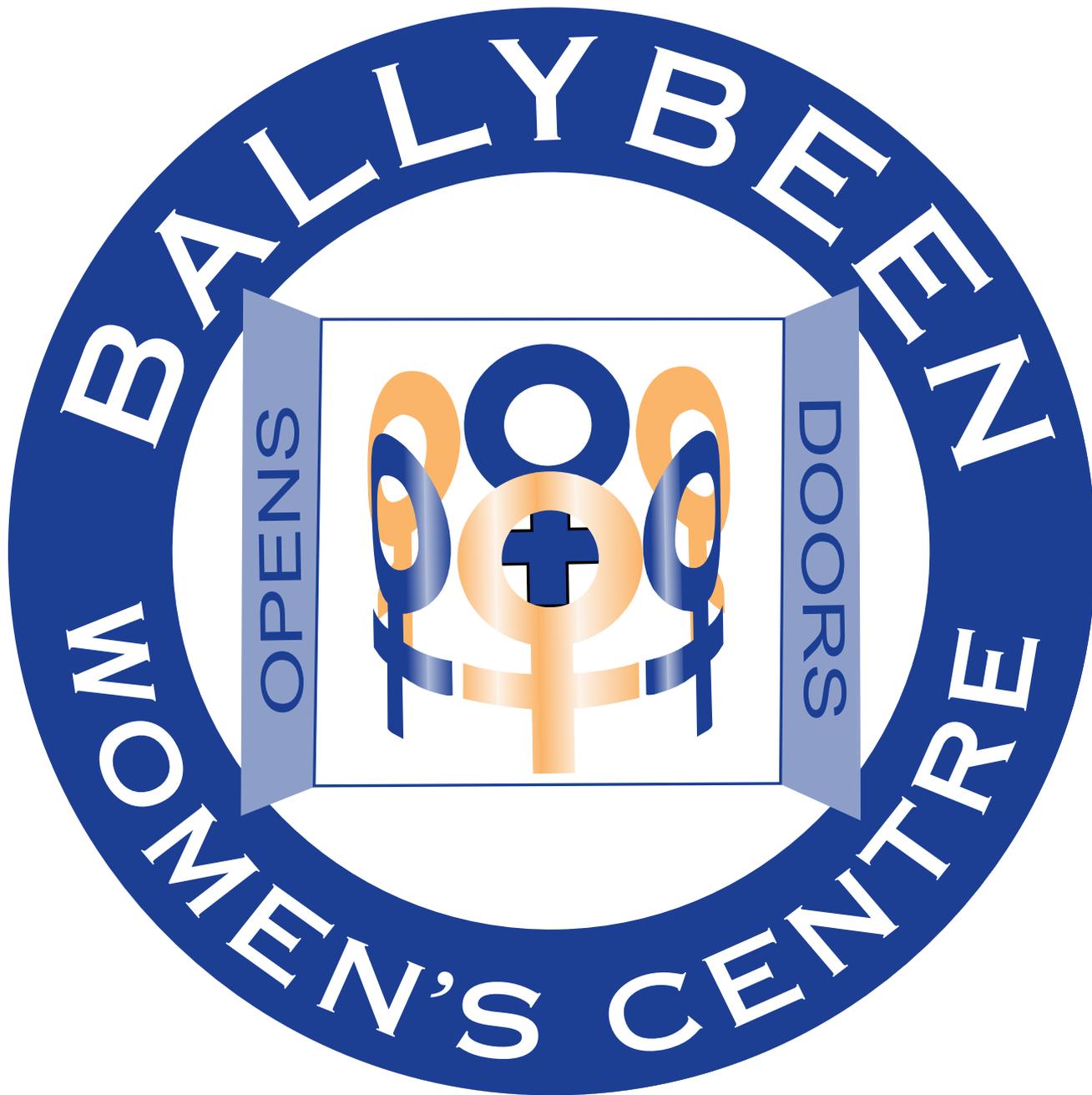


Ballybeen Women's Centre  
**ANNUAL REPORT**  
**2013-2014**

30





*Celebrating 30 years in the community  
1984 - 2014*

## **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

#### **OFFICE MANAGER**

Janeen Tully

#### **ADMINISTRATION SUPPORT OFFICER / PROGRAMME SUPPORT WORKER**

Pauline McCune

#### **EDUCATION AND TRAINING CO-ORDINATOR**

Amanda Marshall

#### **HEALTH PROJECTS CO-ORDINATOR**

Gillian McCarroll

#### **YOUNG PEOPLE'S SUPPORT WORKER**

Clare Mallon

#### **OUTREACH AND SUPPORT WORKER / EMPOWERMENT WORKER**

Anne Walker

#### **EARLY YEARS MANAGER**

Linda Chambers

#### **EARLY YEARS TEAM**

Shirley-Anne Thompson

Jenny Glass

Kelly Kincaid

Paula McWilliams

Liz Rea

Alison Holt

Nadia Brown

Stacey Osborne

Leslie-Anne McKeown

Symone Hooley

Lynsey Kelly

Sandra Boyles

#### **13/14 MANAGEMENT COMMITTEE MEMBERS**

#### **CHAIRPERSON**

Margaret Taylor

#### **TREASURER**

Jean Cross

#### **SECRETARY**

Eileen Linder

#### **MEMBERS**

Florence Gray

Aimee McCune

Anne Kirkpatrick

Hazel McClean

Beryl Harvey

Eilish Kelly

# Directors Report



Ballybeen Women's Centre is now in its 30th year. Since first opening our doors back in 1984 the Centre has gone from strength to strength - every week over 100 women and 170 young people accessed our programmes and services, 100 children attended our childcare facilities on a daily basis and last year alone we supported over 90 individuals and families. As the numbers suggest the Centre has become a much needed and used resource within the local community.

I am delighted to present this year's Annual Report which will highlight our key achievements over the past year.

Education and training remains at the core of the Centre and I am delighted to report that 142 women completed courses this year, representing a 94% completion rate. The Steps to Employment and Live and Learn programmes offered a diverse range of courses such as essential skills training, gel nails, beauty therapy, ICT etc.

Promoting health and wellbeing amongst all age groups remains a priority for the Centre and this year we delivered a full programme of courses and activities. In addition to the monthly health events we worked in partnership with Boots the Chemist to deliver a programme covering a wide variety of health topics including allergies, mental health and depression, stroke/heart disease and dementia awareness.

The Peer Education Project is entering its 20th year, making it one of the longest established in Northern Ireland. Overall 178 young people participated in peer led programmes within the Project and a further 587 young people were engaged through detached work on the streets and the weekly drop in service.

The project also continued to deliver programmes on sexual health and drugs and alcohol in the local secondary school and deliver a pre pubescent programme to year 7 pupils from the local primary school.

