



Ballybeen Women's Centre
ANNUAL REPORT
2009-2010





WOMEN'S CENTRE BALLYBEEHIVE

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DOORS

BALLYBEEN WOMEN'S CENTRE

Ballybeen Women's Centre is an integrated service provider committed to enabling women, young people and children to realise their potential and fulfill their aspirations through the promotion of health, personal and socio-economic development.

STAFF

DIRECTOR

Tanya Hughes

EDUCATION AND TRAINING CO-ORDINATOR

Amanda Marshall

HEALTH PROJECTS CO-ORDINATOR

Gillian McCarroll

YOUNG PEOPLE'S SUPPORT WORKER

Clare Mallon

Jen Simpson (Sept 09 - May 10)

OUTREACH AND SUPPORT WORKER

Anne Walker

ADMIN AND FINANCE OFFICER

Janeen Tully

ADMIN SUPPORT WORKER

Pauline McCune

EARLY YEARS MANAGER

Linda Chambers

EARLY YEARS TEAM

Sandra Boyles

Nadia Brown

Jenny Glass

Maggie Heasley

Alison Holt

Symone Hooley

Lynsey Kelly

Kelly Kincaid

Leslie-Anne McKeown

Paula McWilliams

Stacey Osborne

Liz Rea

Shirley-Anne Thompson

Joanne Harvey (Sept 09 - Dec 09)

09/10 MANAGEMENT COMMITTEE MEMBERS

CHAIRPERSON

Margaret Taylor

TREASURER

Elizabeth Acheson

SECRETARY

Jean Cross

Florence Gray

Anne Kirkpatrick

Eileen Linder

Victoria Logan

Hazel McClean

Directors Report

I am delighted to present this year's annual report. During the last year we have developed and delivered new programmes, pilot activities and projects with the aim of meeting the needs of our target groups within the local community.

As we enter our 27th year the Women's Centre remains a key service provider within Ballybeen. In this years report you will read about the achievements and progress made in our core areas of work – Early years, Education and Training, Health, Culture and Diversity. We are proud of the richness and diversity of our work and this year we were delighted to extend our services and programmes reaching even more women and families in the community.

We have continued to work with existing partners such as Sure Start and Belfast Health and Social Care Trust to ensure the delivery of high quality services. In addition we have established new partnerships with Brooklands Primary School and the Family Learning Department of Belfast Metropolitan College to develop and deliver an innovative model of family learning. Participation in EU work has become an increasingly important element of our work at the Women's Centre. Our partnerships at an EU level have enabled us to develop and share our practice with others and this year women and young people had the opportunity to attend international conferences and participate in projects that promoted active EU citizenship. In June we were delighted to host our own national conference under the "Dialogue with the EU" project which was attended by over 100 people. A special thank you must go to Diane Dodds MEP for taking the time out of her busy schedule to address the conference and also for agreeing to host a group of women in Brussels later in the year.

Unfortunately we continue to deal with the challenge of sustainability and our staff and management committee

are currently considering how best to deal with the changing economic, political and social climate. There is no doubt that there are challenging times ahead but I think they are challenges that we will rise to as we have done in the past. As an organisation we are deeply committed to this community and we will continue to work for women and their families within it.

On a more positive note we are all looking forward to the commencement of the regeneration of Ballybeen Square and the demolition of the derelict buildings that have become such an eyesore. Our Toddler group relocated to the new Activity Centre at the Enler Complex in May this year and both staff and children are enjoying the new facilities.

Finally I would like to take this opportunity to acknowledge and thank the staff for their hard work and commitment throughout the year.

Thank you also to our dedicated and supportive management committee and volunteers.

Tanya Hughes



Department of Foreign Affairs Annual Peace and Reconciliation Network 2010.

Early Years

Childcare is an integral part of the work of the Women's Centre. This year we provided over 10,000 childcare places with average daily attendance of 58 children.

Due to the high demand for childcare we reviewed all areas of our Early Years work. Compliant with Social Services regulations we moved from sessional day care to full day care, excluding lunch provision. As a result we are now delighted to offer extended childcare services:

2's Room – Purposefully furnished play room for 2-3 year olds to stimulate and challenge them in all areas of development.

