Féile na gCloigíní Gorma

Community, Solidarity, Wellbeing

2022

PREFACE

After the terrible disruption and anxiety of the last two years, May 2022 will see the organisation of the 6th year of the Upper Springfield's unique community health and well-being festival, Féile na gCloigíní Gorma. More than ever the festivals core pillars of community, solidarity, environment, health and well-being are crucial assets in our battle against the isolation and despair caused by the impact of Covid-19 on all our people. We are delighted to be once again organising community-based events which give people the opportunity to come together, connect, and learn about what binds us as a people and a community without having to be trapped on zoom and meeting virtually!

Féile na gCloigíní Gorma is inspired by our unique local environment and community heritage whilst also drawing on our proud culture of grassroots community organising. The festival celebrates our community, promotes positive health and well-being through utilising and cherishing our local environment. Each May the famous Black Mountain 'Hatchet Field' blooms with the glorious site of a sea of indigenous wild 'blue-bells' (na Cloigíní Gorma). For generations of local people, living in the shadow of the hills this has effectively signalled the beginning of summer. The festival uses the symbol of the blooming 'blue-bells' to remind people of the joys of life, their natural environment and the importance of health and community solidarity.

The Féile na gCloigíní Gorma organising committee is made up of local people, community workers, language activists, youth workers, creative arts workers, sports clubs and much more. We are all united by our determination to build a sense of community within the Upper Springfield, a commitment that has now been made more relevant than ever by the collective trauma and loss we have all experienced over the last two years. This weeklong community, health and well-being festival is our small contribution to the local and global struggle to create a shared sense of humanity and

connection with the world around us.
This year we have produced a fantastic programme of events that will provide excellent opportunities for people to get out, stay active and reconnect with friends and neighbours in a way that is safe and enjoyable.

The programme of events kicks off on Friday 13th May at 12.00 pm with our regular open-air launch at the top of the Whiterock Road, outside Glór na Mona's fantastic local community hub, Gaelionad Mhic Goill. This year's keynote address will be given by Koulla Yiasouma the current Children Commissioner for Northern Ireland. The programme culminates 8 days later with a finale concert in Sliabh Dubh Pub which is headlined this year by our areas most talented musicians including Brendan 'Nipper' Quinn; Brian Hicks; Run for Cover; and 'Jake Óg' Mac Siacais and more.

In between we will see the return of the famous annual Backmountain to Caulfield's fun-run and family walk on Sunday the 14th of May. The following day, the hills will once again become alive with the sound of young people enjoying a night of nature walks and outdoor adventure learning on the Blackmountain. Our famous Blackpanther inspired outdoor breakfast club will also be at the Top of the Whiterock road that morning from 8 am. We have a full range of outdoor events for all ages aimed at getting people active and mindful

this includes, A Sunrise swim and outdoor yoga class at Helens Bay with transport provided for local people; Sunset Yoga with Nuala Ní Scoillan in the Falls Park; a community walk and talk, and outdoor health and fitness classes.

Crucially this year the West Belfast Health and Well-Being Programme's local team have come on board our organising committee and have organised a community health awareness day, well-being workshops and family activity day. We have also partnered with the National Trust and Belfast City Council staff to organise opportunities for children and young people to savour some of our community nature trails. Alongside this local tour guides will be providing an insight into the social and political history buried in the city cemetery! On the sporting field we have soccer and GAA tournaments organised for local children's teams while our older population will get the opportunity to enjoy crafts and health workshops throughout the week. We also have a fantastic day-long seminar organised with nationally renowned psychotherapist and author Bronagh Starrs, who will train local practitioners and parents on how to understand and cope with the impact of anxiety and childhood trauma. For those who enjoy creative arts we have the return of Scribhneoiri an tSléibhe 'open mic' writers and authors event in Glór na Móna and an outdoor cinema for the whole family.

Most importantly this year's festival will culminate with the return of the La Dearg march and Rally on Saturday the 21st of May which was last in Belfast the weekend we established our Festival back in May 2017. The Upper Springfield has always been synonymous with the revival of the Irish language and our community have had to wait too long for respect and the formal recognition of their rights. This year's festival organising committee will be joining activists from throughout Ireland to add our voice and our feet to the demand for equal rights and the immediate introduction of an Irish Language Act! Acht Gaelige Anois!