Through our Good Relations work the Centre sought to establish solid structures for community relations and reduce negative sectarian and racist attitudes.

In all these programmes and activities it is hoped that by engaging local women, children and young people in reconciliation and cultural learning it will help create structures that are open and accepting of diversity and a future that, unlike the past, places good relations at the foundation of its ethos.

With the securement of additional Peace III funding we were able to extend the Peace to Talk project by a further 9 months – Jan – Sept 14. A key aim of the project was to develop a consortium of local women/family groups from across Castlereagh and Lisburn Council areas to deliver a women's cross council collaborative initiative in areas that have been divided and affected by the conflict in Northern Ireland. The project commenced in August 2012 and will now run until Sept 14.

During this time we were able to deliver a number of exciting and innovative programmes and events aimed at addressing issues of culture and diversity and promoting acceptance and respect for others.

Collaborative events enabled women and their families to build positive relations with others from differing cultures and traditions.

BWC were also able to build on the partnership ethos that had developed during the first phase of the project. The cross border project with Cavan Women's Network continued and women from Ballybeen and Cavan enjoyed a number of very interesting activities such as visits to both the Irish parliament in Dublin and The Northern Ireland Assembly in Belfast

A key development in the project has been the increase in participants self confidence, knowledge and understanding of both their own and others culture and history. Participation in the project enabled women and children from a single identity protestant community to work collectively with people from varying backgrounds to develop their understanding and knowledge of diversity that will hopefully contribute to a shared vision for a society emerging from conflict.

In November we were delighted to have the opportunity to meet with Kurdish women during their visit to Ireland to discuss the role of women in conflict resolution.

Our European work created lots of great opportunities for women to work collectively with others from throughout the European Union. This year we were involved in 2 projects – A Grundtvig Learning Partnership entitled 'Rhythms of the Year' and a project called 'More Women into Politics 2014' funded under the European Fundamental Rights and Citizenship Programme.

The aim of the latter was to increase political awareness amongst women and in so doing encourage them to participate in





Council run Activity Centre we have travelled a long way but the journey is not over yet and this year we have begun planning for the future through the development of a strategy that will lead us into the next 30 years. We look forward to continued growth and development and a new and exciting future for the Centre.

