

# Community Integration Project



*Big Lottery Reaching Communities*

## One year on.....

Willowbank Community  
Resource Centre

# Contents

## Pages

Welcome	1-2
My Bookmarks	3
Word Search	4
Thank You Lottery	5
Benefits of Big Lottery	6
Smile	7
Computers	8
Fashion through the Ages	9-12
Developing and Strengthening Skills	13
Setting my Sat Nav	14-15
Dreamboats and Petticoats	16-17
Same Old... Same Old	18
Training for Trainers	19
What people say about us	20

# Welcome



## Big Lottery Community Integration Project - One Year On

**So what is Community Integration** – well in our words its making sure that we are a part of what is going on in our community and that we are supported and enabled to be part of planning our future and making sure we are involved in decisions that impact on us.

Well folks its year two of the Big Lottery Community Integration Project and I was just thinking where did that first year go. Well as this booklet will hopefully show it's been busy busy busy!

We got the year off to a fun start with a day out at the theatre and you can find out how that went in Victor's article on Dream Boats & Petticoats; and then it was down to work with a raft of personal development and learning opportunities provided through the Big Lottery Reaching Communities funding.

Some of our participants undertook Personal Development through ICT learning practical IT skills for everyday use and enjoyment – Kenny shares his thoughts on that on page 3.

Vera also participated in this and in the Forever young Group and used both her eye for detail and her newfound ICT skills to produce the informative fashion through the ages on pages 9-12.

Our grant also supported training to ensure that we understand how local democracy works and how we can engage in it. Graham and Peter both speak of how this has worked for them on pages 6 & 18 and Patricia shares her thoughts on undertaking study at Queens University on page 13. While Seamus, Brian and Sharon give us an insight into how the project has enabled them to take on new opportunities and learning.

Organisationally we also benefited from the support this fund provided through NICVA with staff undertaking training on evaluation, ILM First Line Management, Training for Trainers and Customer Care

So yes a busy busy busy year with so much achieved it has left us breathless.

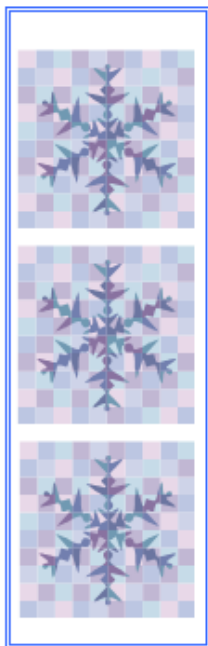
A huge thank you to Big lottery for understanding the need for this work and funding it; and to the participants who have engaged in the project to date. Each of you has been part of informing the work of next year and making a unique contribution to the work of Community Integration locally.

***Ann McGlone***  
***Manager***

# MY BOOKMARKS

*by Kenneth Ferguson*

One of the things I enjoyed doing in my computer class was creating and printing my own bookmarks. I went into the internet and into clipart to choose all the pictures which I liked the look of. I then settled on the number of pictures I wanted to put on my bookmarks. I decided to put 3 pictures down the side of each one and they were all different. I picked Christmas scenes; pictures of books and candles. I liked them so much that I kept them myself to put into different books that I am using. At some point I plan to do more bookmarks and give them out as presents.



# Willowbank Activities Word Search



by Edel McArdle

l	g	a	i	g	s	g	m	i	o	o	b	v	i	t	i	w	s	t	e
n	r	l	o	n	n	c	i	e	s	i	r	r	y	f	r	c	u	o	l
t	s	l	i	i	h	e	i	u	e	f	s	i	y	e	b	l	n	t	r
e	f	o	l	d	o	e	r	n	e	h	d	t	e	r	e	t	s	n	c
n	s	w	g	a	i	o	t	r	i	l	h	i	e	e	n	a	i	r	t
a	o	a	n	l	g	n	s	d	t	l	o	r	n	e	b	e	e	i	a
b	g	o	i	s	t	s	g	b	e	i	d	o	w	d	o	n	l	r	m
r	n	e	k	l	k	s	s	e	h	a	i	a	e	t	x	s	r	a	l
r	l	e	l	f	i	d	e	t	s	o	g	o	r	e	e	b	p	r	p
t	r	n	a	f	t	n	g	s	i	e	e	i	e	n	r	u	h	a	l
i	g	g	w	h	r	y	g	y	c	t	b	n	p	w	c	h	e	c	u
t	i	e	u	p	t	r	a	u	p	u	t	n	s	d	i	l	v	o	d
a	r	m	c	h	a	i	r	a	e	r	o	b	i	c	s	i	a	o	e
f	t	a	d	t	e	l	d	e	y	l	o	g	o	d	e	r	i	k	a
s	o	l	e	r	i	t	e	o	t	r	f	h	d	c	r	n	s	i	o
t	n	p	n	n	i	r	n	b	c	x	e	o	a	n	c	s	r	n	o
b	e	b	g	h	b	e	i	h	s	a	t	h	o	a	k	i	d	g	h
a	n	e	a	a	h	d	n	t	t	r	s	t	c	a	s	f	a	e	e
d	r	e	c	s	e	e	g	t	y	t	e	e	t	r	o	s	i	m	a
r	r	a	e	m	e	g	u	n	j	r	t	n	p	a	a	d	d	q	t

