

## NETWORK NOTES

August 2020

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

Tel: 02844612311 Email: [info@countydownrcn.com](mailto:info@countydownrcn.com)

### Community Buildings/ Facilities — Re-opening safely

As our community moves toward the easing of lockdown measures and organisations look to re-open community facilities, County Down Rural Community Network has put together a practical checklist of things you may wish to consider as you think about how to bring your centre back into community use. This is all based on latest Government Guidelines and current good practice.

The last 4 months have seen our worlds reduced to online meetings and Zoom calls have become integral to our daily communication and delivery of programmes. Evidence suggests that social isolation can lead to problems such as poor mental health and therefore many groups have told us in our recent survey that they are keen to re-open premises with appropriate safety measures in place.

We would like to remind you that this is a constantly changing situation with official Government guidance changing regularly. It is important therefore that as an organisation, you make sure any decision about re-opening a building and resuming services is in line with latest Government guidance.

Do not re-open until you have identified the necessary safety, compliance, management and operational issues and established a plan to address and mitigate them. You are not obliged to re-open immediately and it would be unwise to do so if you have not been through that process.

We will shortly offer you a practical guide looking at risk assessments for you and your user groups through **a series of Webinars**.

We hope to be able to offer some PPE and equipment (**starter packs**) to help groups to reopen safely. Watch this space.

**To register your interest in equipment, guidance and training please contact us at:**

**[info@countydownrcn.com](mailto:info@countydownrcn.com)**

Not a member of CDRCN? No Problem! Contact us via email : [info@countydownrcn.com](mailto:info@countydownrcn.com) for a registration form (our membership is currently FREE). Alternatively you can ring our offices on 02844612311



## 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.**

**W**e 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

Contact our friendly staff on: 028 9023 9619 or email us at:

information.nireland@hearingloss.org.uk

SMS 07587 130 502

For contact details for each service, visit

[www.actiononhearingloss.org.uk/northernireland](http://www.actiononhearingloss.org.uk/northernireland)



Book and Collect

Find out more

You can now ring your local library,  
order books and arrange a collection  
time.

Ards: 02891814732

Ballynahinch: 02897564282

Bessbrook: 02830830424

Castlewellan: 02843778433

Crossmaglen: 02830861951

Downpatrick: 02844612895

Kilkeel 02841762278

Killyleagh: 02844828407

Newcastle: 02843722710

Newry: 02830264683

Portaferry: 02842728194

Saintfield: 02897510550

Warrenpoint: 02841753375

For more information go to: [https://  
www.librariesni.org.uk/Pages/  
default.aspx](https://www.librariesni.org.uk/Pages/default.aspx)



If you have been in contact with someone who has been diagnosed with Covid 19 or have any symptoms such as a high temperature, continuous cough you can get tested. See link below:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

**Browsealoud** can read aloud and translate the PHA website and the downloaded PDFs. It helps people with dyslexia, mild visual impairments or those whose first language is not English to access the information on the site.

For more information go to the website: [https://www.publichealth.hscni.net/sites/default/files/2020-04/Browsealoud%](https://www.publichealth.hscni.net/sites/default/files/2020-04/Browsealoud%0)

## Housing Executive

### New Digital Portal for Tenant

See Link below:

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



**LISTEN  
SHARE  
CHANGE**



IS YOUR COMMUNITY  
ORGANISATION  
INTERESTED IN BRINGING  
TOGETHER A GROUP  
VIRTUALLY?

### Digital Listen Share Change (LSC)

Why not set up digital Listen Share Change for your group to come together and have a chat!

We use storytelling to help people start a conversation, have a laugh and make new friendships.

Participants can take part in an online session using Zoom or by phone using a freephone number.

**Sessions will last for approximately 45 minutes - 1 hour.**

If you are interested in taking part and would like further information, please contact:

Gareth Doran  
gareth.doran@nihe.gov.uk  
or ring: 07769910478

Gus Moore  
gus.moore@nihe.gov.uk  
or ring: 07825140749

Sean Brennan  
Sean.Brennan@nihe.gov.uk  
or ring: 07884050909



**Peace**   
Northern Ireland - Ireland  
Peace and Prosperity

**Housing  
Executive**

**verbal**  
EVERY STORY MATTERS



## "Chi Me "for Wellbeing



County Down Rural Community Network runs a FREE weekly Zoom class in gentle movement as a tool to support Pain Management and promote wellbeing.

If interested in receiving the link please contact:

info@countydownrcn.com or Patricia.martin@countydownrcn.com



## 19TH AUGUST 2020 LAUGHTER YOGA

### Taster Session via Zoom

Join Michelle from the Sunshine project for a 1hr session, which is guaranteed to leave you feeling joyful, light, peaceful, calm & happy.

FREE online session Wednesday 19<sup>th</sup> August 2020

logon at 1.45pm.

Interested in join us please email

[gemma@countydownrcn.com](mailto:gemma@countydownrcn.com)

or

[Nuala@countydownrcn.com](mailto:Nuala@countydownrcn.com)



General Practice  
Multi-Disciplinary  
Teams

Wednesday 19th  
August

Starting at 2pm  
logon from 1.45pm

An hour of fun and  
relaxation

Explore exercises to  
quieten the mind

Become aware of  
breathe and  
relaxation  
techniques

Closing date for  
registration

Friday 14<sup>th</sup>  
August



# Positive Steps Course

**P**ositive Steps offers you the opportunity to try something new, have fun, and learn & practice strategies that aim to enhance confidence & well-being

**D**o you want to explore how to:

- Connect more with other people?
- Be more mindful?
- Get more active?
- Learn something new?
- Give something back?



