physically demanding activity dwindles, we aim to raise awareness and host lower impact activity for this age group.

Regular Tai Chi classes Wednesday Evenings
Other low impact activities
Health and wellbeing workshops

Email: BridDuffy@morningtoncommunityproject.com

Pop-ups @ Mornington



Mornington's Pop-up Cafés transform its café space into a vibrant community hub, offering an inclusive space that responds to the wide range of local needs. From peer support, creative workshops to teens, neurodiverse friendly pop-ups, and social cafés, the initiative fosters connection, wellbeing, and inclusion. With ongoing partnerships and new cafés in development the project continues to grow as a welcoming place for community engagement and support.

Craft Cafe - Mondays 10-11:30am
Pure Shennanigans Pop-Up drama workshops
Teen Cafe - Wednesdays 4-6pm
Gardening Club - Summer Term
Quarterly Notice Board Breakfasts

Email: ErinThompson@morningtoncommunityproject.com

Upcoming events

A Healthy Economy with Phil Allen

Thursday 14th May @ 6:30pm
Philip Allen is a permaculturist with 30 years' experience talking on Rethinking our future: regenerative solutions for a resilient, thriving economy.

Lego Session - Belfast Learning Week

Monday 8th June @ 6-7:30pm
Rachel Fullerton is a trained practitioner who will encourage collaboration through Lego between parents and children, as well as self-expression through playful and creative building experiences.

The Uplift Project Summer Scheme

For ages 11-14 and runs July 20th - 31st.
This summer schemes aims to tackle holiday hunger and boredom through a series of fun workshops and trips.

Find us on Instagram and Facebook: morningtoncommunityproject or Pop-Ups at Mornington



The White Lockhouse: From Heritage to Healthy Living Hub

The White Lockhouse stands today as the last remaining building connected to the River Lagan's industrial heyday. Built in 1937 as part of the McConnell Lock and Weir, it remains a rare and important piece of local heritage.

Nearly 90 years later, the building was purchased by LORAG — not as a commercial venture, but as a long-term community investment in the regeneration of the river, its banks, and the surrounding area.

It is easy to forget how the journey began back in 2017. At that time, there was significant speculation and concern about what the future might hold for the site. Rumours circulated about private apartments and large-scale commercial development.

Developers showed interest, and there was a very real possibility that the Lockhouse and surrounding lands could have been lost to private ownership.

Had that happened, it is unlikely the White Lockhouse would still be standing today. Eight years on, the reality tells a very different story.

Despite challenges, delays, and setbacks, the original vision has remained strong. The Lockhouse and surrounding lands are now being transformed for long-term community benefit. Adjacent sites have already been secured and brought into use as a thriving community garden, complete with a polytunnel and storage facilities. The space is helping bring people together, supporting health and wellbeing, and making the most of limited green space within the local area. Plans are also progressing for the former pump station site, which will provide a dedicated community boat store with direct access to the River Lagan — reconnecting local people with the water in a meaningful and practical way.

Looking further ahead, even more ambitious ideas are taking shape, including proposals to restore the historic lock itself as a cold-water



swimming pool, creating a unique and accessible space for outdoor recreation, health, and wellbeing.

At the heart of the wider vision is the transformation of the White Lockhouse into a Healthy Living Hub - a welcoming space designed to improve health outcomes and create new opportunities for the community. A new cafe will act as a gateway into the wider project, connecting visitors to a range of activities, services, and community supports.

The main building works are expected to be completed

by 2027, marking a significant milestone that will coincide with LORAG celebrating 40 years of service to the community — including 25 years managing and developing Shaftesbury Community and Recreation Centre and protecting vital youth services.

What once faced uncertainty is now becoming a symbol of community resilience, ambition, and long-term vision. The White Lockhouse is not simply being restored — it is being reimagined as a space for everyone.

Donegall Pass Community Enterprises



New staff appointments.

Katharine Paisley was appointed as the new culture and heritage officer in October last year, a post supported by the Northern Ireland Community Relations Council and Urban Villages.

Katharine has a wealth of experience in project management, facilitation, and arts administration and for the last five years, Katharine has been working in community engagement roles in the arts sector delivering award-winning outreach programmes, community projects, workshops and events for diverse audiences throughout Belfast, Tyrone and Armagh. Katharine holds a BA (Hons) in Fine Art and is a practising artist outside of her employment with Donegall Pass Community Enterprises (DPCE).

Shane Whelehan has been appointed as director of operations for DPCE and took up the role in February 2026. Shane is a seasoned third sector organisational leader with over 25 years' experience in community development, good relations, organisational growth and project management. Shane too is a graduate of Ulster University's School of Art.