The Fireflies Room – Offering a variety of activities such as arts and crafts, homework club and book club for the 5-10 age group.

Computer Suite – The Centre's computer suite has also been registered for use by children to provide opportunities for ICT development and projects etc.



Talent Show.

Education Room – The Centre's education and training room has also been registered for use by the early years.

All of the above have been registered with Social Services and have enabled us to provide a broader programme of high quality services for children and their families.

This year we have worked closely with Belfast Health and Social Care Trust regarding the sponsored day care programme which enables us to provide support to families in need within the community. Through our partnership with East Belfast Sure Start we developed and delivered a range of support programmes for families with children with additional needs.

Promoting health and well being is a core element of our early years work and this year planning took place for a new healthy lifestyles project for the under 5's. This project will be rolled out across all the early years facilities, starting in Sept 10. Staff are really excited about this project as it will enhance and extend our services to children.





Creche.

Supporting families with young children continues to be an important aspect of our work. Staff provide ongoing support throughout the year on a one to one basis and also through specific initiatives. Following on from last year's successful Friends Together project we implemented a new initiative called Families United, a support programme for local families. I am delighted to report that many of the women involved have since enrolled onto the Centre's Education and Training programme. The Centre is also currently developing Family Learning initiatives that will be promoted through the Early Years department.

This year we were delighted to receive funding under the Early Years Capital funding scheme to install a new heating system into the Pre School. This will make a real difference during the cold winter months. Thankfully the Toddler group will not experience such problems as they have just recently moved to the new Emler Complex.

Ensuring and sharing good practice is important to us as early years providers and this year we hosted several visits from health visiting and social work students from Northern Ireland and the USA. We also continued to work with the Early Years Organisations and our designated Early Years Specialist and Social Worker to review and revise our services. We also updated and published

our early years policies and procedures and parents information booklets. This year we again provided work placements for several schools and colleges.

Each year's intake of children presents new challenges for staff and this year was no exception. Staff training and development is therefore of fundamental importance to us as it ensures children's needs in a timely and effective manner.

As the pictures show this year's early year's programmes provided a rich and diverse range of activities covering many different topics and themes including identity, culture and diversity, healthy eating, dental care, the environment and recycling. The children really did have a fun packed year.

Linda Chambers

Early Years Staff Training 2010/11

Train the Trainer First Aid
Save a Life
Asthma Training
The Fundamentals of Autism
Managing Children's Challenging Behaviour
Epipen Awareness
Foundation Food and Hygiene
Cluster Group Early Years Training
PEAGS



Owl Man visits Toddlers and Preschool

Education and Training Programme – Annual Report 08/09

Enrolments

It has been another busy and successful year for the Education and Training programme. In total 124 women enrolled on the following education and training courses at the Centre this year:

PC Skills
OCR CLAiT
Internet and Email
MOS
Digital Story Telling
Positive Parents, Positive Kids
Internet Skills for Parents
Essential English Skills
Essential Maths Skills
Essential ICT Skills
How to Make Your Money Work Harder
Women Moving On
Driving Theory
Investigating Your Family Tree
Cook It
Mixed Crafts
Chair Yoga

The annual Presentation of Certificates took place June 2010. Over the year there has been a 90% completion rate with women gaining nationally recognised qualifications i.e. NOCN Entry Level 3, NOCN Level 1, NOCN Progression Award at Level 1, CCEA Level 1 in Communication Skills, in Application of Number, ICT Skills, OCR Certificate and Diploma Level 1 for IT Users and Microsoft qualifications.

During the year the Centre received funding from the following:

John Moores Foundation Funding

At the start of the academic year we received funding from the John Moores Foundation to run a 1 year ICT skills programme. 48 women completed a range of ICT courses from beginners' ICT skills through to CLAiT, Internet and Email skills to Microsoft Office Specialist skills. They gained NOCN Entry Level 3 and Progression Awards, OCR Certificate for IT Users and Microsoft Office Specialist Word and Excel qualifications.

