



RESURGAM NEWS

News and Updates from within the Resurgam Community

FOREWORD

It is hard to believe that we are now already six months into 2024 with many people, including our staff and volunteers preparing for a well-earned summer break. The Resurgam Trust staff and volunteers have remained extremely busy during very turbulent times providing much needed services and support to help address some of the many challenges faced by our community. You will read in this edition of the Resurgam News about some of the great work and programmes being delivered and about some of our very ambitious plans for the future.

During our Annual General Meeting on the 16th of October 2023 the Resurgam Trust launched our new 10-year strategic plan backed up by a 3-year business plan which sets in place our vision and programme of work that will guide us into the future. This will see us strive to sustain our current social enterprise, establish new business, create new employment opportunities and develop and sustain our many community-based programmes and priority areas of work. We are delighted to announce that following many years of hard work behind the scenes by the Resurgam Trust, Lisburn and Castlereagh City Council and the Hilden Community Association that the contractor will move onto the grounds of former Hilden Integrated Primary School in July 2024, and work will commence to redevelop this historic building. This will see a £1.7m investment into the local community that will lead to the establishment of two new social enterprises and the creation of up to 20 new jobs.

We continue to develop and expand our Community led housing model working in partnership with the Housing Executive and Radius Housing Association. We currently manage five apartments in Bridge Street Lisburn which are dedicated to provide temporary

accommodation for homeless youth. We also manage 14 apartments in Chapel Hill Mews which provide temporary accommodation for people deemed at risk of homelessness. Our Community led housing model is unique in that we provide a wraparound support service for all our tenants linking them into the many community services we provide. This involves an array of partners including the Resurgam Healthy Living Centre, the Resurgam Community Fridge, the Resurgam Youth Initiative and Lisburn Safe.

The Resurgam Trust led a very public political lobby for the return to Stormont and we are delighted that on the 3rd February 2024 the Northern Ireland Executive was reinstated and our Devolved Administration is back up and running. We accept that this does not automatically bring a magic wand and despite the announcement of billions of new finance our public services remain stretched, in fact many are at breaking point. The Community and Voluntary Sector is under more pressure than ever before with many services and funding streams cut.

Working within the Community and Voluntary sector remains a huge challenge but the Resurgam Trust and our dedicated team of staff and volunteers are up for this challenge.

I am delighted to finish by congratulating our Help Kids Talk team on winning the National Advanced Healthcare Award under the category NI government award for partnering, leading and shaping to improve population health. This award was presented to them in London on Friday 26th April 2024. Winning this award is a huge achievement and is testimony to the hard work, dedication and commitment being delivered into our community by our team at Early Intervention Lisburn.

Trust Director

Adrian Bird

£330 Raised by Local Young People



Connected Minds youth committee washed cars for a full day on Saturday April 6th and were delighted to raise £330 for PAPYRUS, a charity for the prevention of young suicide. This is a cause which is close to the hearts of the committee with a few members who have personally been affected by the impact of suicide of close friends. Papyrus is also the chosen charity for the Resurgam Trust this year. If you have been impacted by suicide or feeling suicidal you can find help and support from the following organisations:

PAPYRUS Prevention of Young Suicide
Hopeline247 call 0800 068 41 41
Lifeline – 0808 8088000

If you would like to donate to PAPYRUS please scan the QR code above.



Perfectly Proudful

**LGBTQIA+
& Allies Youth Group**

Are you looking somewhere to be yourself, have fun and engage with like minded others?

Perfectly Proudful is a Safe, Supportive and Inclusive Space for young people aged 13 to 18 years old.



The Welcome house
28-30 Bridge Street
Lisburn BT28 1AE



Support services available through the Resurgam Trust

The Connected Minds Empowering Youth Project – a mentoring and support service for children, and young people aged 8-24 years old in Lisburn.

We provide:

- 1-1 Support for emotional health and wellbeing issues.
- Support for parents and family members.
- Connect to and develop services to directly address the issues of emotional health and wellbeing.
- Listen and respond meaningfully to the voices of children, and young people.

