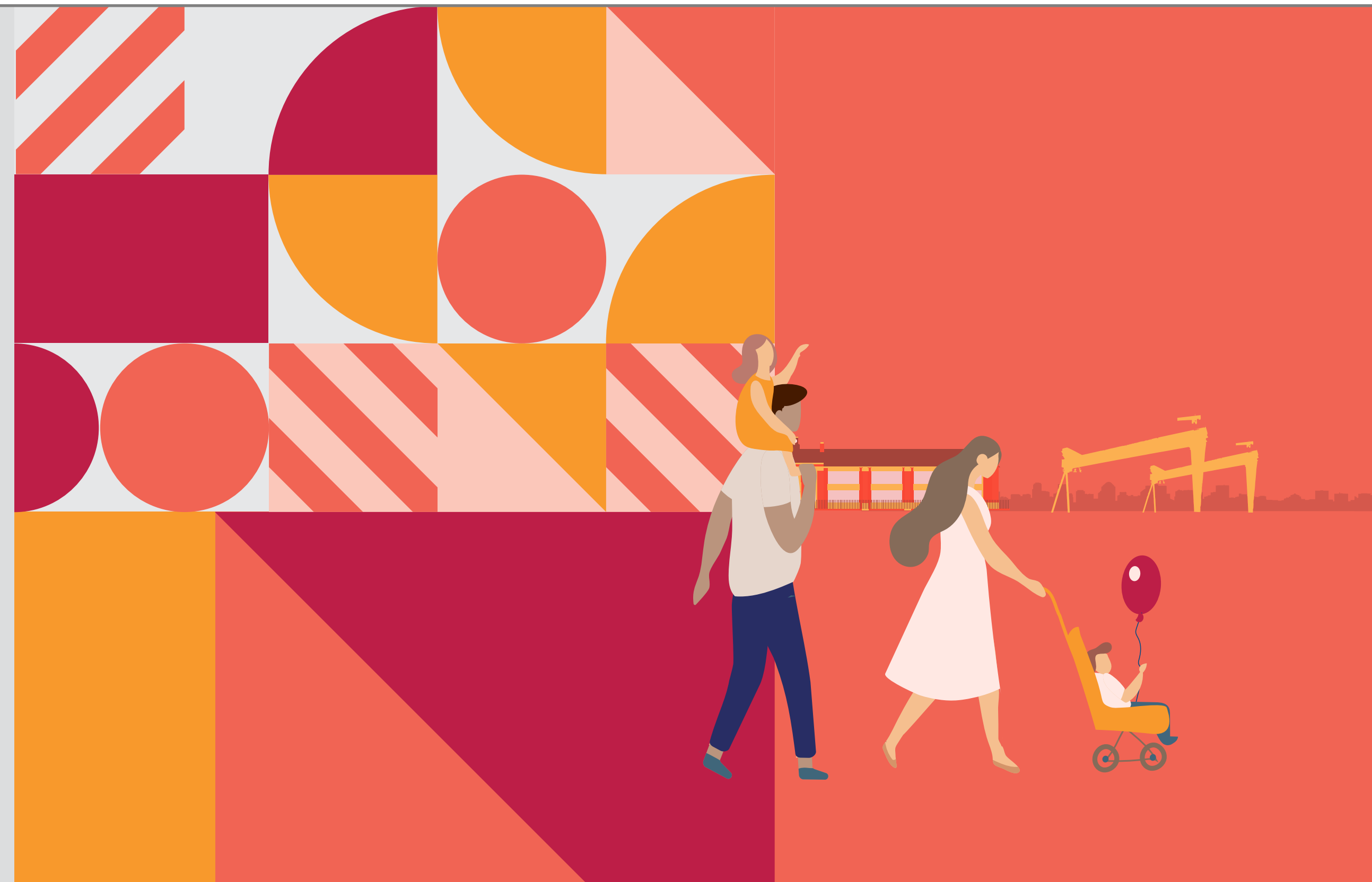


# PEOPLE BUILD COMMUNITIES

EAST BELFAST COMMUNITY DEVELOPMENT AGENCY

**ANNUAL REPORT 19/20**



## INTRODUCTION

Chair & Executive Director



## OUR THREE THEMES



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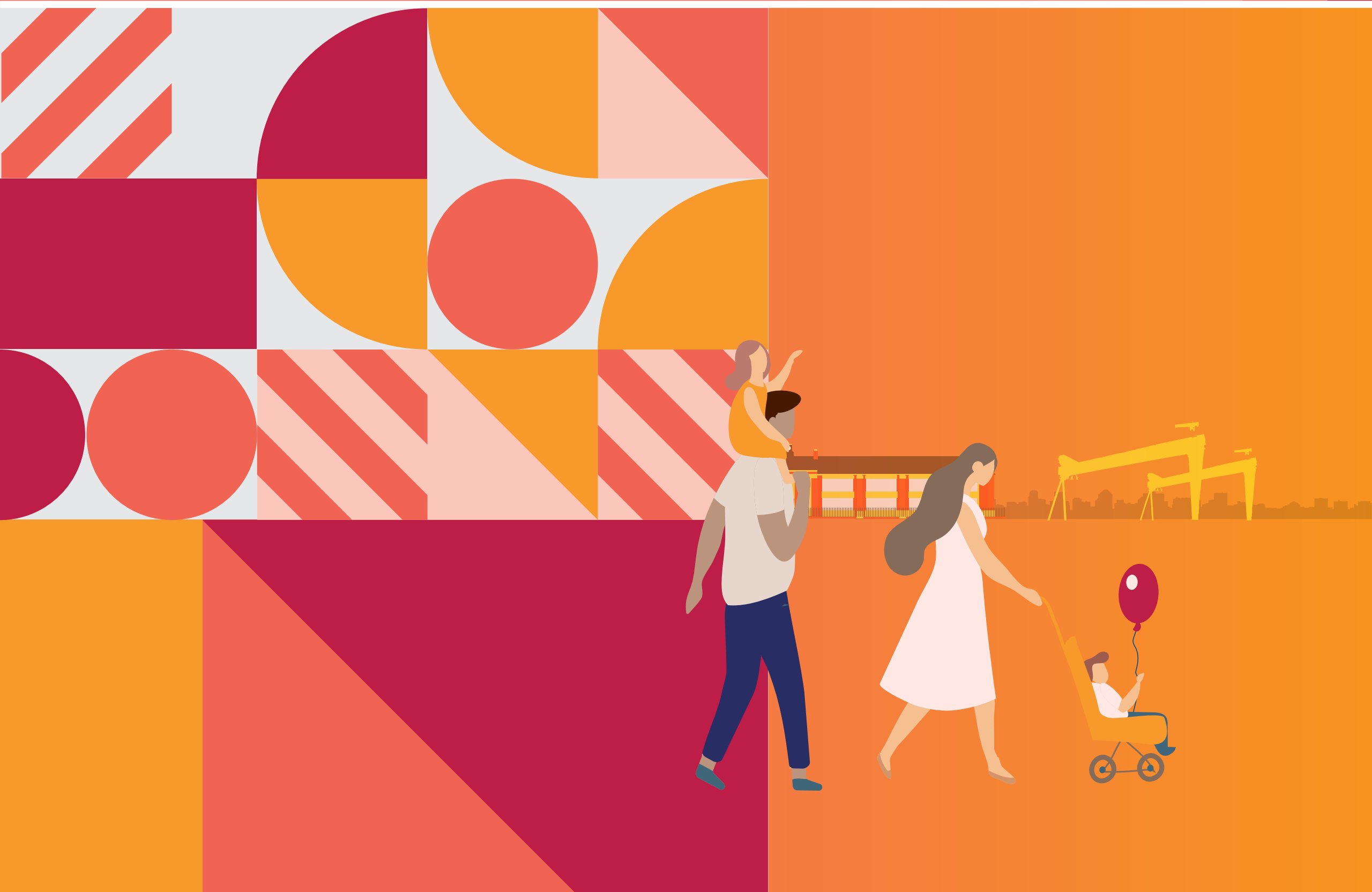
## MEMBERS, BOARD AND STAFF





# INTRODUCTION

Chair & Executive Director



Welcome to our annual report covering April 2019 – March 2020. This is the final year of our 5-year strategy 2015 – 2020 theme “People Build Communities” we have followed the same format as the previous 4 years to present a more graphic representation of our work over the year.

As in previous years, this report can only give you a brief flavour of the extent of our work. We would like to highlight some pieces of work for the year, that have had significant impact.



- We were the East Belfast delivery partner for NICVA in the citywide Transformative Leadership Programme (TLP). This was a fantastic piece of work to be involved with. Our staff team of four trainers delivered a ten-session training programme to 15 participants who all had a passion for collaborative working to address complex challenges in Inner East Belfast. The Programme allowed participants to explore where power lies in communities, discussed how to communicate an inspiring vision, examined the barriers to transformation, and emphasised the importance of social innovation. The group also developed a practical project to put their learning into action.
- We developed a programme of health initiatives aimed at improving men's health across East Belfast. These initiatives targeted men of all ages to gently encourage and improve health outcomes including better access to men's health information and support. We worked with and supported groups with activities including Fitness, Walking, Archery, Tai Chi, Target Multi-Games, Chair-based Exercises, Cooking and a range of Men's Health Toolbox Talks.
- As part of our dementia focused work, over 100 individuals in East Belfast have been trained in becoming "Dementia Friends". The training increased awareness and understanding around dementia and encourages people to be more dementia friendly in their local communities. In addition, it encouraged businesses and community groups on how to make their setting more accessible for those living with dementia. This training is only a small part of the wider work being done in partnership with a range of organisations to ensure East Belfast is a dementia friendly community for all.
- We developed a Chronic Pain Support Programme, working in partnership with the Healthy Living Centre Alliance. We held two twelve-week programmes this year with topics including self-managing your pain, Take 5 Steps to Wellbeing, arts & crafts, tai-chi, gentle yoga and gentle physical activity, all with a focus on peer support. The Programme has had a positive impact on the lives of those people living with chronic pain and we look forward to the future developments of the programme.
- We continue to manage East Belfast Network Centre on a daily basis, on behalf of Templemore Avenue School Trust.