Big Lottery Funding

In April 2009 under the Women's Centres Regional Partnership received Live and Learn Funding from the Big Lottery. Ballybeen Women's Centre, along with 13 other women's centres and organisations, will receive funding for 5 years towards their education and training programmes.

The Turkington Foundation

In January 2010 the Centre received funding for a digital storytelling project for older women. Women took part



in a 15 week programme which involved creative writing and using digital media to tell their story.

Family Learning

Family learning was brought back into focus this year within the Centre. We ran courses where the emphasis was on helping parents gain confidence and skills to enable them to assist their children. The first was delivered by Belfast Metropolitan College in September 2009 - a 10 week course called Positive Parents, Positive Kids ran which allowed mothers to explore more positive parenting techniques and family learning issues. This was course was the subject of a Newsline Family Focus slot in November.

The second family learning course has evolved out of the Centre's involvement in a 2 year Grundtvig Multilateral Project called Basic Life. This project has involved developing a family learning education model around Web 2 tools and piloting it with mothers. The emphasis of this model was teaching mothers how to use the internet and its tools in order to assist in their children's learning. The Centre approached the Family Learning Department of Belfast Metropolitan College and Brooklands Primary School in the delivery of the model which involved 5 taught sessions with ICT Tutor-Mervyn Gourley and 2 sessions at Brooklands with Mr Coetzee the ICT Co-ordinator and P5 teacher where they were able to experience how their children use ICT in their learning – the interactive white board proved very popular.

Open University

The Centre was approached in February about offering women a 20 week introductory course through the OU Openings Programme. A survey was completed and during Adult Learners' Week in May 2010 an information session was held for those interested. The response was overwhelming and there will be 26 women beginning 'Starting with Psychology' and 4 women beginning 'Understanding Children' modules with the Open University. There will be tutor support offered at the Centre during the course.

European Programmes

Participation in EU programmes has enabled us to share our good practice and learn from others in a variety of fields of work for example, education and training, childcare, gender and equality. It has also enabled us to work with a diverse range of individuals and organisations from throughout Europe and assisted us to position our work within an EU context in terms of relevant policy and legislation.

Leonardo Da Vinci KWELE Project

This year saw the end of the KWELE – Keys for Women's Economic and Labour Empowerment Project. This was a really exciting project for the Centre as it provided us with the opportunity to share our 'Steps to the Future' model of education and training with other EU countries. The model was piloted in Greece, Latvia, Poland and Turkey and we are delighted to report that it was successfully transferred in all countries. In Greece they felt it was especially effective as a model of education for targeting very marginalised women such as trafficked women and ethnic minority women. Having transferred the model successfully in Latvia with women they are now considering a similar pilot with disadvantaged young people. The KWELE project was a really enjoyable and educational experience for all involved. Projects such as



Learning to felt - Austria.

this provide excellent opportunities for the professional development of staff and also for promoting the work of the Centre at an EU level.

Grundtvig Multilateral Project – Basic Life Year 2

The final year of this project has involved the development of an educational model non competence in Web 2.0 tools for parents of primary school children called 'Internet Skills for Parents'. The educational model was then piloted with 10 women who took part in 6 sessions at Ballybeen Women's Centre and 2 sessions at Brooklands Primary School with the ICT Co-ordinator/Teacher. The participants said that they now had a better understanding of how their child was been taught ICT in school. The



majority of participants said they were motivated to do further learning either for themselves or family learning. The feedback about the educational model given by the ICT Co-ordinator/Teacher was extremely positive and said it has been an innovative approach in strengthening the relationship between school and parents.

A Good Practise guide of the 5 educational models which were developed and piloted in Romania, Portugal, Germany, Northern Ireland and Latvia has been produced.

Grundtvig Learning Partnership – Dance of the Creative Hands

This aim of this 2 year learning partnership is to enable women from the partner countries – Northern Ireland, Austria, Greece and Turkey to learn traditional and recycling crafts from each other's countries as well as experience different cultures and societies.

