

Access-Ability delivers an equality of opportunity for young people by demonstrating that physical and learning disabilities or other social challenges should not be perceived as barriers to participation through a broad range of outdoor experiential learning activities.

FUNDING ENABLES NEW RESOURCES TO BE PURCHASED FOR PROJECT

Due to funding support from Dunmurry Recreational Club, RFD and The First Trust Bank we have been able to purchase 4 new tents, 3 Garmin GPS's, an Olympus Tough camera, a child's kite seat for climbing/abseiling and a slide board for transferring wheelchair users into canoes. The funding has also made it possible for us to run a 7 week canoe programme with 4 families during April and May, the aim of which is to get a parent and their son/daughter out enjoying some fresh air, taking part and spending time doing an activity together with the possibility of everyone gaining up to a 2 star canoe certificate at the end of the course.



INSIDE:

Circus skills	2
Rnib Gold	2
Outward Bound	3
Fleming Fulton	4
Royal Visit	4
Up and coming events	5
Contacts	6

CIRCUS PERFORMANCE

Sixteen workshops have been held over the past number of months with a group of 20 young people with various disabilities. They have juggled, stilt walked, uni-cycled, learned how to do tricks with the flower sticks and the diablo's and to finish it all off they put on a

performance in the Kennedy Centre on Saturday 12th March to showcase all the new skills that they had learnt during the workshops. Well done to all the young people involved and a big thanks to the staff from Streetwise Community Circus for all their hard work.

This Project was funded by the Belfast City Council's Development & Outreach Programme. The Project was organised by Streetwise Community Circus workshops that are funded by Belfast City Council, The Arts Council of Northern Ireland and The Arts Council Lottery.



FAMILY CANOE COURSE

The aim of this programme is to get a parent and their son/daughter out enjoying some fresh air together, taking part and spending time doing an activity together with the possibility of everyone gaining a Paddle Power qualification. The group will be covering; General knowledge of the boat, communication and trust, getting into and out of the boat, moving the boat forwards and backwards, stopping the boat, what to do in the event of a capsize, turning the boat, steering the boat over a figure of 8 course and the group will be having lots of fun whilst doing it! Unfortunately this course is full but if it is successful we hope to run another course in the future.

BAC OUTWARD BOUND ULLSWATER

My Outward Bound Course

Monday

We left Belfast very early at 6:30 am. We travelled in the Stena boat to Stranraer. The boat took three hours. It then took 3½ hours to travel on the bus to Ullswater Outward Bound. In Lake District. We all went to the meeting room to meet Tom and Andrew the instructors. Then we went to our rooms to unpack. I shared room with the only other girl in my group called Lesley. In the afternoon we did some team games. After dinner we went on a night walk to Area Force Waterfall. It was cold out there.

Tuesday

We packed our rucksacks for an expedition. Later we did some canoeing and we went onto the speed boat. It was windy, cold and wet. We camped in a farm. After dinner we went on a night walk around the woods. I stayed in a tent with Lesley.

Wednesday

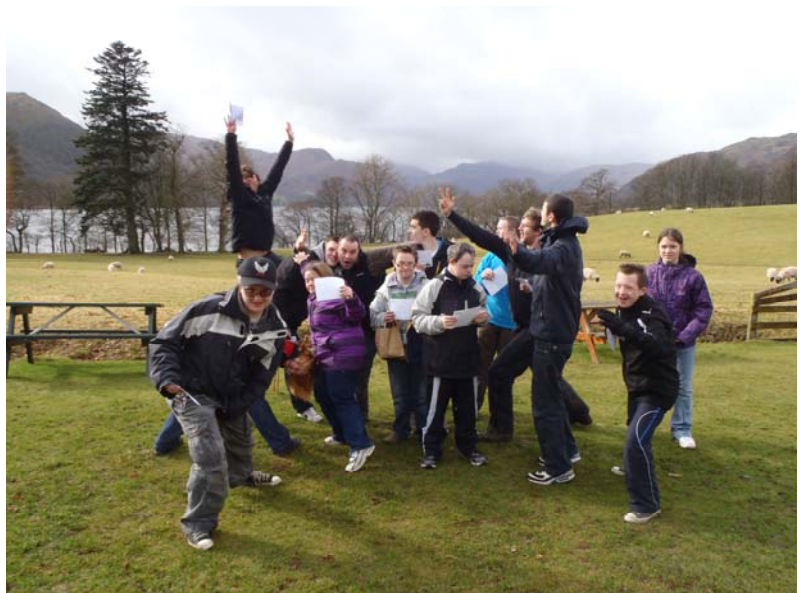
We started packing up our campsite. Then we canoed back to the centre. In the afternoon we went to a different building where we did wall climbing and bouldering. I had great fun. At night time we unpacked our rucksacks and washed the equipment.

Thursday

We did some scrambling on the rocks beside the waterfall. Some of us slid down and got all wet. Later we did some more team games. We went through the tunnels. It was muddy and wet. We all helped each other through out the week. After that we went into our dorms. I ~~un~~packed some things. In the evening we lit a bonfire and had marshmallows.