Contact:
connectedmindssyc@resurgamtrust.co.uk
028 9267 0755 (option 6)

Connected Minds Youth Committee

This committee is for young people aged 14-24 years who are passionate about raising awareness and positive change around mental health within our community. The group aims to inspire, motivate, and empower young people, make positive changes within our local area. We are also grant makers where local groups can apply for funding to deliver mental health activities for children, and young people.

Contact:
connectedmindssyc@resurgamtrust.co.uk
028 9267 0755 (option 6)

Resurgam Healthy Living Centre

We provide free advice, support, information, and programmes to help you with your health and wellbeing needs.

Programmes include:

- Living with pain and self-management
- Healthy eating and practical cooking for the whole family
- Stop smoking support
- Mental health and wellbeing
- Information in a wide range of conditions including local support/ services.

Contact:
healthylivingcentre@resurgamtrust.co.uk
028 9252 8233

Resurgam Youth Initiative

We provide youth services for children and young people aged 5-25 years old. We have centres in Hillhall, Old Warren, Ballymacash, Hilden, and the Maze. We deliver programmes on health, education, youth voice and participation, equality, and diversity. We are an OCN accredited centre, and we offer a range of OCN training options for young people.

Contact:
Francie.Ferris@resurgamtrust.co.uk
07895 757720

Scan the QR code to
access all help line
support available in
Northern Ireland



'HELP KIDS TALK' - EARLY INTERVENTION LISBURN PARTNERSHIP WINS AWARD AT GLITTERING LONDON EVENT

The Help Kids Talk project has been recognised for its exceptional work in supporting local children and families in Lisburn and the surrounding areas. The project was awarded the Northern Ireland Government Award for Partnering, Shaping and Leading to Improve Population Health, at the recent Advancing Health Care awards in London, hosted by Eamonn Holmes.



This project's vision is to have 'everyone in our community working together to help kids talk', which also has positive impacts on our children's mental health, improves their ability to benefit from education and increases their employability in the future. Help Kids Talk brings together a wide range of community, voluntary and statutory organisations along with parents and carers, to improve life chances for children.

Mabel Scullion Early Intervention Lisburn Manager said, "We are so delighted to receive this award and recognition for all the hard work and dedication that goes into Help Kids Talk. Barnardo's NI, Resurgam Trust and the South Eastern Health & Social Care Trust as lead partners all share the same goal, to help improve the lives of our babies, children and young

people.

Catherine Milne St Aloysius Primary School & Nursery said, "I cannot emphasise enough the difference this project has made to our school. We have had programmes in the past that were good however they didn't last. I think the difference is the continued support and exemplary advice given by HKT, the regular reminders to keep prioritising children's speech, language and communication, the strong connections development with our community and voluntary partners and the opportunity to involve our parents as well as staff."

"I want to thank all of our partners and all of our parents and carers who help make the Help Kids Talk project such a huge success."

To find out more check out our website www.helpkidstalk.co.uk

THE HIGHWAY INN BAR & KITCHEN
SERVING FOOD DAILY 10.00AM - 3.00PM
8 HILLHALL ROAD LISBURN, BT27 5BU

Highway Inn Bar and Kitchen - Charity Fundraising Breakfast

On Friday 3rd May 2024 the Resurgam Trust Social Enterprise, the Highway Inn Bar and Kitchen hosted a charity fundraising breakfast to raise funds for this year's nominated external charity POPYRUS. POPYRUS Prevention of Young Suicide is a UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

This breakfast was very well supported with over 100 members of our local community, community partners, political representatives, family and friends turning up to support the event. This fundraising event was organised by the staff at the Highway Inn and raised the magnificent amount of £1578.76. Staff from Papyrus showed their appreciation and support by attending the breakfast and used this occasion to showcase and highlight their valuable work.

Since launching our 2024 fundraising campaign for Papyrus in January this year we have seen the entire Resurgam family get involved in an array of fundraising activities including a car wash, tea dance, raffles and private donations. The amount raised to date now sits at £3060.76. The Resurgam Trust would like to take this opportunity to thank all the staff and volunteers

at the Highway Inn Bar and Kitchen who helped make this fundraising breakfast such a great success. We would also like to thank our Deputy First Minister Emma Little-Pengelly for attending the breakfast and Kyle John Suckling who provided the excellent musical entertainment.

