

NETWORK NOTES

June 2020

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

Tel: 02844612311 Email: info@countydowntcrn.com

A Message from the team at CDRCN to all of our Community and Voluntary groups at this time

We hope during the current climate you are keeping well and staying safe. In these strange times we all have to look at our way of working, and County Down Rural Community Network is no different in this respect. We want to know how you as a community or voluntary group are managing at this time, and how we, through our delivery of the Community Development Service across the various Council areas can deliver for you, now and into the future.

Below you will find a link to a survey. We appreciate that there are quite a few surveys circulating at the minute but if you could please complete this it will directly help us and you as a group working in your area. We are looking to hear from all groups, large or small, to give us the very best picture of how things are and how we can continue to deliver and design the best possible service for you in the future. We would ask that you have a chat with some of the other Committee members of your group, fill out the survey and reply as soon as possible

https://forms.office.com/Pages/ResponsePage.aspx?id=VvWjVMg5WEudFDZ3OZbX2q7VtZP1fMNCIABxRMqWM_dUQVk5RzBBMkVZNUpDNEtPR0w3MjRNU0c0SSQIQCN0PWcu

Your assistance in completion of this survey would be most appreciated and all responses will be treated in the strictest confidence. If you are unable to complete the survey on line please call us and a member of our team will complete the survey with you. Please remember, we at CDRCN are always here at the end of a phone if you have any queries of any kind.

Stay Home / Protect the NHS / Save Lives



County Down
Rural Community
Network

NETWORK CHALLENGE

Join us on **Keep Moving Mondays**
from **2 to 2.30 pm**

Walk locally, in your garden or house
for 30 mins



To get your name on our leaderboard
Text your name, age and weekly step count to
07389 732749

Spot Prize for the best monthly step count!

For further info please contact : lise@countydownrcn.com or
jenny@countydownrcn.com

If you haven't exercised for a long time or if you have any physical conditions that may impact on your ability to exercise, please contact your doctor beforehand.



MEN'S HEALTH WEEK 2020
Find out more at www.mhfi.org #MensHealthWeek

Celebrate Mens Health Week

with our free

TAI CHI zoom session!!

7 - 8pm (check-in from 6:45pm)

Tuesday 16th June 2020

@ zoom with Mike Bean

Email heather@countydownrcn.com for the link

CORONAVIRUS (COVID-19)



VIRTUAL WELLBEING HUB

Government and charities join forces to support mental wellbeing

<https://www.communities-ni.gov.uk/news/government-and-charities-join-forces-support-mental-wellbeing>



County Down
Rural Community
Network



Public Health
Agency



COMMUNITY
FUND

Wellbeing Programme

Starting week beginning 22nd June 2020

All activities are free to participate in but we would ask that you pre-register with us using the relevant emails listed below. Due to social distancing measures, all activities will be accessible remotely through **zoom**

| | |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Monday</p> | <p style="text-align: center;"><u>Tai Chi</u></p> <p>Mike Bean 10:45am logon, class 11am – 12 noon Contact Lise Curran at lise@countydownrcn.com Tai chi is a slow balanced art form to regulate the mind body and breath. Learn how to relax, strengthen and coordinate the body so you feel energised and stress less all day long.</p> |
| <p>Tuesday</p> | <p style="text-align: center;"><u>Health & Wellbeing</u></p> <p>Aleida Millar 10:45am logon, class 11am – 12 noon Contact Paula Nixon at paula@countydownrcn.com</p> <p>6 interactive sessions promoting health and wellbeing including aromatherapy, herbs for health, positive sleep patterns and techniques for stress reduction.</p> |
| <p>Wednesday</p> | <p style="text-align: center;"><u>Movement to Music</u></p> <p>Theresa Messenger 10:45am logon, class 11am – 12 noon Contact Heather Holland at heather@countydownrcn.com</p> <p>Low Impact Movement and Dance, designed for all levels of mobility and ability to improve your fitness levels, including flexibility, balance, posture and co-ordination, increasing your sense of vitality and wellbeing.</p> |

"Chi Me "for Wellbeing



CDRCN is running a FREE weekly Zoom class in gentle movement and relaxation as a support for Pain Management .

