



Positive Minds

training for young people

contents

	Page
Foreword	5
Community Relations	6
Confidence Building	8
Drugs and Alcohol	16
Life Skills	19
Parenting Skills	22
Personal Development	23
Sex and Sexuality	32
Sexual Health	34
Training Prospectus Information	36
Acknowledgements	37

foreword

Welcome to *Positive Minds*, a prospectus of personal development training for young people in Belfast.

Positive Minds came about as a result of Belfast Healthy Cities' consultation process which highlighted the need for information on training opportunities for young people, which would build confidence and contribute to good mental health and wellbeing. In May 2002, a partnership was formed between Belfast Healthy Cities and Belfast Learning City Forum to lead this work, and a Working Group was established to take the work forward.

The courses contained within this prospectus were gathered using a template which was sent out to over 80 relevant organizations across Belfast. A large number of these courses are organized through short-term funding arrangements, and many of those which were identified at the outset of the project could not be included because, at the time of printing, funding was no longer available to run the courses.

We would like to thank the Working Group for their commitment to this project, the staff of Belfast Healthy Cities and Belfast Learning City Forum, who produced this prospectus, and warm thanks also go to the young people who commented on early drafts of this prospectus.



Joan Devlin,
Director, Belfast Healthy Cities



Colm McGivern,
Chair, Learning City Forum

community relations

Ulster People's College

Programme title: Certificate in Community Relations

Target group: 19 years - 25 years

Duration: Part-time

Tuesdays 9.30am - 3.30pm

October - June each year

Accreditation: University of Ulster Certificate

Access: Open access

Cost: Free

Contact: Ulster People's College

Tel: 028 9066 5161

Youth Action Northern Ireland

Programme title: Citizenship Education for Youth Work

Target group: 19 years - 25 years

Duration: Part-time

Delivery is flexible, depending on the needs of the group. Approx. 90 hours training complemented by 60 hours placement based practice within an appropriate youth work setting

Accreditation: NIOCN Levels 2 & 3

Cost: Fee Paying - The agency is exploring how funding can be secured so the training can be offered free.

Access: Contact Youth Action for entrance requirements

Contact: Youth Action Northern Ireland

Tel: 028 9076 0067

NB: Peer Educators are involved in this programme

community relations

Opportunity Youth

- Programme title:** Certificate in Community Relations
- Target group:** 11 years - 25 years
- Duration:** Part-time
Day, evening or weekend, 30 hours groupwork
- Accreditation:** NIOCN Levels 1, 2 and 3
- Cost:** Negotiable to groups
- Access:** Identified established groups
- Contact:** Opportunity Youth
Tel: 028 9043 5810
NB: Peer Educators are involved in this programme

Mediation Northern Ireland

- Programme title:** Building Good Relations
- Target group:** 19 years - 25 years
- Duration:** 10 Evenings
- Accreditation:** NIOCN Level 2
- Cost:** Fee Paying - In the region of £15
- Access:** Open access
- Contact:** Mediation Northern Ireland
Tel: 028 9043 8614

confidence building

Ulster People's College

- Programme title:** Advanced Community Leadership Programme
- Target group:** 19 years - 25 years
- Duration:** Part-time 10 weeks (day, evening or weekend)
- Accreditation:** NIOCN Level 3
- Cost:** Free
- Access:** Open access
- Contact:** Ulster People's College
Tel: 028 9066 5161

Ulster People's College

- Programme title:** Certificate in Community Development
- Target group:** 19 years - 25 years
- Duration:** Part-time
Thursdays 9.30am-3.30pm
October - June each year
- Accreditation:** University of Ulster Certificate
- Cost:** Free
- Access:** Open access
- Contact:** Ulster People's College
Tel: 028 9066 5161

confidence building

Ulster People's College

- Programme title:** Community Leadership Programme -
Managing Your Organisation
- Target group:** 19 years - 25 years
- Duration:** Part-time 10 weeks (day, evening or weekend)
- Accreditation:** NIOCN Level 2
- Cost:** Free
- Access:** Open access
- Contact:** Ulster People's College
Tel: 028 9066 5161

