

NETWORK NOTES

May 2020

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BT30 6PY

Tel: 02844612311 Email: info@countydowntnrcn.com



Nothing Speaks so eloquently of Spring than daffodils in bloom

With this in mind see below for a great funding opportunity

Live Here Love Here: Small Grants Scheme

OPEN FOR APPLICATIONS : Deadline to apply: 18th May 2020

Grants available from £500 - £5000

Additional criteria added to the Scheme this year to support actions that help care for those in need, as a result of COVID-19!

A range of much needed community help that could be supported includes, but is not limited to:

- Emerging issues in the community as a result of the continuing threat of COVID-19.
- Grow Your Own projects and materials (supplemented by online webinars/classes for e.g. on seed collection, seasonal food growing and maintenance, cookery, foraging etc.) to encourage new skills development, extend virtual environmental education opportunities to the wider community .
- To find out more, and to complete the online application form go to: www.livehereandlovehere.org/

SOCIAL PRESCRIBING SUPPORT DURING THE COVID-19 CRISIS



County Down Rural Community Network is proud to be part of the Spring Social Prescribing Project. Our team has been contacting and supporting those who are isolated , unable to leave their homes, or part of the many who are shielded during this pandemic.

We have been a strategic partner in supporting the delivery of Food Parcels to people who need them and helping in the delivery of medicines from Pharmacies.

Our Health Development and Rural Teams are supporting community groups and constituted organisations apply for vital funding for their communities.

**WE ALL
MUST DO IT
TO GET
THROUGH IT**



STAY HOME



KEEP DISTANCE



WASH HANDS

Priority online supermarket delivery slot in Northern Ireland for those who have been advised by their Doctor(GP) to shield themselves (avoid all face-to-face contact for 12 weeks)

See link below to register for access to a priority online supermarket delivery slot from Asda, Iceland, Sainsbury's or Tesco. (These stores will make every effort to offer you an online delivery slot, but it is dependent on demand and cannot be guaranteed.)

https://consultations.nidirect.gov.uk/dfc-psu/online-shopping/?fbclid=IwAR3A80Ay0JAX-ajGVHpg6UcliAe8H_QvabSrPGfYyJN3EZUq8EsJwjQcfXg

You can register if you:

Live in Northern Ireland You or someone you provide care for have been advised by your/ their Doctor (GP) to avoid all face to face contact for 12 weeks; and

- Do not have access to alternative help and support for shopping from family or friends, or other local networks

Housing

Executive New Listen Share Change App - We want to hear from you

NIHE is undertaking a scoping exercise of our current service users. capacity. This exercise is designed to provide us with an understanding of the digital need within communities and will help to guide development of a new digital service.

We would like to know:

- Do you have access to WiFi/the internet?
- Do you have access to smart phones, tablets or laptops?
- How confident are you using this technology?
- Would you require help to use the internet to download apps, such as Zoom or WellRead?
- Do you have a comfortable, physical space to sit, where you can access technology, during
- the Reading Room session (approximately 45-60 minutes)?

Please feed back your answers to Dr. Sean Brennan, South Co-Ordinator – Listen, Share, Change PEACE IV Project

NIHE Community Cohesion Unit T:028 9598 3200 M: 0788 405 0909

*Housing Executive tenants with emergency repairs may call our 24 Hour Emergency

Repairs service on [03448 920 901](tel:03448920901) For more information see link: <https://www.nihe.gov.uk/Emergency>



Introduction to Sleep Awareness

Mon & Tue, 11th and 12th May - 1:30 PM - 2:30 PM

We just wanted to connect and make sure you are aware that although we cannot provide courses in our traditional way we are providing some online training over the next few weeks.

This has been a learning curve for us all but we are enjoying learning new ways to do things and are excited about new ways to help you learn too.

To register for sleep awareness follow the link

<https://attendee.gototraining.com/r/8890721797647270657>



IT – Help!

We know from our own experience it can be a little difficult to get set up at the start, so if you are having problems drop us an e-mail as soon as possible with your contact number and we will try and talk you through the process of getting ready for the online course.