If interested in receiving the link please contact:

info@countydownrcn.com

Older People (55+) Floating Support

Support

Guidance

Assistance

Independence



Providing housing related support to older adults (55+) to maintain their independence and tenancy.

Who is this service for?

- Requiring short-term housing related support
 - Homeless, social housing, or private rented tenants and home owners-occupiers
- OR
- People who are planning to move to independent housing soon.

www.cedar-foundation.org



COVID-19 INFORMATION (We're still here for you)

0300 30 30 306
9:00am - 2:00pm
advice@advicenmd.com

Community Advice
Ballybot House, Newry
Or

Ballymote Centre, Downpatrick

Although our offices are closed, we can still help you to complete forms over the phone, by Zoom or Messenger, or you can post your forms to us.

If you qualify for PIP, Attendance Allowance, or other benefits, don't delay, especially if it is a new claim.

COVID-19 & DOMESTIC ABUSE YOUR QUESTIONS ANSWERED



TEMPORARY CONTACT NUMBERS
ABC AREA 028 3839 7974
NMD AREA 028 3025 8704

HOW CAN I KEEP MYSELF PHYSICALLY SAFE ?

If you suspect that you are going to be attacked...

- 1 Try to go to a lower risk area of the house - e.g. where there is a way out and access to a telephone.
- 2 Avoid the kitchen or garage where there are likely to be knives or other weapons;
- 3 Avoid rooms where you might be trapped, such as the bathroom, or where you might be shut into a cupboard or other small space.
- 4 Be prepared to leave the house in an emergency.



Pack an emergency bag (leave this with a trusted person)
Try to keep a small amount of money on you at all times - for the phone and for bus fares.
Know where the nearest phone is, and if you have a mobile phone, try to keep it fully charged and with you

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



We know that support, connection and comfort when someone is bereaved is really important. We also know that during this COVID-19 pandemic, the restrictions around our mourning and funeral rituals can add to our sense of loss and isolation. In response to this we are offering a dedicated telephone listening service.

"Bereavement Helpline"

This service is available from Monday—Friday,
9am—5pm

028 375 67990

Professionals with knowledge, experience and insight into grief and loss will answer or return your call and offer a compassionate, listening ear. There may also be information we can help with or direct you to.

If you live in the Southern Trust and have been bereaved you can get in touch.



Talk to us!

We are launching a new online service Monday to Friday 10:00 am - 12:00 pm

Go to our website: www.belfastwomensaid.org.uk and click the icon on the lower right hand corner

women's aid 

Belfast and Lisburn

Stay vigilant against scammers

The Department for the Economy's Trading Standards Service (TSS) is warning people to remain vigilant following a rise in reports of coronavirus-related scams.

Action Fraud, the UK's national reporting centre for fraud and cybercrime has already reported total losses during lockdown amount to over £4.6 million.

With many people continuing to be isolated from family and friends and with their guard potentially lowered they are becoming vulnerable to fraudsters. To help combat scammers TSS, in partnership with local authorities and charities, are distributing 'Wash your hands of Coronavirus Scams' leaflets in food parcels throughout Northern Ireland to raise awareness of the types of coronavirus scams being reported.

If you or someone you know has been targeted by a scam you should report it to Consumerline on 0300 123 62 62 or report it to [Action Fraud](#) online or by calling 0300 123 2040.



Consumerline Know Your Rights

Call or click for consumer advice on



Scams and Doorstep Crime



Poor Workmanship



No Refunds



Fake Goods



Faulty Goods



Wrongly Described Goods

 0300 123 62 62

 www.nidirect.gov.uk/consumerline

County Down Rural Community Network (CDRCN) recently launched a trial project for Wellbeing Activity Packs to senior citizens and families with young children currently isolating due to the Covid-19 Pandemic.