- The East Belfast Race Relations Network continues to help create meaningful and sustainable links between ethnic minority organisations and service providers and statutory bodies in East Belfast. We organised Know Your Community monthly meetings in local hubs to enable information sharing, support integration and help in addressing the needs. Delivered English classes tailored to the specific demands of the new communities, supported victims of hate crime, linked with relevant agencies and local groups to raise the awareness of the different cultures to smooth the transition and reduce potential tensions.
- The East Belfast Street Team project has gained huge momentum over the past year. The coordination and the collaborative relationships with delivery partners has been pivotal to the success. An effective model for reporting and scheduling has been implemented. Relationships have continued to develop with statutory organisations, through key communications and the organisation of networking events. A more coordinated approach throughout East Belfast now exists through the facilitation of monthly stakeholder meetings. We are excited for the future continued development of relationships and the new collaborate projects being planned.
- As an Umbrella Body for Access NI and a Registered Helper Group with the Charity Commission for Northern Ireland, we continued to support community organisations in East Belfast. This includes countersigning enhanced Access NI disclosures and supporting organisations to meet their obligations to the Charity Commission. Provision of this basic level of support enables groups to develop organisational capacity and personal confidence in their work.
- We were pleased to have been a finalist in 4 categories for various piece of work in EastSide Awards and even more pleased to have won the EastSide Award for Innovation for our East Belfast Community Capacity & Leadership Programme in partnership with NICVA and the award for Best Community Project for the Dementia Friendly East Belfast Campaign.
- Over the years EBCDA has applied for a lot of funding. In December 2019, just before the Christmas holidays, we did something we had never done before. We submitted a tender for the Communities in Transition East Belfast Health and Wellbeing bid. A tough process given we had no experience of writing tenders. We were very pleased to learn in January 2020 we had won the bid and excited at the opportunities this would bring to local communities in the East Belfast CiT area, in helping to build emotional resilience in community groups.
- When the Coronavirus Pandemic kicked in at the end of March we worked closely with a number of community organisations, churches and politicians to establish East Belfast Coronavirus Community Support group, in an attempt to collectively co-ordinate practical responses in local communities throughout East Belfast during the Coronavirus pandemic.
- Board and staff worked closely to develop a new 5 year strategy for the period 2020-2025, this was agreed by members at the AGM in December 2019 and will be operational from 1st April 2020.