Note: If you would like to support the Resurgam Trust to help us raise funds for this excellent charity by organising fundraisers or making a donation please get in touch by calling 028926700755 or by emailing the Resurgam Trust on info@resurgamtrust.co.uk.



SWIFTIE NIGHT FUNDRAISER A SUCCESS

Connected Minds Youth Committee held a Taylor Swift quiz night to help raise money to refurbish the sensory room for Resurgam Youth initiative ASD group. Through ticket purchases and raffle purchases we raised an amazing £350. Follow Connected Minds Youth Committee on Facebook and X (formerly Twitter) if you would like to get involved or attend any future events or find out more about our work.



Community Fridge Update:

Our Resurgam Healthy Living Centre Community Fridge continues to be open on Wednesdays and Saturdays from 11am to 2pm. We currently accept donations and our volunteers are out every day and night of the week collecting from KFC, Nandos, Lidl, Co-op, Tesco's, and Marks & Spencer's as well as being supported by Rutledges Warren Gardens and Spar Hillsborough. We have been delighted to accept an award from Tesco's Bentrin Road for £500 and we are currently one of the local community fund charities for the Co-op – please nominate us as your charity when shopping in store. From July 2023 until 31st May 2024 we have diverted 67.5 tonnes of food to be used by homes across Lisburn, therefore reducing food waste. We have had 7583 visitors to our Fridge and our volunteers on average donate approximately 400 hours per month to enable us to run the Fridge. Remember the Fridge is about reducing food waste so anyone is welcome, we do not take names and there is no criteria for using the Fridge, just bring a bag and take what you will use. We are grateful also to the Moria Hygiene Bank who have continued to support the Fridge and the Resurgam Healthy Living Centre more generally.

South East Mind Matters (SEMM)

This project has supported children (from age 5), young people and adults who are living with or supporting someone living with a mental health problem across the South East and in Lisburn through the Resurgam Healthy Living Centre. This project has run for 24 months providing access to counselling, therapeutic support, social prescribing and training for all those in the community. In total the project has supported 906 people most of who were under the age of 14, providing 731 social prescriptions, 1700 counselling sessions and 751 hours of therapeutic support. 96% of people engaging in the project reported that they felt more confident in managing their health and wellbeing, 95% reported being more aware of support available to them and 95% reported that the SEMM project had met their needs. The project was funded by the Department of Health's Mental Health Fund and managed by the Community Foundation for Northern Ireland. It was incredibly disappointing that this very worthwhile project had to cease activity when the funding ended in March 2024. We have continued to share the learning from this work and a poster presentation was provided to the Public Mental Health Conference in March 2024 and an oral presentation was given to the International Conference on Integrated Care (ICIC24) on the 22nd-24th April 2024. We continue to advocate for funding for this model to support children, young people, families and adults in our community living with mental health difficulties.

Connected Minds Empowering Youth Programme pilots a student well-being programme

The Empowering Youth student well-being programme is a peer-led mental health and well-being programme which aims to engage young people and increase their overall awareness on mental health and support services in the local area. The programme was piloted in St. Patricks Academy Lisburn year 10 and Lisnagarvey High School year 11. Students participating had a choice of 3 out of 6 topics which included anxiety, bullying, loneliness, motivation, self-care and youth voice – unexpectedly the session ‘staying motivated’ had the highest demand with over 80% young people choosing it in their top 3, others included were anxiety, self-care, mental health, and volunteering.

Written and led by Ugne Girciute - empowering youth support worker, the programme aimed to fill the gap of the lack of mental health education in schools inspired by a report Ugne co-led for the Secondary Students Union of Northern Ireland (SSUNI) where it highlighted that only 28% of young people felt that they’ve received adequate and relevant mental health education in schools, (Let Us Learn Report, 2024). This report and the work that Connected Minds Youth Committee has been doing in the local area on mental health sparked the idea for the programme.

In addition to delivering the sessions in both schools, students also had the opportunity to come together for an exciting day trip to the Resurgam 3D Youth Centre. A variety of organisations from the local Lisburn area set up stalls for the day to make young people aware of the services they offer including Resurgam Youth



Initiative, Early Intervention Lisburn projects, Resurgam Healthy Living Centre, Resurgam Community Fridge, Lisburn YMCA, Barnardos NI, Belfast Works and Gems NI.

