



**Arts &
Business**
Northern Ireland

PRINCIPAL
FUNDER



February 2025 **WHAT'S ON**

**PICKS OF
THE
MONTH**

NI Science Festival

With over 250 events across 90+ venues, the NI Science Festival offers a stimulating and wide range of events focusing on the wonders of science, technology, engineering and mathematics.

Read More on Page 02

Late Night Art Bangor

On the last Thursday of every month, Bangor's vibrant arts scene will come alive with Late Night Art Bangor.

Read More on Page 05

FESTIVALS

4 Corners Festival

31 Jan - 9 Feb

This year's theme is HOME?, offering another year of a diverse range of events including art, music, drama, and faith-inspired activities aimed at encouraging attendees to explore new corners of the city and forge meaningful connections. The festival is a celebration of diversity and belonging, with this year's events rooted in the concept of home as both a physical and emotional space.

▶ [Click here to see more](#)

Soultrane Soul Jazz & Funk Festival

**Mandela Hall
22 Feb**

Get on board the Soultrane! Time to move those feet and get with the groove at Ireland's only dedicated Soul festival. The second iteration of Soultrane features not to be missed artists for a whole day of smooth soul, fabulous funk and some serious jazz grooves that will get you moving, fill you with positivity and good vibes. Back to back live soul performances from the very best in UK, International and local artists and the best in Soul DJ music to keep the vibes going in between each act. Soultrane is taking you into a journey of exploring the best in live soul and artists you may never have heard of that are making waves across the globe. You will want to follow these artists once you hear them!

▶ [Click here to see more](#)



NI Science Festival

**The Black Box
12 - 23 Feb**

The festival offers a wide range of events focusing on the wonders of science, technology, engineering, art and mathematics. These events present some of the best scientists from NI and beyond to discuss their work, cutting-edge research and what the future might hold. During the day, the festival offers a range of workshops, tours talks and interactive activities for people of all ages. In the evening we present an eclectic mix of experiential events including scientific debate, talks, theatres, comedy, music, and film for adults and much more.

▶ [Click here to see more](#)

Look North Festival

**North Belfast
Fri 28 Feb - Sun 2 March**

Look North – The North Belfast Festival – is a wonderful weekend of literature, heritage, music, dance, art, poetry, entertainment, discussion, and collaboration. The festival takes place across multiple iconic venues in North Belfast and is delivered in partnership with the community.

▶ [Click here to see more](#)

FAMILY FRIENDLY

Messy Mornings

Boom Studios, Bangor Mondays

Join chief messer Marianne for themed messy play. Painting, drawing, building and imaginative play - the creative development potential is endless!

► [Click here to see more](#)

Drumming Circles (age 7-11)

The MAC Belfast 2 Feb

Take an adventure into sound with Joe Loughlin from The Gathering Drum! Join us for a fully interactive, all-ability drum circle using African drums, steel drums and percussion. It's laugh-out loud-fun, where you get to be creative and make your own rhythms. It's impossible to make mistakes and impossible not to love it. We'll also be connecting the drumming and rhythm games to our mental health and how we can boost it, together! Parents, you'll not stay for this workshop, so why not grab a coffee in the CaféBar or take a wander around the galleries?

► [Click here to see more](#)



MAC Baby Time (0-18 months)

The MAC Belfast 16 Feb

Join us for these gentle sessions for babies, where they'll get to experience and explore light, sound, and textures with musical accompaniment. Babies and their adults are sure to have lots of fun enjoying special sensory moments together. Sessions are divided into age groups covering from 0 to 18 months. Up to two parents/guardians stay with their baby for this session.

► [Click here to see more](#)

VISUAL ARTS & LITERATURE

4 Corners Festival: On The Literary Streets Of Home

**Cathy Short Theatre, Jennymount
Business Park, North Derby Street,
BT15 3HL**

5 Feb

Belfast, all four corners, fights way above its weight when it comes to the arts in general and literature in particular. In this event acclaimed novelist Glenn Patterson, the Director of the Seamus Heaney Centre at Queens University, will read extracts from his books and share with us how home has impacted his writing. There will be poets too, doing the same, opening up different corners of the city and different corners of our hearts.