Funding from Ards & North Down Council, Newry, Mourne and Down Council, DAERA, SPRING, Big Lottery, Public Health Agency, Department of Communities and The South Eastern Health & Social Care Trust allowed CDRCN to produce over 600 Wellbeing Packs.. The packs contained seed pots, jigsaws, colouring pencils, mindful colouring books and puzzles for circulating among senior citizens, while children's packs contained creative activities that included a kite kit, jigsaws, colouring sheets and pencils. These Wellness Activity Packs were put together with the aim of providing a range of activities for older people or families to act as a resource to help reduce boredom and encourage good mental health. The Packs contributed to the "Take5" approach to looking after your mental and physical health while staying home.

County Down Rural Community Network's manager, Nicholas McCrickard, said "We are living in very uncertain times and community groups, sports clubs and churches are bringing food and supplies to people who are genuinely nervous about the future. These packs are another way of reminding people that they are not alone. Neighbours, families and friends are looking out for each other but each of us must remember to think about our own mental and physical health. If you are in any way worried or need help, talk to someone CDRCN is just one of a number of sources of support. Funding also provided packs to support CDRCN Social Prescribing and Pain Management clients and to Multi-Disciplinary Teams within the local GP practices. An additional 120 specialised packs were delivered to 55 families through Downpatrick Autism Family Support Group and 100 craft packs to Down Homestart so that they could provide additional support to children and families struggling with social distancing and isolation at this time.

Feedback from community volunteers and CDRCN staff has been very positive, with both senior citizens and families welcoming the distraction from their isolation. One mother stated: "We got an activity pack from Ballygowan Community Group on Friday . I have 3 young children at home aged 9, 6 and 2 .I was amazed just how much was in the pack and the guides for keeping active are helpful. There is something for each of them and we are very grateful. Thanks again!"

For more information visit www.countydownrcn.com or visit our Facebook page. You can ring CDRCN on 028 4461 2311 or email us at info@countydownrcn.com

Joyce Ross of Ards Homestart receiving Wellbeing Activity Pack



Attracta from Clonduff response group delivering CDRCN Wellbeing pack



Jo Scott of Millisle & District Community Association receiving Wellbeing packs for the socially isolated in the community.



HOW TO GET A GOOD NIGHT'S SLEEP

Getting good quality sleep is crucial for our health and wellbeing. Research suggests that a good sleep routine may help you live longer and enhance your memory . It can also help you look healthy and protect from illness. It can lower the risk of heart attacks, diabetes and stroke and overall will make you feel healthier and happier

For most adults, 7 – 9 hours per night is recommended.

IS YOUR SLEEPING ENVIRONMENT SUITABLE? REMEMBER, THIS IS A PLACE TO SLEEP/REST

Rooms painted in pale greens, blues or yellows help to create a calm environment conducive to rest and relaxation. Bright colours and loud wall papers can stimulate the brain which can make it more difficult to fall asleep.

It is important for your body to be well supported whilst you are asleep so make sure you choose the best mattress and pillow for your needs. Have you changed your mattress in the last 8-10 years or your pillow in the last 18 months?

Make sure that your bedroom has no electronic devices such as laptops, phones, televisions, ipads etc the light emitted from these will stimulate your brain.

Declutter and clean your room regularly. Change sheets weekly as once again fresh smelling sheets can be conducive to a peaceful sleep

A cool room is advised. Keep your thermostat between 5-10 degrees. Once you are under your duvet, you don't need much heat in the room.

Complete darkness is also recommended. Use blackout blinds or an eye mask to ensure no light is filtering into the room and if you live in a noisy area, use earplugs to block out sounds such as cars, dogs barking etc

Exercise during the day will help improve your energy levels, but make sure not to do any strenuous exercise at least 2 hours before you go to bed. Try gentle yoga or Tai Chi movements to relax the body.

Have a soak in a warm, bath (lavender oil - a few drops - is a natural relaxant) or listen to mindful low music or carry out deep breathing exercises.