The feedback was positive, a young person expressed that “it was good to understand what mental health is and who you can talk to”. Another young person had said they learnt they are not alone – “I’m not the only person who experiences it”. The feedback that came back from the day trip to the youth centre showed that it supported young people with their understanding on how “youth groups run” and the “opportunities” that are available to them in the community. Many young people from the student well-being programme group have now signed up and regularly attend a youth group in their local area as a result.



Christina
Resurgam Healthy Living Centre
4-week August Art Programme
(for ages 10+)
Wednesdays at 5pm - 6pm
starting: 7th August
Where: 3D Youth Centre, Old Warren, 65 Drumbeg Drive, Lisburn
Spaces are limited!
Contact if interested:
clare.parker@resurgamtrust.co.uk

Local Spar donates to Resurgam Healthy Living Centre Social Café

On Monday 15th May the amazing team at Spar, Lagan Valley paid a visit to the Resurgam Healthy Living Centre Social Café. The store manager, Teresa Oens and her colleague Gail Fryers surprised the volunteers by donating tea & coffee supplies and lots of delicious pastries. This is all part of Spar's initiative to support locally based charities who are making a difference in the communities they live in. Spar has also pledged its support to the Resurgam Christmas Week later on this year.

For those interested, the Social Café is open every Monday (except for Bank Holidays) from 11am-2pm. Anyone in the community is welcome to drop in between these times for a cuppa, one of our tasty homemade scones and a chat with one of our lovely volunteers.



Help Kids Talk



Our vision: Everyone in our community working together to help kids talk.

We are a community wide initiative involving community, voluntary and statutory partners and managed by Early Intervention Lisburn and the South Eastern HSC Trust.

- We deliver key messages every month through our social media pages
- We run free Basic Awareness webinars & Level 1 Training.
- In our Basic Awareness webinars, we discuss infant mental health, baby brain development and top tips for supporting speech, language and communication development in children
- In our Level 1 Training we discuss key skills children need for speech, language and communication development. We also talk about speech, language and communication developmental milestones, as well as strategies to support children to develop these skills.
- Suitable for both parents and practitioners
- Available across Northern Ireland

Register to join a webinar or training via the QR code or the following link:

<https://helpkidstalk.co.uk/book/>



For further information, please contact us.

Email: helpkidstalk@resurgamtrust.co.uk

Phone no: 028 9267 0755 (Option 6)



Mental Health Awareness Week - Moments for Movement

To support Mental Health week 13-19th May 2024 the Resurgam Healthy Living Centre as part of the Healthy Living Centre Alliance and in partnership with The Mental Health Foundation, hosted our first ever Tea Dance. Expertly led by Housty we welcomed around 60 people to Laganview Enterprise Centre. The event was supported by our fabulous team of volunteers who made sure everything ran smoothly and the feedback was so positive we are aiming to make the Tea Dance a regular feature. We were delighted to see the Tea Dance highlighted in the Mental Health Foundations round up of activities across the UK.

Thank you to all our volunteers for making the event possible. We were also delighted that our raffle raised £426 for our charity of the year POPYRUS – prevention of young suicide.



Special Education Needs & Disability (SEND)

We continue to develop our SEND group and in partnership with the YMCA we secured the EA specification for this work with both organisations providing two SEND sessions per week. The bakedbeanz send group recently took part in a joint photography program with the YMCA to showcase what they enjoy doing in group. They had their photo taken by a photographer and these photos were displayed at a celebration event. The SEND group focuses on sensory and interactive games to build confidence and to help build friendships with other ASD young people.

Grow Your Own Course



Our Volunteer Heather Boyd has led on the development of a Grow Your Own Course. This course ran for 4 weeks and introduced the participants to growing their own food. Each participant received a small starter pack of seeds to grow 4 different types of vegetables and 2 different type of flowers along with free



Perfectly Proudful

In the last year we have progressed our Inclusive work through completing LGBTQ+ awareness training awareness training for staff and volunteers. We have recently established a second group for 18+ young people as there was a lot of interest in this age group. Resurgam Youth Initiative and Early Intervention Lisburn has supported Perfectly Proudful & Allies at the Belfast Pride parade for the last two years. The Perfectly Proudful staff organised an LGBTQIA+ Intergenerational event with members of this community speaking about the challenges they have faced, how they have overcome them, and they gave our young people strong messages of hope from for their futures.. As this pilot was so successful, we would be keen to make this an annual event. This event attracted new young people to join our Perfectly Proudful youth group.

compost. The feedback was very positive and plans to learn how to make preserves, chutneys, pickling, growing herbs and micro greens will be planned over the next few months. All details will be posted on the Resurgam Healthy Living Centre Facebook page or contact the Centre on 028 92528233 for more information.