► [Click here to see more](#)

Heritage Talk: East Belfast's Picture House Past

**Strand Arts Centre, Connswater
Shopping Centre**

18 Feb, 11am

Do you remember the 'Pop'? Or what about the 'Winkie'? Did you ever pay into a cinema with a jam jar? This illustrated talk will recall both the 'flea pits' and picture palaces of East Belfast in days gone by. Learn more about the area's rich picture house past and contribute your own memories. Part of our 'Tuesday Talks' programme: free talks about the heritage of the local area, followed by a cuppa and a chat. Hosted by the Strand at our pop-up venue at Connswater Shopping Centre. Made possible by The National Lottery Heritage Fund.

► [Click here to see more](#)

4 Corners Festival: In Conversation About Home with Anthony Toner and Andrea Montgomery

**Fitzroy Presbyterian Church, 77
University Street, BT7 1HL**

7 Feb

This annual In Conversation event sees Steve Stockman talking to songwriter Anthony Toner and artist/playwright/director Andrea Montgomery. With this year's theme of Home?, Anthony was an obvious choice. He has written songs about his own childhood home, growing up on Coleraine's Harpur's Hill estate and an entire album, Six Inches Of Water about East Belfast. His partner Andrea Montgomery is an experienced writer, script editor and producer. She has worked on four continents, from Ireland to China, Greenland to Iran. Born in Delhi but Canadian and now making a home in East Belfast she'll have lot to say about home. There will be music and art to enjoy also.

► [Click here to see more](#)



VISUAL ARTS & LITERATURE

On Golden Pond (1981)

**Strand Arts Centre, Connswater
Shopping Centre
20 & 27 Feb**

Norman is a curmudgeon with an estranged relationship with his daughter Chelsea. At Golden Pond, he and his wife nevertheless agree to care for Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms.

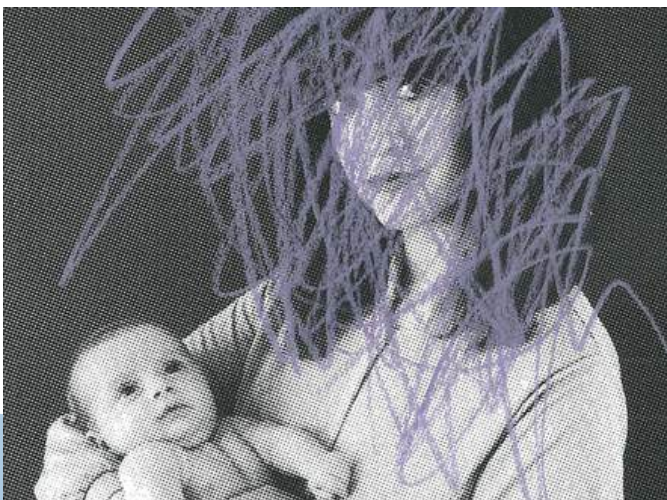
► [Click here to see more](#)

Funny Face (1957)

**Strand Arts Centre, Connswater
Shopping Centre
6 & 13 Feb**

At our new home in Connswater Shopping Centre during Strand's refurbishment! Silver Screenings: 6th and 13th February. Come and enjoy this classic comedy/musical starring Audrey Hepburn and Fred Astaire. An impromptu fashion shoot at a book store brings about a new fashion model discovery in the shop clerk.

► [Click here to see more](#)



Sarah Maple, Feed No. 566 from the series Labour of Love (2022)



Call Me Mother

**The Naughton Gallery
until 23 Feb**

The Naughton Gallery is delighted to present 'Call Me Mother', a solo exhibition by internationally acclaimed artist, Sarah Maple. The exhibition offers an incisive exploration of the realities of motherhood, shedding light on the undervalued and, often, unseen labour associated with child-rearing while candidly dissecting societal perceptions of women, domesticity and pregnancy. The Naughton Gallery is open daily from 11am to 4pm. All are welcome!

► [Click here to see more](#)

VISUAL ARTS & LITERATURE

The Generation of Hope

Belfast Exposed
6 Feb - 22 March

In September 2024, a passionate group of young people from across Northern Ireland took part in the National Geographic Photo Camp at Belfast Exposed. This exhibition showcases the resulting photographs, exploring the identity and experiences of young people growing up in a post-conflict Northern Ireland.