On behalf of the organising committee we hope you enjoy this year's programme and avail of what should be fantastic week of accessible and healthy events, in which we all get to enjoy a sense of community, solidarity, celebration and well-being!

FOCAL BROLLAIGH

I ndiaidh dhá bhliain lán imní agus cur isteach, reáchtálfar féile phobail uathúil an Uachtar Cluanaí, Féile na gCloigíní Gorma, don séú bliain i mBealtaine 2022. Is tábhachtaí i bhfad na téamaí atá ag croílár na féile i mbliana amhail an pobal, dlúthpháirtíocht, an timpeallacht, sláinte agus folláine le dul i ngleic leis an uaigneas agus an t-éadóchas a thug COVID-19 leis. Tá an-lúcháir orainn imeachtaí pobail a reáchtáil arís a thabharfaidh deis do dhaoine teacht le chéile agus foghlaim faoin nasc atá ag an phobal gan a bheith ar Zoom nó ag bualadh go fíorúil!

Tá an dúlra uathúil áitiúil agus oidhreacht an phobail ina spreagadh don fhéile chomh maith le tarraingt ar an chultúr bhródúil de chosmhuintir an phobail ag eagrú. Déanann an fhéile ceiliúradh ar ár bpobal agus cuireann sí sláinte agus folláine dhearfach chun cinn trí fheidhm a bhaint as agus meas a léiriú ar ár ndúlra áitiúil. Bláthaíonn lear mór Cloigíní Gorma fiáine atá dúchasach de Pháirc Tua an tSléibhe Dhuibh achan Bhealtaine. Tá seo ina chomhartha do na glúinte le fada an lá go bhfuil an samhradh buailte leo. Baineann an fhéile úsáid as na cloigíní gorma mar shiombail

le cur i gcuimhne do dhaoine faoi aoibhneas an tsaoil, a ndúlra nádúrtha agus an tábhacht a bhaineann le sláinte agus dlúthpháirtíocht phobail.

Daoine áitiúla, oibrithe pobail, gníomhaithe teanga, oibrithe óige, oibrithe na n-ealaíona cruthaitheacha, cumainn spóirt agus eile atá sa choiste stiúrtha don fhéile. Tá muid aontaithe inár ndíograis le dlúthpháirtíocht phobail a chruthú san Uachtar Cluanaí, gealltanas a rinneadh níb ábhartha ná riamh mar gheall ar an tráma agus an chailliúint choiteann le dhá bhliain anuas.
Is ár n-ionchur beag í an fhéile seachtaine seo don streachailt áitiúil agus domhanda le dáimh choiteann daonnachta agus nasc leis an domhan thart orainn a chruthú. Reáchtáil muid clár iontach lán imeachtaí a sholáthróidh deiseanna do dhaoine a bheith gníomhach, éalú ón teach agus bualadh le cairde agus comharsana arís ar bhealach sábháilte agus taitneamhach.
Cuirfear tús leis an chlár imeachtaí Dé hAoine 13 Bealtaine ag 12in lenár ngnáthsheoladh faoin spéir ag barr Bhóthar na Carraige Báine taobh amuigh de mhol pobail iontach Ghlór na Móna, Gael-Ionad Mhic Goill. Tabharfaidh Koulla Yiasouma, an Coimisinéir Thuaisceart Éireann um Leanaí agus Daoine Óga, an t-eochairaitheasc i mbliana. Beidh ceolchoirm i gCumann CLG Uí Dhónaill ag tabhairt an chláir chun deiridh i ndiaidh 8 lá. I measc na gceoltóirí áitiúla, beidh Brendan ‘Nipper’ Quinn; Ciaran Quinn; Brian Hicks; Run for Cover; ‘Jake Óg’ Mac Siacáis agus eile ann.

