County Down Rural Community Network

ISO 9001 Quality Management FM31060

NETWORK NOTES

Edition 125 February 2020

Ballymote Centre, 40 Killough Road, Downpatrick, BT30 6PY

Tel: 02844612311 Email: info@countydownrcn.com

DEMENTIA NAVIGATOR SERVICE

(Mental Health Services for Older People)

Linda Dornan has recently taken up the post as Dementia Navigator in Down Locality and will be accepting referrals for patients with dementia and family/carers to offer :

- Further information on their diagnosis to enhance understanding and management of the condition for people with dementia and those close to them.
- Signposting/referral to practical and emotional support
- Support in navigating around voluntary and statutory services.
- Help to explore the opportunities available in their local community which may support them to live well with dementia

Linda can be contacted at Downpatrick Community Services

1st Floor Downe Hospital, Downpatrick, BT30 6RL or by Tel: 02844613811

HSC South Eastern Health and Social Care Trust

HSC

The Family Support NI website (https://www.familysupportni.gov.uk/) is run and maintained by the Health and Social Care Board, and is a comprehensive database of family support and registered childcare services across the country.

The website is aimed at:

- 1. Members of the public wishing to access a specific family support service, help or advice;
- 2. Parents looking to access information on registered childcare and related financial support;
- 3. Frontline staff to help them get up to date information on the location of family support services; and
- 4. Organisations/Partnerships to use as a planning tool that can be linked to outcomes for children and young people.

You can search by type of service or simply by postcode, which shows all services available in the area. The website was enhanced this year, and we are about to embark on a second round of public advertising. I would recommend having a look on the site, and please help to spread the word for us - it's an excellent resource which more families should be aware of.

Comhairle Ceantair an Iúir, Mhúrn agus an Dúin Newry, Mourne and Down District Council

Ards and North Down Borough Council

Department for Communities www.communities-ni.gov.uk

HSC Public Health Agency

Healthy Living Centre Alliance

Department of Agriculture, Environment and Rural Affairs

Tai Chi Mondays

@ the Ballymote Centre (Beside Supervalu),

40 Killough Road,

BT30 6 PY.

All Welcome—£2 contribution per person.

Mondays 1.30 pm—2.30 pm in the Hall upstairs.

For more information contact : 02844612311

SPRING
Social Prescribing

Wednesday Coffee and a Chat

Would you like to make new connections?

Have you a few hours you wish you could fill?

Where?

The AVOCA HOTEL, Newcastle Promenade

When?

WEDNESDAYS, 2PM—4 PM

For more information contact: Gemma/Nuala at The County Down Rural Community Network on 02844612311

County Down
Rural Community
Network

Chi Me Thursdays

@

Newcastle Community Centre, Central Promenade

10.30 am to 11.30 am

Chi me is a very gentle form of exercise which helps overall physical wellbeing

If interested in finding out more contact : Patricia at The County Down Rural Community Network on 02844612311

Hearing Aid User Support Service

DOWNPATRICK

The Hearing Aid User Support Service (HAUSS) is a free service funded through the Health and Social Care Board which operates throughout Northern Ireland.

If you need help with your NHS hearing aids, visit us for:

- Retubing, ear mould cleaning and battery replacement
- Basic training for hearing aid use and maintenance
- Information on other equipment and services
- Basic hearing check if you are worried about your hearing

Ballymote Community Centre
40 Killough Road (next to Supervalu)
Downpatrick
BT30 6PY
Time: 1.30pm to 3.30pm

First Thursday every month

2nd Jan, 6th Feb, 5th Mar, 2nd Apr,
7th May, 4th Jun, 2nd Jul, 6th Aug,
3rd Sep, 1st Oct, 5th Nov, 3rd Dec

For more details contact
Hazel Wilson
Mob: 07342 994453
E: Hazel.Wilson@hearingloss.org.uk
W:actiononhearingloss.org.uk

HSC South Eastern Health and Social Care Trust

libraries ni

The local Library has many FREE Computer and other classes and activities available to the public like the Digital Citizen Project which will run at least up until the end of March 2020. One-to-one sessions can also be booked at your local Library to learn how to use digital devices. Books and E-Magazines and email facilities are available in local Libraries also plus much more. To book a session or for more information - e: digitalcitizen@librariesni.org.uk t: 07912 296801

6 Week Mindfulness/ Meditation Programme

County Down Rural Community Network

Begins Monday 17th February 2020

Ballymote Centre (beside Supervalu)

11 am to 12 pm

For further information contact Patricia on 02844612311

South Eastern Health and Social Care Trust

Stress Control

A FREE 6-week stress management programme

Do you have problems with stress, low mood, panic, anxiety, sleeping difficulties, problems coping at home, work or school, tension?

