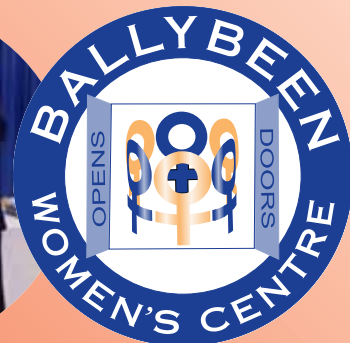




Ballybeen Women's Centre ANNUAL REPORT 2011-2012





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

ADMINISTRATION AND FINANCE MANAGER

Janeen Tully

ADMINISTRATION SUPPORT OFFICER

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

Anne Walker

GOOD RELATIONS OFFICER

Kathryn McNeilly (Oct 10 – Aug 11)

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

Emma Reid

Lynsey Kelly

Maggie Heasley

Sandra Boyles

11/12 MANAGMENT COMMITTEE MEMBERS

CHAIRPERSON

Margaret Taylor

TREASURER

Jean Cross

SECRETARY

Eileen Linder

MEMBERS

Florence Gray

Aimee McCune

Ann Kirkpatrick

Hazel McClean

Beryl Harvey

Elish Kelly

Directors Report



It has been another very successful year for the Centre and I am delighted to present this year's Annual Report.

Once again we have continued to develop and deliver new and innovative programmes and services in all departments.

Within childcare we now provide places for over 70 children a day due to the introduction of a new after schools club.

In an effort to reduce isolation amongst women we opened an evening drop-in last winter which has proved very popular with women from the local community.

Education and training remains a core element of our work and funding from DEL/ESF has enabled us to promote the Steps to Employment Programme and encourage more and more women back into education and training.

This year saw the completion of the Generation Health Project funded by the Big Lottery Fund -Young People's Fund. The project delivered a range of innovative health and personal development programmes for young people. It also enabled us to target and engage many detached young people through an outreach programme in the evenings.

I am delighted to report that following a successful application to BBC Children in Need we will be able to continue with this excellent work.

Thanks to funding from the Department of Foreign Affairs and Trade; Reconciliation Fund/Anti-Sectarianism Fund we ran a number of really interesting good relations initiatives that challenged the way we think of ourselves and others. We also established links with a group of women from Co. Cavan who we are looking forward to working with over the next year.

A number of very interesting study visits were organised during the year. In March a group visited the European Parliament in Strasbourg. The trip was part of an Active Citizenship Programme and was sponsored by Diane Dodds MEP, who also took time out of her busy schedule to meet with the group. In May a group of women completed a World War II history course which culminated in a visit to the Normandy Beaches. Visits also took place to the Boyne Heritage Centre, Stormont and the Dáil in Dublin.

During the year we met with several elected representatives and were delighted to welcome First Minister Peter Robison to the Centre in February.





Funding from Bombardier Aerospace (NI) Foundation enabled us to erect a new disability ramp compliant with legislation and making our building more accessible to all.

Having reviewed our communication structures we set up a Facebook page and we now produce a quarterly E-Zine. This enables us to keep everyone up to date with what is going on in the Centre.

Unfortunately, we had to say goodbye to Kathryn McNeilly as the funding from Castlereagh and Lisburn Peace III Partnership for our Good Relations Project came to an end. We wish her all the best for the future.

This year the staff enjoyed a team building day that coincided with the Queens Diamond Jubilee Celebrations.

The Centre has continued to work with existing partners such as Early Years Organisation, East Belfast SureStart, Belfast Health and Social Care Trust, Castlereagh Borough Council, Belfast Metropolitan College and the local schools, Brooklands Primary and Dundonald High. The Centre also participated in the Northern Ireland based networks Women's Support Network and Women's Centre's Regional Partnership as well as the UK based CEDAW Working Group and European based partnership groups. Staff from the Centre also took part in a number of cross border consultations and working groups and attended the Department of Foreign Affairs Annual Peace and Reconciliation Networking Forum in Dublin.

As usual securing funding is vital to our development as an organisation and we are very grateful to everyone who has supported our work during the year.

There is no doubt that these continue to be are challenging times in terms of funding but our commitment to quality and our passion for the work that we do will ensure that we remain focused on tackling the key issues that matter to the community.