▶ [Click here to see more](#)



Yvette Monahan: The Clean Blue of Linen

Belfast Exposed
6 Feb - 22 March

“The Clean Blue of Linen” by Yvette Monahan forms part of a national storytelling campaign commissioned by We Feed The UK which connects photographers and poets with our most inspiring food producers, seeking to raise public awareness of positive solutions to climate change, wildlife recovery and social justice. At the heart of the exhibition is the remarkable story of Mallon Farm in County Tyrone where flax farmers Helen Keys and Charlie Mallon are reviving chemical-free flax farming as part of a diverse, sustainable agricultural model and breathing new life into Northern Ireland’s once world-renowned linen heritage.

▶ [Click here to see more](#)

Late Night Art - Bangor

Boom Studios, 80A Main St, Bangor
Last Thursday of the Month

Launched in January, and continuing on the last Thursday of every month, Boom Studios are delighted to be part of LNAB. Initially a collaboration between Boom Studios, Seacourt Print Workshop, and The Courthouse Bangor, you're invited to pop in to venues for your fill of culture and craic. LNAB events are train-friendly, running between 6-9pm, with the hope that you will visit multiple venues and soak up all the arts sector has to offer. Which in Bangor, is a lot! Boom Studios will be open 6-8pm with a drop-in art workshop, exhibition of work by studiomates and some open studios.

▶ [Click here to see more](#)

MUSIC & DANCE

BBC Radio 3 Piano and Oboe Recital: Michael McHale and Juliana Koch

**The Portico of Ards
1 Feb**

The second in the trilogy of concerts by Michael McHale and friends being recorded by BBC Radio 3 over one weekend. Belfast pianist Michael McHale presents three special concerts in Portico in association with BBC Radio 3, comprising an opening solo piano concert and a pair of duo recitals with two of the world's finest wind soloists, clarinetist Michael Collins and oboist Juliana Koch. Each concert will include music from recent acclaimed album releases in what promises to be a feast for music lovers, with beloved favourites alongside lesser-known gems of the classical repertoire.

▶ [Click here to see more](#)



Mack Fleetwood

**Waterfront Hall
16 Feb**

Mack Fleetwood will bring you on a magical musical journey from the Peter Green blues era to the multi-platinum selling band that still tour today. Mack Fleetwood bewitches their audience with authentic renditions of all your favourite classic Fleetwood Mac hits. Their love of the material and musical prowess shines through each song. Book early to be sure not to miss this opportunity for a truly brilliant time with one of the best tribute bands ever.

▶ [Click here to see more](#)



Image: Mac Fleetwood

MUSIC & DANCE

4 Corners Festival: Iain Archer 30th Anniversary Homecoming Concert

**Lyric Theatre (Naughton Studio)
8 Feb**

In 1995 a young Bangor singer songwriter audaciously filled the Lyric Theatre. In the 30 years since, Iain Archer has won two Ivor Novello Awards for Run with Snow Patrol and Hold Back The River with James Bay, the latter being nominated for a Grammy. Three decades on, Iain returns to the Lyric for a rare homecoming solo show that will highlight the songwriting skills that have led Liam Gallagher, Noah Kahan, Jake Bugg, Shania Twain and a host of others to ask him to write with them.

▶ [Click here to see more](#)

Sinatra's Greatest Hits

**Millennium Forum
18 Feb**

The West End's Rat Pack star, Stephen Triffitt performs the legendary Frank Sinatra's Greatest Hits. Stephen Triffitt, accompanied by his band, offers a glimpse of the genius that was Frank Sinatra. Stephen Triffitt played Frank Sinatra in the West End's original production of Frank, Sammy and Dean - Live from Las Vegas, which ran for eight years in the West End. He has performed across the world on a regular basis from LA to Moscow with The Definitive Rat Pack.

▶ [Click here to see more](#)



Springsteen - A Tribute

**The Portico of Ards
22 Feb**

Based in Ireland, this six-piece band is comprised of top Irish session musicians who have worked as sidemen with top international artistes including Van Morrison, Sinéad O'Connor, The Waterboys, Mary Black, Henry McCullough, Joan Jet and SmashMouth to name a few. These guys cover every subtle nuance of Springsteen's music with performances by veteran American singer and guitarist Monte Thompson that exude the passion of The Boss' timeless music. With a reputation of authenticity and outstanding musicality, Springsteen - A Tribute is a breath-taking high energy show and a must see spectacle for all fans of The Boss.