Lena linn seo, titfidh an rith spraoi agus siúlóid teaghlaigh ón Sliabh Dubh go Caulfield’s amach arís Dé Domhnaigh 14 Bealtaine. Tiocfaidh beocht ar na cnoic ar an lá dár gcionn fosta nuair a rachaidh daoine óga ar shiúlóidí sa dúlra agus

iad ag foghlaim tríd an taiscéalaíocht ar an Sliabh Dubh. Beidh ár gclub bricfeasta atá faoi anáil na bPantar Dubh taobh amuigh ag barr Bhóthar na Carraige Báine ó 8rn an lá sin fosta. Tá réimse leathan d'imeachtaí taobh amuigh againn dírithe ar achan aoisghrúpa chun daoine a spreagadh a bheith gníomhach agus machnamhach. Leis seo, beidh Snámh Éirí na Gréine agus rang ióga faoin spéir ag Cuan Héilin agus cuirfear taisteal ar fáil do dhaoine áitiúla; Ióga Luí na Gréine le Nuala Ní Scolláin i bPáirc na bhFál; siúil is labhair pobail, agus ranganna sláinte agus folláine faoin spéir.

Rud atá an-tábhachtach, d'oibrigh foireann áitiúil an Chlár Sláinte agus Folláine Iarthar Bhéal Feirste leis an choiste stiúrtha i mbliana agus d'eagraigh siad lá sláinte don phobal, ceardlanna folláine, agus lá teaghlaigh. D'oibrigh muid i gcomhpháirt leis an Taisce agus foireann Chomhairle Cathrach Bhéal Feirste le deiseanna a sholáthar do pháistí agus daoine óga tairbhe a bhaint as ár slíthe fiadhúlra sa cheantar. Chomh maith leis seo, beidh treoraithe turais ag tabhair léargais ar stair shóisialta agus pholaitiúil reilg na cathrach.
Tá comórtais peile agus CLG eagraithe againn ar an pháirc peile dár bhfoirne áitiúla chomh maith le deis do dhaoine fásta freastal ar cheardlanna ceardaíochta agus sláinte i rith na seachtaine. Tá seimineár lae iontach beartaithe againn leis an tsíciteiripeoir agus an t-údar iomráiteach Bronagh Starrs. Beidh Bronagh ag traenáil cleachtóirí áitiúla agus tuismitheoirí ar an bhealach le tionchar imní agus tráma a tharlaíonn le linn na hóige a láimhseáil. Dóibh siúd a dtaitníonn na healaíona cruthaitheacha leo, beidh maidhc oscailte ann do scríbhneoirí agus údair ag Scríbhneoirí an tSléibhe ag Glór na Móna chomh maith le pictiúrlann faoin aer don teaghlach.

Níos tábhachtaí ná aon rud eile, cuirfear clabhsúr ar an fhéile le léirsiú an Lá Dearg Dé Sathairn 21 Bealtaine. Seo an dara huair a thitfidh seo amach le linn na féile i ndiaidh Bealtaine 2017. Smaoinítear ar an Uachtar Cluanaí nuair a luaitear athbheochan na Gaeilge agus tá ár bpobal ag fanacht i bhfad ró-fhada le meas agus le haitheantas foirmeálta ar ár gcearta. Beidh coist stiúrtha na féile ag freastal ar an mhórshiúl le gníomhaithe ó gach cearn den tír lenár nglór agus ár n-éileamh a léiriú do chearta teanga agus Acht na Gaeilge! Acht na Gaeilge Anois!

Thar ceann an choiste stiúrtha, tá súil againn go mbainfidh tú sult as clár na bliana seo agus na imeachtaí sláintiúla inrochtana le dáimh a chruthú leis an phobal, an dlúthpháirtíocht, ceiliúradh agus folláine!

FRIDAY 13TH MAY | AOINE 13 BEALTAINE

10.00 AM | 10.00 RN

Healthy Living Centre Walking Group Bog Meadows

Join Deborah McLaughlin, Community Engagement Officer with Ulster Wildlife for a guided walk through Bog Meadows Nature Reserve to uncover the natural, cultural and industrial heritage of the site and understand its importance today as a local wildlife haven.

m-Grúpa Siúlóide ag an Cluain an Bhógaidh leis an Healthy Living Centre

Bí páirteach sa siúlóid treoraithe seo le Deborah McLaughlin, Oifigeach Teagmhála Pobail le Ulster Wildlife a nochtóidh an oidhreacht nádúrtha, cultúrtha agus tionsclaíochta sa suíomh seo agus an tábhacht a bhaineann leis mar thearmann dúlra sa lá atá inniú ann.