Culture and Heritage programmes with DPCE

DPCE is committed to developing and supporting initiatives that preserve, celebrate and educate the public about the rich cultural and historical heritage in Donegall Pass and neighbouring south Belfast communities. Over the last six months, our culture and heritage officer, Katharine, has been working with the Donegall Pass Women's Group, Mornington Community Project's Afterschool Club and Women's Group and Belfast South Community Resource's Women's Group and Men's Group. The purpose of these projects was to research and celebrate an aspect of the local culture and heritage of the different areas and to share this through a creative output. These projects were made possible through the support of the Community Relations Council, Belfast City Council and the Urban Villages initiative, and culminated in a cross-community showcase in the Great Hall at Queen's University with the support of Queen's Communities and Place.

Belfast South Focus Group

This group focused on family connection to the area, and in particular to a fairy tree in the locality and familial knowledge linked to it. The fairy tree is in the Fairy Park on Blythe Street, Sandy Row and it has been a part of the community for the entirety of the group members' lives. With the help of the Community Research Network, the group created a survey, an interview consent form and interview questions relating to the fairy tree, the Fairy Park, family connection and community memory. The interview gauged local knowledge and family connection to the tree. The women took part in the interview themselves, and this was developed into a sound piece. The sound piece explored inherited memory and beliefs and concluded with comments from the group about how important the tree is to reuniting the community.

Celebrating Belfast's Shared Humanity: "This Is Me" Campaign Success

Launched in January 2026, the This Is Me campaign has successfully concluded its mission to humanise our city's evolving neighbourhoods through authentic storytelling. By sharing the personal journeys of eight diverse residents via portraiture, film, and animation, the initiative aimed to replace divisive narratives with empathy and connection. The campaign achieved an extraordinary physical reach, with exhibitions across nine locations—including Queen's University and Belfast Central Library - welcoming an estimated 66,720 visitors. Even more impressively, our digital stories reached over 4,000 people through purely organic social media sharing. As we move toward the next phase, This Is Us, these stories have laid a powerful foundation for a more inclusive, resilient Belfast. Deepest thanks to the participants who shared their voices to bridge divides across our community. These stories and profiles can all be found on the website: www.thisisbelfast.com

Donegall Pass Women's Group

In the initial stages of this project, the women's group identified a few different things they were interested in; community notice boards, storytelling and community street celebrations. At the start of the development of the project the group was interested in creating a bench that was detailed with community stories, so people could either sit together and share a story or sit alone and read one. As the project developed, time limits meant the group had to rethink the project. They decided to focus on creating artwork from archive images of street celebrations, street parties and festivals. Community street celebrations are an integral part of the rich heritage and community spirit that makes Donegall Pass. The artworks were made through the mediums of drawing and printmaking. This project has allowed the women to try out lino printing and mono printing and included a workshop in a professional print studio. These print designs will be used as the design for the bench they will create in the future.



Architect's image of the new Good Relations Hub on Donegall Pass



DPCE cross-community showcase in the Great Hall at Queens University with the support of Queen's Communities and Place

Mornington Community Project: Afterschool Club

The afterschool group began their project by thinking about how they use space in the area and the importance of these spaces to the Lower Ormeau area. The group decided to focus on Ormeau Park, which is used by all the group, for recreation and commuting. It is also an iconic landmark in the area. Through the project, the group discovered that Ormeau Park was the first public park in Belfast and chose to celebrate this through photography and painting. They also explored sketching, watercolour and acrylic painting. The group concluded their project with an acrylic painting on canvas board from one of the photographs they took themselves.

Belfast South Men's Group

This project focused on the culture and heritage of the British forces and their subsequent war throughout a period from WW1, through to the war in Afghanistan. The piece incorporated the history of members from the local community of Sandy Row who served their country within that period. The group also took part in a community clean-up of the existing war memorial garden on Sandy Row, that had become slightly run down. This piece was unveiled during Remembrance Week 2025.

Mornington Community Project: Women's Group

The group began their project by exploring the area through mind mapping and a colour walk of the lower Ormeau. They explored the area and how it was meaningful to the group. It became clear that the relationships they had formed with each other through Mornington Community Project were those of meaningful connection - friendship, family and support were key themes. The women created collage pieces in the idea development section of this project and liked this style, but they wanted their finished artwork to be visible from the street. This led to the creation of a vinyl window piece for their shop-front, with the help of Flax Art Studios, which celebrated community and friendship.

DPCF Launches Regeneration Strategy

On Thursday 16th April 2026 Donegall Pass Community Forum's regeneration officer, Peter McDonald launched the area's five year Regeneration Strategy (2026-2031).

The event was attended by Inner South partner organisations as well as local MLAs. The Regeneration Strategy set out the vision for a thriving, connected and sustainable community.