▶ [Click here to see more](#)

MUSIC & DANCE

Organ Recital With Richard Pinel

The Portico of Ards 23 Feb

A recital from the award-winning organist Richard Pinel who delivers 'electrifying impact' and 'truly tremendous verve'. Richard Pinel is a freelance organist and choral conductor, a Professor of Organ at the Royal Academy of Music and Director of Music at St Mary's, Bourne Street in Belgravia. Richard has enjoyed competition success, winning the First Prize and both special prizes at the Breda International Organ Competition. Between 2017 and 2021 he was Director of the Edington Festival. Recitals have taken him across the UK, notably King's College, Cambridge and St John's, Smith Square and further afield to Europe and the USA.

▶ [Click here to see more](#)

Thank You For The Musicals

Grand Opera House 25 & 26 Feb

Starring Peter Corry and his company of brilliant singers. Be swept away by the stunning performances and beautiful music from the likes of Phantom of the Opera, Hamilton, SIX, Carousel, Jesus Christ Superstar, Come From Away, Grease, Moulin Rouge, Mamma Mia and Les Misérables. Peter Corry and his company of brilliant singers pay tribute to some of the best shows around. A must for lovers of the musicals.

▶ [Click here to see more](#)

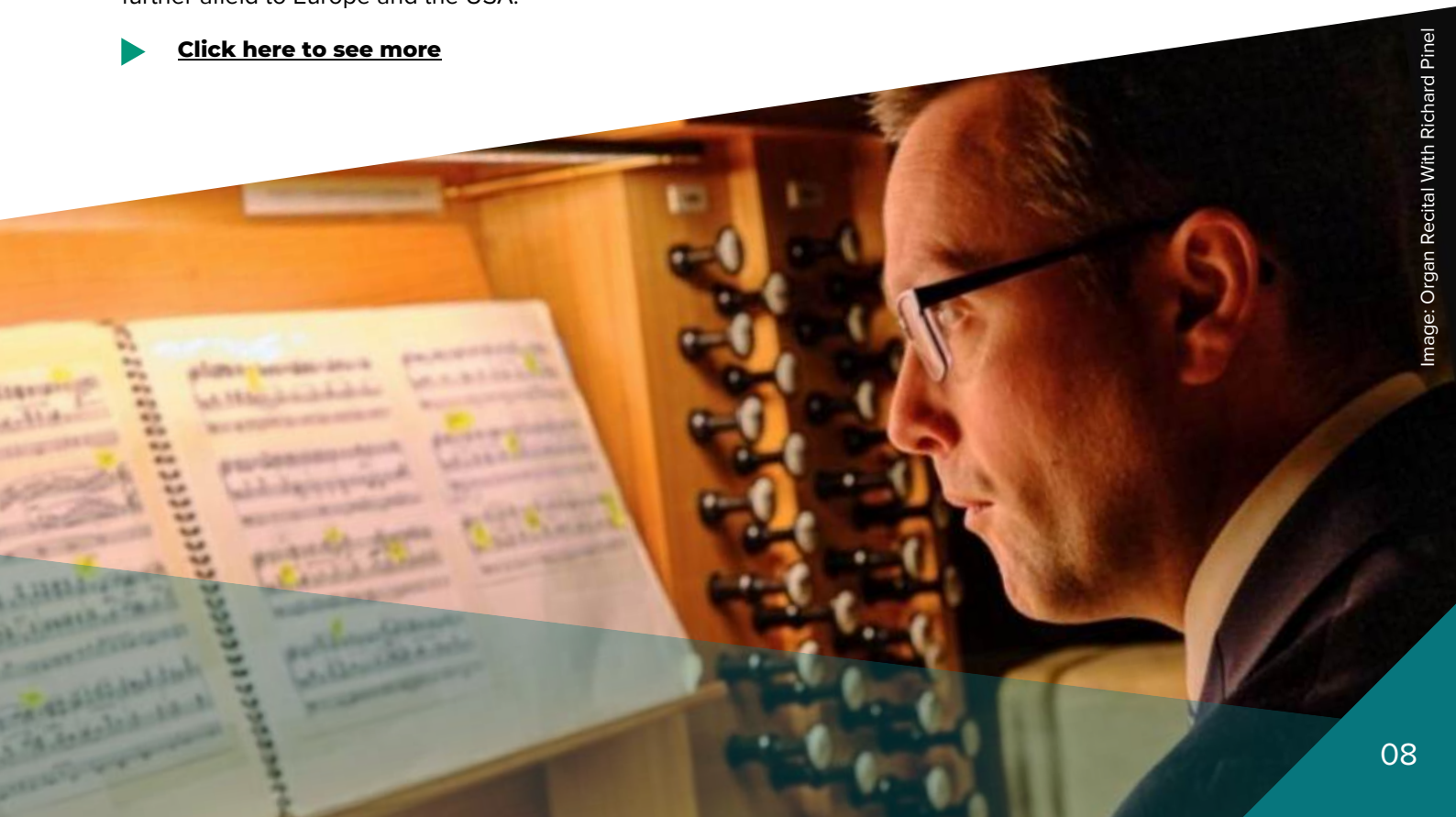


Image: Organ Recital With Richard Pinel

MUSIC & DANCE

The Ocelots

The Duncairn
Sat 15 Feb: Doors 7.00pm
Show 7.30pm

The Ocelots, twin brothers Ashley and Brandon Watson from Wexford, are set to release their second album, *Everything, When Said Slowly*, on February 7th, 2025. Building on their folk-rock roots, the album features a richer sound produced by Cillian and Lorcan Byrne. Its themes explore Irish migration, love, time, and the joys of cycling. Support from Belfast's Josh Healy (Buí, The Alcoves).

▶ [Click here to see more](#)



Image: The Ocelots

Sophie Jamieson

The Duncairn
Sat 8 Feb: Doors 7.00pm
Show 7.30pm

Sophie Jamieson is a London-based singer-songwriter known for raw, unflinching honesty in her music. After a decade-long journey through early success, a personal breakdown, and a return to music, she released her debut album *Choosing* on Bella Union to critical acclaim. Having opened for artists like Father John Misty and Marika Hackman, Sophie's emotive voice and vulnerable storytelling shine in her highly anticipated second LP, *I Still Want to Share*, out January 2025.

▶ [Click here to see more](#)

Image: Sophie Jamieson