The first trip to Austria in January 2010 was very successful. 3 women and 2 staff travelled to Hartberg where everyone participated in felt making workshops. 4 workshops were organised in the Centre. 15 women were recruited from the area and the 3 learners demonstrated the art of felting and assisted the women in how to make felt. They produced various items such as bags, necklaces, shoes, cases for mobile phones and glasses etc. Many of these items were taken by the 7 learners who attended the second transnational mobility to Harberg, Austria in May.



EU Project Meeting - Austria.

Europe for Citizens Programmes:

1. Contribute to Change – Young Women in Political Careers

BWC, along with partner organisations from Romania and the Czech Republic, have been involved in a year long project aimed at increasing the participation of young

women in political life by changing attitudes, raising confidence levels and self esteem.

17 young women from BWC took part in study visits and workshops to Castlereagh Borough Council, Belfast City Council, the Stormont Assembly and the Irish Parliament Dáil Éireann as well as a debate on EU issues. There has been very positive feedback from the women who took part and all really enjoyed the lively debate on women's rights.

2. Dialogue with EU – The Voices of the European Citizen

Along with partner organisations, from Greece, Germany, Czech Republic and Romania, BWC has been developing activities aimed at empowering women with the necessary knowledge and skills to be able to express their opinions on a range of issues and policies the an EU level through forums, blogs etc...

Women from BWC have been able to engage with women from partner organisations and discuss issues such as European values, active citizenship diversity at international conferences in Greece and Germany.

Ballybeen Women's Centre held a national conference **"Celebrating European Citizenship and Achievement"**

on Wednesday 23rd June at the Stormont Hotel as part of this project. The event was attended by over 100 people. As well as women and young people guests included local Councillors, representatives from DSD and the voluntary and community sectors. The keynote speaker was Diane Dodds MEP, who gave an informative and insightful talk about her role as a member of the European Parliament for Northern Ireland.

Amanda Marshall



National Conference - June 2010



Health Promotion & Peer Education Project

Ballybeen Womens Centre is committed to identifying and addressing the health information needs of both women and young people and to this end has developed a range of comprehensive programmes and services.

WOMENS HEALTH

Monthly Health Events

Health events are organised and planned on a monthly basis in consultation with women so that they are given the opportunity to express their needs. This year a broad range of issues were covered including:

- Alternative Therapies
- Healthy Lifestyles
- Cardiac Risk Factor Assessment – Chest, Heart & Stroke Association
- Mental Health
- Cancer prevention
- Chair Yoga

10 women attend a Chair Yoga class which runs in the centre on a weekly basis.

Cook-it Programme

This year a Cook-it Programme for women was delivered in partnership with Sure Start - 6 women completed the programme.

PEER EDUCATION PROJECT

The Peer Education Project delivers high quality health, social and personal development programmes that support young people to realise their full potential.

As ever our Peer Educators have been busy in the development and delivery of training for young people. This year 279 young people participated in peer led programmes in a variety of settings both in centre and

in outreach locations such as the local high school and primary school.

Sexual health and relationships continue to be a priority area. With regards to sexual health the Project provides a multi-faceted service through the delivery of programmes, which provide a safe and supportive environment where young people can develop an understanding of their own and other people's sexuality and sexual health issues, and through the weekly Sexual Health Clinic which provides free confidential sexual health advice and contraception for young people. A new development to the clinic this year has been the introduction of Chlamydia testing which has proved to be a much needed and beneficial service.

This year the PEP has also engaged in a number of new projects. A mural arts programme funded by Castlereagh Borough Council saw young people attending work closely with a local artist to develop a wall mural for the PEP room. A sexuality and relationships programme was also piloted for the first time in a local church and proved to be very successful.



Residential Share Centre.

Ongoing training and development is vital to the success of the programmes and Peer Educators updated their skills and knowledge by undertaking training for trainer drug awareness programme with FASA, sexuality and relationships training with the Belfast Trust Sexual Health Team and Ulster Cancer Foundation's Brief Intervention Training. A number of new resources and materials were also developed; the signposting information was reviewed and updated; information fact files on a variety of topics were developed and the programme for Year 8s was expanded to cover new topics.