Finally, I would like to thank all the staff for their hard work over the past year and our volunteers and management committee for their continued commitment and support to the Centre. I would also like to pay tribute to everyone – women, young people and children – who participated in the Women's Centre programmes and activities this year and congratulate them all on their achievements.

Tanya Hughes
Director

Childcare

All our childcare facilities have been very busy this year, we have a dedicated staff Team who get great pleasure in welcoming, supporting and directing new children, families and visitors to our Centre.

After School Club

Due to increased demand, this year saw the expansion of our Afterschool Club to 3 afternoons per week, making it possible for us to offer up to 32 childcare places each session. To enable this to happen we secured the main hall in the Enler Complex and received a certificate of registration from Belfast Health & Social Care Trust.

The foundation of our Afterschool Club is **“placing children and families first”**. We provide a “home from home” service where the safety and comfort of children is of utmost importance. We provide a structure in which children are given every opportunity to develop to their fullest potential. Staff ensure that all children are treated as equals and are encouraged to take part in every aspect of the Afterschool Club activities. The pictures below highlight how much the children enjoy the diverse range of activities and programmes offered.

Pre-school

Our Pre-school is a highly respected facility where we promote the development of children through the six curriculum areas of learning: personal, social and emotion



development; mathematical development; the world around us; the arts; language development; physical development.

We like our children to express themselves through imaginative and creative play, as well as encouraging skills such as letter

and number recognition and formation and pencil control.

All activities and programmes are tailored to children's individual needs and aim to encourage children to grow in confidence and raise their self-esteem.

The Pre-school continued with their Dental Health Awareness Scheme. I am delighted to report that this year we received the “Gold Award”



Children graduated from our preschool in June and we wish them all well.

This year's Pre-school trips included:

- Mount Stewart
- Dino's Den
- Belfast Zoo

Toddlers

The Toddler Group is a starting point for many children, making it their first step away from their main carers. The care and individual attention that the children receive at the Toddlers makes this transition easier.

Although the children's routine is fun packed with exciting and stimulating equipment and materials there is still an emphasis is on the learning and development of each child to ensure they reach their fullest potential.

Crèche

The Crèche continues to grow from strength to strength with babies enjoying a stimulating and challenging environment. We have introduced a new greeting time using puppets that the children adore. As the pictures below show the babies have great fun in crèche.



2's Room

In our over 2's room a daily programme of structured activities take place alongside free play. We ensure that the children have the opportunity to explore all sorts of toys and materials such as mark making, construction toys, messy play and home corner.

Summer Programme

We held another successful summer programme for the children. One of the events that the children really enjoyed and actively participated in was 'Gathering Drum' which included a collection of different sounds, looks and sizes of drums from around the world. Other events included trips to:

- Newcastle
- Armagh Planetarium
- Ulster Folk and Transport Museum
- Scavenger hunt at Crawfordsburn



Family Support

Supporting families with young children continues to be an important aspect of our work at the Centre. Staff provides ongoing support and signposting services as well as provides childcare services enabling women to participate in the Centre education programme, such as Cooking Healthily on a Budget and Baby Massage.



Highlights and visitors of the past year were:

- Northern Ireland Fire Service - Fire Safety Awareness
- Kinder music - Music and movement from around the World
- The Community Police - Road Safety awareness, Stranger danger
- Gathering Drum - Different sounds and sizes of drums from around the world.
- Dentist - Healthy teeth and gums
- Health Officer - (Dog warden) Looking after pets
- Education Officer – Recycling
- Hullabaloo Children's Interactive Theatre - (The World Around Us)
- Celebration of the Queens Diamond Jubilee

Training

- Early Years Staff completed the following training:
- Keeping Safe Training
- Behaviour Management
- Special Educational Needs Training
- Children with Autism
- Paediatric Training
- Promoting Positive Training (SEELB)
- Cluster Group
- Peags training

This year we continued to work with the Early Years Organisation and BHSCT to review all areas of work and ensure that highest standards are maintained within all our facilities.

Education and Training Programme



September 2012 women will undertake the Understanding Health Openings module.

As part of Adult Learner's Week during May 2012, 34 women took part in Customer Service Skills, Everyday First Aid and Self Defence taster workshops. As a result of the interest there will be a customer service skills course and an Emergency First Aid course starting in September.