SEE A SHOW

The Happy Pear 20

Waterfront Studio 26 Feb

Meet Dave and Steve Flynn, identical twins who turned a tiny veg shop into a plant-powered revolution! For 20 years, The Happy Pear has been all about spreading health, happiness, and seriously delicious food. With over 15 million products sold, five bestselling cookbooks, and 15+ online courses under their belts, these guys know a thing or two about living well. Now they're hitting the road with their new book and a live tour, The Happy Pear 20: Recipes and Learnings From the First 20 Years.

▶ [Click here to see more](#)

Future Talent

The Studio, Grand Opera House 21 - 22 Feb

Three shows over two days with performances by 35 musicians. These special showcases will highlight emerging young talent from across Ireland, giving new young artists the opportunity to 'Get Heard' and perform in one of Northern Ireland's most iconic venues. Future Talent aims to help young talented musicians fulfil their potential, keep them focused and motivated and instil a 'Yes You Can' attitude. Music crosses all boundaries and is a great vehicle to bring everyone together and have lots of fun along the way!

▶ [Click here to see more](#)

Image: The Happy Pear



SEE A SHOW

THE VIEW FROM MARS



The View From Mars

Lyric Theatre Belfast
20—22 Feb

Lost in Space. Adrift in Life. A journey of self-discovery told through pioneering new dance. Six Dance Collective presents the world premiere of a journey of reflection and resilience. When a lone space traveller finds himself cast away from Earth, he hurtles through a void of memories, regrets and nostalgia. In a highly physical and demanding performance, dancer Dominic Harrison (Ballet Ireland, Northern Ballet, Scottish Ballet, English National Ballet) performs new choreography by Ruaidhrí Maguire. With an all-local creative team, the immersive performance is brought to life by space-age visuals by artist Conan McIvor and live music by composer Amelia Clarkson.

▶ [Click here to see more](#)

The Nutcracker

Millennium Forum
7 Feb

The world class ballerinas of The Ukrainian Ballet will bring fairytale magic to life right before your very eyes in this enchanting classical ballet. Featuring Tchaikovsky's enchanting score, this magical spectacle will appeal to audiences both young and old. With over thirty dancers and eighty delicately handmade costumes, this visually stunning performance will transport you straight into the enchanting fairytale world of 'The Nutcracker'.