Meet at St Galls

Bualadh an Naomh Gall

Contact | Déan teagmháil le : ciara@usdt.co.uk 028 92445748

12.00 PM | 12.00 IN

Launch of Féile na GlCloigíní Gorma

By Koulla Yiasouma NI Children Commissioner.

Seoladh Fhéile na gCloigíní Gorma

Le Koulla Yiasouma Coimisinéir um Leanaí agus Daoine Óga.

Glór na Mona

SATURDAY 14TH MAY | SATHARN 14 BEALTAINE

6:30 AM | 6.30 RN

Sunrise Yoga, Swim & Breakfast

Ióga le héirí na gréine, snámh & bricfeasta

Helens Bay : Bus Pick up Top of the Whiterock Road 6.00 am

Cuan Héilin: Bus ag imeacht ó bharr na Carraige Báine 6.00 rn

10.00 AM | 10.00 RN

Free Outdoor Exercise, Mobility and Boxing Class with the UNIT

Aclaíocht, Gluaiseacht agus Rang Dornálaíochta saor in aisce faoin aer le The UNIT

Play Park Whiterock Road beside leisure Centre

Páirc shúgartha Bhóthar na Carraige Báine in aice na sólainne

SUNDAY 15TH MAY | DOMHNACH 15 BEALTAINE

9.00 AM | 9.00 RN

Blackmountain to Caulfields Run/Walk

Organised by CSP

Rith/Siúlóid an tSléibhe Dhuibh le Caulfields

Eagraithe ag CSP

Register via facebook page

Cláraigh fríd an leathanach Facebook

10.00 AM | 10.00 RN

GAA U8 & U9 Gaelic Football Tournament & Fitness Freddy

Comórtas peil Ghaelach F8 & F9 agus Fitness Freddy

Sportlann Collaiste Feirste

MONDAY 16TH MAY / LUAN 16 BEALTAINE

8.00 AM I 8.00 RN

Black Panther Outdoor Community Breakfast Club

Bricfeasta don Phobal

Top of the Whiterock road

Barr na Carraige Báine

9.30 AM I RN

Falls Park & Bog meadows Children's Nature Discovery Trail

Slí fiadhúlra do pháistí i bPáirc na bhFál agus i gCluain an Bhogaigh

Meet Falls Park Bowling pavilion

6.00 PM I 6.00 IN

The Hills Are Alive

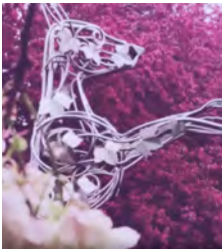
Blackmountian Nature Trail & Outdoor Adventure Learning

Tá beocht na cnoic

Slí fiadhúlra an tSléibhe Dhuibh agus Foghlaim Eachtraíochta Allamuigh

Meet Newhill Youth & Community Centre

Bualadh ag Ionad pobail agus óige Chnoc Nua



6.00 PM I 6.00 IN

Community Family Walk & Talk Falls Park City Cemetery

Siúlabhairt Teaghlaigh I bPáirc na bhFál agus i Reilig na Cathrach

Meet Top of the Whiterock

Bualadh ag barr na Carraige Báine

TUESDAY 17TH MAY I MÁIRT 17 BEALTAINE

10.00 AM I 10.00 RN

National Trust Childrens nature Trail Blackmountain

Slí fiadhúlra an tSléibhe Dhuibh do pháistí leis an Iontaobhas Náisiúnta

Sure Start

Saol Úr

12.00 PM I 12.00 IN

Handy Crafts Workshop

Ceardlann lámhcheardaíochta

Newhill Youth & community Centre

Ionad pobail agus óige Chnoc Nua

12.30 PM I 12.30 IN

Community & Young People's Health day

Lá sláinte don Phobal is don Óige

Whiterock Leisure Centre

Sólann na Carraige Báine

7.30 PM I 7.30 IN

PANEL DISCUSSION WITH LOCAL ROLE MODELS

PLÉPHAINÉAL LE HEISEAMLÁIRÍ ÁITIÚLA

Youth Talks Back

Building a New & 'United' Ireland.