Four strategic and three local objectives:

1. Ensure transparency, fairness and accountability in the planning process.
2. Maximise community engagement and participation.
3. Increase affordable, quality housing.
4. Improve public infrastructure and spaces.

Local Activities:

1. Social regeneration
 2. Economic regeneration
 3. Environmental regeneration
- If you would like a copy of the summary please contact the office: 028 9032 6256



SBYC Flute Band

Local band South Belfast Young Conquerors (SBYC) Flute Band has held four musical practices to date between current band members and former band members.

This will cumulate with a Mass Band of the SBYC to celebrate its 50th anniversary this year. The Mass Band will parade on 9th May 2026 at South Belfast Protestant Boys Band Competition and its Band Competition held on 25th July 2026 in Donegall Pass.

It is estimated that the Mass Band will consist of 40 drummers and 60 flutists making it one of the biggest bands to parade in the Inner South Belfast district.



Women's Workshops

We have been running a series of women's fun workshops and health workshops which have gone down a treat.

The group really enjoyed the cupcake decorating delivered by our very talented local resident, Caitlin. Participants also enjoyed Pilates at Shaftesbury Healthy Living Centre and have four more workshops in the next month. Keep an eye on our Facebook page:

www.facebook.com/DonegallPassCommunityForum

DPCF Social Supermarket Larder

Donegall Pass Community Forum (DPCF) has been running a Social Supermarket Larder for the past two years, and is delighted to have secured a further two years of funding from Belfast City Council.

The service has now been extended to include more postcodes across the Inner South Belfast Partnership area (Lower Ormeau, Donegall Pass, Market). With the rising cost of food, electricity and heating, many households are feeling the pressure. If you or your family are struggling financially, the Larder is here to help.

The Larder is available by appointment and offers up to 6 months of support. Members can access the service once a fortnight and, for £10, choose up to 24 items. We stock a wide range of goods including fresh and frozen food, as well as essentials like cereals, rice, pasta, soups and toiletries. We also work in partnership with Hey Girls to provide free period products. You do not need to be on benefits to use this service - we know many working families are finding it difficult to make ends meet. To find out more please get in touch.

Donegall Pass: Tel: 028 9032 6256 (Chloe or Sandy)
The Market: Tel: 028 9031 2272
Lower Ormeau: Tel: 028 9031 2377 (Rachel).



DONEGALL PASS SUMMER DIVERSIONARY SCHEME 2026

Program of events

Wed. 8th July
Tour of Sandy Row
Orange Hall
Time : 3.00pm – 5.00pm

Thur. 9th July
Cultural & Heritage Walking
Tour of Donegall Pass
Time : 3.00pm – 5.00pm

Fri. 10th July
Elm Court Cultural
Celebrations
Time : 1.00pm – 5.00pm

Fri. 10th July
Cultural & Heritage Quiz
The Hideout
Time : 1.00pm – 3.00pm

Fri. 10th July
South Belfast Young
Conquerors

**50th Anniversary Photo
Exhibition**
Donegall Pass
Community Centre
Time : 6.00pm – 9.00pm

Sat. 11th July
Donegall Pass 11th July
Party
Time : 4.00pm – 7.00pm





KIDS FOOTBALL CAMP

Saturday mornings
St Malachys Youth Centre
Under 8s 10am
Under 5s 11am

JOIN NOW 

realtanacromoige@gmail.com

UNDER 8S & UNDER 5S

Realta na Croma

St Malachy's GAC – Thursday Sessions Are Back!

Join us for fun, skills, and teamwork as our young athletes get back on the pitch!

Whether your child is a beginner or eager to improve, these sessions offer a supportive and exciting environment to learn and grow.

We can't wait to see our future stars back in action!

Every Thursday

Time: 4:30 PM – 6:00 PM

Where: St Malachy's Youth Centre

For: Children born in 2018, 2019 & 2020

Sure Start

South Belfast Sure Start is based in the Market area of Belfast. It provides services for expectant parents and families with children up to four years old living within eight geographical areas of south Belfast. South Belfast Sure Start also provides services for Chinese and Roma families living within the Greater Belfast area.

South Belfast Sure Start services aim to improve the ability to learn, improve health, improve social development and strengthen families and communities. Services include a range of antenatal and post-natal parent and child programmes such as: Togetherness: Journey to Parenthood, infant feeding workshops, baby cafes, baby massage /swim, Connect with Me programmes, parenting programmes and parent and toddler groups.

South Belfast Sure Start also delivers the Sure Start Developmental Programme for 2-3 Year Olds, along with sensory programmes and one to one support around parenting, children's development, speech and language and containment.