## Words to find

archery, armchair aerobics, art, bocchia, bowling, boxercise, cooking, gardening, gliding, golf, new age curling, sailing, toddlers leap, walking

# *Thank You Lottery*

*By Brian Heron*



Hi my name is Brian I have taken a number of computer classes over the years but have a bit of a problem in remembering what I have learned. This is partly because of my disability but also because classes are too big and there isn't always time for the tutor to go round us individually.

Through the Big Lottery funding we were able to tailor the classes to our needs. This has meant that everything is now fresh in my head, particularly Microsoft Excel which had me stumped until now.

In September last year I enrolled to do ICT from the start we were in control, we met with the tutor, we decided how long each session would be, we decided the day of the week it would be on and we decided the qualification we would do. I found the pace of this ideal there was no pressure and the tutor had plenty of time for each of us.

In June of this year I set my New CLAiT exam and now I'm waiting on the results so I can decide what to next year.

# Benefits of Big Lottery

The granting of funding to Willowbank Resource Centre by the Big Lottery Fund has been beneficial to the centre in many different ways. It has enabled service users to take the opportunity to tackle new courses which otherwise may not have become available to them.



I was involved with self-confidence and assertiveness courses which I found especially interesting as it gave you an idea of how to combat nerves if you found yourself in a situation where you had to do some public speaking. This class ran alongside one about how we would go about mentoring our peers at Willowbank who may want to learn more about our LARG (Lobbying Activism and Research Group). This group takes on issues like fighting for the rights of people with disabilities.

Another way in which lottery funding has helped was to enable Willowbank to buy in training from an organisation called "Train It" who are supplying both accredited and non-accredited training in computer skills. I am part of the accredited training and am currently studying for a qualification called "New CLAIT" which will help us to improve our skills in a range of computer disciplines such as Desk Top Publishing and spreadsheets etc.

So as you can see our Big Lottery Funding has been and continues to be at the heart of everything we do here at Willowbank Community Resource Centre.

**Graham Moore**





# Seamus McKenna

## *Smile!*



**M**y name is Seamus McKenna and thanks to the Big Lottery Funding I was able to work alongside members of the Dungannon & Cookstown Camera Club. Every Tuesday Ken, Rosemary and Brian came in and helped us to learn new skills. I learned how to use a digital camera using a remote control which makes it easier for me to take photos. Ken and me had great craic he showed me how to frame and take images had then upload them on to the laptop. I was also able to use photo shop to select my favourite shots.

It was great getting out and about in the local community to take photos and the most exciting thing was having my work displayed as part of the Camera Clubs annual exhibition. Which this year was hosted in Sainsbury's on the 27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup> May. It was great to be part of this and I would like to do much more of this.

A Big thank you to Dungannon & Cookstown Camera Club for their enthusiasm their patience and for spending time working with me.



Figure 1 - Self Portrait taken by Seamus

# Computers

*By Sam Richardson*



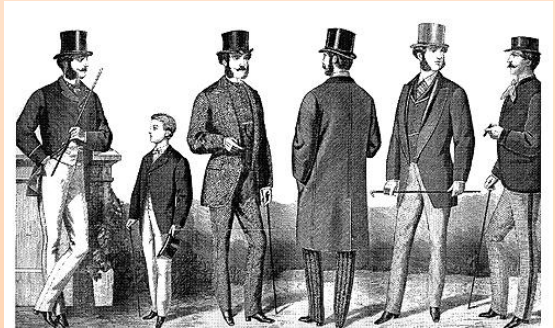
My name is Sam Richardson. I am 76 years old and have been involved in the lottery funded non accredited IT course. I enjoyed the computer class very much, as it gave a better idea of how to do different things on the computer. I would like to learn more about doing farm accounts. I enjoyed it very much and would like to learn more.

SAMUEL RICHARDSON.