Ulster People's College

- Programme title:** Community Leadership Programme -
Developing Leadership Skills
- Target group:** 19 years - 25 years
- Duration:** Part-time 10 weeks (day, evening or weekend)
- Accreditation:** NIOCN Level 2
- Cost:** Free
- Access:** Open access
- Contact:** Ulster People's College
Tel: 028 9066 5161

Ulster People's College

- Programme title:** Introduction to Community Development
- Target group:** 19 years - 25 years
- Duration:** Part-time 10 weeks (day, evening or weekend)
- Accreditation:** NIOCN Level 1
- Cost:** Free
- Access:** Open access
- Contact:** Ulster People's College
Tel: 028 9066 5161

confidence building

Ulster People's College

- Programme title:** Women and Leadership
- Target group:** 19 years - 25 years
- Duration:** Part-time 10 weeks (day, evening or weekend)
- Accreditation:** NIOCN Level 2
- Cost:** Free
- Access:** Open access
- Contact:** Ulster People's College
Tel: 028 9066 5161

Aware Defeat Depression

- Programme title:** 'Mood Matters' - Depression Awareness Programme for Young People
- Target group:** 11 years - 25 years
- Duration:** Two-hour session in schools with a follow-up six months later via an information and workbook pack
- Accreditation:** None
- Cost:** Donation of £100-£175 is stated, from each establishment, however, no one is refused if no funding is available. This is a one-off payment so any establishment can avail of the programme as many times as they desire for this cost
- Access:** Through schools, youth clubs and 3rd Level Education
- Contact:** Aware Defeat Depression
Tel: 028 7126 0602

confidence building

Relate NI

- Programme title:** First Relationships - New Relationships
- Target group:** 11 years - 18 years
- Duration:** Part-time 1-3 days
- Accreditation:** None
- Cost:** Fee Paying - Concessionary Rates are available
- Access:** Open access
- Contact:** Relate NI
Tel: 028 9032 3454

Youth Action Northern Ireland

- Programme title:** Speaking Out
- Target group:** 16 years - 25 years
- Duration:** Part-time
- Accreditation:** NIOCN Level 2
- Cost:** Free - depending on funding, a small seeding grant is offered to participants
- Access:** Open access
- Contact:** Youth Action Northern Ireland
Tel: 028 9076 0067
- NB: Peer Educators are involved in this programme*

confidence building

Relate NI

Programme title: 'Picking up the Pieces' - Dealing with Divorce and Separation

Target group: 11 years - 18 years

Duration: Part-time 1-3 days

Accreditation: None

Cost: Fee Paying - Concessionary Rates are available

Access: Open access

Contact: Relate NI

Tel: 028 9032 3454

Relate NI

Programme title: 'Stand Up For Me' - Managing Conflict

Target group: 11 years - 18 years

Duration: Part-time 1-3 days

Accreditation: None

Cost: Fee Paying - Concessionary Rates are available

Access: Open access

Contact: Relate NI

Tel: 028 9032 3454

confidence building

Northern Ireland Chest Heart & Stroke Association

Programme title: Young Enterprise Programme

Target group: 15 years - 18 years

Duration: Part-time September to June

Cost: Free

Accreditation: None

Access: Open access

Contact: Northern Ireland Chest Heart & Stroke Association

Tel: 028 9032 0184

Belfast Education & Library Board

Programme title: Trainee Leader Certificate

Target group: 16 years - 19 years

Duration: Part-time 1-3 days

Three evenings and two weekend residentials

Accreditation: OCR

Cost: Fee Paying - £10 per participant

Access: Open access - Those who have been involved in a youth group for at least six months