Díospóireacht Óige

Ag tógail Éire úr aontaithe.

Newhill Youth Centre

Ionad pobail agus óige Chnoc Nua

WEDNESDAY 18TH MAY | CÉADAOIN 18 BEALTAINE

9.30 AM | 9.30 RN

Bunscoileanna City Cemetery Tour 'as gaelige' with Sean Fennel

Camchuairt do bhunscoileanna ar Reilig na Cathrach le Seán Fennell

Entrance to City Cemetery bottom of Whiterock road

Bualadh ag príomhgheata Reilig na Cathrach ag bun Bhóthar na Carraige Báine

10.00 AM | 10.00 RN

City Cemetery Tour with Lorraine Mills

Camchuairt Reilig na Cathrach le Lorraine Mills

Entrance to City Cemetery bottom of Whiterock road

Bualadh ag príomhgheata Reilig na Cathrach ag bun Bhóthar na Carraige Báine

10.00 AM | 10.00 RN

National Trust Childrens nature Trail Blackmountain

Slí fiadhúlra an tSléibhe Dhuibh do pháistí leis an Iontaobhas Náisiúnta

Sure Start

Saol Úr

10.30 AM | 10.30 RN

Reading Room Verbal Well-Being Workshop

Seomra leitheoireachta agus ceardlann folláine bhéil

Healthy Living Centre

Contact | Déan teagmháil le : ciara@usdt.co.uk 028 92445748

12.30 PM - 12.30 IN

Long Table Community lunch

all donations go to Newhill YC Berlin Exchange Programme.

Lón pobail

Rachaidh gach síntiús i dtreo Chlár malartaithe Chumann Óige Chnoc Nua.

Newhill Youth Centre

Ionad pobail agus óige Chnoc Nua

6.00 PM | 6.00 IN

Sunset Walk on Cavehill for Young People

Siúlóid le héirí na gréine ar Bheann Mhadagáin do dhaoine óga

Meet Newhill YC for transport

Bualadh ag Cumann Óige Chnoc Nua

6.00 PM | 6.00 IN

Sunset Yoga in Falls Park

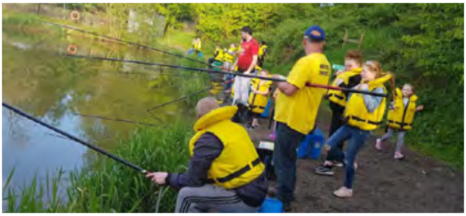
with Nuala Ní Scoilláin

Ióga le héirí na gréine i bPáirc na bhFál

le Nuala Ní Scolláin

Falls park

Páirc na bhFál



6.30 PM | 6.30 IN

Family Fishing Trip

Turas teaghlaigh ag iascaireach

Meet Top of the Whiterock for transport

Bualadh ag barr na Carráige Báine

THURSDAY 19TH MAY | DÉARDAOIN 19 BEALTAINE

10.00 AM | 10.00 RN

National Trust Childrens nature Trail Blackmountain

Slí fiadhúlra an tSléibhe Dhuibh do pháistí leis an Iontaobhas Náisiúnta

Sure Start

Saol Úr

10.00 AM | 10.00 RN

Learn EFT Tapping for Stress Management Workshop

Foghlaim 'Cnagadh EFT' don bhainistíocht strus

Healthy Living Centre

Contact | Déan teagmháil le :
s.gibson@usdt.co.uk 028 92445748

10.00 AM | 10.00 RN

SEMINAR WITH BRONAGH STARRS
SEIMINEÁR LE BRÓNAGH STARRS

Anxiety and Truama in Adolescence
Imní agus Tráma sna Déaga

** lunch will be provided | Lón san áireamh*

Glór na Mona

12.00 PM | 12.00 IN

Healthy Living Centre Walking Group Colin Glen

Grúpa Siúlóide Ghleann Choilín leis an Healthy Living Centre

Entrance to Gruffalo Trail ag bualadh ag an slí isteach chuig Conaire an Gharbháin