Community Transformation Initiative Phase 3

April 2026 was the twelfth month of the first year in the Community Transformation Initiative Phase 3, a five year plan that aims to accelerate the pace of the progress the Market community is making across the fields of: health, education, community wealth building and housing. April saw the relaunching of the Community Wealth Building Action Group. This covers all the Market Development Association's economic development goals and draws in participants from all other action groups. The main focus at present is the development of a strong business plan for the gym facility on the Stewart Street Tunnels site. The team doing the job has a wealth of experience across health and fitness, sport, business and community sectors which gives us high hopes for the sound management of this project.



St Malachy's PRESCHOOL PLAYGROUP

APPLICATIONS OPENED FOR SEPTEMBER 2026 – JUNE 2027

FULLY TRAINED STAFF WHO PROVIDE A FUN LOVING AND WELCOMING ENVIRONMENT FOR THE CHILDREN TO LEARN AND THRIVE

FULLY REGISTERED PLAYGROUP WITH BHST AND UNIVERSAL CREDIT

FOR MORE INFORMATION YOU CAN CONTACT GRAINNE ON 02895430203

11 RIVER TERRACE BT7 2EN

CHILDREN AGED 2YRS 10MONTHS – 4 YRS

Key Contact Info

Homelessness

Welcome Organisation

Street Outreach. Providing care and support for people on the street. Report drug use, related issues and needle finds.

07894 931 047 (Mon–Sun 7am–2am)
07851 246 814 (Mon–Sun 8am–3am)

SOS Bus

Providing safe spaces and on-street intervention to vulnerable individuals.

Welfare

Mon–Fri 2pm–6pm
Fri–Sat 10.30pm–2.30am
SOS emergency
07901 505 505

Cleansing

BCC Cleansing

028 9027 0230
belfastcity.gov.uk/noise-control/report-a-problem

Belfast One levy payers may contact directly for immediate issues
eimear@belfastone.co.uk



Over and above
BelfastONE.co.uk

Crime and Anti-Social Behaviour

PSNI

Emergency 999
Non-emergency 101

Report

reporting.PSNI.police.uk/report
Belfast One levy payers may contact our City Centre Beat Officers.
07795 607 576

BCC Safer Neighbourhood Officers (SNOs)

Report incidents of anti-social behaviour in the city centre.

Tue–Wed 8am–4pm
Thur 2pm–10pm / Fri 3pm–12am
07825 140 634

ASB Officer City Centre

9am–5.30pm
07787 835 922
asb@belfastcity.gov.uk

BCC Noise Team

028 9037 3006 (daytime)
028 9037 3006 (8pm–4am)
belfastcity.gov.uk/noise-control/report-a-problem

Belfast One Safety

Drugs and Needles

BCC Public Realm (Needle Removal)

028 9027 0469 (Mon–Fri 8am–5pm)
07850 499 622 (5.30pm–7am)
sharps@belfastcity.gov.uk

Extern Street Injectors Support Service

Assertively engage with street injectors.

Mon–Fri 9am–9pm
Sat–Sun 9am–5pm
08000 858 426

BHSCT Drug Outreach Team

Support for injecting drug users.

Mon–Fri 9am–9pm
028 9504 1433

If you are concerned that someone may have overdosed. Dial 999 and ask for an ambulance.

Extern and Belfast City Council SNOS may be able to assist by administering Naloxone, however this should only be considered once an ambulance has been called. Please take a look at the working hours above.

08000 858 426 (Extern)
07825 140 634 (BCC SNOS)

Queen's University Belfast leads the way in off campus Student Safety

Queen's University Belfast's Neighbourhood Engagement team has officially launched the first of two new late-night transport pilots as part of the university's ongoing commitment to student safety.

The Get Home Safe initiative, operated in partnership with SOS Bus NI, ran until 30 April and offered Queen's students a safe and reliable way to travel home from the city centre.



Pictured left to right: Queen's neighbourhood engagement officer Ryan Rankin, operations and stakeholder manager of SOS Bus NI Caitlin McCartney, SOS Bus NI CEO Micky Murray, Queen's President and Vice-Chancellor Professor Sir Ian Greer, and Queen's Students' Union President Amy Smith promote the new late-night shuttle bus service to all students.

The service picked up students from two key city centre locations, The Kremlin and The Limelight, two nights per week (Wednesdays and Thursdays), between 12.00am and 2.00am, transporting students safely to the Holyland area. For more information visit <https://www.qub.ac.uk/public-engagement/In-the-community/Students-in-the-community/>.