▶ [Click here to see more](#)

More Our Jimmy

Ulster Hall
13 Feb

Pop along to Ulster Hall, Belfast on 13 February 2025, for William Caulfield's 30th Anniversary "Our Jimmy" Tribute Show - a night of comedy and nostalgia you won't want to miss. Featuring special guests Orla Mullan and Keith Lynch, with musical accompaniment by Ivan Black, this one-night-only event celebrates 30 years of laughter with the most beloved sketches, both classic and new. Don't miss this unforgettable evening of entertainment, exclusively at Ulster Hall!

▶ [Click here to see more](#)

Colin Murphy: Murphy Beaucoup!

Grand Opera House
27 Feb - 1 Mar

After his sell-out dates with his Colinization and Whatchamacolin tours, Colin is back out on the road in 2025 with his hilarious new show Murphy Beaucoup! He examines, amongst many other things, dog poo etiquette, living in the future and being on the same planet as other humans who have the bare-faced cheek to be younger than you.

▶ [Click here to see more](#)

SEE A SHOW



Image: The Gap Year at The Lyric Belfast

The Gap Year Gala Evening

Lyric Theatre Belfast 19 Feb

This February the Lyric welcome audiences to an exclusive Gala Performance of 'The Gap Year', with all tickets purchased supporting their work in the community and with young people. Once again, Lyric will partner with Regency House; pairing an evening of five-star entertainment with an outstanding dining experience through an exclusive VIP Package. Perfect for a special night out! Alternatively, if you would like to chat about this as a corporate entertaining event contact Ben at development@lyrictheatre.co.uk to find out more.

► [Click here to see more](#)

Pretty Vacant

Millennium Forum 27 Feb

Not many musical explosions define a generation and change music for ever. There was Rock and Roll in 1956, Beatlemania in 1963, Flower Power in 1967, the birth of Rock in 1970 and then there was... Punk and New Wave. For the first time all the hits, attitude and fashion are brought to the stage by this incredibly talented cast of musicians, singers and dancers that will take you on a rollercoaster ride you will never forget.

► [Click here to see more](#)

The Gap Year

Lyric Theatre Belfast 1 Feb—2 Mar

The Gap Year is back by popular demand after its smash-hit debut in 2022! This heartwarming and hilarious comedy follows newly widowed Kate, childminder-in-chief Roisin and their best friend Oonagh have decided enough is enough. Life is too short – they're going to follow in their children's footsteps and take a Gap Year. Thailand? Europe? Down Under? No, they're visiting every county in Ireland, sure there's a few they've never even heard of! It's time for castles, coffee and craic as three women in their 60s go on the adventure of a lifetime. On Wednesday 19th February we have an exclusive Gala Performance of The Gap Year, with all tickets purchased supporting our work in the community and with young people.

► [Click here to see more](#)

Get Involved

Sketchbook Library Project

Anywhere!
Feb - Aug 2025

Could you fill a sketchbook, to be added to Boom Studio's sketchbook library exhibition? In line with Aspects Literary Festival this Autumn, Boom Studios invites you to draw, write, doodle, collage, stick digital art & photos, whatever you can create and display in our A5 sketchbooks - we want to see it!

► [Click here to see more](#)



Writing Creatively With Aoibh Clarke

The Duncairn
Wed 6pm: Starting 26 Feb
for 6 weeks

“When learning about creative writing, there are strategies, tricks and tips to get things moving. However, the real magic happens when we’re given structure, space to explore and the chance to try things out without fear. I absolutely love facilitating creative writing workshops, because there’s something truly special about shared art and creative expression.” - Aoibh Clarke. No previous experience is necessary, all you need is some curiosity, a budding idea, and the drive to connect with fellow creatives.