Enrolments

140 women enrolled on a diverse range education and training courses from September 2011 to June 2012 - from Baby Massage to Lipstick and Money, from PC Skills to Open University modules. There has been 90% completion rate with the majority of women gaining nationally recognised qualifications including:

- Open College Network Entry Level 3 Progression Awards
- Open College Level 1 and Level 2 qualifications
- OCR Reconciliation Level 3
- Open University Level 1 modules
- Essential Skills Entry Level 3 and Level 1 and 2 in Maths, English and ICT Skills
- Level 2 Award in Food Safety in Catering

I would like to highlight a couple of developments which happened within the Education and Training programme this year.

We have completed our second year as a community partner with the Open University and offered 2 modules – Understanding Society and Understanding Children in September. 14 women completed these modules. In



On 14th June 2012 our annual Presentation of Certificates was held in Castlereagh Borough Council Offices and was sponsored by Councillor Gareth Robinson. Michael Henderson, the Mayor of Castlereagh, opened the evening and Chris Lyttle MLA spoke at the event. As well as women receiving certificates, 3 women also told their personal journeys of coming back to education. The event was also attended by local councillors and MLAs.

Big Lottery Funding Year 3

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 year funding through the Big Lottery's Live and Learn Programme. We have completed year 3 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.

ESF Funding Year 1

Steps to Employment Project

This project is funded through the European Social Fund and the Department of Employment and Learning. To date 42 women have enrolled on skills based courses and gained nationally accredited qualifications. These courses included:

- Women Moving On
- Driving Theory
- Job Search Skills
- MOS Word
- Electrical Maintenance
- Food Safety
- PC Skills

Organisations we worked with this year:

- The Big Lottery
- Department of Employment and Learning
- Belfast Metropolitan College



- Open College Network NI
- Castlereagh Borough Council
- East Belfast Sure Start
- Wave Trauma
- Your Money Garden
- East Belfast Enterprise
- Workers Education Association
- South Eastern Regional College
- Women's Tec
- Ballynafeigh Community House

Outreach and Support

Our Outreach and Support programme continues to support women to participate in the Centre's activities. A key part of this year's work has been supporting the establishment of a weekly drop-in for local women who face isolation in their homes due to lack of opportunities to socialise and meet other women.

Advice and signposting are also important elements of our outreach and support work and this year saw an increase in the numbers requesting information, advice and help with benefit applications.

European Projects

New Grundtvig European Learning Partnership

August 2011 saw the start of our 2 year Grundtvig European Learning Partnership - 'SOPHIE: developing women's skills for the future labour market'. Partner organisations are from Spain, Bulgaria, Italy, Slovakia, Poland and the UK. The main objective of this project is to explore innovative and informal professional guidance systems based on virtual volunteering, collaboration and mutual knowledge.

The SOPHIE Partnership will enable women to share and exploit their knowledge and experience in a Web 2.0 context. To date there have been 2 transnational visits: staff took part in the kick off meeting in Rome, Italy in October 2011 and then in June 2012 staff and women from the Centre visited Sofia in Bulgaria where they took part in ICT workshops and meetings.



Visit to the European Parliament in Strasbourg

Staff, management committee members and users of the Centre took part in a study visit to the European Parliament in Strasbourg on 14th March 2012. This visit was sponsored by Diane Dodds MEP.



Culture and Diversity



This year's culture and diversity work was packed with new and challenging programmes. Courses such as 'Talking the Talk', 'Transition from Conflict' and 'Ending Hate in our Community' facilitated women to explore their feelings and attitudes around often very sensitive subjects in a safe and non-threatening environment. They met with people from a variety of backgrounds and traditions to learn about their own and others cultures and identity.

Following on from last year's visit to the Somme and the World War I battle sites this year a number of women completed a World War II history course that culminated in a trip to the Normandy Beaches.

A group of women also visited the Boyne Heritage Centre as part of a series of cultural events.

Good Relations

Promoting good relations remains an integral part of our work at the Centre and this year we have continued to seek opportunities to develop new and innovative cross border and cross community projects. Following an initial meeting in April



with a group of women from County Cavan called the Breffni Belles we were delighted to host them in Ballybeen in May and are now looking forward to establishing a new partnership over the next year.