This initiative built upon Queen's existing student safety measures, including the use of the HollieGuard App, free panic alarms, the Queen's University Belfast – PSNI Drink Check Initiative and a series of campus safety events designed to promote a safe and welcoming campus community for students. The Get Home Safe initiative will now be evaluated following its pilot.

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

Queen's 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, Queen's University has purchased specialist drink spiking test kits, and partnered with PSNI to distribute and manage them across 33 popular Belfast venues - The Queen's Students' Union Bar, The Botanist 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, 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, Brennans' Bar, The Empire, Robinsons, and Benedicts.

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

Resident Parking schemes

The Department for Infrastructure (DfI) has opened an application for residents to request resident parking zones for their area.

What does the parking scheme look like?

- Resident parking zones help residents and businesses have better access to parking closer to their homes/ businesses.

- Only those with permits will be able to park there during certain hours of the day.

- Residents' parking zones will also have pay and display parking for anyone without a valid permit.

- Most schemes allow one permit per household, plus visitor/ carer permits

- Blue badge holders get free permits and can park in pay and display for free.

- It costs £30 per year for resident/ business parking permits.

- Visitor parking is £12.50 and includes 25-50 visitor permits per quarter.

- Health carer permits are free.

To get a resident parking zone you need to:

- Have less than 50% of houses with only on street parking (if majority of house have driveways for example, it wouldn't apply).

- Have consistent commuter parking.

- Have considered how it would look for your street/ area in terms of valid parking spaces etc. DfI is more likely to consider well thought out ideas and plans.

- Have buy-in from other residents in the area (at least 50% have to agree).

- To apply head to NIDirect.gov.uk or to find out more, email residentsparking@infrastructure-ni.gov.uk.

If anyone in the Holyland area is interested in getting help/ joining in with others that are interested in a resident parking zone, email chloe@forwardsouth.org

New Holyland worker

Chloe Dornan is the south Belfast community capacity and regeneration coordinator with Forward South Partnership (FSP).

Chloe is originally from County Wicklow but has been living in Belfast for over two years. She previously worked in Dublin, in a social enterprise cafe based in the inner city community.

Chloe's role is to identify and address community needs in the Holyland and across south Belfast, and to build capacity in community groups and with residents.

Chloe leads the Holyland resident's forum, as well as the South Belfast Community Support Group, which steers and informs FSPs work.

She attends Neighbourhood Renewal Partnership meetings in Inner South and South West Belfast.

Dementia Friendly Support in South Belfast

There are a range of dementia friendly supports and activities across South Belfast for people living with dementia and their carers. The sessions provide opportunities to connect, stay active, and access support in a welcoming environment

Local Support in Your Area

- Music For The Mind (dual support interactive music sessions)
- Dementia Carers Cafe (monthly peer support and information)

Please contact us for dates, times and booking information

Get in touch to learn more today:
communityhealth@forwardsouth.org
07394 569154



LORAG - A South Belfast Healthy Living Centre

As the healthy living centre for south Belfast, LORAG provides a variety of programmes supported by the Healthy Living Centre Alliance, Belfast Health and Social Care Trust and the Public Health Agency.

Across the past six months, LORAG has delivered programmes promoting positive health and wellbeing across south Belfast for all age groups.

Starting well

Over 50 children took part in the easter sports camp in LORAG. Sessions ran Tuesday-Friday 10am-12pm. LORAG sports camps are open to the wider community; they are very successful in bringing children together from different cultures and backgrounds. It's great to see new friendships forming at these sessions.

Scoil an Droichid and St Malachy's P7 classes took part in six weekly Fitness-8 sessions, aimed at informing participants about the eat-well guide along with some fun games to engage the children.

Living well

Mother's wellness programme: LORAG delivered a programme for 13 mothers with young children, giving space for learning about positive diet and nutrition along with an airfryer course. The group was taught how to make dishes from homemade tomato and pepper soup to banana bread.

The group also took part in a wraparound physical activity programme where they exercised along with their children followed by a walk along the riverside.

Finally, the group took part in mindfulness workshops with the team from Mini Explorers, who gave advice on self-care. This was followed by an aromatherapy mindfulness workshop where participants learnt about different oils and how to make rose oil from scratch.

Men's group: Our men's group has started work on creating a dedicated bench to the Murray family, where the Lockhouse is being developed. They have been learning how to use power tools and handle wood safely, along with giving a helping hand across the area!

Our men also had the opportunity to visit the Market Community Centre and attend a men's chronic pain taster session delivered by a specialist physiotherapist who provided an overview of how best to manage your pain.

Inner South Women's programme

Women's groups from Donegall Pass, Lower Ormeau and the Market have all started to take shape, with activities between the groups ranging from Pilates, gym classes, aromatherapy, mindfulness and nutrition courses. Each of these groups have been offering opportunities for the women of Donegall Pass to visit LORAG and for the women from Lower Ormeau to visit Donegall Pass. Watch this space!