► [Click here to see more](#)

Life Drawing & Painting

Crescent Arts Centre
18 Feb until 8 April

This course is led by Bill Gatt who will advise, be a confidant, and inspire learners of all abilities. Bill Gatt is an artist for stage musicals, The BBC and film industry. He is also college demonstrator tutor in drawing, watercolour, oil, and pastel painting, portrait, figure, architecture townscapes, landscape, still-life, and Marine subjects. He is a Lecturer in foundation art and design, drawing and painting. Throughout the course, procedures and approaches to Life Drawing will proceed with methods to fit class level and to meet the needs of each individual student. All levels welcome. Age 18+

► [Click here to see more](#)

Get Involved

Traditional Irish Singing

Crescent Arts Centre
19 Feb until 9 April

Traditional Irish singing, often called sean-nós ("old style"), is an unaccompanied and expressive form of vocal music rooted in Ireland's heritage. Known for its free rhythm, rich ornamentation, and emotional depth, these songs are passed down orally, preserving stories of love, loss, and history. Students will learn to sing a variety of some of Ireland's lesser-known traditional songs, discover their origins and the stories they tell us of the past. Whether you are a beginner or very familiar with sean-nós singing, come along and become a part of the vibrant tradition of story-telling in Irish music.

▶ [Click here to see more](#)

Life Sculpting

Crescent Arts Centre
8 Feb

Learn to make a portrait or full pose life model through sculpture. Unlike life drawing or painting, this workshop is an opportunity to get creative with 3D modelling through multi-media including plaster bandage, modelling wax, clay and paper. You will have the opportunity to learn skills in sculpting with specific tools as well as by hand, developing structure and shape based on observation, as well as experimenting with techniques and styles from art historical examples. By the end of the workshop, you will be able to take away your completed sculpture to enjoy at home. Your tutor Tara McGinn is a visual artist and writer originally from County Wexford, she completed the MFA in Fine Art at the Belfast School of Art in 2019 with distinction and has since adopted Belfast as her home. She bases her creative practice in Flax Artist Studios on Bedford Street and is currently a candidate of the Freelands Foundation Artist Programme in London.

▶ [Click here to see more](#)

Abstract Painting

Crescent Arts Centre
15 Feb

This workshop will take you right from a blank canvas to fully realised works of art. Through individual practice and demonstrations, you will explore the fundamental approaches to abstract painting, such as colour, line, scale and texture. Working from photographs, objects and memory, you will be able to develop your own unique visual language and style in a fun and contemporary way. This session is suitable for all levels, from absolute beginner to intermediate to advanced. A list of materials will be provided in advance of the session. Tutor Patrick Hickey is a contemporary artist and current PhD researcher at Ulster University, Belfast. Since graduating from the Belfast School of Art in 2015 with a BA (Hons) Fine Art, Patrick has continually exhibited in solo and group exhibitions, with the most recent being the RUA 140th Exhibition at the Ulster Museum and an upcoming solo exhibition in Summer 2021.

▶ [Click here to see more](#)

Purely Poetry Open Mic Night

Crescent Arts Centre
7 Feb

Welcoming readers of all styles and experiences, from first timers to old pros, we foster an open, laid back and encouraging atmosphere for people to read their work, and to listen in comfort. Quite simply, we want your poems, and we want you to enjoy the experience of reading them to us! To take part; Registration opens at 7.15pm - come along and sign up to read; The Mic opens at 7.30pm. All names are drawn out from our Magical Hat of Randomness. Each person has seven minutes max to read, so that we can give as much time as possible to people wanting to read. Spaces are limited (we have to let the staff get home at some stage!). This event is BYO and 18+

▶ [Click here to see more](#)

BOOK EARLY



HEALING THROUGH PHOTOGRAPHY CONFERENCE

TRAUMA & THE ART OF RECOVERY

Healing Through Photography Conference

The MAC, Belfast
7 - 8 April

Healing Through Photography: Trauma & The Art of Recovery is a unique two day event investigating the powerful role of photography in improving mental health and wellbeing. Hosted by award-winning comedian, BBC presenter, and TEDx speaker Emer Maguire, the event will feature world-class speakers, interactive workshops, and thought-provoking panels.

► [Click here to see more](#)

Belfast Children's Festival

Across Belfast
6 - 15 March

Over 10 days, Young at Art have hand-picked a selection of incredible shows, performances, events, activities and creative experiences for everyone. We have shows from across the world, as well as some of the very best of performances for young audiences being made right here in Belfast, from festival favourites to world premieres, and of course our Festival Family Day Out. And no, you don't need to be a child or have a child with you to enjoy them!