Avoid caffeinated tea, coffee, sugary drinks; as an alternative drink hot water with lemon or herbal teas.

Eat a light supper, avoid spicy food so you are not awakened with heartburn or indigestion. Protein snacks such as turkey, nuts, yoghurt, cheese or milk are best.

If you have had a busy day and lots of thoughts are going around in your head, write up a diary page of things to do tomorrow and let the day's anxieties become less than they are.

Be consistent, try and go to bed around the same time each night, if you waken early automatically each morning, it is better to get up even at weekends.

If your difficulty sleeping persists consult your local health practitioner

Depression
doesn't always
'look' like
depression



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Investors
in Mental
Health

AWARE is delighted to announce the launch of our fourth video in our series of mental health awareness videos. This video explores the key mental issues affecting young people today. This guide shows you how to recognise signs of poor mental health and provides self-help tips and ideas to improve your wellbeing. <https://youtu.be/vCL63SIhPmU>

Previous Videos:

Looking after your mental health during lockdown: During these challenging times it is so important to look after our mental health. This short video explores how you can look after your mental health during lockdown. <https://www.youtube.com/watch?v=SphLG0znXd4&feature=youtu.be>

Take 5: These are difficult times and it is important to try to look after your mental health as much as possible. The 'Take 5 steps to well-being' is a set of evidence-based public health messages aimed at improving the well-being of everyone. They are really simple steps that everybody can take. This short video shows us how we can apply them to daily life. <https://www.youtube.com/watch?v=VXHgUWnOo68>

10 things you can do to feel better right now: Simple steps that we can implement into our lives that can make a big difference to our mental health.

<https://youtu.be/u-oBEgk4nzM>

<https://www.facebook.com/AwareNI/videos/764144557450978/>



professional counselling on your doorstep

Formerly known as The Hub



professional counselling on your doorstep



Core Values

Ballynahinch Counselling Service recognizes that people who identify the need to address difficult issues in their lives by engaging in the counselling process are making a courageous and positive choice.

Ballynahinch Counselling sees the basic values of Counselling as being Integrity, Impartiality and Respect.

We place the needs of all our clients at the centre of our practice.

We believe people in our communities deserve the best.

We value a creative approach.

We value partnership and team work.

"This has been a safe space to explore what it means to be me. I have been given tools to help me that I will continue to use. This is an excellent programme and has enabled change in my mental health."

Get in touch

If you require further information about Ballynahinch Counselling that is not included in this leaflet, you are welcome to forward a query by email to either:

clinicalcoordinator@ballynahinchcounselling.com

centremanager@ballynahinchcounselling.com

Ballynahinch Counselling Service

46-50 Windmill Street
Ballynahinch, Co-Down
BT24 8HB

02897561100
07835305411

Registered Charity NO. NIC102583
BACP Organizational Member NO. 275285

The Project is partially funded through Public Health Agency.

Ballynahinch
Counselling Service

Professional Counselling
on your doorstep

County Down Rural Community Network

Ballymote Centre, 40 Killough Road, Downpatrick, BT30 6PY
Tel: 44612311

Email: info@countydowrnrcn.com Web: www.countydownruralcommunitynetwork.com

MEMBERSHIP IS NOW FREE FOR ONE YEAR

CDRCN MEMBERSHIP APPLICATION FORM

Please complete and return to the above address. Please give us the two main contacts for your group/organisation for all future correspondence.

| | |
|------------------------------|------------------------------|
| Organisation Name: _____ | Organisation Name: _____ |
| First Contact Name _____ | Second Contact Name: _____ |
| Title in Organisation: _____ | Title in Organisation: _____ |
| Address: _____ _____ | Address: _____ _____ |
| Tel: _____ | Tel: _____ |
| Email Address: _____ | Email Address: _____ |

Please choose type of Membership

ORDINARY – Community Associations in County Down (Please attach a copy of your group's Constitution or Governing Document and your most recent annual accounts)

ASSOCIATE – Any individuals or larger voluntary or public sector organisation

Please **Tick** the corresponding box to allow us to keep in touch with you either by Email/post/telephone

Membership / Service User Declaration

CDRCN collects personal information when you register with us, place a booking for, or access a grant, information or service. We will use this information to provide services requested, maintain records and compile statistics as required by funders and under relevant law. For more information explaining how we use your information please see our Privacy Policy. CDRCN will **NOT** share your information with anyone else for marketing or for any other purposes.