Ageing well

LORAG offers a range of services to our older community, with weekly Older and Active sessions taking place on Thursdays from 10:00-12:30. This group does a great job of building relationships, giving people a chance to chat, and learn about how to look after their health through chair based exercise, inclusive games, bingo and more!

Over the last six months, our older and active group took part in a variety of activities. Members attended the south Belfast winter tea dance in Windsor Park where there was dancing, bingo and much more!

Our annual pensioner's Christmas dinner was a hit this year with 86 people attending. The mood was jolly and spirits were high!

To enter the spring season, our older and active group took part in a flower planting workshop, each making their own hanging basket with flowers.

If you're interested in coming along, even for a bowl of soup or a chat, contact: 028 9031 2377 and ask for Geraldine or Charlene.



SHAFTESBURY
COMMUNITY RECREATION CENTRE

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	

Family Support Hub

What is the Family Support Hub?

The Hub brings together organisations that deliver services to children/young people/parents/carers. This includes community, voluntary and statutory family support services.

The Hub aims 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.

How does it work?

You or any family member can complete a referral form

A referral can also be made by someone working on your behalf e.g.: school, health visitor, GP

Once we receive your referral we will call you to discuss how best to support you and your family.

Your local Family Support Hub is located at:

Shafesbury Healthy Living Centre.

T: 028 9031 2377 or E: mmcdonagh@lorag.org

If you wish to make a self-referral, please email Michelle at mmcdonagh@lorag.org or call 07956 749172, providing your name and telephone number and Michelle will give you a call to discuss how The Hub can support you.



Pain Support

Since 2017, Shafesbury 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 was recently shortlisted for an Advancing Healthcare Award for Partnership Working in Public Health



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!

SCAN ME!

Scan the QR code to sign up and take the first step to better days!

Or email us at betterdays@hcalliance.org

www.hcalliance.org



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.

home+plus

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.

Lifeline

0808 808 8000

mindingyourhead.info

HSC Public Health Agency

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.



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.

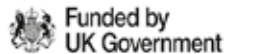
FREE SUPPORT AVAILABLE

- 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



Could you foster?
Give a child a brighter future

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

0800 0720 137
adoptionandfostercare.hscni.net

Northern Ireland Foster Care

LIVE LONGER AND STRONGER WITH REGULAR PHYSICAL ACTIVITY

HSC Public Health Agency

MAY/JUNE 2026 KING'S TRUST COURSES

All our courses are free to attend and don't impact benefits. We also reimburse transport costs and cover childcare (subject to application)

GET STARTED

Get Started with Makeup

Age: 16-30 **Taster:** 11 May
Dates: 18 - 22 May
Location: Belfast
Gain practical experience from a professional makeup artist and learn about working in the industry. Work towards a Beauty Guilds qualification.

Get Started with Content Creation

Age: 16-30 **Taster:** 11 May
Dates: 18 May - 22 May
Location: Wheelworks Arts, Belfast
Learn how to create and edit content for social media, with a focus on podcasting, video content, and visual marketing.

Get Started with Photography

Age: 16-30 **Taster:** 1 June
Dates: 8 - 12 June
Location: Belfast
Learn about career pathways and gain practical experience in using a professional camera and take photos of various subjects. Learn about framing, light, focus, exposure, and editing.

Get Started with Nails

Age: 16-30 **Taster:** 8 June
Dates: 15 - 19 June
Location: Gain practical experience from a professional nail technician and learn what it's like to work in the industry. Techniques will include: manicure and pedicure, gel polish, nail art, and BIAB gel polish.

The course also includes an opportunity to gain a Guilds qualification in Gel Nails.

GET READY

Get Ready for Careers in Health & Social Care

Age: 16-30 **Taster:** 1 June
Dates: 8 - 19 June
Location: Belfast
Get relevant experience through practical activities. Gain insight into a wide variety of careers in Health & Social Care. Work towards an OCN Level 2 Award in Employability and Health & Social Care and an RQF qualification in First Aid at Work.

Get Ready for a Career in Digital with W5

Age: 16-30 **Taster:** 11 May
Dates: 18 May - 29 May
Location: W5 Life, Belfast
Develop Digital skills for the workplace, and learn about opportunities in STEM. Build communication, problem solving and critical-thinking skills. Work towards an OCN Level 2 Digital Skills for Life & Work qualification.

GET HIRED

Get Hired in Health & Social Care

Age: 18-30
Dates: 4 June - 5 June
Location: Belfast
Find out about opportunities in health and social care, and interview for employers with live vacancies.