Over the last number of years the Project has developed links with other organisations and this year worked closely with a Peer Education Programme based in Blanchardstown, Dublin. Twenty young people participated in exchange visits and an outdoor pursuits residential. The programme was a great success and friendships have been established between the young people from both groups. We hope to continue this work

in the future and look forward to meeting up with the group again next year.

The hard work and dedication of our peer educators is what makes this project a success and lastly I would like to take this opportunity to say a big thank you to all those who have dedicated an enormous amount of their own personal time to both training and working face to face with young people.

Gillian McCarroll



Presentation of certificates - June 2010.



Residential Share Centre.

Culture and Diversity

Promoting culture and diversity is an integral part of our work at the centre and this has seen the development of some really interesting projects.

I am delighted to report on a new partnership project that commenced this year with women from Lisburn. The aim of the project is to archive women's histories through oral histories and the production of a script. It will create opportunities for different communities to share histories and work towards a shared goal. Women are engaging in a process of being heard and having their experiences recognised and valued. Collectively they are working towards creating artistic endeavour which will be performed in the wider community. The creation of an oral history which will provide a future legacy for local historians and academic research.

On a similar theme the Cross Border Women's Collective also received funding from the International Fund for Ireland to produce a DVD documenting women's life experiences over the past 30 years and how women have been role models within communities.

Two groups of women from Ballybeen have joined with women from other parts of Northern Ireland to undertake



Visit to the Somme - September 2009.

a 'Women in Leadership' programme in Glenree Centre for Peace and Reconciliation in County Wicklow.

This year 14 women commenced a Museums project. Key themes of the project are: Seasonal Customs and Traditions, Rural and Urban traditions that are specific to the local community. Participants have had the opportunity for hands on experience when they tried basket weaving , butter and bread making at the Ulster Folk Museum.

The Centre also ran a number of very interesting history courses this year and following on from the First World War course a group of women visited the Somme and battle sites in Belgium and France.

Participation in EU projects also provided the opportunity for women and young people to learn about political institutions locally, regionally and nationally and on an EU basis with visits to the Dail, Stormont, Castlereagh Borough Council and Belfast City Hall. Participants were



also fortunate to meet with local MP's such as Sir Reg Empey and TD Noel Treacy, previous Chairperson of the Good Friday Agreement steering group.

The Centre was also represented at the all Ireland Networking Forum organised by the Department of Foreign Affairs which provided opportunities to learn about other people's experiences in the field of peace and reconciliation.

All and all it has been another very busy year in relation to Culture and Diversity and the Centre is looking forward to a number of new initiatives starting next year including the development of a Good Relations project thanks to funding secured from Lisburn and Castlereagh Strategic Partnerships Peace III funding programme.



Visit to the Dail and meeting with TD Noel Treacy.

Outreach & Support

Outreach and Support remains an integral part of the work of the Centre as it enables us to reach those women and families most marginalised and vulnerable within the community. A key role of the outreach worker is to visit women in their homes and support them to take that difficult first step outside the home.