Participants have said:

“I have had a lovely time learning”

“It has helped my mental health, out to meet new people and watching plants grow and learning about the growing process”

“I have really enjoyed being able to share some of my knowledge to help other people get started growing as I know that getting connected with nature has so many health benefits, both mental and physically”

Outreach/ Detached Work



The Resurgam Youth Initiative, Outreach/Detached team aims to engage young people and encourage them to get involved in more positive activities in their community. There has been a steep increase in youths who are marginalised from centre-based youth provision and are engaging in risk taking behaviour within the city on a weekly basis.

The aim of the outreach/detached team is to engage with young people within their own community. Over time, we look to build a rapport and gain their trust. We would encourage them to move to centre-based youth provision to participate in targeted programs such as internet safety or personal development.

The Outreach team delivers youth engagement on Friday evenings throughout Lisburn and Castlereagh areas, to provide a support network to those who may not be aware of what youth provision services exist in their area.

An example of where this has been a success is the newly formed 'Solar Stars' in Hillhall, a group that started from the outreach team engaging with young people in the estate and finding out what their interests were through games of Rounders and Dodgeball.

Over the years we have faced many challenges, from alcohol misuse to the ever-changing methods

that young people consume drugs, this has been incorporated into the vaping trend that has become increasingly popular with young people as young as ten! Some nights we may engage with two young people in a three-hour session, on other occasions we have engaged with crowds up one hundred and fifty.

A productive way to provide support to the young people we engage with is providing them with activities they have an interest in such as electronic gaming or football and some recent events have seen us team up with the staff at Game Locker. Based in Dundonald Gamelocker also provide an outreach provision and provide the latest gaming consoles and equipment with advice on how to increase profiles on gaming platforms in a safe

manner without putting yourself at risk. Another popular method of diversionary engagement is 'Midnight Soccer'. We provide the young people with the chance to play football in a safe environment and encourage participation in friendly tournaments with young people from other neighbouring estates to promote community ethos and cohesion.

“DATES FOR YOUR DIARY”

Friday 4th October 2024

**Macmillan Cancer
Coffee Morning**

**Monday 2nd - Saturday 7th
December 2024**

Resurgam Christmas Week

D-Day Anniversary

During the week of the D-Day 80th anniversary, 6th June 1944, Resurgam communities held events in all areas to mark this historic moment in the World War II. D-Day 80 marks the 80th anniversary of the Normandy Landings, a pivotal moment in history. The bravery and sacrifice of those who participated in this operation impacted the course of the Second World War.

On Friday 31 May Hillhall Regeneration Group and Lisburn Temperance Juniors hosted a display by the Lisburn Military Society where vehicles, weaponry and uniforms from the day were on show for young people to see and indeed dress up for some pictures. Neil tended to the BBQ and there was an abundance of sweets and juice for children attending.

On Monday 3rd Halftown Residents Association marked D-Day by hosting a Tea Dance in Lower Maze Hall where Housty performed a wartime tribute. Local people dressed for the occasion, including Peggy who donned an outfit from the period and there was plenty of bunting and colour to ensure a memorable occasion. Jackie was able to showcase some memorabilia from the People's Museum which was very interesting for those in attendance.

Friday 7th was the turn of the Lisnagarvey Men's Shed to raise a toast to those veterans and those who sacrificed their lives on D-Day. Following the Proclamation, read by ex-Royal Navy Seaman George, the lads enjoyed a breakfast in the Highway Inn. There was a display of items from Billy, a veteran who has been across many times to meet those in France who were involved in D-Day and who ensure that those taking part in the Landings are remembered.