GET INTO

Get Into TK Maxx

Age: 16-30 **Taster:** 18 May
Dates: 1 June - 26 June
Location: Belfast with job opportunities across NI
Gain four weeks work experience, take part in employability workshops, and receive 1:1 mentor support to help you start a career in retail.

EXPLORE+

Age: 16-24
Dates: Starting June 2026
Location: Belfast

A six-month personal development programme. Take part in a range of activities on areas such as employability skills, good relations, citizenship, and positive progression. Opportunities to gain qualifications, identify strengths, and receive 1:1 support to help you progress towards your goals!

ENTERPRISE

Age: 18-30
Dates: Available year round
Location: Online with 1:1 support
Take part in expert-led workshops on finance, marketing, business planning, sales, and more. Get support to build a business plan and access grants to help you launch your business.

King's Trust Belfast Centre

6E Weavers Business Park,
Belfast, BT12 5GH
21 May, 1pm - 3pm
18 June, 1pm - 3pm

DROP IN

Drop in to chat to our friendly staff and find out about our programmes. Get money back for your travel in by bus or train.

CONTACT US

outreachni@kingstrust.org.uk
0800 842 842
kingstrust.org.uk

Free parking is available at our centre, or we are easily walkable from Grand Central Station.



What is Connected Community Care?

Connected Community Care is a social prescribing service which enables you to take an active role in your health and wellbeing. Using a comprehensive holistic needs assessment, a local wellbeing coordinator can work with you to identify main concerns and help address these through meaningful conversations, and connections to local support services. Connected Community Care has four wellbeing coordinators across the city - north, east, south, and west Belfast.

How Can We Help?

- Wellbeing Coordinators support:
- People who are at high risk of developing a chronic condition.
 - People with chronic health conditions.
 - People who feel socially isolated and lonely.

Types of support we can offer: Social Support

Client was referred to service for social support. Client had mental health problems and as such struggled with the upkeep of their home. This client was aged under 25, which made them eligible for a referral to MACS, who provided housing and wellbeing support. To help this client integrate socially they were referred to volunteering opportunities with Volunteer Now. This allowed the client to feel a sense of fulfilment and personal growth. Client was concerned about childcare arrangements when volunteering. A referral to Sure Start addressed this issue and helped them access affordable local childcare.

Self Management Programmes

Client was referred to service for self-management support. Client had chronic pain which was greatly impacting their daily activities. Referred client to Versus Arthritis for pain management course, support, and advice. To address the emotional distress caused by their condition, this client was referred for emotional wellness courses hosted by the Recovery College. Client was signposted to yoga classes in their local area to support with stress and anxiety.

Emotional Support

Client was referred to service for emotional support. As a result of Covid19 pandemic restrictions this client became socially isolated and withdrawn. This client was referred to Red Cross Befriending service for one-to-one emotional support. This service connected the client to a volunteer who visits weekly for an hour for coffee and on occasion accompanies them on a shopping trip. For peace of mind this client was referred to a Good Morning service who provide daily check in calls, alerting the next of kin should an issue arise. To help the client manage more difficult emotional issues they were referred for six sessions of counselling.

What do we offer?

- A single point of contact to access local health and wellbeing support services.
- Face to face visits at a convenient time and place for you.
- Person-centred support based on your individual needs.
- A holistic needs assessment which explores a range of factors that impact your health and wellbeing.
- Facilitate connections to support services in your local area.
- Follow up contact to ensure you accessed the services mentioned.
- Collate feedback to demonstrate the impact of the service to influence local community planning structures.

Am I Eligible?

- Must be aged 18 or over.
- Must be registered with a GP in the Belfast area.

How Can I Access Connected Community Care?

You can self-refer to the Service by contacting: referral@ccchub.co.uk or 028 9590 1407 OR alternatively, ask your GP (or social worker if you have one) for a referral to the Connected Community Care Service.



Information Update

Central Neighbourhood Team Engagement with Market and Lower Ormeau

The purpose of our initiative is to introduce you to your local neighbourhood team and allow us to share some important information with you directly.

Market and Lower Ormeau

Phil Barnes - 07786 853011
Philip.Barnes@psni.police.uk

Julie Halliday - 07393 144032
Julie.Halliday@psni.police.uk

Sergeant Tara Creelan - 07500 112823
Tara.Creelan@psni.police.uk

Anti Social Behaviour

While reports of anti social behaviour have reduced, we review reported incidents on a daily basis and we understand how it can cause significant upset to those impacted and our communities. We work with a number of agencies to address this issue, so again, if you are a victim, please report it to us. A significant proportion of anti social behaviour involves young people. We would encourage parents to remind their children to be considerate and mindful of others because what might seem like harmless fun to some, may actually feel like anti social behaviour to others. Potentially, this behaviour could lead to criminal offences which, if convicted could lead to a significant impact on a young person's life growing up.