Where:	**Saintfield Community Centre 29 Belfast Road Saintfield BT24 7NL**
When:	**Tuesday 4 February 2020 - Tuesday 10 March 2020**
Time:	**11.00am - 12.30pm**

If you are currently suffering from stress, know someone who is or just want to be better equipped, then this is the course for you!

No booking required - Just turn up

- The class runs once a week for 6 weeks and teaches skills and techniques for managing stress
- Topics covered include: an overview of what stress is, controlling your body, controlling your thoughts, controlling your actions, getting a good night's sleep and planning for the future
- Stress Control is a class **not** 'group therapy' – you do **not** have to talk about personal difficulties in front of others
- Come along by yourself or feel free to bring a friend or family member with you.

Visit: facebook page stresscontrolni or www.setrust.hscni.net

Carer Information and Support Program (CrISP)

Free program for those caring for family or friends with dementia

This course is delivered over 4 weeks covering the following topics:

1. Understanding dementia
2. Providing support and care
3. Legal and money matters
4. Coping day to day

To find out more and book contact Angela

Here for everyone affected by dementia
alzheimers.org.uk

Get in touch today
angela.mccauley@alzheimers.org.uk
07935085699

South Eastern Health and Social Care Trust

Alzheimer's Society
United Against Dementia

South Eastern Health and Social Care Trust

Primary Care and Older People Services

From 4 November 2019 Will be accessed by a single telephone number –

028 9598 8098

Press option 1 if you are **currently known** to:

Community Social Care or Mental Health Services for Older People Teams

or if you need the

District Nursing Team

then select the locality you require.

Press option 2 if you are **NOT** currently known or wish to make a **NEW SOCIAL CARE REFERRAL**

Cedar
Opportunity Choice Inclusion

South Eastern Health and Social Care Trust

Ardarragh Disability Resource Hub has many courses to offer from Talks on: Tools for Solidarity , Mourne Mountain Rescue Service to activities such as copper beating,(4 week course), Plant pot decorating and a Lip reading taster session.

To book a place or if you want more information, please contact either:

Victoria Kelly 07587 884 078/ v.kelly@cedar-foundation.org

Petra Fulton 07595609592/ petra.fulton@setrust.hscni.net

Southern Area MH Men's Health Steering Group

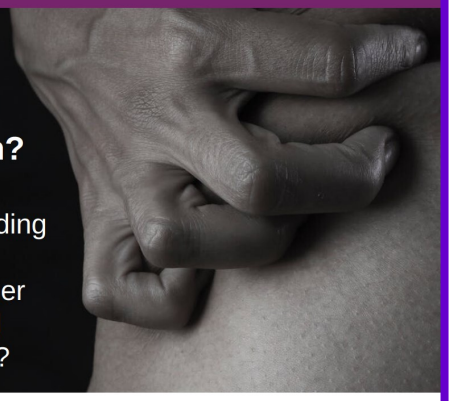
SAVE THE DATE

The Southern Area Men's Health Steering Group Annual Men's Seminar

Title:	DeMENtia - Men in the Middle
Date & Time:	Friday 28th February 2020— 9.30am – 2pm
Location:	Tandragee Recreation Centre

FREE CHRONIC PAIN SUPPORT PROGRAMME

Clanrye Group
We Care



Are you living with **Chronic Pain?**

Interested in finding out Coping Strategies, Peer Support and Entitlements?

Join us for a FREE 12-week Pain Support Programme

Newry Leisure Centre
Friday's 12:30-2pm
Beginning: 24th January 2020

Spaces are limited. Reserve your space today.

Contact Sarah Hillen on 028 3089 8119 or email sarah.hillen@clanryegroup.com for more information.

Healthy Living Centre Alliance

Comhairle Ceantair an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down District Council

Be Active

HSC Southern Health and Social Care Trust
Quality Care - for you, with you

Promoting Wellbeing DIVISION

HEART START

Learn emergency lifesaving techniques.

- Signs and symptoms of a heart attack
- How to deal with serious bleeding
- How to deal with choking
- Recovery position
- How to perform CPR

Friday 14 February 2020
Drumalane House, Newry

10.00am – 12.30pm

To book a place please email: pwb.training@southerntrust.hscni.net
Before Thursday 16 January 2020.

Places are limited.

MIGRANT CENTRE NI

OISC

advice ni
the independent advice network

Need help with gaining Settlement Status in the UK?