## MISSION

East Belfast Community Development Agency exists to provide resources, support and capacity building programmes for community groups that are based on partnership, equal opportunities and sustainable outcomes.

## THEORY OF CHANGE

EBCDA's job is to add value to the activity undertaken by groups in local areas and to work with key organisations to ensure the continued development of a community sector in East Belfast that is recognised, valued and effective.

We seek to support successful community development, encourage reflective practice and promote cooperation and locally based solutions.



## OUR THREE THEMES



Our 3 themes, detailed below, form the day to day basis of our work:

### THEME 1 – COMMUNITY SUPPORT & CAPACITY BUILDING

To assess the needs of the community sector and work with other key organisations to draw up programmes, projects, plans and strategies that build capacity.

### THEME 2 – COMMUNITY RESOURCE & FINANCE SERVICES

To promote good financial management practice in the community sector by offering financial management advice, training services and a community accountancy service.

### THEME 3 – COMMUNITY DEVELOPMENT TRAINING, EDUCATION & ADVOCACY

To encourage, support and facilitate the provision of quality community development education and training opportunities. To seek to influence the policies of community, voluntary, government and public agencies so that they recognise the value of adopting a community development approach and that the community sector in East Belfast might benefit.

## THANKYOU

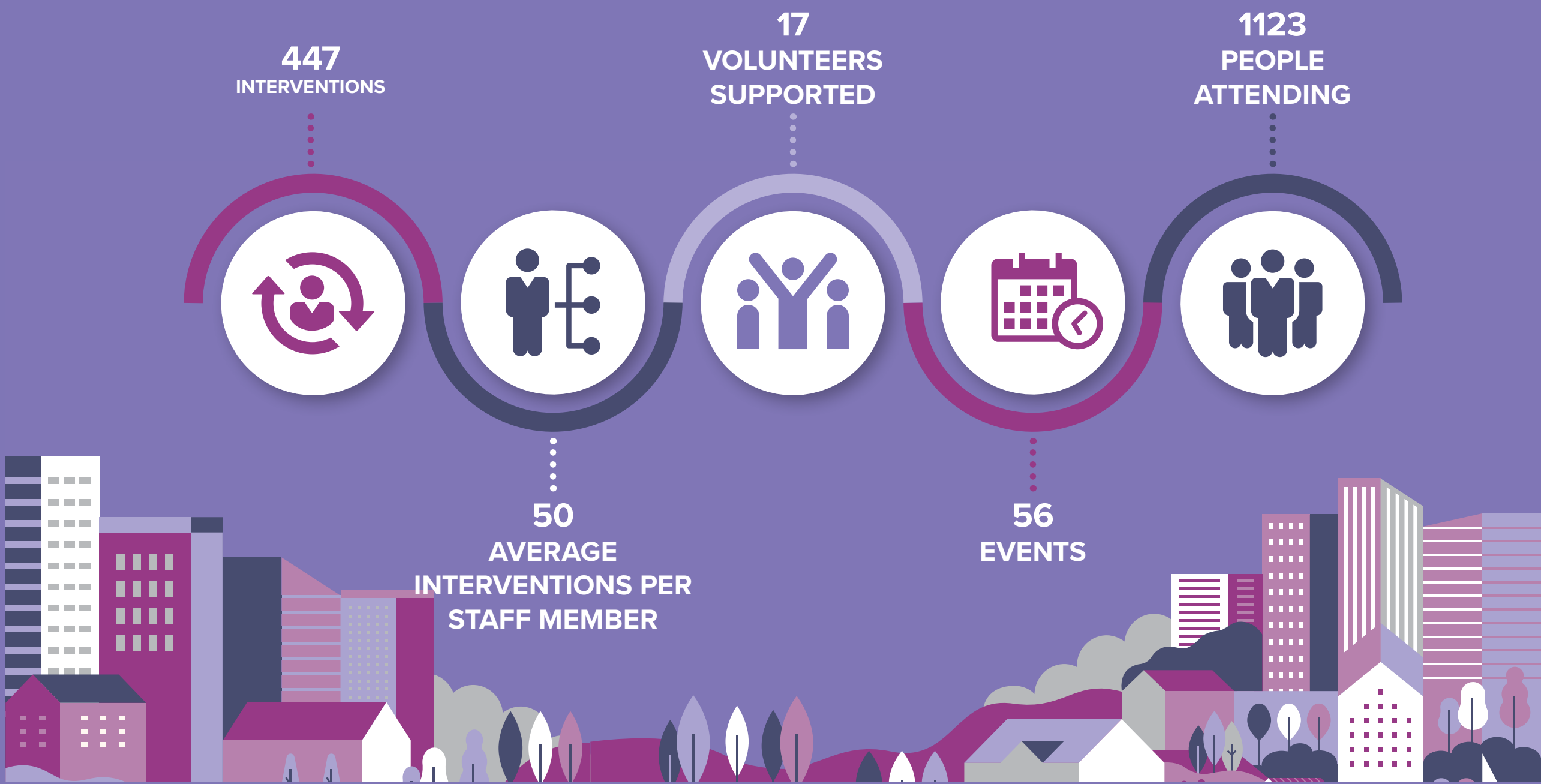
We are grateful to our staff team and Board of Directors for their time, effort and commitment to EBCDA. Thanks also to our funders, Department for Communities (DfC) Belfast City Council (BCC) and the Public Health Agency (PHA), The Executive Office and Community Empowerment Directorate (CED). Thank you also to our members for their support and working closely with us to build towards achieving our strategy for 2015-2020 “People Build Communities”.