Drugs

Tackling drug dealing and misuse is a key local policing priority. We are conducting searches and proactively dealing with this behaviour on a regular basis, but we need your continued help and support to address this societal issue. If you have information, or concerns, about the illegal use or supply of drugs please contact us on 101. Information can also be provided to Crimestoppers anonymously on 0800 555 111 or online at www.crimestoppers.uk.org. Anyone who thinks they might have a problem with alcohol and/or drugs and would like to get help can visit www.drugsandalcoholni.info. This website also includes details of services available for individuals affected by someone else's drinking and/or drug misuse.

Domestic Abuse

Despite an increase in reports, we know domestic related crime often goes unreported. We have recently been given additional tools and legislation to help us address domestic related crime. Please do not suffer in silence report it to police.

Useful Contacts

Belfast Women's Aid: 028 9066 6049
Men's Advisory Project NI: 028 90241929

Burglary

Unfortunately, in a significant number of burglaries, criminals are accessing properties through open or unlocked windows and doors. Please ensure you keep windows and doors locked, and always report suspicious activity.

All HATE CRIME is WRONG

WE ARE HERE TO HELP

There is information on our website to support and signpost victims of hate crime.
www.psni.police.uk

Check ONLINE

Has a hate crime or incident already happened and you want to report it?
www.psni.police.uk

Report ONLINE

Do you want to share some information with us or speak to someone specific?

CALL 101

Is it an EMERGENCY?

Is a crime happening right now or is a life or property at risk?

CALL 999

Further Support and Information



Northern Ireland
Foster Care

Fostering comes to Belfast

**We are in your area now -
Let's talk fostering!**

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

Chat to us about fostering opportunities that can work with your life. Discover how you can make a difference and give a child a brighter future.

HSC NI foster carers receive:

- training and development
- 24/7 support
- financial allowances

Let's dispel the myths

Can I foster if I work or am unemployed?

Yes. Your social worker will discuss childcare arrangements with you if you work.

Is there an age requirement to foster?

You must be 21 and over to become a foster carer. There is no upper age limit.

Can I foster if I have health issues or a disability?

A medical is required from your GP. You can foster as long as your GP doesn't raise any concerns about the impact of fostering on your health.

Can I foster if I rent my home?

Yes, as long as your landlord is agreeable.

Do you need a spare bedroom to foster?

A foster child must have their own bed, but may be able to share a bedroom. Your social worker will chat to you about sharing arrangements.

Can I foster if I'm single?

Single people can and do foster. You don't have to be in a relationship or married.

Can I foster if I'm LGBTQ+?

Yes. We have a growing number of LGBTQ+ foster carers.

Can I foster if I'm not a parent?

Yes. It's important that you have an understanding or experience of caring for a child/young person eg in a work setting, babysitting or voluntary role.

We welcome enquiries regardless of race, religion, language, culture, gender, disability, age or sexual orientation.

0800 0720 137

[adoptionandfostercare.hscni.net](https://www.adoptionandfostercare.hscni.net)

Quiz

- 1 Which band in south Belfast is celebrating its 50th anniversary?
- 2 What is the new name for the LORAG garden?
- 3 What is the name of the Queen's University Belfast initiative to get students home safely?
- 4 What is the new director of operations for Donegall Pass Community Enterprises called?
- 5 Which government department has opened an application for residents to request resident parking zones for their area?
- 6 Which area has just launched a five year strategy?
- 7 Which school did LORAG's Older and Active group do a singing project with?
- 8 Which organisation delivers a Social Supermarket Larder?
- 9 When was the Lower Ormeau Youth Hub officially opened?
- 10 How do you say 'I live in Belfast' in Irish?

£50 PRIZE Voucher for Dunnes Stores
Send answers to: hffloyd@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: Tá mé i mo chonaí i mBéal Feirste

Phonics: Ta may i mo chonee i mbel farshte

Arabic: أنا أعيش في بلفاست.

Phonics: Ana askun fi Belfast

English: I live in Belfast



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 Tara Creehan tel: 07500 112823;
e: Tara.Creelan@psni.police.uk
Constable Phil Barnes tel: 07786 853011;
e: Phillip.Barnes@psni.police.uk
Constable Julie Halliday tel: 07393 144032.
e: Julie.Halliday@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)
Shaffesbury Community & Recreation Centre,
97 Balfour Avenue,
Belfast, BT7 2EW
Tel: 028 9031 2377

Lower Ormeau Youth Hub
River Terrace, Belfast,
BT7 2EN
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

**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