

Youth Matters is an exciting service which organises activities which are suitable for young people aged under 18, with physical/sensory disabilities, or other health and medical conditions. Parents are not required to stay at activities with Young People but will need to complete our information form to make sure we can provide the support that is needed and have all the necessary contact details.

If you want to come along to any of our fun activities all you have to do is call or email from 11th January onwards.

Call: 02890 461834

Email: g.boyd@cedar-foundation.org

Gillian Boyd

Youth Officer

South Eastern HSCT, Belfast HSCT, Northern
HSCT

02890 461834 ext 205

Cedar

Ravenhill Reach
Ormeau Embankment
Belfast
BT6 84B



Youth Matters



Belfast Trust
South & East Trust
Northern Trust
Jan-March 2016

Happy new Year 2016



Hello and Happy New Year!!

I hope you all had a wonderful Christmas break and are ready for a fun-filled start to 2016!! We had a really busy 2015 here at Youth Matters which included welcoming Nicole to our team as the new ACT-UP Facilitator.

See you soon

Gillian



Date	Times	Activity	Cost	Information
23rd Feb	6pm-9pm	Cinema in Ballymena	£6.50	
27th Feb	3pm-5pm	Bowling & Burgers Lisburn	£10	
27th Feb	11am-1pm	Minions Movie & Craft Workshop Cedar Ravenhill Reach	Free	



Date	Times	Activity	Cost	Information
19th March	11am-1:30pm	Odyssey Cinema Kids Club	Free	£ for popcorn extra.
30th March	10am-1pm	W5 and Pizza Hut	£5	
31st March	11am-1pm	Ark Open Farm	£5	Bring a packed Lunch
31st March	3pm-6pm	Adventure Golf and shopping @ Junction 1	£5	Bring a coat
1st April	12-2pm	Easter Egg Hunt and Picnic @ Lady Dicksons	Free	Bring a Coat!



Healthy Relationships

We will be running a n OCN accredited Healthy Relationships programme for 6 weeks for young men and young women aged 14+

Venue: Ravenhill Reach

When :Thursday 4th Feb 6pm for 6 weeks

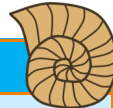
Positive Friends

The programme will include exploring different types of relationships, what is a healthy relationship and how young people can protect themselves in relationships and recognising the signs of bullying.

For more information please contact Nicole or Gillian
contact details can be found on the back page.



JANUARY



Date	Times	Activity	Cost	Information
23rd Jan	10am-12pm	Ulster Museum	Free	Bring a coat and packed Lunch!!
30th Jan	3pm-6pm	Cinema Glengormley	£6.50	Plus Snack money

NEW FOR 2016!

Thursday Night Youth Club in Lisburn



Games

Movies

Arts & Crafts

Personal Development Programmes

Siblings Welcome

Where:

Café Inspirations

Grahams Gardens Lisburn City Centre

When: Starting 11th Feb

Every Thursday 5pm-7pm 8-11Years

6pm-8pm 12-18 Years

Cost: FREE!!



Drop-In Thursdays

11-18 Year Olds

Thursday nights starting 21st Jan

5:30-8:30pm



Make Friends, Chill Out, Have Fun!!



OCN Accredited courses,
6 Week Relationships Course



Netflix Movies,

Gaming,

Pamper Station,

Arts & Crafts.

Pizza Nights



You can arrive anytime during the evening but need to register intentions to come by calling Gillian or Nicole

' The Drop In has helped me make new friends and is somewhere to relax after a hard week at college'
Mark 17, Belfast

CHAIR BASED YOGA



SUITABLE FOR THOSE WHO HAVE
WHEELCHAIRS AND THOSE WHO DON'T

Saturday 16th, 30th Jan & 6th , 13th Feb

1pm-2pm

10b Lough Road, Upper Ballinderry



Wood Work Course

Free wood craft course where the only limit is your Imagination!!



6 week course @ Tree of Life

Conway Mill Belfast

Friday Nights starting 5th Feb 6pm-8pm