Contact: Belfast Education & Library Board

Tel: 028 9056 4000

confidence building

Youth Action

Programme title: Principles and Practice of Work with Young Women

Target group: 16 years - 25 years

Duration: Part-time

Accreditation: NIOCN Level 3

Cost: Fee Paying - Varies depending on funding available

Access: Open access

Contact: Youth Action Northern Ireland

Tel: 028 9076 0067

NB: Peer Educators are involved in this programme

Youth Action Northern Ireland

Programme title: Moving On: An Opportunity for Young Mothers

Target group: 16 years - 25 years

Duration: Part-time

12 hours training per week over two days

Over either 12 or 24 weeks, plus 6 weeks support and guidance

Accreditation: NIOCN Levels 1 & 2

Cost: Free

Contact: Youth Action Northern Ireland

Tel: 028 9076 0067

NB: Peer Educators may be involved in this programme

confidence building

Key Associates

Programme title: Confidence Building

Target group: 14 - 25 years

Duration: 10 hours over 5 weeks

Accreditation: None

Cost: £250 for 15 people

Access: Open access

Contact: Alice Ferguson

Tel: 028 28274344

Mobile 07711 612 260

drugs and alcohol

Falls Community Council

Programme title: Drugs and Alcohol Awareness

* Subject to funding

Target group: 11 years - 25 years

Duration: Part-time - 6 month course

Accreditation: None

Cost: Free

Access: Open access

Contact: Falls Community Council
Community Drug Programme
Tel: 028 9020 2030

Falls Community Council

Programme title: Youth Drug

* Subject to funding

Target group: 18 years - 25 years

Duration: Part-time - 6 month course

Accreditation: NIOCN Levels 1, 2 & 3

Cost: Fee Paying £75 - Concessionary Rates are negotiable

Contact: Falls Community Council
Community Drug Programme
Tel: 028 9020 2030

drugs and alcohol

Falls Community Council

Programme title: Peer Drug Education
* Subject to funding

Target group: 11 years - 25 years

Duration: Part-time - 6 month course

Accreditation: None

Cost: Free

Access: Open access

Contact: Falls Community Council
Community Drug Programme
Tel: 028 9020 2030

Falls Community Council

Programme title: Street Skills

Target group: * Subject to funding

Duration: 11 years - 18 years

Accreditation: Part-time - 6 month course

Cost: None

Access: Free

Contact: Open access
Falls Community Council
Community Drug Programme
Tel: 028 9020 2030

drugs and alcohol

Opportunity Youth

Programme title: Certificate in Drugs and Young People

* Subject to funding

Target group: 11 years - 25 years

Duration: Part-time

Day, evening or weekend, 30 hours groupwork

Accreditation: NIOCN Levels 1, 2 and 3

Cost: Negotiable to groups

Access: Identified established groups

Contact: Opportunity Youth

Tel: 028 9043 5810

NB: Peer Educators are involved in this programme

life skills

Opportunity Youth

- Programme title:** Certificate in Life Skills Programme
- Target group:** 16 years - 25 years
- Duration:** Part-time
Day or evening, 30 hours groupwork
- Accreditation:** NIOCN Levels 1, 2 and 3
- Cost:** Negotiable to groups
- Access:** Open access - to Jobskills Access Students (Level 1), and to identified established groups (Levels 2 and 3)
- Contact:** Opportunity Youth
Tel: 028 9043 5810
- NB: Peer Educators are involved in this programme*

Opportunity Youth

- Programme title:** Certificate in Young People and Society
- Target group:** 11 years - 25 years
- Duration:** Part-time
Day, evening or weekend, 30 hours groupwork
- Accreditation:** NIOCN Levels 1, 2 and 3
- Cost:** Negotiable to groups
- Access:** Identified established groups
- Contact:** Opportunity Youth
Tel: 028 9043 5810
- NB: Peer Educators are involved in this programme*

life skills

Include Youth

- Programme title:** Peer Mediation in Schools
- Target group:** 11 years - 14 years
- Duration:** Part-time during school hours - 17 hours
- Accreditation:** None
- Cost:** Free
- Access:** Open access to schools
- Contact:** Include Youth
Tel: 028 9031 1007