Contact | Déan teagmháil le:
Ciara@usdt.co.uk
028 92445748

12.00 PM | 12.00 IN

Handy Crafts Workshop

Ceardlann lámhcheardaíocht

Newhill Youth & community Centre

Ionad pobail agus óige Chnoc Nua

8.00 PM | 8.00 IN

Scríbhneoirí an tSléibh:

A night of poetry, writing, music and song

Scríbhneoirí an tSléibhe:

Oíche fhilíochta, scríbhneoireachta, cheoil is amhránaíochta

Glór na mona

FRIDAY 20TH MAY I AOINE 20 BEALTAINE

10.30 AM I 10.00 RN

Free Essential Oils for Emotional Well-being Workshop

Ceardlann Bhlathóla do Shláinte Mhothúnach

Healthy Living Centre

Contact | Déan teagmháil le : ciara@usdt.co.uk 028 92445748

11.00 AM I 11.00 RN

Introduction to Gairdín an Phobail

Taispeántas Ghairdín an Phobail

Community Garden Whiterock Leisure Centre Allotment site

Gairdín pobail i Sólann na Carraige Báine

6.00 PM I 6.00 IN

'2012 11-aside' Soccer Tournament organised by CSP

Comórtas Sacair i bPáirc na bhFál do le CSP do pháistí 2012

Falls Park Grass Pitches

Páirc na bhFál

7.00 PM I 7.00 IN

'Schools Out'

Young People's Fun Day

Deireadh na Scoile

Lá spraoi do dhaoine óga

Play Park Top of Whiterock

Páirc shúgartha bharr na Carraige Báine

7.00 PM I 7.00 IN

Community Bingo & Refreshments

Biongó pobail agus sólaistí

Newhill Youth & Community Centre

Ionad pobail agus óige Chnoc Nua

9.00 PM I 9.00 IN

Outdoor Family Cinema Movie Night

Oíche scannáin allamuigh do theaghlaigh

Car Park Glór na Mona

Carrchlós Glór na Móna

SATURDAY 21ST MAY | SATHARN 21 BEALTAINE

9.00 AM | 9.00 RN

'2012 11-aside' Soccer Tournament organised by CSP

Comórtas Sacair i bPáirc na bhFál do le CSP do pháistí 2012

Falls Park Grass Pitches

Páirc na bhFál

9.00 AM | 9.00 RN

Family Fun Activity Day with West Belfast Health & Well-Being Programme

Includes Colin Glen Zip Line, bowling and lunch.

La spraoi do theaghlaigh le Clár SLáinte is Folláine Iarthar Bhéal Feirste

Ziplíne Ghleann Chollann agus imeachtaí eile san áireamh.

1.00 PM - 1.00 IN

La Dearg March & Rally

Mórshiúl an Lá Dearg

Assemble Culturlann

Ag bualadh ag An Chultúrlann

8.00 PM

Féile na gCloigíní Gorma Finale Concert

With the best local musicians and live music

Ceolchoirm Fhéile na gCloigíní Gorma

le ceol beo ó cheoltóirí áitiúla

Sliabh Dubh Pub

Deochlann An Sliabh Dúbh

For further information and booking details
Telephone: Newhill Youth & Community Centre **02890236241**
Glór na mona: **02890234442**
Email: **niall@usdt.co.uk**

Féile na gCloigíní Gorma

Community, Solidarity, Wellbeing

ACKNOWLEDGMENTS AND THANKS | BUÍOCHAS

The organising committee would like to put on record our thanks and gratitude to our numerous partners, volunteers, and contributors for their support and hard work, we are extremely grateful for all their effort. We would also like to thank those groups and organisations who have contributed to the funding or sponsorship of this year's festival, including the Department for Communities, Heritage Lottery Fund, Foras Na Gaeilge, Education Authority, Communities in Transition and the Northern Ireland Executive Office.

Ba mhaith leis an choiste ár mbuíochas a ghabháil leis na páirtnéirí, na hoibrithe na maoinitheoirí agus achan duine eile a thacaigh leis an fhéile; tá muid thar a bheith buíoch.

Communities in Transition

CISTE OIDHREACHTA HERITAGE FUND

Foras na Gaeilge

ea Education Authority Údarás Oideachais

An Roinn Pobal

Northern Ireland Executive