All that remains is for me to thank the dedicated staff team who have worked tirelessly this year, the management committee for their support, the volunteers for the contribution they make to the Centre and all of our funders without who none of this would be possible

Tanya Hughes

Director

politics both locally and at an EU level. I am delighted to report that as a result of participation in the project 5 women decided to stand for local elections and a number of others said they would consider doing so in the future.

The Grundtvig Learning Partnership provided opportunities for cultural exchanges and women from Ballybeen travelled to Czech Republic, and Greece to experience firsthand the culture and traditions of these countries.

Underpinning all of our work at the Centre is of course Childcare and Family Support. This has been another very busy year with all of our childcare facilities operating at full capacity with waiting lists in place for all facilities.

Once again this year the Centre experienced an increased demand for Family support services and we continues to work with a range of organisations including the local food bank in an effort to try to ensure the needs of local families were met in a timely and appropriate manner.

All in all it has been an extremely successful year for the Centre, however, with success comes challenge and coping with the increased demand on all our services has been extremely challenging.

This year has been a time for reflection and celebration. From our humble beginnings 30 years ago in the cellars of the local



# Childcare

This has been another extremely busy year for the childcare department with all facilities operating to full capacity.

The Centre delivers a diverse range of childcare programmes and services, including:

- Day care for the under 12's, (2 sessions Morning & Afternoon)  
Full day care provision
- Pre-school Education
- Toddler Group
- Afterschool Club
- Family Support Programmes

## Crèche

Our day care operates 5 days per week with 3 sessions each day and supports the following:

- Women returning to education training
- Women returning to employment
- Provision of respite for families experiencing difficulties

The Crèche is a vital component of the Women's Centre's work as it underpins all our core areas of our work.

The facility itself is bright, airy and welcoming and our staff team nurture the children in a way that enables them to progress to their next stage of development.

## Toddler Group

The Toddler group operates 5 mornings per week and is a much needed service with a long waiting list in operation. This year we accepted 16 children into the facility.

The Toddler programme offers a wide range of programmed activities relevant to the children's age and stage of development. It operates a key worker system that not only supports the child but also ensures parents/carers are kept informed of their child's development and progress throughout the year.



## Pre-school

The pre-school children enjoyed another successful year filled with lots of learning and developmental opportunities offered through our high quality fun packed, interactive programme reflecting the six curriculum areas of:

- Early Mathematical Development
- Arts
- Physical Development
- Language Development
- Personal, Social and Emotional Development
- The World Around Us

A key development within the Preschool this year has been the development of a new multi-sensory room that will bring a new dimension to our preschool work by enabling us to better provide for children with sensory needs. It will also offer a space for rest and relaxation for all children.

Through the Building Capacity Project the SEELB provided another years training which equipped our staff with valuable knowledge and skills thus enabling them to better meet children's individual needs. As a result staff devised a 'Learning Together' Action Plan that promotes the learning environment and focuses on 2 specific areas: development of multi-sensory



room (as above) and the introduction of a buffet break system which now gives children increased decision making skills in terms of when and what they eat.

### **Afterschool Club**

Once again the Afterschool has been extremely popular with over 40 children registered.

The facility offers school age children opportunities to gain new skills and make friends. The staff make every effort to ensure children fully participate on all that is on offer.

This year a number of specialist programmes ran including dance and football coaching.

### **Summer Programme**

This year we ran another fun packed summer programme that included trips to Delamont Country Park, Ulster Folk and Transport Museum, Newcastle and Bangor.

As the photos show the children thoroughly enjoyed every aspect of the summer programme.

Highlights and visitors of the past year were:

- Northern Ireland Fire Service - Fire Safety Awareness
- Debutots – Introducing the world of stories

- Community Police – Personal Safety
- Jo – Jingles ( Music & Movement)
- Gathering Drum - Different sounds and sizes of drums from around the world.
- Dentist – 321-Dental Health Awareness
- DogWarden/Reforcement Officer - Looking after pets
- Environmental Health Officer – Recycling
- Hullabaloo Children’s Interactive Theatre – Cultural programme



### **Training**

Early Years Staff completed the following training:

- Pre-school Building Capacity Project: Early Identification and Assessment of SEN
- Paediatric training
- Manhandling Course
- Foundation Food Hygiene Training
- Child Protection Training
- Anaphylaxis and Epi-Pen Training
- Fire Risk Assessment Training
- Cluster Group Training

## Family Support

Supporting families with young children remains a vital element of our work at the Centre and over the past year we have seen an increase in demand for our family support services.