**Karen Purdy**, *Chair*

**Michael Briggs**, *Executive Director*

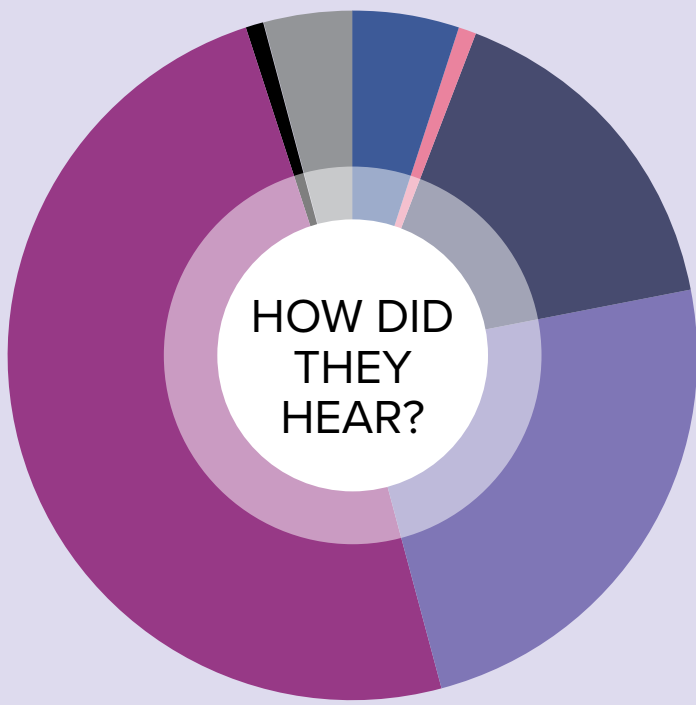
# OUR IMPACT ON EAST BELFAST

Our work has impacted East Belfast in the following ways:



They heard about the event through:

|                  |     |
|------------------|-----|
| FACEBOOK         | 5%  |
| TWITTER          | 1%  |
| WEEKLY EBULLETIN | 16% |
| WORD OF MOUTH    | 24% |
| EMAIL            | 49% |
| LETTER           | 1%  |
| OTHER            | 4%  |

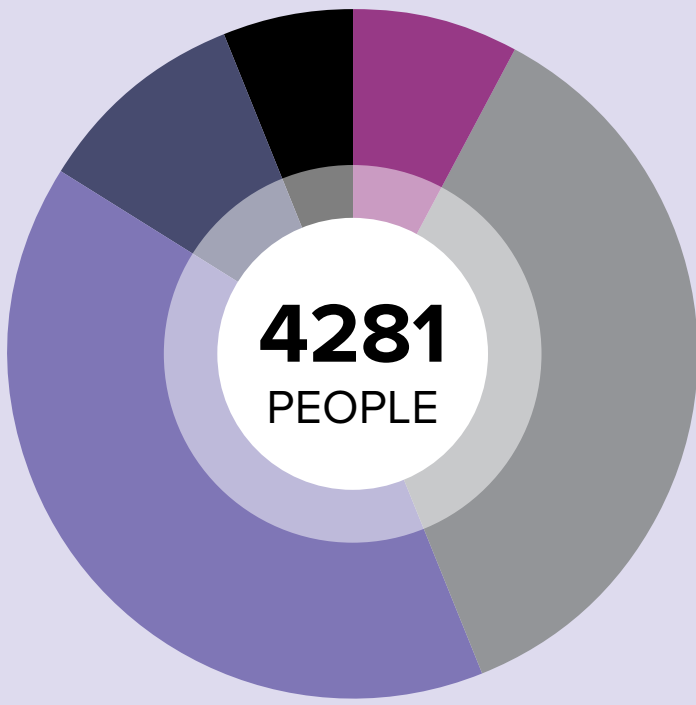


EBCDA ACCESSED AN ADDITIONAL £23,500 TO DEVELOP THE WORK WITH GROUPS

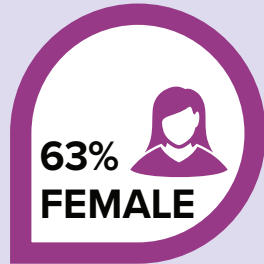
EBCDA worked with 4281 people

IN THE FOLLOWING AGE GROUPS

|       |     |
|-------|-----|
| 18-25 | 8%  |
| 26-40 | 36% |
| 41-60 | 40% |
| 61-74 | 10% |
| 75+   | 6%  |

