



BIG LOTTERY FUNDED
ROUTES TO
RESILIENCE (R2R)
Training Courses
& Workshops



*"I can be changed by what happens to me.
But I refuse to be reduced by it"*
(Maya Angelou)



LOTTERY FUNDED

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What is Routes to Resilience?

Routes to Resilience (R2R) is a 5 year programme funded by the Big Lottery. Belfast Unemployed Resource Centre is working in partnership with PlayBoard NI to deliver this project.

The programme aims to increase the resilience of families to deal with whatever issues they face. Families are offered programmes which will help to build skills, knowledge and experience to improve coping strategies, break cycles of behaviour and explore various ways of dealing with issues. Play is an important part of children's development and this programme advocates and supports play as an element to Family life. This programme is for adults, teenagers and children.

Who is it for?

- Families involved in the Justice System.
- Migrant families – New communities.
- Families at risk, this includes families who are currently facing issues including poverty, lack of access to resources etc..

To join the programme you must have a caring responsibility for a child under the age of 12

How do I sign up?

- Self-Referral (Contact Belfast Unemployed Resource Centre BURC).
- Referral from organisations such as Youth Justice Agency, NIACRO, Probation NI to name but a few.

What will it cost?

- All programmes and activities are free to any families signed up to the programme.

Where is the programme delivered?

- Routes to Resilience is delivered across Northern Ireland.

The programmes listed in this booklet are not exhaustive. All programmes can be tailored.



Internet & Social Media Safety

- Audience:** Adults / Children / Young people.
- Duration:** **2 hour workshop or 4 weeks programme.**
- Description:** Help children and young people to have a better understanding on how to stay safe when using Apps, Games and more. Help give you the confidence to have a better understanding of the technology your children use.
- Level:** For everyone - No computer skills necessary.

Children's Participation

- Audience:** Children: Key stage 2.
- Duration:** **6 weeks – 1.5-2 hours.**
- Description:** To create a physical and emotional space where children can explore and reflect on their feelings and developing sense of identity, contextualising these in terms of the feelings and sense of belonging of others. To enable children to play together and have fun with family in the widest context.

Digital Arts

- Audience:** Children aged 6 upwards, adults and or families together.
- Duration:** **One off workshops / 6 week courses / Week long courses.**
- Description:** Delivering project-based, tailored workshops, these workshops can be delivered in primary schools and community groups alike.
- Digital Storytelling**
- Animation with iPads**
- Film production using iPads**
- Coding with Scratch**
- Coding with GameMaker (older children)**
- Stop-Motion Animation and many more**
- Level:** Aged 6 upwards / Adults:
No computer knowledge is necessary.



Play workshops

Audience: Adults and families.

Duration: 2 hour Workshop / 4 weeks.

Description: To provide an opportunity to reflect on play experience with other parents, to explore children's play and to provide an opportunity for parents to have fun and to gain new and exciting ideas that don't have to cost much and can be used at home, in the back garden or at the park. This workshop or course can be tailored for the whole family.

Level: Adults & Families.

Family Stay & Play

Audience: Families.

Duration: 2 hour Workshop programme.

Description: Parents/guardians/grandparents etc. and their children, working together through play activities and having fun.

Level: For everyone.

Bend don't break

Audience: Adults.

Duration: 6 weeks - 2 hour sessions.

Description: Building strengths to build resilience, helping people to get more in control of their thinking and learn to feel positive in the middle of stress.

Level: For everyone.

Community leadership

Audience: Adults.

Duration: 6 weeks - 2 hours.

Description: To give groups / individuals the tools to be an effective participant in community life, have your voice heard and learn how to access useful community resources.

Level: For everyone.



Learning how to say NO

Audience: Adults.

Duration: 6 weeks - 2 hours.

Description: Teaching the skills to help you say yes to yourself and no to others when needed. This course teaches you how to assertively and politely put your needs first. For that is when you can best help other's.

Level: For everyone.

CV Writing and Interview techniques

Audience: Adults.

Duration: 2 hours session / 4 - 6 week programme.

Description: Learning step by step easy to follow guidelines on completing a CV and interview techniques and the use of apps in job hunting.