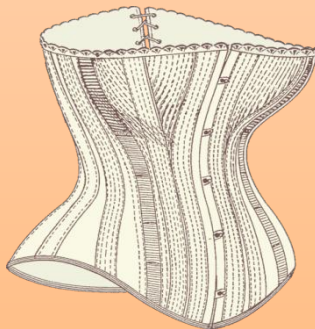
# Fashion through the Ages

## *by Vera*

VICTORIAN Our Sunday best



VICTORIAN UNDERWEAR Nowadays the corset is used on the outside as a top for wedding dresses & formal dresses. Men's "combi" and "long johns" are often used as ski clothes in the 1960's



## The 1920's

In the 1920's it was freedom, "burn the bras & corsets"  
so what if we get a sore back without the support



## THE 1930's

I saw a lady wearing an outfit like the grey one on the left  
on 19<sup>th</sup> January 2011



## 1940's & 1950's

Most of the fashion on this page was the latest fashion from about 2000's to 2010's



## 1960's & 1970's

Over the years I have worn clothes like these but most of these clothes are very modern and up to date now



## From the 1990's to 2010

What can I say about these clothes? If you look back over the previous pages you will see that these styles keep reappearing, so what goes around comes around!!!



## Finally

Fashion comes and goes and comes again as the latest fashion because some celebrity is seen wearing them.

In 2009 my sister wore an outfit the lady is wearing in 1930 and I wore an outfit the lady is wearing in 1931. We wore this design of outfits in the 60's and if we keep our outfits in the cupboard for another 30-40 years, they will be back in style again.



## **Developing and Strengthening Skills and Knowledge for Citizen Involvement in Social Work Education Queens University Belfast**

Big Lottery Community Integration Project funding supported the members of the Lobbying, Activism & Research Group (LARG) in participating in an 8 week introductory course at Queens University Belfast October-December 2010. This was delivered by University staff in the Social work and Social Policy school and was piloted to support service users and carers, who deliver training to undergraduate social work students.



The aim of this course was to support service users and carers to develop existing knowledge and learn new skills which would help in teaching and working with social work students in Northern Ireland

I found this course interesting as it was good to hear a variety of people speaking and hear their views and understanding of what situations they encounter in day to day life. Within my own work with LARG we would regularly meet with student social workers and help and advise them on what works best when dealing with service users. However this course has helped me see just how our work relates to the bigger picture. In relation to ensuring that students have a “real time” experience of working with service users, carers and frontline staff in Health & social Care. QUB lecturers were mindful that the only complex questions were from disabled people and commented that the course was a two way exchange of learning between us as “experts through experience” and them as academics, who often need the reality check that is our lives.

*Patricia Cushley*



# SETTING MY SAT NAV

## Destination – an Independent Future

My name is Sharon Garland. I was born with a disability called Spina bifida and Hydrocephalus. I have three siblings; my brother Trevor who is the eldest, then Caroline who is next, then me and finally Andrea who is the youngest. We are a very close family.



I went to Carnteel Primary School at the age of 5 and then to Fivemiletown High School at the age of 11 despite a fight with the doctors at the spina bifida clinic who wanted me to board in Fleming Fulton in Belfast. I was not keen on boarding and neither were my parents. When I left High School at the age of 17 I worked in a

small grocery store in Augher for a couple of years. It wasn't the happiest experience of my life.

*"I know I'm not going to change everything overnight but I feel now I have a plan".*

I have a deep faith in Christ. However, not everyone I met had the same belief. My faith has carried me through a lot of bad time in my life and is extremely important to me.



This year I have had a number of opportunities to do new things and think differently about my future. I have become very interested in digital photography and have taken a considerable number of photographs, some of which have been exhibited at a local Camera Club Exhibition. I have become much more involved with looking at my rights as a person and I am looking forward to undertaking further training in Human rights.

A big thing for me this year was having the time to build my personal development profile. I was able in a very safe and supported way to look at where I am now and where I would like to be a few years' time. I was able to identify

my family in my in my who could help journey. This is I have always do and once I chance I just got know I'm not change

overnight but I

have a plan. Mind you the writing of the plan was in some ways the easy bit making it happen might be another matter. I am confident that the support this funding has provided will ensure that I give it my best shot.

***"The future belongs to those who believe in the beauty of their dreams."***

Eleanor Roosevelt

people in church and community me on my something wanted to got the stuck in. I going to everything feel now I

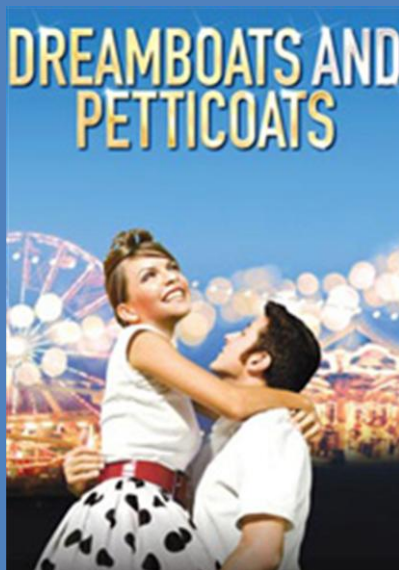
# DREAMBOATS AND PETTICOATS

*by Victor Kerr*

One of the highlights of 2010 was our visit to Grand Opera House in Belfast to see the hit musical Dreamboats and Petticoats. The evening before the show, I made a visit to Ann's office to see what was happening the next day. I got a bit of a shock when I heard that we were all expected to dress up. I really didn't know what type of clothes I would need and so Ann had to explain. At this stage I really didn't plan to dress up. I left Willowbank that evening and went home. I thought about it for a while and started to look through my wardrobe. I found a jacket that I had bought in Jersey and thought it would be ideal for dressing in the next day.