► [Click here to see more](#)

Imagine Festival: Lemn Sissay - Let the Light Pour In

Crescent Arts Centre
29 March

Join BAFTA nominated author, activist, and performer Lemn Sissay OBE as he takes to our festival stage with this brand-new show. Every morning for 10 years Lemn has written four lines and shares them on his socials with no explanation and no title. After catching the public's attention, they have been transformed into murals, quoted in books, made into songs and even tattoos. He chose the best of them for Let the Light Pour In which became an instant bestseller – and now a live show. With readings from his books, Lemn will unravel some of the original stories behind the poems, and how they have been used in people's lives and his own – and show us how he lets the light pour in.

► [Click here to see more](#)

Opportunities & Noticeboard

Workshop: Find your Balance

Combining physical theatre training with creative therapy techniques, Tinderbox Creative Therapy workshop focuses primarily on the impact of stress on the body/mind and what we can do to manage, alleviate and reclaim a sense of balance in our daily and working lives. The workshop also focusses on self-awareness practice and will offer solutions to create a sense of space and clarity in our busy working lives. Patrick O'Reilly trained at the Le Coq International school in Paris and is a writer and Artistic Director with Tinderbox Theatre Company in Belfast. He also works as an accredited licensed Creative Therapist and meditation facilitator in Northern Ireland and has delivered creative well-being programmes for Arts and Business NI, Women's Aid, Nexus NI, Theatre and Dance NI and the Shared Island Intercultural programme.

▶ [Click here to see more](#)

Boom Studios Volunteers Wanted

Boom Studios, Bangor Various throughout the year

We have opportunities at Late Night Art Bangor, workshops, DIY days, art & craft markets. For more information download the form below

▶ [Click here to see more](#)

Workshops: The Art of Communication & Leadership

The team at The Playhouse want to help you to explore your playful side and, in the process, develop your presence, communication and listening skills that support great team working and leadership. They use creativity and play to enable emerging leaders to become more confident in their own authentic voice. **Outcomes:** Ability to communicate to small or large groups ~ Being fully present, focus on moving your goals and objectives forward ~ Listening to yourself and the needs of colleagues and clients ~ Being comfortable being uncomfortable. For more information contact Paul Sweeney at Paul.sweeney@derryplayhouse.com

▶ [Click here to see more](#)

Healing Through Photography conference

Belfast Exposed 7 & 8 April

Healing Through Photography is a unique two-day conference that brings together leading experts, award-winning photographers, trailblazing practitioners, community champions, and individuals with lived experiences of trauma to explore the art of recovery through the lens of photography. We are looking for volunteers who can spare one or two days to help us give attendees at the conference a fantastic experience, helping the conference run smoothly and showcasing our beautiful city. As well as a free ticket to the event, volunteers will receive training, support and the opportunity to enhance their CV. To find out more contact Lucy at l.dougan@belfastexposed.org

Opportunities & Noticeboard

Belfast TradFest: Support a Bursary

Belfast TradFest are reaching out to individuals and organisations who may be interested in sponsoring a bursary place for young musicians to attend this year's Belfast Summer School of Traditional Music, taking place in Ulster University between July 28th - August 1st 2025. The bursary secures a place for a young musician to attend and experience a week-long intensive and immersive summertime learning course of traditional music, song and dance that can be transformative. Find out more at www.belfasttradfest.com or email info@belfasttradfest.com

Open Art: Wednesday mornings

Open Arts are welcoming volunteers for our community art sessions on a Wednesday morning. Helping to set up/clear away the art materials, and also participating in the art workshops and befriending others who attend.

▶ [Click here to see more](#)



Partnership Opportunity: Afghan Women Solidarity Concert

Beyond Skin is seeking business partners for an Afghan Women Solidarity Concert which is due to take place on International Women's Day - 8 March 2025. Beyond Skin is an organisation which opens dialogue through the medium of the arts, with the aim of assisting with the development of a more peaceful, equal and intercultural society free from racism and sectarianism.

This concert is part of a programme of work which champions Afghan culture and directly supports Afghan women including those still in Afghanistan.

In addition to supporting the event, business partnership opportunities include options for a private reception for staff and branding profiling. To find out more, please contact Jasleen Kaur at jasleen.beyondskin@gmail.com

▶ [Click here to see more](#)