This year the Centre ran another very successful Active Citizenship project that addressed issues relating to identity, personal development, politics and community. Included in the project were visits to the European Parliament in Strasbourg, Stormont and the Dáil in Dublin.

Once again our childcare facilities included culture and diversity in their programmes. The children were able to learn about other cultures through an innovative interactive theatre project and also participated in events to celebrate the Chinese New Year, Queen's Diamond Jubilee and a number of other cultural traditions.

Young people in the Peer Education Project participated in a 'Celebrating Cultures' project that provided opportunities for 3 groups of young people to explore culture on a global basis and learn what it means to be a global citizen.



Health Promotion & 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.

WOMEN'S HEALTH

Health Events & Programmes

This year a number of new programmes and services have been delivered as part of the women's health programme. A new drop-in service has been established in the evenings on a weekly basis and through this a number of women have completed various courses such as Speakeasy – an FPA course about communicating with your children around sex and relationship issues, Change of Heart and a Breast and Cervical Screening Programme. Alongside this a number of health events were organised such as walks both locally and at Crawfordsburn Country Park, an introduction to alternative therapies session, Beauty/Relaxation and a make-up demonstration.



Family Health

Promoting health amongst the whole family is a key priority of our health work. This year we worked with a number of health professionals and organizations to deliver a series of family health events that addressed issues such as health eating, dental health and healthy lifestyles.

We also worked closely with our childcare department to provide information and advice on health issues relevant to children e.g. healthy breaks and exercise for children.

Alternative Therapies

21 women completed a ten week Alternative Therapies course that included reflexology and aromatherapy.

Chair Yoga

8 women attended a Chair Yoga class which ran in the centre on a weekly basis.

Baby Massage Class

This year the Women's Centre ran a number of successful Baby Massage Classes with 21 mothers and babies taking part.



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 223 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 Girls Brigade.



The most significant addition this year to the Health Programmes was the organisation of a local Health Fair/Fun Day for young people and families. This event included a number of health stalls such as FASA, Action Cancer, BHSCT – healthy eating, allergy testing, beauty treatments as well as team games, face painting, inflatables and a climbing wall. The event was a great success and was attended by over 250 people.

Thankfully there was also time for some fun and young people from the Project participated in a variety of organised trips such as swimming and laser shooting and an end of year residential



**FUN
FIT
&
FAB**

**FREE HEALTH FAIR
& FAMILY FUN DAY**

Saturday 21st April

11.00am-3.00pm at the Enler Centre, Ballybeen

Health Information & Advice, Bouncy Castle, Climbing Wall, Face Painting, Prizes, Smoothie Recipes and Demonstrations, Team Games, Penalty Shoot Out, Rodeo Bull, Bungee Run, Inflatable Assault Course and much more...

HSC Belfast Health and Social Care Trust

The National Lottery

PEP
Peer Education Project

BALLYBEEBEN
WOMEN'S CENTRE



to Todds Leap Adventure Centre. Peer educators also took part in a development residential to Glasgow.

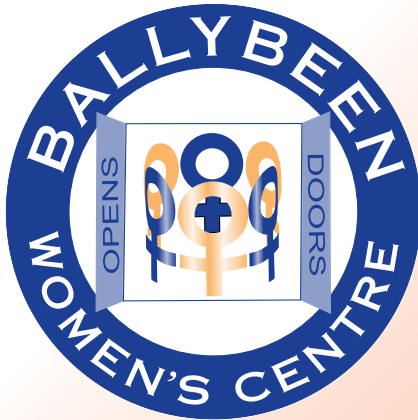
This year marked the completion of a five year programme, funded through the Big Lottery. 'Generation Health' enabled the PEP to plan and deliver a sustained programme of work with young people. Over the last five years we have increased both the provision of programmes and engagement of young people involved with the PEP. Throughout the project duration 80 programmes have been delivered with over 1000 young people participating.

I am delighted to say that we have been successful in securing funding from Children in Need for the next three years for our Young People's Outreach and Support Worker. This will enable us to continue with the high level of programme delivery and also expand our detached work with young people on the streets, provide a weekly drop-in service and pilot the use of social media as a mechanism for engaging with young people.

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



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Castlereagh Borough Council



Bombardier Aerospace
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East Belfast
SureStart



**Lisburn-Castlereagh
Peace III Partnership**



European Union
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