Level: For everyone.

Meditation

Audience: Adults.

Duration: 2 hour session / 6 week programme.

Description: Finding inner peace. If you're tired or feeling stressed and anxious, let this gentle meditation guide you back.

Level: For everyone.

Sewing Classes

Audience: Adults.

Duration: 2 hour session twice a week.

Description: Increase your employability skills with learning how to sew confidently. Meet new people and learn new skills. No experience necessary.

Level: All abilities welcome.

Living and Dealing with Mental Health



Audience: Adults.

Duration: 2 hour workshop or 4-6 weeks programme.

Description: Mental health, includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. This programme allows time for “YOU” in an informal and safe place.

Level: For everyone.

Conflict and Resolution

Audience: Adults.

Duration: 2 hours per week 4-6 week sessions.

Description: Conflict is an inevitable result of social interaction as people have different goals, values and background. This programme helps to understand individual ways of dealing with conflict; explores key messages around conflict; looks at the causes and results of conflict and improve your interpersonal skills to deal with conflict more effectively.

Level: For everyone.



Dealing with change and building inner resilience

Audience: Adults.

Duration: 2 hours per week for 6 weeks programme.

Description: Change is not always easy, but it is an inevitable part of life. Arm yourselves with a the skills and knowledge to deal with change, build your resilience and abilities to cope with change even when it happens unexpectedly. These skills can help you deal with a variety of issues.

Level: For everyone.

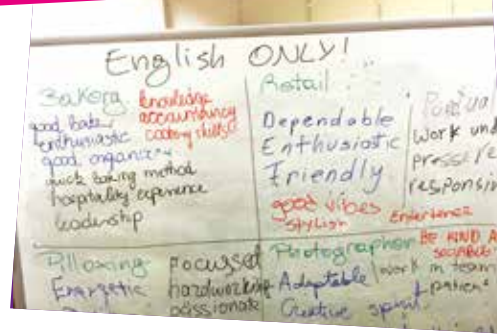
Communication Skills

Audience: Adults.

Duration: 2 hours per week 4-6 week programme.

Description: We communicate everyday with our friends, family, schools, work etc.. We can learn how to communicate better. Elements of this training can include: Non verbal communication; Personal interaction; Reading; Writing; Media Awareness & Visual communication and an Introduction to IT.

Level: All abilities welcome.



Compassionate Communication

Audience: Adults.

Duration: Taster session & 6 week programme.

Description: The programme explores the following: Looking at the root cause of anger and how this may impact your response to people and situations; Understanding your own needs and feelings; looking after yourself; asking for support; being heard and hearing others; developing empathy; the art of compromise and how different situations require different responses.

Level: For everyone.

Breaking Cycles of Behaviour

Audience: Adults.

Duration: 2 hours sessions 4-6 weeks.

Description: Tired of doing the same thing and getting the same response? We often get into similar patterns with our personal relationships, work relationships and Families. Sometimes we need to take some time out and consider dealing with issues in a different way. If the old patterns are no longer working for you take the time to consider other methods, try a different way and help your family to try new, more positive solutions to issues.

Level: For everyone.

Conversational English

Audience: Adults.

Duration: 2 hour sessions / once a week.

Description: Feel confident in conversing with new people, great opportunity to learn the English language in a informal and fun way.

Level: Basic.

Absolute Beginners (English Language)

Audience: Adults.

Duration: 2 hours per week / once a week.

Description: Helps to improve communication skills, learning basic grammar and vocabulary for general English. Listening and speaking skills. Help with Employability opportunities and integration into the community.

Level: Little or no English.

Train the Trainers

Audience: Adults.

Duration: 6 sessions 2 hours weekly.

Description: Basic facilitation skills for those who are interested in pursuing a leadership role within groups or communities. Training will focus on Icebreakers, group contracts, managing groups, group discussion and activity. How to make the most of your session and managing behaviour.

JUST FOR FUN

Audience: Families.

Duration: 2 hours.

Description: An opportunity for all the family to come together to play and have fun through traditional games, Arts and Crafts, Digital/Virtual Reality and much more.





For more information on the project please contact us:

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