These are not the full versions of the courses that usually runs but will provide a taster that we hope will help at this difficult time.

Email: recovery.college@setrust.hscni.net

Phone: (028) 9041 3872 ext. 89872



Coffee Time

We have an Online coffee morning each Friday from 10.30-1100. Due to the bank holiday we will do this on Thursday this week.

It's just an informal get together.

If you are interested in joining us send us a message and we will send you the link.

Email: recovery.college@setrust.hscni.net

Phone: (028) 9041 3872 ext. 89872

You can also access videos on YouTube

[SET Recovery College Videos - YouTube](#)





A 6 Week Stress Management programme delivered online by Jim White, consultant clinical psychologist

Commences Monday 11th May 2020 @ 2pm and 8.30 pm

Twice a week for 3 Weeks: Monday 11th & Thursday 14th May

Monday 18th & Thursday 21st May

Monday 25th & Thursday 28th May

To find out more on Stress Control Classes across N Ireland go to <https://stresscontrol.org/>



Everyone is dealing with the stresses and strains of forced confinement due to Covid 19. It can be difficult to feel that there is time to unwind and take a moment. Remember to look after your mental and emotional wellbeing and **Take 5: Connect** - with friends and family via a simple phonecall or use modern technology if available: skype, whatsapp, facetime. **Be Active:** Just a few gentle movements a day will keep you supple they don't have to be too strenuous: Find helpful tai chi, gentle exercises on youtube or on the PHA website. **Take Notice:** Stop, pause and be aware of your surroundings. Listen, Watch and be aware of your feet on the ground. Take a deep breath in and out. **Keep Learning** - Maybe this is the opportunity to learn a new language or grow your own vegetables! And finally - **Give!** Staying home, Keeping Safe is a way of giving to your community right now.



Are you isolated at home? Do you need support with hearing loss?

Action on Hearing Loss is here to support you during the coronavirus crisis by phone or email. Our offices are closed, but we are still here to help. We provide:

- Information about deafness, tinnitus and hearing loss
- Support for hearing aid users including free delivery of hearing aid batteries
- One to one support with managing tinnitus
- Support for job seekers and those in employment
- Befriending and emotional support

Please get in touch with our friendly staff:

📞 028 9023 9619

✉ information.nireland@hearingloss.org.uk

📱 SMS 07587 130 502

🌐 For contact details for each service, visit www.actiononhearingloss.org.uk/northernireland

Video calls can be arranged at information.nireland@hearingloss.org.uk



COVID-19 (CORONAVIRUS)
Everyone in Northern Ireland should now be using social distancing



BENEFITS OF BEING ACTIVE:

Happy making, make us feel better	Builds strength in muscles & bones to help maintain independence	Helps boost the immune system
Reduce symptoms of anxiety, depression and stress	Reduce falls	Improves sleep

Every Movement Counts! No need for special equipment. We can be active anywhere, including in the home.

Go for a walk in the park or in the garden	Use the stairs to be active	Stand while talking to family or friends on the phone
Break up sitting time	Try Chair based exercises	Try sit to stands
Housework counts too	Walk more around the house	Gardening
Try strength & balance exercise	Try online exercise classes	

Listen to your body and only do what feels good for you. You should not feel any pain.

Every Movement Counts! Just move a little more and sit less!

AWARE

OVERCOMING DEPRESSION.
CHANGING LIVES.

INTRODUCTION TO MINDFULNESS

Free Online Mindfulness Sessions

AWARE is delighted to offer a series of free online mindfulness sessions, delivered by professional mindfulness practitioners...

• Anne Costello • Veronica Ellis • Caroline Stewart •

There will be two daily Zoom sessions
running Mon-Fri for 12 weeks

Starting Mon 11th May



Register Now!

aware-ni.org/intro-to-mindfulness

In partnership with...



For info, please email:
stephanie@aware-ni.org

Make Yourself Heard

In danger, need the police, but can't speak?

- 1** Dial 999
- 2** Listen to the questions from the 999 operator
- 3** Respond by coughing or tapping the handset if you can
- 4** If prompted, press **55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

See our guide for more information.