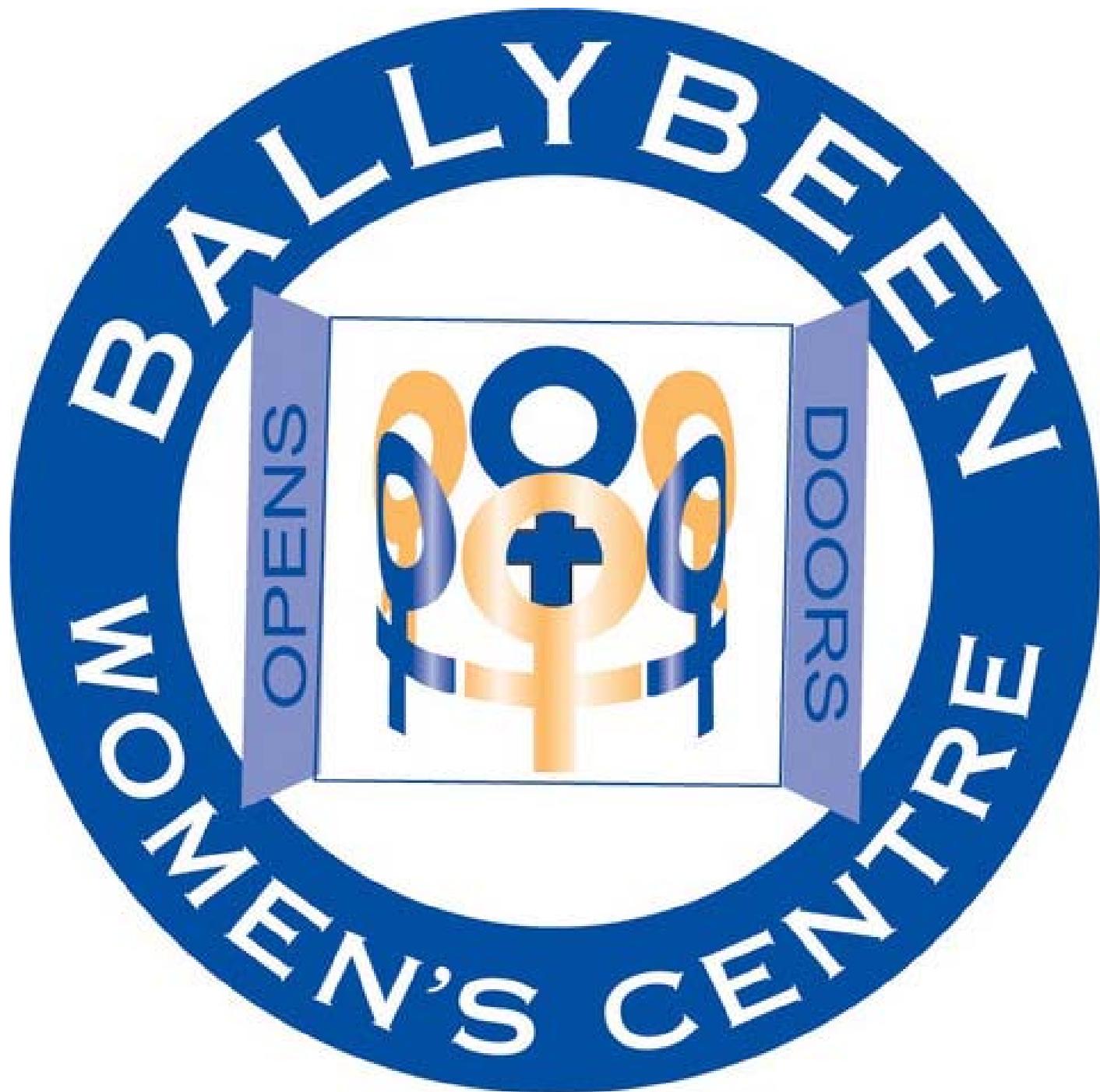
This year has seen an increase in the number of women coming to the Centre for the first time through the outreach programme and we are delighted to see so many new faces.

The Outreach and Support Worker has continued to work with a range of statutory and voluntary agencies to ensure that the needs of those hardest to reach are met in an appropriate and timely manner.

Anne Walker



Meeting Sir Reg Empey at Stormont - May 2010.



FUNDERS



'Europe for Citizens' Programme

Turkington Fund managed by



CONTACT

Ballybeen Women's Centre,
34 Ballybeen Square,
Dundonald, Co. Down,
BT16 2QE

Tel: 028 9048 1632

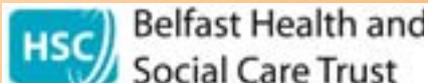
Fax: 028 9048 4077

Email: info@ballybeenwomenscentre.org

www.ballybeenwomenscentre.org

Charity No.: XR 17294

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Lifelong Learning Programme



Reconciliation Fund
Department of Foreign Affairs



Castlereagh Borough Council



Department of
Education

www.deni.gov.uk

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LET'S EVEN  THINGS UP

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Lifelong learning programme
LEONARDO DA VINCI