



BOLSTER COMMUNITY

Newsletter

**YOU
THU
PFR
ONT**



YOUTH UPFRONT FINALE

On Saturday 5th June 2021, young people from across Newry, Mourne and Down came together to celebrate the completion of Youth Upfront. All seven District Electoral Areas (DEAs) of Newry, Mourne and Down were represented in the programme, with young people travelling from as far as Saintfield, Killeel, Castlewellan, Downpatrick and Crossmaglen to participate. This Cross-Community Project has been funded by the EU's Peace IV Programme and was managed by the Special EU Programmes Body (SEUPB). The Youth Upfront Programme provided a unique opportunity for young people to come together, make friends from different backgrounds and develop their leadership skills over six months. Bolster Community staff accompanied the young people to Carlingford Adventure Centre for an action-packed day filled with canoeing, zip lining, archery, wall climbing and attempting Ireland's largest wooden maze. Some of our more adventurous staff members even braved the cold depths of Carlingford Lough to join in with the activities! After enjoying dinner at the SkyPark, the prize giving ceremony commenced where we reflected on the success of the programme and each participant received a certificate of completion and a goodie bag before being whisked away for the evening activities.



This Project has been funded by the EU's Peace IV Programme, managed by the Special EU Programmes Body (SEUPB)

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BEST CLUB ARE BACK TOGETHER!

After many, many months of Zumba, cooking and chatting over Zoom, BEST Club finally got to play together again in person! The group have been meeting weekly in Newry Gateway Centre where we have been able to offer a wide range of activities including arts & crafts, football, cooking, play dough and free play.

BEST Club Activity Club Leader Jena Henning said, "It's great that we can finally meet up for fun and activities! We are able to provide an opportunity for the children to meet up and socialise face-to-face after being limited to Zoom sessions for so long. Parents have reported that their children look forward to BEST club every week and they welcome the weekly break."

Over July and August the programme will be extended to include day trips and longer sessions to help parents and children enjoy the long summer break, which can be particularly difficult for families where there is a child with special needs.

The Best Club is funded by the National Lottery Community Fund and aims to offer children with additional needs and their siblings fun afterschool activities in an inclusive setting.



(CONTINUED FROM PAGE ONE)

Over the course of 6 months, the young people met regularly via Zoom. The end-of-programme trip was the first time the young people had met each other face-to-face which added to the excitement of the day!

The programme aimed to strengthen the leadership skills of young people, while promoting the values of inclusion, awareness of identity and tolerance. During the weekly workshops, participants have been inspired to be the best version of themselves that they can be.

The Youth Upfront project has been a huge whirlwind of active and reflective challenges and the celebration day in Carlingford was definitely a fitting end to an extremely valuable & successful programme delivered during very challenging times! We're proud to have provided a catalyst for change in young people who fancy themselves as future leaders and yet we know that this has been a positive experience for everyone involved.

Thank you to our funders for making this possible.

Allison Slater, Operations Manager at Bolster Community reflects, "Seeing young people come together for the first time face-to-face to celebrate their differences was amazing. It really showed us how far we've come in terms of cross-community relations in Northern Ireland. Throughout the workshops, and especially today, we witnessed how insightful and hopeful of a shared future our young people are."

At the end of the project, we asked participants what they would like the future to look like. Some of the comments included:

"I hope we develop as a country and bring more equality into our communities"

"That I can grow up without ever having to face the sectarianism and danger my parents faced when they were my age."

"A more interactive and inclusive environment for the future generation"

"A future where young people have more of a voice politically."



Today I've met really cool people my age. We're planning to meet up again next week.'

I already knew Catholics and Protestants work well together- this trip has confirmed that we can realise our differences and overcome adversity together.'

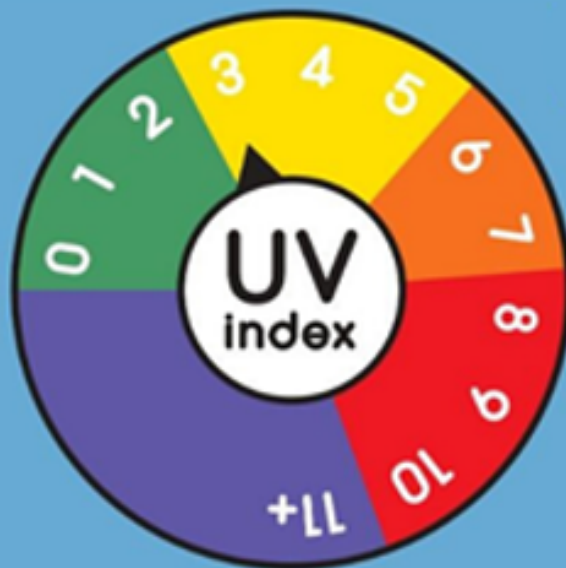
'I was inspired by the guest speakers Grainne McCoy and Ryan Cinnamon. Hearing how they have overcome personal challenges has made me realise my strength.'