We would like to send you information about our services (including grant opportunities, training and events), by email, telephone or post. ***NOTE: Newsletters & Information are sent out by email and post – we may also need to contact you directly by phone or post for legitimate purposes only - it is important to have up-to-date contact information which is held securely.*** If you agree to being contacted by CDRCN please ensure that you have ticked the relevant box.



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

COVID Response and Recovery Fund

Newry, Mourne and Down District Council, with support from the Department for Communities, The Executive Office (TEO) and Newry, Mourne & Down Policing and Community Safety Partnership (via the Department of Justice and the Northern Ireland Policing Board) has introduced a COVID Response and Recovery fund to support local communities affected by the COVID-19 outbreak. Funding is also available from TEO to support good relations projects across the Council district.

There are four grant themes currently open, these are:

- COVID-19 Community Response and Recovery
- PCSP Community Safety and Support
- Suicide Prevention
- Good Relations

Application forms must be completed through an online system which can be accessed via the following link <https://newrymournedown.eformz.info/>

The fund will operate on a rolling basis from 12 June 2020 until whichever of the following is the earliest - at which point applications will close:

- The budget has been fully allocated
- The local response to the emergency is declared no longer needed by the Council
- Or by 30 September 2020

For further information on the application process, please contact

E: programmesunit@nmandd.org

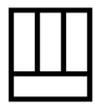
T: 0330 137 4962



**County Down
Rural Community
Network**

County Down Rural Community Network can support our members and community groups to apply for funding. Our membership is currently free. You can join online at our Website : www.countydownruralcommunitynetwork.com or by filling in the membership in this Newsletter's edition and posting in to our offices.

Funding information



Freelands
Foundation

The Freelands Foundation (England & Northern Ireland):
Emergency Fund (INDIVIDUALS ONLY)

Hardship grants of between £1,500 and £2,500 to enable individuals, including those on short-term PAYE contracts, to survive financially while they explore other ways of sustaining themselves during COVID-19. £500,000 to applicants living in NI

<https://www.a-n.co.uk/news/freelands-foundation-emergency-fund/>



Prince's Trust and NatWest: The Prince's Trust and NatWest Enterprise Relief Fund (Individuals only)

A new £5million grant and one to one support and guidance fund for young entrepreneurs aged 18-30 affected by coronavirus. Grants can be used to maintain core business operations during the crisis, as well as meet any existing financial commitments, such as paying for essential equipment or settling invoices from suppliers

<https://www.princes-trust.org.uk/about-the-trust/where-we-work/northern-ireland>



£15.5 m fund for Charities announced by Minister Deirdre Hargey for NI. Communities Minister Deirdre Hargey MLA has said a £15.5million COVID-19 Charities Fund to help local charities facing financial difficulties as a result of the current public health emergency, will open on Monday 15 June.

<https://www.communities-ni.gov.uk/>



FOYLE FOUNDATION

The funding programme will provide financial support to charities which have lost income due to the impact of COVID-19 and are unable to cover unavoidable costs until September 30th 2020. Criteria is quite strict so check if you are eligible before applying

<http://www.foylefoundation.org.uk/small-grants-scheme/>



The National Lotteries Community Fund; Currently focussed on funding around community support and Covid 19.

<https://www.tnlcommunityfund.org.uk/>



Co-op Local Community Fund Accepting Applications

<https://causes.coop.co.uk/>

| | |
|-----------------------------------------------|----------------------|
| 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) Debt Advice | 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>

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19?>