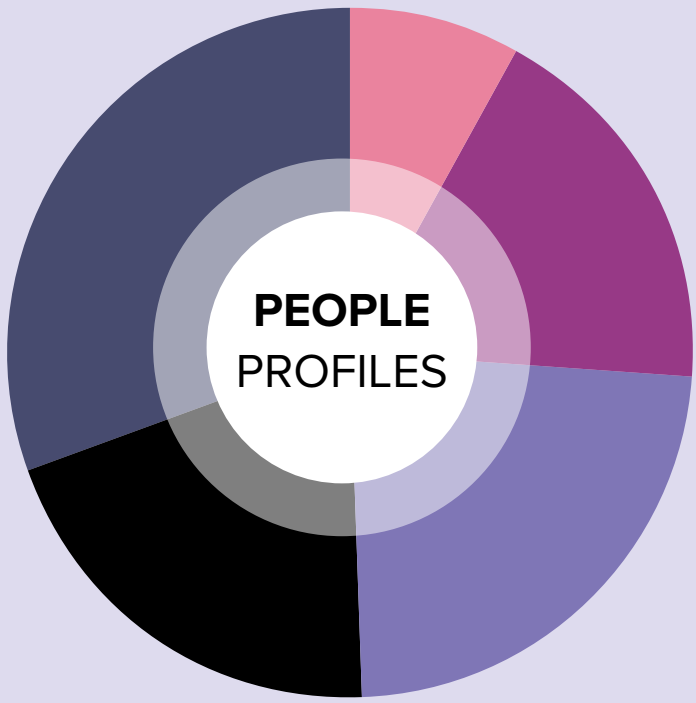


The people involved were



THESE PEOPLE HAD AN INCOME OF:

|                   |     |
|-------------------|-----|
| £10,000<          | 8%  |
| £10,001 - £20,000 | 18% |
| £20,001 - £30,000 | 23% |
| £30,001 - £40,000 | 20% |
| £40,001>          | 30% |



# COMMUNITY DEVELOPMENT SUPPORT



7

training  
programmes  
delivered

57

people  
participated in  
training

9

groups provided  
with payroll  
services for 66  
staff

8

independent  
financial  
assessments  
provided

11

organisations  
supported  
to meet their  
obligations to  
the NI Charity  
Commission

44

enhanced  
Access NI checks  
countersigned

50

weekly ebuletins  
distributed to  
300 recipients'

24

groups provided  
with direct  
funding advice

15

groups provided  
with direct  
opportunities  
to strengthen  
management or  
organisational  
capacity



- Day to day management and promotion of East Belfast Network Centre
- Provided an East Belfast view at meetings, conferences and seminars with the Public Health Agency, Belfast City Council, NICVA, Belfast Health & Social Care Trust, Department for Communities, The Executive Office, Community Empowerment Division



# HEALTH DEVELOPMENT SUPPORT



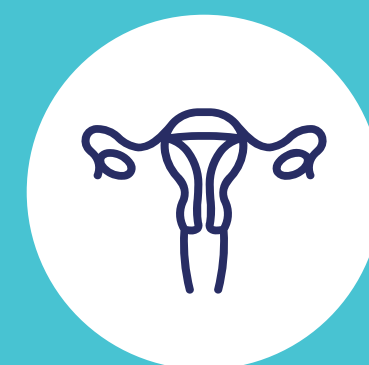
**134**

physical activity sessions  
delivered



**55**

breast screenings organised



**13**

cervical and breast  
screening awareness  
sessions delivered  
reaching 1320 women



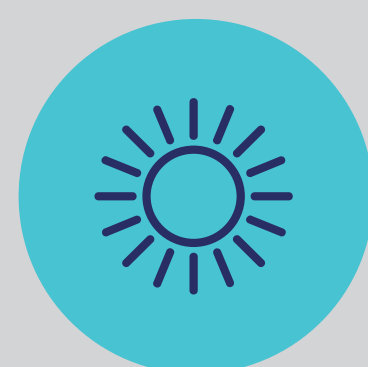
**47**

nutrition sessions delivered



**4**

pain support programmes  
delivered supporting 40  
people



**1**

holiday programme delivered  
in 11 neighbourhoods reaching  
1000 families and 500  
nutritional lunches provided



**400**

suicide awareness beer  
mats delivered to 3 pubs  
and 1 men's shed



**1**

Red Box project set up with  
10 donation points and 12  
community groups involved