Be UV Aware

The UV index shows us how strong the sun's UV rays are

When the index is 3 or more, protect your skin and eyes

www.careinthesun.org/uv



PINK PRESENT

Health.hub@southerntrust.hscni.net

Pink Present - It simply ensures that no young person misses out on their education because they have their period and cannot afford sanitary items. Our aim is to provide free sanitary items to those who may struggle to access them.

Interested in donating products? Want more info on how a young person can access Pink Present?

Contact Health.hub@southerntrust.hscni.net

**MACMILLAN
CANCER SUPPORT**

HSC Southern Health
and Social Care Trust
Quality Care - for you, with you

SHSCT MACMILLAN INFORMATION & SUPPORT SERVICE

The service is currently operating a telephone support line and email service. However if you would prefer face to face contact we are now offering virtual support via ZOOM. To book a ZOOM appointment please contact us using the details below:

CONTACT DETAILS:

Phone: 02837 561001

Mobile: 07786 198818

Email: Macmillaninfo&support@southerntrust.hscni.net

OPENING HOURS
MONDAY - FRIDAY
9AM-5PM

**Excluding Bank holidays*

**WE ALL
MUST DO IT
TO GET
THROUGH IT**



STAY SAFE



SAVE LIVES



Southern Health
and Social Care Trust



BOLSTER COMMUNITY



**Soy Wax Candles,
Soaps and Melts all
made with love by
young people with
additional needs**



**Luxury
Hampers for
any occasion**

ACORN Luxury Candles and Soaps are handmade by young people with additional needs at Bolster Ability, Newry. Inside each gift box is a card personally sealed and telling the story of the young person who made your gifts!

SHOP ONLINE AT:

bolstercommunity.org

Meet The Candlemaker!



**Terrific
Timmy**

Favourite Song: Thunderstruck by AC/DC

Favourite Movie: Terminator

Favourite Hobby: Watching Wildlife TV
Programmes

Favourite Place in the World: Canada

Biggest Fear: Heights!

Favourite Acorn scent: Thai Lemongrass &
Ginger

Candle Making at Home!

With many older peoples groups postponed or moved to a virtual platform since the Covid-19 pandemic hit in March 2020, we have witnessed an increasing number of people impacted by loneliness. Bolster Community have had the pleasure of delivering make-your-own candle packs to the Ladies of Mourne and Slieve Gullion Diamond Days Group as part of an online workshop teaching people to make their own candle.

With Kathy demonstrating the ins and outs of how we craft our Acorn candles, participants tuned in from the comfort of their homes to unwrap their make-at-home Candle Kits and get busy! While the candles were setting, Kathy hosted some fun interactive quizzes and bingo sessions which were enjoyed by all.

Would you be interested in setting up a make your own candle at home session?

Contact Kathy on
028 3083 5764.

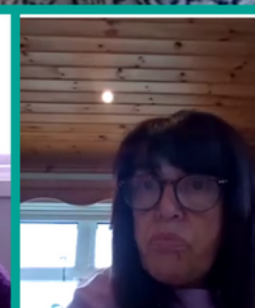
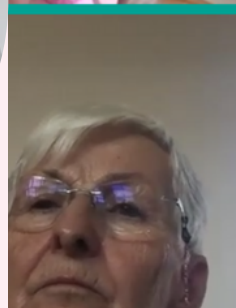
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Peace
Northern Ireland - Ireland
European Regional Development Fund

This Project has been funded by the EU's Peace IV Programme, managed by the Special EU Programmes Body (SEUPB)



Candlemaking with Kathy



GO GIRL!



Over the course of 7 weeks our fantastic Go Girl group gathered after school to talk openly about issues affecting young women. Through group work, the girls bonded over shared experiences of peer pressure, bullying and self esteem issues and the focus was always on how we can overcome these hurdles in life. At the end of each session, the girls left equipped with self empowerment techniques including positive affirmations which were written out in their Go Girl journals. Every week we focused on topics such as Communication, Identity, Relationships and Goal Setting. The programme has been a great success, even catching the attention of Sue Gray, Second Permanent Secretary at the Cabinet Office.