Saturday evening was the turn of the Saturday Night Senior Citizens in Laganview Enterprise Centre where a Tea Dance was held with the group, accompanied by the 'D-Day Darlings' who were on the screen for those in attendance. This evening also seen the Hilden Memorial Society host an event with a meal followed by a toast to those who took part in D-Day. Both events had a display on show to commemorate D-Day.

Resurgam Youth Initiative hosted an open evening in 3D Youth Centre and Hilden Hall to mark D-Day with young people making arts and crafts associated with the period and having completed Display Boards depicting the events of D-Day and stories from young people who had been part of the armed forces who took part in the Landings. A BBQ was on



hand for those to get a snack and the evenings were a great success.

The final event took part on Monday 10th June where Housty again performed a set of wartime tunes for older people who came along to the 3D Youth Centre. The Centre was in great colour thanks to Keith and the Community Fridge team who host the Social Café on a Monday. The Right Worshipful the Mayor of Lisburn Castlereagh City Council, Councillor Kurtis Dickson, the youngest ever Mayor of the City, was in attendance and showed off a few of his moves with an eager troupe of dancers waiting in anticipation for his participation. This was great fun and was a fitting close to the Resurgam events to mark the sacrifices of those on D-Day.

Resurgam Trust would like to thank Lisburn Castlereagh City Council for their grants to enable these events to happen; to the communities for helping to make this a special occasion; and the Highway Inn Bar and Kitchen who provided catering for the events.

Community Food Hub

We have been delighted to see the start of our Community Fridge Food Hub Programme supported by the Resurgam Healthy Living Centre Community Fridge and the T (Thursday Group). The programme has held a number of events connected to our Monday Social Café which takes place each week from 11am – 2pm in the 3D Youth Centre. In the last few months we have held community, intergenerational events which have supported

- Valentines & Pancake Day
- International Women's Day
- Northern Irish Baking Day
- St Patricks Day
- World Mental Health Day
- D Day Commemoration
- Men's Health Day

All the events provide a safe social space for people to chat, enjoy some freshly baked scones and a cup of something with a variety of activities across the weeks that can include planting, games or other activities, arts and craft, dancing and also include meeting some charities or other services in the area. We are grateful to the following charities and support groups for joining our Hub to join us for our social café with more to come over the remainder of the year:

- Diabetes Uk
- FND Matters (Functional Neurological Disorder Support Group)
- The Hygiene Bank Moira
- Versus Arthritis

FREE online specialist gaming and gambling harm prevention workshops in Northern Ireland

Learn about the blurred lines between gaming and gambling harms and how you can help safeguard the young people you work with.

Click a date to book your **FREE** place or email us at training@ygam.org

Teachers **Thursday 27th June**
3.30pm - 6pm

Youth workers **Tuesday 20th August**
10am - 12.30pm

Sports clubs **Wednesday 18th September**
5.30pm - 8pm

Following your session you will receive:

- A **City & Guilds** certificate and digital credential
- Access to **resources** to use in your practice

For more info about us and our training please visit www.ygam.org

Ygam

DID YOU KNOW?

87% of 8-25 year olds play online games at least 3 times a week.
*Source: Nominet 2023

26% of 11-17 year olds have spent their own money on gambling in the last 12 months.
*Source: Gambling Commission 2023



HILLHALL YOUNG WOMENS GROUP

Hillhall Young Womens group are young women aged 12 to 16 that have been together for 3 years coming up from the junior groups. This group focuses on programmes and issues facing young women and to lobby and fundraise for social issues they are important.

The girls completed a Cook it programme. The programme was designed to encourage the girls to learn essential life skills in the kitchen such as measuring different ingredients and using different equipment. It was also used to encourage them to cook at home with their families and pass on recipes to their friends.

They all had their own folders, so each new recipe could be put in each week for them to take home. They thoroughly enjoyed the programme, but the tasting after was a huge hit.

The girls have just completed a 6 week Teen Flex's Health and wellbeing Programme. Laura Smith was our facilitator and trained in sports therapy, massage and reflexology. The reflexology was the main focus for the programme. She started the programme explaining what reflexology is and what it entails. Further sessions contained different information about physical and mental health and how to look after yourself. Guides on how different pressure points in feet and hands are connected to different organs and other parts of the body. The programme was then finished with Laura carrying out reflexology. The girls were really surprised at what Laura was saying about their health and wellbeing just by massaging their hands.

