

NETWORK NOTES

July 2020

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

Tel: 02844612311 Email: info@countydowntnrcn.com

County Down Rural Community Network would like to inform our readership that our offices are closed from Monday, 13 July 2020 and will re-open on Monday, 20 July 2020.

Call for Social Partners to the Newry, Mourne and Down District Council PEACE IV Partnership

The PEACE IV Programme is a unique initiative of the European Union which has been designed to support peace and reconciliation in the Border Region of Ireland and Northern Ireland. Newry, Mourne and Down District Council is responsible for the delivery of the Local Action Plan addressing three specific objectives: Children and Young People, Shared Spaces and Services and Building Positive Relations. The delivery of the Local Action Plan is overseen by the PEACE IV Partnership made up of Elected Members and Social Partners.

This is an open call for Social Partner applications to the Newry, Mourne and Down District Councils PEACE IV Partnership. Social Partners, among other criteria, must demonstrate an understanding of sectarian and racism issues facing the Council area.

Application packs may be obtained from www.newrymournedown.org/peace-iv from Monday 6th July 2020 or by contacting: Programmes Unit/Peace, Tel: 0330 137 4594 or by email: peace@nmandd.org

Closing date for applications is Friday 7th August 2020 at 12 noon. Late submissions will not be accepted.

For further information on the PEACE IV Programme please visit www.seupb.eu.

This project is supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB).

Match-funding for this project has been provided by The Executive Office in Northern Ireland and the Department for Rural and Community Development in Ireland.



‘Advice NI’s mission is to provide leadership and services to our members and ensure accessible advice services across NI.’

Make It Click Digiskills Sessions

Advice NI have teamed up with the Good Things Foundation to become a centre of learning for Make It Click. This is a free resource for IT skills - it includes courses, tools and templates to help you build your IT skills.

Advice NI are now offering short lunchtime digiskills sessions that are free and open to anyone to join. These will be held on Thursday lunchtimes for just half an hour.

A regular schedule will be revealed soon but in the meantime you can sign up for Make It Click - Staying Safe Online by clicking the link below.

<https://www.eventbrite.co.uk/e/make-it-click-staying-safe-online-tickets-112103456456>

These courses are free and available to anyone so feel free to share with friends and family.



Advice NI are currently operating the Covid 19 Community Helpline seven days a week, 9am - 5pm.

Email covid19@adviceni.net

Text ACTION to 81025

You can also find updated information about services on the Advice NI

Website www.adviceni.net/coronavirus

Housing Executive

New Digital Portal for Tenants

See Link below:

<https://www.nihe.gov.uk/Home/News/Get-online-with-the-My-Housing-Executive-digital-t>



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

CORONAVIRUS (COVID-19)

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



STAY SAFE



SAVE LIVES



For more information on how to keep well at home contact AGE NI <https://www.ageni.org/forms/keeping-well-at-home>

A reminder

Everyone must help stop coronavirus spreading. This means you need to:



Wash your hands with hot water and soap more often for 20 seconds each time.



Stay at home as much as possible.



Keep a minimum of two metres (six feet) apart from anyone outside your household.



Do not leave home if you or anyone in your household has symptoms.



Carry tissues with you to catch coughs and sneeze, throw away after.



Listen and look out for any changes to these guidelines in the media or <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>

Like many countries around the world, Northern Ireland had to lockdown in response to the coronavirus pandemic. We have listened to advice and stayed at home; this helped to reduce the spread of the virus and it reduced the pressure on our NHS, but it hasn't been easy.

Staying away from family and friends is hard, particularly during times of stress and changes to our routine, this booklet has some ideas about what we can do for ourselves that can help.

It seems likely that our lives will continue to be affected for some time, with easing and tightening of restrictions as necessary to keep this virus in check. There are ways of staying in touch, and encouraging each other even if we can't visit and this is really important. A phone call or a chat in the garden or balcony, if you have one, can really help prevent us from feeling isolated and alone.

This booklet has some ideas and suggestions to keep us safe and well. It is designed for people who are less confident on the internet or perhaps don't have access to it, and it contains a list of contacts and phone numbers at the back.