**8**

dementia awareness sessions  
delivered



**35**

dementia info hubs set up in  
East Belfast



**12**

health promotion events  
completed reaching 1200  
people



**50**

diabetes risk assessments  
completed



**23**

people trained to use a  
defibrillator



**50**

arts and health sessions  
completed reaching 400  
people



**2,000+**

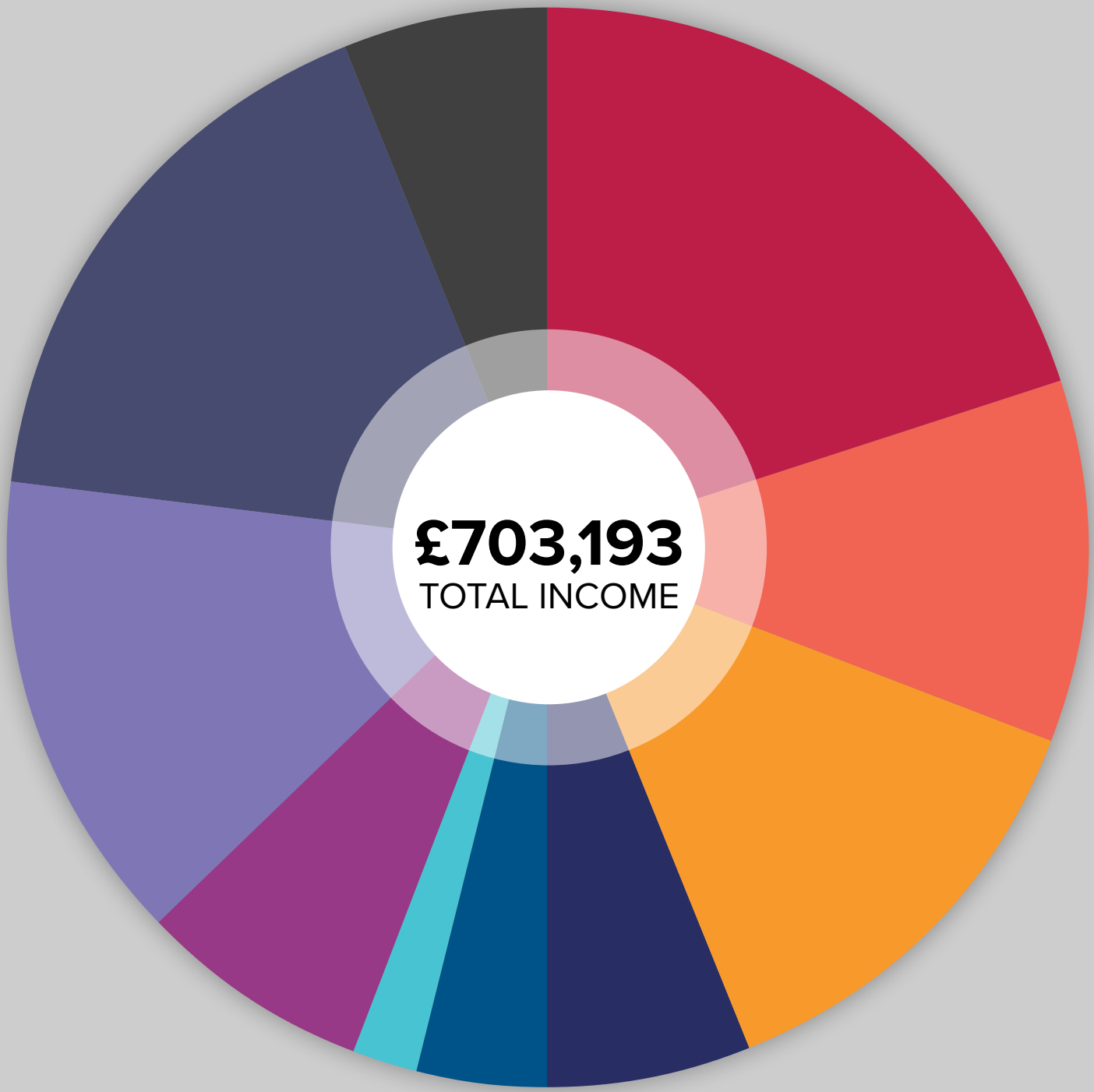
people introduced to the  
Take 5 steps to wellbeing  
messages