Mediation Northern Ireland

- Programme title:** Foundation Training in Mediation
- Target group:** 19 years - 25 years
- Duration:** 6 Days
- Accreditation:** NIOCN Level 2
- Cost:** Fee Paying
£360 Public/Private Sector
£240 Community/Voluntary Sector
- Access:** Open access - Identified established groups of young people
- Contact:** Mediation Northern Ireland
Tel: 028 9043 8614

life skills

Mediation Northern Ireland

- Programme title:** Handling Life's Conflict
- Target group:** 19 years - 25 years
- Duration:** 2 Days
- Accreditation:** None
- Cost:** Fee Paying
£120 Public/Private Sector
£80 Community/Voluntary Sector
Bursaries Available
- Access:** Open access
- Contact:** Mediation Northern Ireland
Tel: 028 9043 8614

Mediation Northern Ireland

- Programme title:** Group Mediation Skills
- Target group:** 19 years - 25 years
- Duration:** 6 Days
- Accreditation:** NIOCN Level 3
- Cost:** Fee Paying
£360 Public/Private Sector
£240 Community/Voluntary Sector
Bursaries available
- Access:** Open access - Identified established groups of young people
- Contact:** Mediation Northern Ireland
Tel: 028 9043 8614

parenting skills

Women's Information Group

- Programme title:** Communication with Kids
- Target group:** 15 years - 25 years
- Duration:** Part-time
2 hours per week for 10 weeks
- Accreditation:** Certificate Course
- Cost:** Free
- Access:** Open access
- Contact:** Women's Information Group
Tel: 028 9024 4119

Parents Advice Centre

- Programme title:** Relationships with Children
- Target group:** 11 years - 18 years
- Duration:** Part-time
Taster & 10 week sessions
Day or evening 2 hours
- Accreditation:** NIOCN Level 2 with 2 credits
- Cost:** Free
- Access:** Open access
- Contact:** Parents Advice Centre
Tel: 028 9074 5454

personal development

Gingerbread Northern Ireland

Programme title: Teens Network - Young Volunteers Programme

* Subject to funding

Target group: 13 years - 18 years

Duration: Part-time

Accreditation: Youth Achievement Awards - Bronze and Silver

Cost: Free

Access: Open to teenage children of Gingerbread members only

Contact: Gingerbread Northern Ireland

NB: Peer Educators are involved in this programme

Gingerbread Northern Ireland

Programme title: Teens Together

* Subject to funding

Target group: 13 years - 18 years

Duration: Part-time

Four Residentials per year

Accreditation: Youth Achievement Awards - Bronze and Silver

Cost: Free

Access: Open to teenage children of Gingerbread members only

Contact: Gingerbread Northern Ireland

Tel: 028 9023 1417

NB Peer Educators are involved in this programme

personal development

Youth Action Northern Ireland

Programme title: 'Positive Action' - Vocational Training Programme for Young Unemployed People

Target group: 19 years - 25 years

Duration: Part-time

Delivery is flexible, depending on the needs of the group

Accreditation: Introduction to Youth Work (NIOCN Level 2)
OCR Certificate for Part-time Youth Workers (NI)
Citizenship Education for Youth Work
(OCN Levels 2 & 3)
European Computer Driving Licence (ECDL)
First Aid
Child Protection

Cost: Fee Paying – the agency is exploring how funding can be secured so the training can be offered free

Access: Open access

Contact: Youth Action Northern Ireland

Tel: 028 9076 0067

NB: Peer Educators are involved in this programme

personal development

Youth Action Northern Ireland

Programme title: OCR Certificate for Part-time Youth Workers (NI)

Target group: 19 years - 25 years

Duration: Part-time

Delivery is flexible, depending on the needs of the group

Accreditation: OCR Certificate for Part-time Youth Workers (NI)

Cost: Fee Paying - the agency is exploring how funding can be secured so the training can be offered free

Access: Open access

Contact: Youth Action Northern Ireland

Tel: 028 9076 0067

NB: Peer Educators are involved in this programme

The Prince's Trust

Programme title: Team

Target group: 16 years - 25 years

Duration: Full-time 12 weeks

Accreditation: 5 City & Guilds offered

Cost: Free (travel & lunches paid for)

