

## EQFM Ireland Excellence Awards

The Cedar Foundation won this prestigious award in January 2014. Each finalist was rigorously assessed by a team composed of high level representatives from a variety of industries. The Excellence Awards are to recognise organisations which demonstrate excellence in their business performance and show an indisputable track record of progress and results. Stephen Mathews, Chief Executive of Cedar expressed his delight at winning this great accolade. He praised the hard work and professionalism of Cedar staff and the dedication of the User Forum, Volunteers and Service Users.



### Mike Filmer

Mike's colleagues and friends on the Belfast User Forum were shocked and saddened to hear of his sudden death. Mike loved the sea and really enjoyed his time when volunteering at the International Yachtman's Club in Larne. Prior to registering with the Community Connection Programme, Mike had been a trainee with the Cedar Foundation Training Service. Mike skilled in I.T work, became a volunteer in helping Service Users gain back competence on the computer. In 2013, whilst battling increasing ill health, Mike joined the Forum and quickly showed his willingness to support our Service Users.

Despite his many personal problems, Mike always managed to smile and put a brave face on for things.



## Dympna House

Dympna House formerly run by 'St John of God' was taken over by Cedar a few years ago. To give our residents the same opportunities as other Service Users to 'have a voice' a new Forum has been established. The reps have already undertaken advocacy and peer support training to empower them to

have their voices heard on issues that are important to them.

The residents of Dympna House have recently moved to new premises in Mourne View where they each have their own self-contained flat.

We hope they enjoy this new experience and wish them health and happiness in their new homes.

### Ode to the Bike

What a marvelous invention,  
So many great things about you to mention.

Gleaming paint and tyres so round,  
You make me fly without leaving the ground.

The wind around both you and me,  
The ride is such fun and fills me with glee.

You're just like a trusty metal steed,  
I give you the power and you give me speed.

Now everyone here let's get going and cycle  
together, Time to go for it despite the  
Northern Irish weather.

Fast and speedy or slow and steady.  
Now it is time to start getting ready.

It's true getting fit really can be fun,  
There's a bike for everyone.

From tandem to trike what's not to like?  
Now it is finally time go get on yer bike!



[www.cedar-foundation.org/onyerbike](http://www.cedar-foundation.org/onyerbike)

### Regional Chairperson

Anne Straghan, having served as regional chairperson of the User Forum for two years, has recently handed over this role to Paul McKenna who has been chairman of Ballymena User Forum since its launch. He has worked hard and has seen Ballymena User Forum develop and flourish. He will be a worthy successor to Anne, who now as his Mentor, will be able to help him fulfil his new challenging position. We wish him every success. Anne will continue in her role as chairperson of the Greater Belfast User Forum.

## New Chairperson in Enniskillen

Pat Harkin, recently elected as chairperson with the Enniskillen user Forum has also undertaken to become involved with the Western Trust User Forum as a representative for The Cedar Foundation. Pat has recently completed Courses as follows with support from Cedar's Brain Injury Service; OCR Entry Level 3 in ICT and ITQ Level 1 in ICT. We wish Pat every success in his new roll.



## Local Chairperson

Alan Lesley has resigned as chairperson of Foyle User Forum and we wish him all the best with the future.

Although we are sorry to lose Alan, we welcome Brian Murray as the new Chairperson. We hope Pat and Brian enjoy these roles and find them fulfilling.

## Loughshore Walk Sunday 21<sup>st</sup> September

Cedar wants you to get your walking shoes on and join us on Sunday 21<sup>st</sup> September at 2pm for our very first sponsored walk.

This walk takes you along the coastal path from Jordanstown Loughshore Park, to Hazelbank and back (approx. 5miles) so suitable for everyone. The route provides some of the best shoreline walks around

Belfast Lough and allows people of all ages and abilities to walk on traffic free paths designed for wheelchair users and families with pushchairs so everyone is welcome.



This is a great opportunity for a family day out so you can pack a Picnic or use the on-site café while the children discover the play area.

Registration is only £10 per person (includes Cedar t-shirt) and participants are invited to raise sponsorship. Under 16s must be accompanied by an adult. Children under 12 free, maximum 2 per adult.

Jordanstown Loughshore Park is located just five miles north of Belfast on Shore Road (A2) close to University of Ulster, Jordanstown.

# Sunset on the Summit Saturday 27<sup>th</sup> September 2014

Slieve Donard at 850m (2,789 ft) is the highest of the Mourne Mountains and the highest peak in Northern Ireland. Literally rising from the sea, the main access point starts in the seaside town of Newcastle and meanders alongside the Glen River to where it meets and follows the impressive Mourne Wall to the summit.



Experience the hike up Slieve Donard accompanied by our fully trained guides in time to see the sunset. You will be amazed by the views across the country of street lights not to mention the moon and stars above. This really is an experience to be remembered. You will then make your way back down the mountain side, guided by the light from your head torch to enjoy a well-earned rest and supper. Registration is £20 and raise £80 sponsorship to raise funds for children and adults with disabilities.

For more information phone Christine on 028 9077 0551 or email [c.tweedie@cedar-foundation.org](mailto:c.tweedie@cedar-foundation.org)

## Suggestions

As we stated in previous editions of Inform, we are no longer using suggestion boxes.

In future you may make your suggestions by **phoning** James or Claire on 028 90612424 or by **emailing** [userforum@cedar-foundation.org](mailto:userforum@cedar-foundation.org). Alternatively you can **contact your Local Champion**. All suggestions will be responded to promptly and treated in confidence.



### The User Forum Suggestion Form



Date..... Name.....

Contact Information.....

SUGGESTION.....  
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Information provided will be treated with confidentiality at all times