**5**

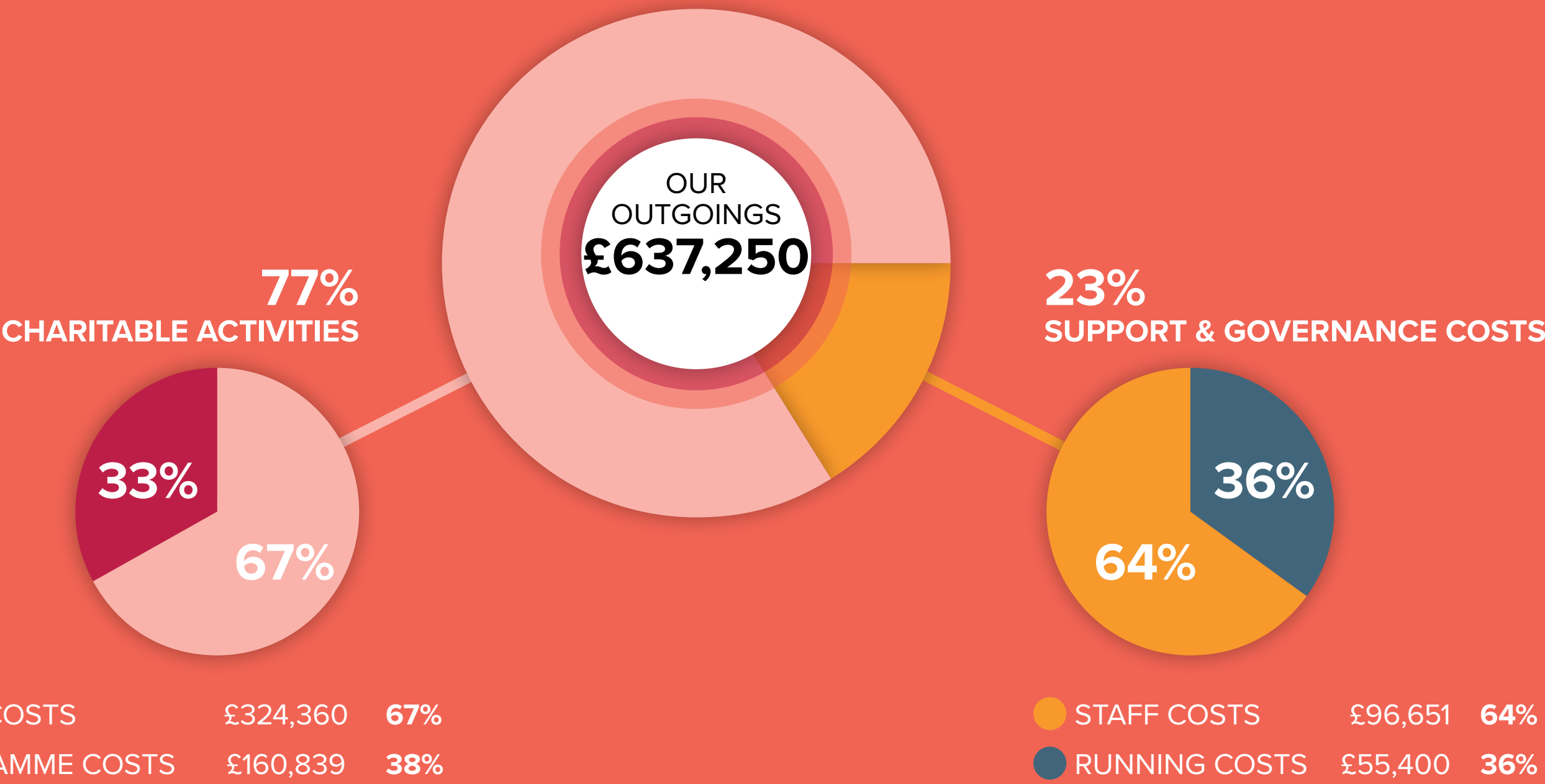
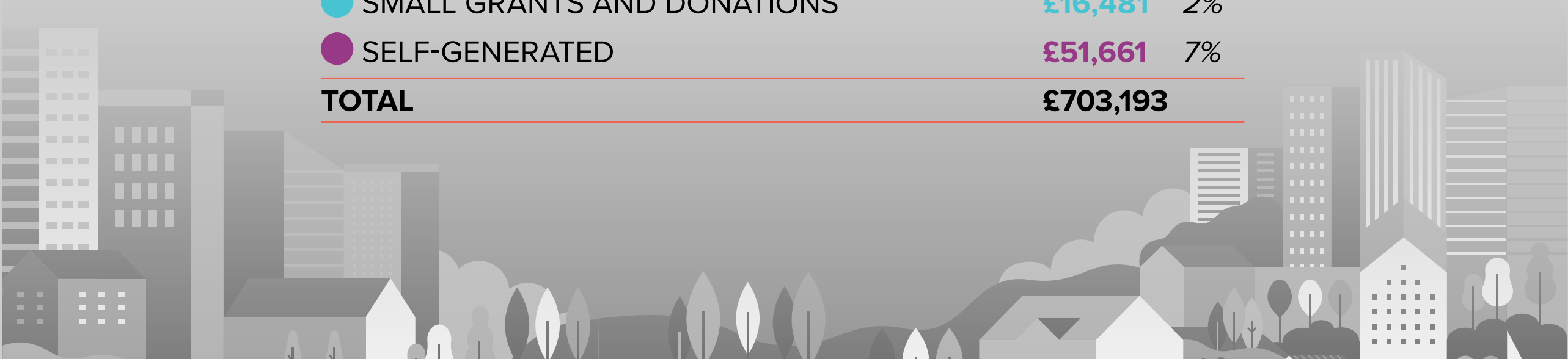
self-care events reached  
120 people

# WHERE OUR MONEY CAME FROM



## OUR MONEY CAME FROM:

|                                       |                 |     |
|---------------------------------------|-----------------|-----|
| BELFAST CITY COUNCIL                  | £97,917         | 14% |
| DFC - COMMUNITY EMPOWERMENT DIVISION  | £119,567        | 17% |
| DFC - COMMUNITY INVEST FUND           | £41,849         | 6%  |
| PHA - HEALTHY LIVING & STRATEGY       | £143,282        | 20% |
| PHA - INVESTING FOR HEALTH            | £76,241         | 11% |
| TEO - SOCIAL INVESTMENT FUND          | £91,345         | 13% |
| TEO - COMMUNITIES IN TRANSITION       | £38,600         | 6%  |
| DOJ - ASSET RECOVERY COMMUNITY SCHEME | £26,313         | 4%  |
| SMALL GRANTS AND DONATIONS            | £16,481         | 2%  |
| SELF-GENERATED                        | £51,661         | 7%  |
| <b>TOTAL</b>                          | <b>£703,193</b> |     |





# HOW DO WE KNOW?



## 1 HOW WAS INITIAL CONTACT MADE OR DEVELOPED WITH THIS GROUP

- Culmination of emerging leaders group taking part in collaboration training.
- Provided a pop up pharmacy style stall where information was handed out to promote what events/workshops etc are happening in East Belfast now and in the near future.
- Meeting with Connswater Community Greenway to discuss Emotional Resilient East Belfast document.
- Second set of sessions for Healthy HeARTS and Minds Programme where there is a menu of arts based workshops running aimed at those who have different health issues.
- Sustrans NI based at CS Lewis Square contacted to ask if EBCDA would host a stall at their annual Belcycle Event to promote Health activities and what we do in East Belfast
- Initial contact made by new link worker who covers North and East Belfast. Would like to know how EBCDA can support and signpost clients to activities/programmes within East Belfast.
- ASIST Training for local community. Mix of organisation represented from throughout East Belfast.