If we do have access to the internet, there is a range of resources available online that can help to support us, adding to the information in this booklet.



Move with Mary

Age NI and Lady Mary Peters have launched an exercise programme aimed at keeping older people moving while staying at home. Move with Mary is a series of five free online exercise videos for every capability, ranging from seated stretches to strength, balance and aerobic exercises.

"To me, movement is life; it is important to keep active. These exercises are nice and gentle and will help you feel good. We have some stretches you can do whilst sitting and moves you can practice while waiting for the kettle to boil or brushing your teeth!"

Lady Mary Peters

For more information visit www.ageni.org/movewithmary



"Even at this time community grows, even by a phone call, life becomes a bit easier and worthwhile."

Elaine

"Chi Me "for Wellbeing

County Down Rural Community Network runs a FREE weekly Zoom class in gentle movement as a support for Pain Management .

If interested in receiving the link please contact:

info@countydowncrn.com or Patricia.martin@countydowncrn.com



County Down Rural Community Network's Health Development workers, Paula Nixon and Lise Curran delivered "Man manuals" to Ballynahinch Counselling and MyMy's Newcastle Branch as part of Men's Health Week in June.







Ballynahinch Counselling Service
professional counselling on your doorstep
Formerly known as The Hub



Ballynahinch Counselling Service
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

GLEBE IS BACK

REGISTER NOW!!
STARTING
20th JULY - MID
AUGUST

About us.

Harmony Community Trust provides opportunities for groups from all backgrounds to come together, we have made changes to our usual programmes and have put together a range of new play schemes.

We have taken great steps to ensure young people can come together in a safe and socially distanced environment while still enjoying themselves, growing, learning and having fun

Our Activities

MAKE NEW FRIENDS
EXPLORE THE OUTDOORS
GAMES AND ACTIVITIES
ARTS AND CRAFTS
PERSONAL DEVELOPMENT
NEW EXPERIENCES

7-13
year
olds



for more info

www.glebehouseni.com

Call Now

028 4488 1374

EMAIL

info@glebehouseni.com



Prince's Trust

**YOUTH
CAN
DO IT**

July 2020

Free online courses for 16-30 year olds



**START
SOMETHING**

Wed 1st

11am & 2pm Essential Skills ICT
1pm Make Up
1pm Enterprise
1pm Mental Health First Aid

Thu 2nd

11am Photography Info Session
1pm Make Up
1pm Enterprise
1pm Mental Health First Aid

Fri 3rd

1pm Make Up

Mon 6th

11am & 2pm Essential Skills Numeracy
11am Photography
2pm Unlock Skills for Work

Tues 7th

11am & 2pm Essential Skills Literacy
11am Photography
2pm Unlock Skills for Work
2.30pm Wellbeing Session

Wed 8th

11am & 2pm Essential Skills ICT
11am Photography
2pm Unlock Skills for Work

Thu 9th

11am Photography
11am Healthy Lifestyle
2pm Unlock Skills for Work

Fri 10th

11am Photography

Mon 13th

11am & 2pm Essential Skills Numeracy
2pm Unlock Skills for Work

Tues 14th

11am & 2pm Essential Skills Literacy
2pm Unlock Skills for Work
2.30pm Wellbeing Session

Wed 15th

11am & 2pm Essential Skills ICT
2pm Unlock Skills for Work

Thu 16th

11.30am Unlock Skills for Work

Fri 17th

11.30am Yoga info session
1pm Enterprise

Mon 20th

9.30am Team Programme, East Belfast
11am & 2pm Essential Skills Numeracy
11.30am Yoga

Tues 21st

11am & 2pm Essential Skills Literacy
11.30am Yoga
1pm Enterprise
2.30pm Wellbeing Session