***"It really was a perfect day and one that I did not want to end"***

I decided that I would join the others in getting dressed up. I arrived into Willowbank the next morning, on the day of the Trip, wearing my outfit. Everyone was surprised that I had dressed up, because when I left the previous evening I had no intention of it.



Everyone else was dressed or getting dressing in to their 60s outfits. Staff were helping with makeup and all the finishing touches. When everyone was ready we went outside to get a picture taken. This was something different and we needed to record it.

We had some refreshments before we left. Our minibuses arrived to take us. The majority of service users and staff went on the outing. We arrived at the Opera House all excited and we had really good seats with a very good view of the stage.

The musical started – it was a smash hit musical of the rock and roll era from the late 1950s to the early '60s. It contained songs by Elvis, Chuck Berry, Roy Orbison, Cliff Richard and the Shadows, to mention but a few. The music brought back a lot of memories for me. It reminded me of my younger days.

After the musical ended we got a real surprise when the entire cast of the musical came down to meet us all. They were very nice and friendly and spoke to all of us. The staff took plenty of photos with us and the cast and they are lovely to look at and bring back great memories. The photos are displayed in the hallway at Willowbank and we can look at these every time we go past.

We headed for home with smiles on our faces and singing the songs from the musical the whole way home. It really was a perfect day and one that I did not want to end, but I will remember it for many years to come.

Willowbank is a wonderful place and if I had not belonged I would not have been on such a magical and wonderful outing.

# Same old...Same old...

Peter Donnelly

**W**hen Ann McGlone told me about the Lottery funding I thought this was going to be more of the same craic that we had been doing in the LARG (Lobbying Activism & Research Group). Through LARG we work on disability issues and finding out what local services are available and who the movers and shakers are.



I didn't expect that by the early winter I would not have only have joined the local PPI panel but I had volunteered to sit on at least two of the working groups. PPI means public personal involvement and supposed to ensure that people who use services have some say in them.

The Community Integration funding means I have support and training to help me in this role. . I was a bit out of my depth with some of the jargon but I feel I have learned a lot and have gained a good insight in to how Southern Trust delivers on PPI and the implementation plans they have drawn up.

Working with sub groups means I have had to learn about taking notes / minutes & giving feed backs to the main PPI panel. Earlier this year I was able to do a Level One qualification on the UNCRPD (UN Convention on the Rights of People with Disabilities) I couldn't believe I would actually be able to do this but the Tutor took us through it Step by step and made a complicated subject much easier to understand.

# Training for Trainers



Through the Reaching Communities programme I was able to access the Training for Trainers. This was a three day programme endorsed by the Institute of Leadership and Management. It covered icebreakers, session activities, completing an effective session plan, planning and designing training, adapting materials, managing behavior and disruption, and evaluation of training. In other words all the essential elements of the training cycle that I had little to no experience in. The third session involved being videoed carry out a micro teaching session this was nerve wrecking but being taught about the importance of planning really helped.

I found the whole experience very empowering and I really learned a lot from it. If it had not been for the lottery funding it is doubtful in a small organisation like ours whether we could have afforded the cost of this training. As a member of staff I am delighted to have benefited from the Big Lottery funding and believe this training is a good basis for me to continue to improve my knowledge for myself and will be of benefit to the organisation and the people we work with.

***Lisa Halliday***



## What people say about us!

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*“A welcoming, friendly centre of amazing individuals. My personal association has been extremely rewarding and fulfilling and I am now an advocate of the good work the centre does”.*

**Patricia Hynds,  
Proprietor, tr@inIT**

*“Willowbank is the tardis; it looks like a small building but the whole world happens inside it”.*

**Bernadette McAliskey  
Co-ordinator South Tyrone Empowerment Programme  
(STEP)**

*‘Willowbank is a place where disabled people can develop at their own pace and individual contributions are equally respected’.*

**Catherine McCrory  
Project Co-ordinator Equality 2000**

*I would commend the Willowbank Project on the success of securing funding from the Big Lottery to support their model of best practice in developing user driven programmes that underpin the empowerment of people with disabilities in being champions of their own destiny”.*

**Philip Clarke  
Community Development Manager, D&STBC**





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