## 2 INTENDED IMPACT

- Prepare for future Belfast work regarding social prescribing for all HLCs across city, influence the direction of future HLC Alliance training.
- The event was to promote East Belfast positively and to showcase the positive work that the community groups carry out in East Belfast. We also celebrated volunteers on the day and to say thank you for the work that they contribute to making East a positive place to live, work, volunteer and visit.
- Was to give the group more knowledge on what is happening in east, and also to find out what the group themselves are doing and if EBCDA can help and support them with any future health related activities.
- To catch up and gain understanding of each other's organisations work.
- To ensure that all records kept by the group are correct and that the treasurer has a good understanding of keeping financial records.
- Share the document. How we came to develop it and plan for way forward.
- To train local people in suicide intervention model.

## 3 UNINTENDED IMPACT

- Belfast HLCs used the time to build stronger relationships and find solutions on working together and how future Belfast network meetings should operate.
- We had people attending who didn't know what services where available in their local community centres and organisations and these people where signposted to these.
- Positive, good opportunity for Youth Work provision in East Belfast.
- Shows that group comply with Charity Commission regulations.
- Those who have come along have gained confidence and have found the social aspect good.
- Able to support the women to know they can't be all things to all people and to know when to seek help from external agencies. Also had good discussion on Take 5 and how people are really engaging in the messages whilst at the gym.
- Shows that the group can comply with Charity Commission regulations.

## 4 YOUR VIEW ON IMPACT

- Helpful to improve EBCDA role in city wide work.
- This event has been a huge success and shown the benefit of positively promoting the work that community groups in East Belfast carry out.
- An excellent way to get information out to people as to what's available to them in East Belfast ensuring that it covers all elements of Take 5.
- Positive, good opportunity for Youth Work provision in East Belfast.
- A great vehicle to reach men and promote positive healthy lifestyle change
- Great link to have to allow those living with cancer the opportunity to take part in programmes and activities happening in East Belfast.
- Shows that group are up to date with all their financial records that enable a smooth annual upload of information to the Charities Commission.

## 5 GROUPS VIEW ON IMPACT

- Excellent stall with lots of information as to what's available to people in their local communities within East Belfast.
- Excellent having the hub and it's full of information. Great to meet the health staff and find out what is happening in East.
- Helpful. Excited about future working together.
- Good for them to know how the process works.
- Very informative and very happy to have completed the training. "Feel equipped to know how to speak to someone in crisis."
- Really informative and enjoyable morning. Helped gain confidence.
- Good to chat and understand how statutory services work. local services and to understand what our remit is when dealing with people.



# MEMBERS, BOARD AND STAFF

## BOARD OF DIRECTORS

- Karen Purdy** *Chairperson*  
**Bernie McConnell** *Vice Chair*  
**Rev Mervyn Gibson** *Hon Treasurer*  
**Sammy Douglas**  
**Mervyn Cleland**  
**Annie Cook**  
**Emma Shields**  
**Rachael Davison**  
**Liz Oslon**  
**Richard Williamson** (Co-Option)

## STAFF MEMBERS

- Michael Briggs** *Executive Director*  
**Kim Briggs** *Resource & Finance Director (Company Secretary)*  
**Jonny Currie** *Community Development Director*  
**Linda Armitage** *Health Development Director*  
**Jim Bailey** *Health Development Co-Ordinator*  
**Davina Kelly** *Health Development Co-Ordinator*  
**Marie Anne Templeman** *Health Connections Co-Ordinator*  
**Richard Maguire** *Communities in Transition (Health) Project Co-ordinator*  
(From March 2020)  
**Gillian Hamilton** *Emotional Well-Being Co-Ordinator*  
**Amy Ashe** *Inner East Youth Work Co-Ordinator*  
**Alexsandra Lojek** *Ethnic Minority Co-Ordinator*  
**Linda McCracken** *Receptionist & Administrative Support Officer*  
**Jean Higginson** *Administrative Support Officer*  
**Joan Baird** *Finance Manager*

## EBCDA - FULL MEMBERS

- Oasis Caring In Action  
Knocknagoney Area Forum  
Connswater Community & Leisure Services Ltd  
Age Concern East Belfast & Castlereagh (IND)  
Arthritis Swimming Club  
East Belfast Mission  
Hosford House  
Lagan Village Youth & Community Group  
Tullycarnet Community Support Services Ltd  
Walkway Community Centre  
East Belfast Alternatives  
The Hopefuls  
The Salvation Army  
St Clement's Parish Church  
East Belfast Sure Start  
Willowfield Parish Community Association  
East Belfast Independent Advice Centre  
Ballymacarrett District LOL No 6  
Ballymacarrett Somme Festival  
Wandsworth Community Association  
Short Strand Community Forum  
The Aslan Association  
The Oak Project  
East Belfast Community Counselling  
East Belfast Enterprise Ltd  
Recycled Teenagers  
ST Columba's Parish Church  
Survivors of Suicide  
Ravenhill Presbyterian Mens Fellowship  
Bloomfield Community Association  
Wise Men Of The East Network  
Greenway Women's Centre  
Round Tower Community Project  
Dundonald Sea Cadets

## EBCDA - ASSOCIATE MEMBERS

- RNIB NI  
Alison Wightman  
Belfast Health Trust Community Development Team  
Green Action  
Choice Charity Fundraising Group  
Knocknagoney Community Centre  
Dundonald Green Belt Association  
Thrive Ireland  
Alzheimers Society  
Connswater Homes  
Dundonald Townswomen's Guild  
Newtownbreda Women's Institute  
Cregagh Pre-School  
NI Housing Executive  
Bloomfield Collegiate School  
Ashfield Boys' High School  
Dreamscheme NI  
Start360  
Polish Language Culture and Affairs  
Belfast City Council  
East Belfast Area Project  
Templemore Avenue School Association  
Boring Wells  
Canoe Association of Northern Ireland  
Dee Street Community Centre  
Inverary Community Centre