The following support was given to the families:

- Liaising with Social Services and other Agencies e.g. NIHE
- Signposting to relevant professionals in response to identified additional needs of children
- One-to-one support and advice for parents with children recently diagnosed with autism
- Working closely with parents to implement behaviour management plans
- Provision of support and respite care for newly referred families under sponsored day care
- Food bank
- Advice

The Family Support Officer has developed good working relationships with the following agencies:

- Sure Start Family Support
- Oral Health Dentist
- Food bank Service
- Early Intervention Support Team
- Store House Team
- Parenting NI
- Early Years Team
- Forward Steps – Barnardo's



# Education and Training Programme

It has been a bumper year with over 150 women enrolling in courses and 142 completing courses at the Centre. That represents a 94% completion rate with many gaining nationally recognised qualifications such as:

- Open College qualifications
- CEA Essential Skills qualifications
- Open University Level 1 modules
- First Aid qualifications
- British Association of Beauty Therapist qualifications
- OCR IT User qualifications

## Steps to Employment Project

This project is funded through the European Social Fund and the Department of Employment and Learning. 31 new women have enrolled on skills based courses and gained nationally accredited qualifications this year.

- Ready For Action
- First Aid
- BABTAC Gel Nails
- BABTAC Facials, Skincare & Make-Up Application
- BABTAC Waxing
- OCR ITQ L1

## Live and Learn Project

Ballybeen Women's Centre is part of the Women's Centres Regional Partnership (along with 13 other women's organisations from across Northern Ireland) which gained 5 years funding through the Big Lottery's Live and Learn Programme. We have completed year 5 and the education and training courses delivered through this project aim to increase women's confidence and self esteem, enhance their employability, increase essential skills and support their children's education and family life.

- Essential ICT Skills
- Essential English Skills
- Essential Maths Skills
- New Environment Different Culture

- Have a Change of Heart
- It's Your Money
- Cancer Awareness

- Body Mind Soul
- Living Life to the Full
- Mindfulness
- Time Out
- Chair Yoga

## Peace to Talk

This project is funded through the Lisburn and Castlereagh Peace 3 Partnership and to date women have completed cultural and diversity, skills based and personal development courses:

- PC Skills
- Living History
- Them and Us

This year we worked with the following Organisations

- Bambino Massage NI
- Belfast Metropolitan College
- Big Lottery
- British Red Cross
- Castlereagh Borough Council
- Castlereagh Safe and Well Project
- Department of Employment and Learning
- Department of Foreign Affairs
- Lisburn and Castlereagh Peace 3 Partnership
- Open College Network NI
- Open University
- Parenting NI
- Women's Regional and Development Agency
- Women's Support Network
- Yoga Belfast

- Cook It
- Young Mothers
- Moving On
- Positive Parenting
- Baby Massage
- Baby Movers
- Scrapbooking
- Creative Arts

# European Projects

## Fundamental Rights and Citizenship Programme

“More Women in European Politics – More Women in 2014”

### Key Objectives

- To support partners from 13 Member States to undertake campaigns which seek to increase the numbers of women candidates and numbers of women voting in the European Parliament and other elections
- To support partners in developing and delivering a capacity building programme for ‘would be’ women candidates
- To facilitate an exchange of experience in respect of good practice in getting more women into politics
- To facilitate transfer of good practice and voluntary actions

### Target Groups

- Women under 45
- Political Parties
- Gender Equality Organisations

This year 10 women completed the capacity building programme that included study visits to the European Parliament in Brussels and the Houses of Parliament at Westminster.

Several women also attended conferences in Estonia and Athens where they had the opportunity to present and share their experiences with participants from other member states.

In addition one of the participants had the opportunity to take part in a week long intensive training programme in Brussels along with women from the other 12 countries.

I am delighted to report that as a result of the project 5 women went on to stand for local elections in May.

I would like to thank Diane Dodds MEP for her support throughout the project and for taking the time to meet with the group in Brussels.

## Grundtvig Learning Partnership

### “Rhythms of the Year”

In August 2013 a 2 year Grundtvig Learning Partnership started. Ballybeen Women’s Centre is the coordinator and we have partners in Turkey, Greece, Czech Republic and Italy.

The aim of Rhythms of the Year is to examine inter-cultural identity by exploring cultural traditions and customs associated with the passing of the seasons within each partner country.