If you are an EU, EEA or Swiss Citizen living in Northern Ireland, please contact Advice NI FREE multi-lingual service to check if you are eligible for the EU Settlement Scheme.

Advice NI can provide FREE assistance with proof of identity, eligibility and suitability as well as completing the online application.

Call our FREEPHONE on 0800 138 6545*

Email: euss@adviceni.net Text 'EUSS' to 66644 Webchat: adviceni.net/EUSS

www.adviceni.net

FREEPHONE Operates: Mon - Fri 10.00am - 4.00pm

*Local network charges may apply

@AdviceNI

VERSUS ARTHRITIS

Challenging your Condition

A supportive group where helpful tips and experiences are shared. The course is led by people living with a long-term condition themselves, who understand the difficulties that you face. They refuse to allow their symptoms to take control of their lives and they can support you to manage yours. The emphasis is on learning what you can do for yourself and how to make the most of the information you get from your health care professionals.

Date: Thursday 6, 13, 20, 27 Feb, 5 and 12 March 2020

Time: 7pm – 9.30pm

Venue: Ballybot House, Newry

Suitable for anyone over 18, living with a long-term health condition.

Duration: 6 x 2.5 hour sessions

FUNDING OPPORTUNITIES

Big Lottery Fund: Awards for All (This is a rolling fund)

Eligibility Checklist : You will need to be a: voluntary /community organisation **or** school **or** statutory body
If you have questions about this process please contact: Outreach Team, Big Lottery Fund Northern Ireland,
telephone : 028 9055 1455 or
email Enquiries.ni@biglotteryfund.org.uk

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PRINCIPAL FUNDER

Small Grants Programme

LOTTERY FUNDED

Ongoing

Apply online: http://artscouncil-ni.org/funding/scheme/small-grants-programme

Who can apply

- Registered charities and other organisations which cannot distribute profits
- Groups of organisations working together to deliver specific projects
- Organisations currently in receipt of an Arts Council Annual funding Programme award may apply for:
- new commissions
- equipment
- projects of an exceptional nature which were not anticipated at the time of their AFP application formally constituted parent-teacher associations

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Community Foundation NI

A range of grant opportunities for community groups. To see availability, closing dates and eligibility please go to:

https://communityfoundationni.org/achieving-impact/available-grants/

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HALIFAX FOUNDATION for Northern Ireland Grant Programmes 2020-2023

The Community Grant Programme is currently open for new applications. The category of grants range from small, medium and large. Also a special initiatives grant for communities.

Please click on the link below for more information on how to apply.

https://www.halifaxfoundationni.org/programmes/community-grant-programme

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ASDA FOUNDATION 'Supporting Your Local Community'

For more information visit the website:
https://www.asdafoundation.org/

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Tudor Trust Grants

Particularly want to fund smaller, community-led UK organisations which work directly with people who are at the margins of society: organisations which support positive changes in people's lives and in their community: http://tudortrust.org.uk/

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Community Chest Fund

Radius Housing

Funding available for applications until March 2020.

Funding gardening projects to help purchase materials needed to start gardening groups, mental health workshops to support tenants who are suffering from anxiety and depression to reduce /improve their mental health and wellbeing. If you are planning any events or campaigns , including community and cross community events please get in touch as this is a great opportunity to apply for a small grant between £250 -£1000 for your project

For more info: contact Lesa, Tenant Engagement Officer on lesa.kelly@radiushousing.org

The Pathway Fund

The Pathway Fund 2020/2021 is now open for applications...

The Pathway Fund is open to all facilitators or registered providers of early years education and learning provision focused on children 0-4 such as Out of Schools, Summer Schemes, Playgroups, Day Nurseries and Registered Childminders.

Stream A - Awards from £15,001 up to £30,000

Stream B - Awards up to £15,000

For further information, please visit www.early-years.org/pathway-fund - alternatively call The Pathway Fund office on 028 9066 2825 (option 2) or email thepathwayfund@early-years.org

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AVIVA

A new decade welcomes in a new Aviva Community Fund.

Applications are now open for the newly refreshed Aviva Community Fund programme. So if you work with, or know of, an eligible charity with a forward-thinking idea that could make a big difference, **encourage them to apply** between 21 January and 11 February 2020.

For more information:

https://www.aviva.co.uk/services/more-from-aviva/aviva-community-fund/

County Down Rural Community Network offers a free "Grant Tracker" service to search for relevant funding opportunities for our Member Groups. Membership form available on our website: www.countydownruralcommunitynetwork.com or

email: info@countydownrcn.com or phone 02844612311