Access: Open access

Contact: The Prince's Trust

Tel: 028 9031 2317

Mobile: 07739 329264

personal development

Youth Action Northern Ireland

Programme title: Introduction to Youth Work

Target group: 19 years - 25 years

Duration: Part-time

Delivery is flexible, depending on the needs of the group

Accreditation: NIOCN Level 2

Cost: Fee Paying - the agency is exploring how funding can be secured so the training can be offered free

Access: Open access

Contact: Youth Action Northern Ireland

Tel: 028 9076 0067

NB: Peer Educators are involved in this programme

Community Arts Forum

Programme title: QUB Certificate in Community Arts

*Subject to funding

Target group: 11 years - 25 years

Duration: Flexible

Accreditation: QUB – 60 CATS points at Level 0

Cost: Free

Access: Open access

Contact: Community Arts Forum

Tel: 028 9024 2910

NB: Peer Educators are involved in this programme

personal development

Community Arts Forum

Programme title: Drama A Basic Tool

Target group: 11 years - 25 years

Duration: Flexible

Accreditation: None

Cost: Fee Paying - £30

Access: Open access

Contact: Community Arts Forum

Tel: 028 9024 2910

NB: Peer Educators are involved in this programme

Community Arts Forum

Programme title: Community Arts Course

Target group: 11 years - 25 years

Duration: Flexible

Accreditation: NIOCN Levels 1-3

Cost: Free

Access: Open access

Contact: Community Arts Forum

Tel: 028 9024 2910

NB: Peer Educators are involved in this programme

personal development

Community Arts Forum

Programme title: Community Arts Start-up Training and Workshop
Programme

Target group: 11 years - 25 years

Duration: Flexible

Accreditation: None

Cost: Free

Access: Open access

Contact: Community Arts Forum

Tel: 028 9024 2910

NB: Peer Educators are involved in this programme

Women's Information Group

Programme title: Women's Information Days

Target group: 15 years - 25 years

Duration: Part-time
Once a month

Accreditation: None

Cost: Free

Access: Open access

Contact: Women's Information Group

Tel: 028 9024 4119

personal development

Women's Information Group

- Programme title:** Personal Development
- Target group:** 15 years - 25 years
- Duration:** Part-time
2 hours per week for 10 weeks
- Accreditation:** Course Certificate
- Cost:** Free
- Access:** Open access
- Contact:** Women's Information Group
Tel: 028 9024 4119

Opportunity Youth

- Programme title:** Certificate in Active Citizenship
- Target group:** 11 years - 25 years
- Duration:** Part-time
Day, evening or weekend, 30 hours groupwork
- Accreditation:** NIOCN Levels 1,2 and 3
- Cost:** Negotiable to groups
- Access:** Identified established groups
- Contact:** Opportunity Youth
Tel: 028 9043 5810
- NB: Peer Educators are involved in this programme*

personal development

Key Associates

- Programme title:** Dealing with difficult situations
- Target group:** 14 - 25 years
- Duration:** 2 day workshop approach (flexible)
- Accreditation:** None
- Cost:** £200 for 15 participants
- Access:** Open access
- Contact:** Alice Ferguson
Tel: 028 28274344
Mobile 07711 612 260

Key Associates

- Programme title:** So you want to be a DJ?
- Target group:** 14 - 25 years
- Duration:** Flexible - workshops available
- Accreditation:** None
- Cost:** Depends on delivery format
- Access:** Open access
- Contact:** Alice Ferguson
Tel: 028 28274344
Mobile 07711 612 260

personal development

Key Associates

Programme title: Developing a newsletter

Target group: 14 - 25 years

Duration: 20 weeks

Accreditation: None

Cost: £500 for 15 people

Access: Open access

Contact: Alice Ferguson

Tel: 028 28274344

Mobile 07711 612 260

sex and sexuality

Hype Project

- Programme title:** Sexual Health and Relationships
*Subject to funding
(programmes can be tailored to needs of participants)
- Target group:** 11 years - 25 years
- Duration:** Part-time
Normally one session per week
- Accreditation:** None
- Cost:** Free
- Access:** Referrals for programme taken from teachers, youth/community workers, health workers, parent groups, and social workers
- Contact:** Hype Project
(Health for Youth through Peer Education)
Tel: 028 9032 0840
NB: Peer Educators are involved in this programme