In October 2013 we hosted the first transitional meeting in Belfast where participants took part in creative workshops and cultural visits. They also had the opportunity to sample our local food and drink along with visits to St Georges market and the Titanic Centre.

This year women from the Centre took part in mobility visits to Opava in the Czech Republic, Kas in Turkey and Thessaloniki in Greece. All of which gave participants the opportunity to experience other cultures and traditions linked to the seasons of the year. Participants also had the opportunity to try their hand at different arts and crafts.



# Culture and Diversity

Promoting culture and diversity remains an important part of our work at the Centre and this year women, children and young people participated in a number of exciting and interesting programmes.

## Peace III Project 'Peace to Talk'

This project has been a huge success and we were delighted that the Peace III funding administered through Lisburn and Castlereagh Peace III Partnership was extended by a further 9 months which means the Peace to Talk programme will now run until September 2014. Women and children from Ballybeen have had the opportunity to participate in a range of programmes and activities aimed at raising self-confidence, knowledge and skills and promoting peace and reconciliation and good relations. Promoting family learning was an extremely important element of the work within the project.

All participants had the opportunity to engage in discussions and programmes addressing issues such as identity, history and cultural diversity.

The provision of facilitated workshops and courses enabled women to enhance their personal development in terms of self-confidence and self esteem and increase their knowledge of historical events.

A key development during this phase of the project was the implementation of a family learning project that encouraged parents to get involved in their child's learning. This family support initiative was designed to support the flow of resources and supports that strengthen family functioning and enhance the growth and development of children. .

Key achievements of the project have been:

- Increase in Good Relations within the wider Castlereagh and Lisburn area.
- Change in attitudes in terms of reducing sectarianism and discrimination and increasing tolerance and respect on a cross community and cross border basis



- Increased confidence in talking about diversity, other cultures and own community
- Interaction with groups that participants would not otherwise have opportunity to meet
- Increased understanding of cultural traditions and barriers facing minority groups
- Increased knowledge and awareness of others culture and identity amongst children
- Opportunities to work on an intergenerational basis

## Peace and Reconciliation

BWC are committed to promoting peace and reconciliation amongst all of our target groups. Thanks to funding from the Department of Foreign Affairs Reconciliation Fund we were able to deliver a number of programmes and activities that enabled women, children and young people to explore cultural diversities and traditions using mediums such as creative arts and music. All the programmes and activities provided excellent opportunities to build relations at a local level and promote understanding and respect for others on a

cross community and cross border and inter racial basis thus addressing issues of racism and sectarianism.

The main activities of the Centre this year focused upon increasing awareness of diversity and increasing levels of cross-community/cultural contact amongst participants and the wider community in Ballybeen. Programmes such as the Peer Education Project (PEP) cross-community "Identity and Diversity" Programme as well as the Women's cross-community and education programmes have sought to build local capacity for dialogue across communities and meet objectives of cultural learning, mutual understanding, dispelling myths about those perceived as different and opening up opportunities for peace building.

In November the Centre facilitated women from Ballybeen to participate in The National Women's Council of Ireland's workshop on Women, Peace and Security to discuss their experiences of living in a conflict region. This was an opportunity for women from all over Ireland to give their perspectives and ideas to be included in Ireland's National Action Plan on United Nations Security Council Resolution 1325 (UNSCR 1325). A process led by the Department of Foreign Affairs.

This year we continued our partnership with Cavan Women's Network. During the year women from both Cavan and Ballybeen enjoyed a number of very interesting workshops and trips including a visit to the Northern Ireland Assembly at Stormont and the Dail in Dublin. In July women from Ballybeen attended the Cavan Women's Networks Annual Summer



School at Castlesaunderson where they enjoyed participating in some very creative workshops and of course performing their play "All about Martha" which they wrote during the cross border project.

As a result of the project lasting relationships and friendships have developed.



# Health Promotion and Education

Health Promotion and Education continues to be a priority area of work and the centre addresses the health needs of women and young people through the delivery of a range of programmes and services.

## WOMENS HEALTH

### Health Events & Programmes

#### Building Community Pharmacy

As part of our funding through the Building Community Pharmacy Project we delivered a twelve week Womens Health programme in partnership with a pharmacist from Boots Chemist. The programme covered a wide variety of health topics including allergies, mental health and depression, stroke/heart disease and dementia awareness. Feedback from the programme was very positive and we would hope to continue with this work in the future.