A celebratory visit to Carlingford Adventure Centre was enjoyed by all, and friendships have been formed for life. Thanks to the continued support of National Lottery Community Fund for making this programme happen!

"I signed my daughter up for Go Girl when I felt that she was heading down the wrong path. She comes out of Go Girl every week full of excitement and most importantly with a goal of how she can be the best she can be."



GO GIRL! ON



Sue Gray @SueGrayCO · 23/05/2021

Absolutely fab Jacinta. Great to see this programme and these amazing young women. GO GIRL



Jacinta Linden @Ja... · 23/05/2021

Thank you @TNLComFundNI for funding this amazing programme- GO GIRL so much positive feedback ❤️ #Girlpower #confidencebuilding #challengingnorms #PositiveEnergy



Join us for our 2021 summer scheme for an action packed week of activities including:

- Pony Trekking
- Kite Making
- Arts & Crafts
- Scavenger Hunts
- Assault Courses
- Team Games

OPEN TO CHILDREN P1 - P7

£30 Per Day with discounts for larger families

Location: Narrow Water Equestrian Centre
Time: 9am - 3.30pm
Dates: 2nd, 3rd, 4th, 5th & 6th August (children can attend one or more days)
All snacks included, please bring a pack lunch



To register, contact
028 3083 5764

bolstercommunity.org

**BOLSTER
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When Amy was diagnosed with cancer and became too unwell to look after her nine-month-old daughter, she stayed awake at night worrying about childcare. Her husband Francis

was forced to work full time to support the family which barely kept their bills paid and meant that paying for childcare wasn't an option. As the young family had recently relocated to Newry and had no family living nearby, Amy contacted the Family Support Hub in dire straits.

The next day, a Family Support Worker from Bolster Community set out to meet with Amy at her home and carried out a holistic assessment. After many tears, hugs and phone calls to local organisations, Amy's Family Support Worker managed to secure childcare for Amy's daughter.

Although we're not able to take away Amy's condition, intervention from the Family Support Hub means she is now able to focus on receiving cancer treatment and resting without the added strain of childcare.

There are families in NI who are facing very challenging circumstances. Our goal is to make it easier for families to get the support they need at the earliest possible point.

For more information contact Caroline Potter:

028 3083 5764

caroline@bolstercommunity.org

Download a Referral Form here:

<https://bolstercommunity.org/services/family-support-hub/>

Watch our short video here:

<https://vimeo.com/216493917>



**Southern Health
and Social Care Trust**

FRIENDS for Life returns to schools!

Our FRIENDS Resilience team has been busy delivering 5 programmes to local schools between April and June 2021.

Funded by the Southern Health and Social Care Trust, FRIENDS for Life builds resilience, develops social skills and equips children with coping skills for dealing with emotions and feelings. The programme has reduced anxiety for children throughout the Newry and Mourne area for the past three years, giving participants the tools to rise to life's challenges. Through the programme, children aged 7-11 have been supported by promoting confidence, ability to focus, capacity to relax and regulate emotions.

As the weather has improved greatly, some of the children from Killowen Primary School, Rostrevor have been able to enjoy their sessions outside, getting in touch with nature, which I think we'll all agree, beats sitting in a classroom all day!

"If your child is struggling and displaying symptoms of anxiety please contact us on 02830835764 for advice on upcoming FRIENDS programmes."



funded by:



Community Navigator Pilot Scheme a flying success!

Housing
Executive

Our Navigator Hub based within Bolster Community worked in partnership with the Housing Solutions Team Leader and local organisations over the last few months to provide practical solutions to 197 people who were a risk of homelessness. Through the scheme, support has been provided with helping families organise financial support, access health services, sort accommodation and access education.

Bolster Community CEO Jacinta Linden reflects, "We're delighted with how the pilot project has developed in Newry and Mourne and we look forward to evaluating the outcome of the pilot. The Community Navigator Homeless Prevention Project was an amazing opportunity to bring together local resources & partners to prevent homelessness at local level.

This project has been exemplary in showing how Partnership working joins up the dots and improves outcomes for all."

"If Bolster Community hadn't have worked with us my son would not have been living here now as I could not have gone through another year like the last one. With their support we now communicate better, I adapted a calmer parenting approach and my son is getting support with his issues."



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