Wed 22nd

11am & 2pm Essential Skills ICT
11.30am Yoga
1pm Enterprise

Thu 23rd

11.30am Yoga
1pm Enterprise

Fri 24th

11.30am Yoga
1pm Enterprise

Mon 27th

11am & 2pm Essential Skills Numeracy

Tues 28th

11am & 2pm Essential Skills Literacy
2.30pm Wellbeing

Wed 29th

11am & 2pm Essential Skills ICT



www.princes-trust.org.uk

Aisling McAteer | Prince's Trust Executive – North Belfast | The Prince's Trust, Unit 8 Weavers Court, Belfast | BT12 5GH T 02890 895000 / 07971088023

We believe Youth Can Do It. Discover your potential, or help someone discover theirs> [Find out more.](#)

<https://www.princes-trust.org.uk/contact-us>



 **FREE LOCAL HELPLINE**
0808 8020 400

July 2020 Update

Parentline NI delivers the Regional Parent Support Helpline throughout Northern Ireland.



Opening Hours
Mon - Thurs 9am - 9pm
Friday 9am - 5pm
Saturday 9am-1pm.



We offer webchat on
www.ci-ni.org.uk or
email parentline@ci-ni.org.uk.



We continue to facilitate face to face support via numerous online platforms



Our top five parenting issues at the moment are:

- Child Behaviour
- Childcare
- Low Mood/Anxiety
- Separation and Contact
- Family Tensions

Parentline continues to support the COVID-19 Helpline and the Bespoke Childcare Scheme. We are here to listen, guide and advise all parents/ carers throughout Northern Ireland on any issues they currently face.



Parentline have conducted a phased return plan to bring staff back into the office. We will be offering our face to face service within a safe and secure environment from August and will continue to offer zoom for parents with complex needs.

Please continue to send your referrals to parentline@ci-ni.org.uk.



We have been extremely busy during the pandemic and would like to thank our hard working team for going above and beyond their normal duties. Parentline staff have worked extremely hard supporting parents and carers across NI and we have decided to take a two week holiday to boost our own well-being. Parentline will close 5pm on Friday 10th July and re-open Monday 27th July at 9am.



PHA short term funding grants

- Making Life Better through COVID-19
- >£1k or £1-5K for non-profit community and voluntary groups
- Deadline: 6th Aug. at 3pm



Two types of awards are available under this scheme.

- Award one funding of up to £1,000 that non-constituted and constituted non-profit taking Community / Voluntary Sector groups can apply for.
- Award two funding of between £1,001 and to a maximum of £5,000 for constituted, non-profit taking Community / Voluntary sector groups.

For further details please contact: The Clear Project
Unit 13, Strabane Enterprise Agency, Orchard Road Industrial Estate Strabane, BT82 9FR.
Tel: 028 7138 3386 Email: clear@dhcni.com

Or see link: <https://www.dhcni.com/grants.html>

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.

The Grant themes still open are:

- 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/>

For further information on the application process, please contact

E: programmesunit@nmandd.org

T: 0330 137 4962

Funding Opportunities

**In times
of crisis,
we're here
to help**



British Red Cross and Aviva create new Hardship Fund to provide financial support to people across the UK during coronavirus

The Hardship Fund gives cash grants to those hardest hit by the pandemic. These may be families living below the poverty line, those experiencing domestic violence, refugees and people seeking asylum or those who are homeless.

<https://www.redcross.org.uk/about-us/news-and-media/media-centre/press-releases/new-hardship-fund-to-provide-financial-support-to-people-across-the-uk-during-coronavirus>

<https://www.redcross.org.uk/get-help/coronavirus/support-line>

The fund has is there to provide help to people who are unable to afford essentials including:

- Food and toiletries
- Somewhere safe to sleep
- Access to a telephone and the internet
- Fuel to keep the lights on, cook and stay warm

The British Red Cross will work with a referral partner to support individuals.



THE ANTONIO CARLUCCIO
FOUNDATION

TRAINING TO FEED, FEEDING FOR LIFE FOR INFORMATION ON FUNDING SEE LINK TO WEBSITE BELOW

<https://antoniocarlucciofoundation.org/>



The Edward Gostling Foundation

dealing with disability

The Edward Gostling Foundation is a charity which provides funding grants to other charities who support people of all ages on low income or those

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



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

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?>