A number of other health related programmes have also been delivered including:

#### Change of Heart

6 women completed a Change of Heart Programme which focused on cardiovascular (CVD) awareness, exploring how lifestyle can increase or decrease the risk of developing CVD



#### Chair Yoga

8 women attended a Chair Yoga classes which ran weekly in the centre.

#### Baby Massage and Baby Movers Class

This year the Womens Centre ran both a baby massage and Baby Movers Class with 10 mothers and babies taking part.

#### Living Life to the Full Programme

8 women took part in a Living Life to the Full Programme which is a life skills programme using a Cognitive Behavioural Approach. This programme was facilitated by Aware Defeat Depression.

#### Mindfulness

8 women completed an 8 week Mindfulness Programme.

#### Time Out Programme

10 women participated in a 7 week Time Out programme delivered in the Enler Centre. The programme addressed a range of health and lifestyle issues such as stress management, healthy eating, depression, anxiety and relaxation techniques.

#### Family Health

Promoting health amongst the whole family is a key priority of our health promotion and education work here in the centre. This year we worked alongside a number of health professionals to facilitate family health events here within the community these events including dental health, healthy eating and lifestyles.

We also worked closely with our childcare department to ensure the provision of healthy breaks, snacks and exercise in all child care facilities.

# 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 and this year has been a challenging and exciting year for the Project. Overall 178 young people participated in peer led programmes with the Project with a further 587 young people engaged through detached work on the streets and the drop in service.



The Drop In service has continued to go from strength to strength with around 40 young people registered. This year a wide variety of activities were undertaken reflecting the diversity of the young people attending. The popular and ongoing event nights which have included jewellery making, cage and inflatable football and beauty/nail nights continue to be a success for the young men in particular.

The Pre Pubescent Programme for P7s continues to be a success with 32 P7s completing the programme and 20 of these going on to take part in a summer programme. The summer programme gave the young people the opportunity to participate in trips and activities and build relationships with staff and volunteers. We are all looking forward to welcoming these young people back to the Project in the evenings next year.

The Project continues to offer both non accredited and accredited training. We were delighted to have 10 young people complete their training to become peer educators which included an OCN Level II in Peer Education Skills, we look forward to these young people taking on their role as peer educators next year.

Staff and volunteers updated their skills and knowledge by undertaking Mental Health awareness facilitated by Mind Wise and a drug and alcohol update with FASA.

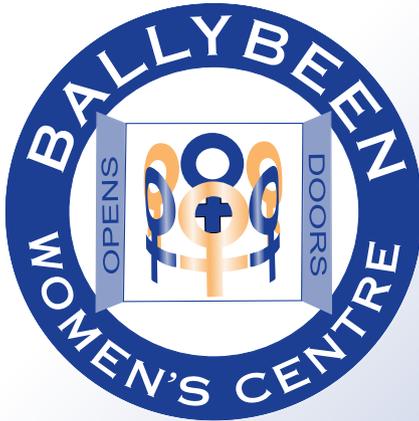
Every year we work in partnership with other groups and organisations and this year 15 young people participated in a 4 week Roots Good Relations programme with Castlereagh Borough Council. Another Project saw young women from both Footprints and Ballybeen Womens Centres' complete an art project around identity and culture, this resulted in a joint piece of artwork being produced.

At the project we always make time for fun and adventure with a variety of organised trips and activities. This year we had trips to the cinema, swimming, Craigavon Ski Slopes and M&Ds in Scotland, as well as make-up demonstrations, cooking/baking and jewellery making.

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.



# Funders



## 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](mailto:info@ballybeenwomenscentre.org)  
[www.ballybeenwomenscentre.org](http://www.ballybeenwomenscentre.org)

**Charity No.: XR 17294**  
**Company No.: NI031482**



Reconciliation Fund  
Department of Foreign Affairs



**SOUTH EASTERN EDUCATION  
AND LIBRARY BOARD**



Lifelong  
Learning  
Programme

**SOPHIE**  
Developing women skills  
for the labour market



**East Belfast  
SureStart**



**Belfast Health and  
Social Care Trust**

**LLOYDS BANK FOUNDATION**  
for Northern Ireland 

**Lisburn-Castlereagh  
Peace III Partnership**



**European Union**  
European Regional  
Development Fund  
Investing in your future



**European  
Union  
Social Fund**  
Northern Ireland  
people. skills. jobs.



**Department for  
Employment  
and Learning**  
[www.delni.gov.uk](http://www.delni.gov.uk)