#MakeYourselfHeard
#SilentSolution



www.policeconduct.gov.uk



OPC Independent Office for Police Conduct

women's aid
and women & children are safe

NPCC
National Police Chiefs' Council

This is an important issue for all farmers filling in their annual Single Farm Payment form

Area-Based Schemes Services Update (2 April 2020)

Do I still need to submit a Single application Form (SAF) this year?

Yes. You should submit your SAF as soon as possible to ensure that payments can be made from 16 October 2020.

Will the closing date for submitting the Single Application Form (SAF) be extended because of Covid-19?

No. The closing date for submitting a SAF remains 15 May 2020. However, the period for when farmers can amend claims without penalty has been extended from the 31 May to 9 June 2020. Amendments made after 09 June may result in penalties being applied.

Why has the closing date not been extended in Northern Ireland?

Northern Ireland is the only region of the United Kingdom to make direct payments in October each year. We are keen to ensure that this will continue this year. Delaying the Single Application submission deadline beyond the 15 May would make this very difficult and would result in a delay in your payment. We are taking whatever measures we can to avoid this happening.

What if my local office is closed? I am following the government's advice on self-isolating and social distancing and as result I can't visit my form filler to sort out my form. What should I do?

We are aware that some farmers may well be self-isolating or social distancing. That is the proper thing to do. DAERA staff are available now to assist in the completion of applications. The Single Application Advisory Team service is currently operational.

If you require assistance please get in touch by telephone on 0300 200 7848 or via email to areabasedschemes@daera-ni.gov.uk.



Clanrye have produced some light movement and relaxation videos on Youtube. See below for links:

Clanrye Group - Breathing and Light Movement Exercise - <https://www.youtube.com/watch?v=U6NvptgEIVc>

Clanrye Group - Beginner Dance with Sarah - <https://www.youtube.com/watch?v=bKEBPKzbWt4>

Clanrye Group - Meditation Audio - <https://www.youtube.com/watch?v=Hziy1bVlniA>

Age NI	08088087575
Samaritans	116123
Lifeline	0808 808 8000
Childline	08001111
Women's Aid , Armagh, Banbridge, Craigavon	02838397974
Women's Aid Helpline: 24 hr Domestic Helpline	08088021414
Belfast & Lisburn Women's Aid	02890666049
North Down and Ards Women's Aid	028 9127 3196
Domestic & Sexual Abuse Helpline (24 hrs)	08088021414
Women's Aid Newry Mourne & Down	02830258704
Community Advice Newry Mourne & Down	0300 3030 306
Community Advice Ards and North Down	0300 123 9287
PIPS (Mental Health) Newry and Mourne	028 30266195
Christians Against Poverty (CAP)	07443586701
Fountain Foodbank Downpatrick	02844615201
The Larder Foodbank Newry	Contact via facebook
The Pantry Foodbank Newcastle	07517766006
Newtownards Foodbank	028 9181 7487
Ballynahinch Churches Together & Foodbank	03330501167
Make the Call	08002321271
Ballynahinch Counselling Centre	07835305411

St V de Paul Helpline numbers:

If no answer leave a message

Ballynahinch -07710896213

Downpatrick- 02844616557

Crossgar/Kilmore SVP helpline – 07523111543

Dundrum - 07538683550

Finnis - 07738838191

Kilcoo - 07809256823

Leitrim - 07769688977

Newcastle - 07889780330

Castlewellan - 07738837950

Newry\ Mayobridge - 028 3026 8185

Warrenpoint/Hilltown - 07562069337

Ards and North Down – 075 0854 9701

Helpful websites

Helplines NI website has been updated to include details of UK and NI helplines that have been setup in response to coronavirus. To date, over 20 new helplines covering a range of topics (e.g. community helpline, befriending, government grants, pregnancy) have been established specifically in response to coronavirus. Useful for sharing and signposting : www.helplinesni.com

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-and-benefits>

<https://www.publichealth.hscni.net/covid-19-coronavirus>