Friday

We got up and had breakfast. Then we sorted our beds and clothes. Later we did team games. We did the high ropes. All of us went in the meeting room. Then we travelled back to Stranraer. We got home quite late, all tired but happy, with our certificate.



End of course certificate presentation and celebration

Article by Rachel McCann
(Participant)

FLEMING FULTON SCHOOL NURSERY DEPARTMENT

The Fleming Fulton nursery school have embarked on a 6 week programme, following the success of work done last year. The aim is to engage the children, aged 2 to 4, in physical activities in an outdoor environment whilst encouraging a spirit of adventure, exploration and personal challenge from a early age.

ROYAL VISITOR TO BELFAST ACTIVITY CENTRE



On Thursday 17th February, 2011 we had a visit from Prince Edward, Earl of Wessex to showcase the Access-Ability Programme funded by the Big Lottery Reaching Communities Programme. As part of the visit the Prince had a tour of the Belfast Adventure Learning Park (ALP) which is providing greater access to young disabled people. The Prince was guided around by two participants of the project, Glenn and Hannah who introduced him to the RNIB Gold group in the cave, Glenveagh School on the climbing wall and in the Yurt, Rosstulla School who were participating on some of the high challenges and a group of parents and their children who are also involved in the centre. The young people were very excited about meeting the Prince and he told them that he was “really impressed” with their activities and that they were all “doing a really great job”.



RNIB GOLD DUKE OF EDINBURGH PARTICIPANTS HEAD TO THE NETHERLANDS FOR THEIR FINAL EXPEDITION

Last year this group completed their Silver Award by hiking through the Mourne Mountains, this time around they decided to liven things up by swapping walking boots for mountain bikes and Northern Ireland for the Netherlands. It has been a challenging experience so far as the group has undertaken some adrenaline filled fundraising activities such as abseiling of the Europa hotel in Belfast in order to help cover the costs of the trip.

For an experience cyclist the expedition to the Netherlands would be a challenge but this didn't deter one young person who had never been on a tandem bike in her life until starting this award. She has an experienced volunteer as a pilot and looks more confident and comfortable with every practice session.

All the young people, staff and volunteers are enjoying the training and looking forward to the expedition and trying their new skills over in Holland.



By: Niall Dempsey (RNIB)

UP AND COMING ACTIVITIES

WEEKEND CLUB DATES

If you are looking to try something new, get out and be active or just have fun, then why not book yourself onto one of the following activities.

21st May - Sailing

10am - 2pm

3rd July - Beach walk

10am - 2.30pm

30th July - Geo cashing in Barnett's Park

1.30pm - 4.30pm

28th August - Orienteering

1.30pm - 4.30pm

24th September - Blow Karting

10am - 3pm

23rd October - Geo cashing in the Mourne

10am - 3pm

The cost per activity is £10 per head. Spaces are limited and will be on a first come, first served basis.

SUMMER SCHEMES

21st-22nd July

Overnight camping expedition to the Mourne.

For anyone who hasn't experienced staying away in a tent for a night and looking for a mini adventure then this may be for you.

25th, 26th & 27th July

This will be 3 individual day sessions which will be for young people aged 18 - 25 years old who have participated on the Access-Ability Project in the past. These days will focus on more challenging activities and developing the skills of the young people. Spaces are limited to 10 young people per day and the cost will be £10.00 per day which will include, transport and activities.

22nd - 26th August, 2011

This programme is for 14 - 25 year olds. Spaces are limited to 20 young people and the cost will be £50 per head for the week. The activities will include; climbing, caving, canoeing and many more fun activities.

SCOTLAND TRIP

5th - 12th August, 2011

For the past couple of years we have run an activity week over to Aviemore in Scotland. We plan to do the same again this year for 18 - 25 year olds but this year we plan to have 2 separate groups of 5 doing different activities. One group will consist of young people who have participated in the week before and who will be offered more challenging activities and the other group who haven't will be doing the previous years programme which included; climbing, canoeing, swimming, walking, arts & crafts and a visit to an adventure park. Last year the cost for the week was £500 which included; accommodation, food, boat and activities. It is expected that the cost will be approximately the same again this year, although we hope to do some fundraising events.

For more details on any of the upcoming activities, please contact the Access-Ability Project at Belfast Activity Centre.



Roddensvale School DOE
Bronze participants



Outward Bound, fun in the
tunnels



Mastering the uni-cycle

SOME PHOTOS OF WHAT THE YOUNG PEOPLE HAVE BEEN UP TO ON THE ACCESS- ABILITY PROJECT



Gorge Scrambling



Lunch time



Overnight camping
expedition

CONTACT:

Access-Ability Project
Belfast Activity Centre
Barnett's Stable Yard
Barnett Demesne
Malone Road
Belfast
BT9 5PB

Phone: 028 90 600 132
Email: info@belfastactivitycentre.com

www.belfastactivitycentre.com