Opportunity Youth

- Programme title:** Certificate in Sex and Sexuality Programme
- Target group:** 11 years - 25 years
- Duration:** Part-time
Day, evening or weekend, 30 hours groupwork
- Accreditation:** NIOCN Levels 1, 2 and 3
- Cost:** Negotiable Rates
- Access:** Identified established groups
- Contact:** Opportunity Youth
Tel: 028 9043 5810
NB: Peer Educators are involved in this programme

sex and sexuality

Relate NI

Programme title: 'Getting Close' - Sex Education

Target group: 11 years - 18 years

Duration: Part-time 1-3 days

Accreditation: None

Cost: Fee Paying - Concessionary Rates are available

Access: Open access

Contact: Relate NI

Tel: 028 9032 3454

sexual health

Family Planning Association Northern Ireland

Programme title: 'Bout Ye'

Target group: 11 years – 25 years

Duration: Full-time

Accreditation: Accreditation through NIOCN

Cost: Free

Access: Open access

Contact: Family Planning Association Northern Ireland

Tel: 028 9082 1555

Family Planning Association Northern Ireland

Programme title: Choices

Target group: Young Women 11 – 25 years

Duration: Part-time

Accreditation: No

Cost: Free

Access: Open access

Contact: Family Planning Association Northern Ireland

Tel: 028 9082 1555

sexual health

The Nexus Institute

Programme title: Assertiveness, Self-Esteem, Confidence Building, Sexual Health, Relationships, Keeping Safe and general awareness around abuse

Target group: 12 years - 18 years

Duration: Part-time
Can be one-off session, or could be a few weeks, depending on needs of participants

Accreditation: None

Cost: Free

Access: Open access

Contact: The Nexus Institute
Tel: 028 9032 6803

training prospectus

The Belfast Institute of Further and Higher Education is the largest educational establishment in Northern Ireland. In 2001 – 2002 it had over 39,500 enrolments, which also makes it one of the largest providers of further and higher education on these islands. By enhancing education through access and excellence, it plays a major role in training Northern Ireland's workforce.

The Institute currently offers some 950 full-time and 700 part-time courses which represent a broad range of education and training provision within higher, further, and foundation education. The Institute also offers a significant volume of training and educational provision, covering the variety of themes which are contained within this training prospectus. These programmes relate to inter-personal skills – personal development, community education and training, childcare and parents as co-educators.

These courses are specifically tailored to meet the needs of a broad variety of participants and are offered on both a full-time and part-time basis. Courses within the Institute are targeted at learners who range in age from 16 – 60 and beyond.

Our programmes are designed to promote open access and are located throughout North, South, East and West Belfast.

For further information on any Institute courses please contact:

Learner Services at 028 9026 5265, or the Belfast Institute website which is www.belfastinstitute.ac.uk .

acknowledgements

Thanks go to Una Linney and Sharon McGuire of the Belfast Learning City Forum, and Victoria Creasy, Jonna Monaghan and Caroline Scott of Belfast Healthy Cities for their contribution. Finally, thank-you to all the representatives of community, voluntary and statutory organisations who attended the Planning Day for this project, held at the Springvale Millennium Educational Village in August 2002, and whose input was a valuable part of this work. Finally, a special thanks to all the young people who gave their time to comment on this Prospectus.

Belfast Healthy Cities and Belfast Learning City Forum would also like to thank the members of the Working Group for their valued commitment to this project over the past year:

Paula Bradshaw, South Belfast Partnership

Steven Carr, Belfast Door Project

Marian Cinnamond, Educational Guidance Service for Adults

Karen Freeland, Relate NI (until November 2002)

Hayden Kinley, Belfast Institute of Further and Higher Education
(until October 2002)

Linda Leonard, Action Mental Health (until January 2003)

Mimi McAlinden, Eastern Health and Social Services Board (2002) /Investing for Health (2003)

Linda Thompson, The Hype Project

Ronnie Wilson, Opportunity Youth

notes