6 WEEK COURSE		
Date	Time	Location
Wednesday 30th September	2- 3pm	Delivered online via Zoom
Wednesday 4th November		

FOR FURTHER INFORMATION ABOUT HOW TO APPLY TO RESERVE A PLACE PLEASE CONTACT EILEEN ON: [eileen.young@setrust.hscni.net](mailto:eileen.young@setrust.hscni.net)

## WOULD YOU LIKE TO BECOME A 'TAKE 5' AMBASSADOR AND JOIN THE SOUTH EASTERN AREA 'TAKE 5' AMBASSADOR NETWORK?

**FREE Training delivered online via Zoom**

**29<sup>th</sup> September 2020.**

**10AM – 12.00PM**

**FOR FURTHER INFORMATION ABOUT HOW TO APPLY TO RESERVE A PLACE PLEASE CONTACT EILEEN ON: [eileen.young@setrust.hscni.net](mailto:eileen.young@setrust.hscni.net)**

### TV Licensing - Useful Information for leaders within Community Groups.

TV Licensing ran a trial to bring in a new Simple Payment Plan (SPP) to help those most struggling with payments to stay correctly licenced.

After a successful trial this programme has been rolled out and is now available for people to avail of. There are a number of specific requirements that need to be adhered to in order for people to benefit from this affordable plan where payments work out around £3 a week.

Due to COVID-19 there are no face to face meetings but we can offer a zoom meeting where we can go over a quick presentation with all SPP details.

## SPOT THE SCAMMERS

Scams are on the increase and criminals often try to impersonate TV Licensing. Help fight the fraudsters with these simple steps.

### STOP

Scammers will try to trick you into giving them your personal or bank details.

Watch out for letters, emails, texts or phone calls that promise you money or a refund.

**STOP.  
CHECK.  
ASK.**

### CHECK

- **Check the sender** – Our emails only come from:
  - ✓ [donotreply@tvlicensing.co.uk](mailto:donotreply@tvlicensing.co.uk) OR
  - ✓ [donotreply@spp.tvlicensing.co.uk](mailto:donotreply@spp.tvlicensing.co.uk)
- **On a phone/tablet?** – Tap the sender's name/ email to see the true email address.
- **Check for your name** – we'll use your last name and title if you've given it to us. Scammers often say "Dear customer", or use your email address.
- **Check your licence number** – Scammers may use a false one and hope you don't notice.

### ASK

If you're ever unsure about a communication you've received, it's always best to **ask someone** – perhaps a friend or family member.

Or, for more help, please visit [tvl.co.uk/scam](http://tvl.co.uk/scam)

or call us on **0300 303 9695**



## Farmers and Agricultural Businesses: 10 common scams to watch out for (and how to avoid them)

**S**cammers are targeting farmers and agricultural businesses across Northern Ireland. Therefore, it is more important than ever to take extra precautions to avoid falling victim to fraud or a scam.

The Consumer Council has compiled a list of 10 common scams to watch out for and top tips on how to avoid them:

**Invoice scams** – This is where the farming community/businesses may receive an invoice to pay but scammers attempt to re-direct payments by posing as a legitimate supplier and often use company logos to make emails and invoices look genuine. **Never** send funds without verifying that the company is legitimate. If you have any doubts, contact the company on the official contact details listed on its website.

**Investment scams** – Scammers are tempting consumers to invest their money with an offer of high returns. This may be at particular times of the year when government support payments or subsidy payments are being provided to businesses working in rural communities. **If you were contacted out of the blue then think – is it too good to be true? Bin it, delete it or hang up.**

**Tax rebate scams** – Scammers are pretending to be HMRC offering a tax rebate, particularly during COVID-19. HMRC will never contact you via text message, email or social media offering a tax rebate.

**Social media scams** – Scammers will offer farming machinery, equipment or supplies at very low prices on social media. Whilst the offer may seem genuine and the photographs look very professional, scammers can be highly skilled in web design to make these offers appear genuine. If you see an ad offering expensive items at a low price, stop and think – is this too good to be true?

**Romance scams** – This is where a person meets a scammer online who, over time convinces the person that they love them, even though they never meet face to face. The scammers will ask for money (often to pay off debts, for a sick relative or to pay for the airfare to visit). Scammers target social media platforms and this type of scam can last for months. Be careful if you receive messages from people you do not know and never click on links or enter payment details.

Other scams include **Phone scams, Fake websites selling fake goods, Social media scams, Free government payment scams** and many more

For more top tips and additional information on the different types of scams, download our 'Scams for Farmers and Agricultural Businesses' leaflet, which is available on our website: [www.consumercouncil.org.uk](http://www.consumercouncil.org.uk).

For additional information on scams, visit the [nidirect website](#) or the [ScamwiseNI Facebook page](#).

**Remember to report scams to Action Fraud on 0300 123 2040 or the PSNI on 101.**

## Updated Essential Contact Numbers and Websites

NHS	111 Operates 24/7
Age NI	08088087575
Covid 19 Community Helpline	08088020020 mon-sun9am -5pm
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	<del>02844615201</del> 07444015883
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

### ***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](http://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?>

## Funding Opportunities



**T**he Rural Business Development Grant Scheme has been launched with up to £4,999 of grant assistance available  
**ACCEPTING APPLICATIONS FROM TODAY (3 August 2020).**

Capital grants of up to £4,999 are available to existing micro enterprises based in rural areas of Newry, Mourne and Down District Council.

The grant is available for a range of capital items to support rural businesses recover, sustain and grow through DAERA's Tackling Rural Poverty and Social Isolation (TRPSI) Programme.

For Newry Mourne and Down District Council see link below:

<https://www.newrymournedown.org/rural-business-development-grant>

For Ards and North Down see link below:

[www.ardsandnorthdown.gov.uk/business/rural-development](http://www.ardsandnorthdown.gov.uk/business/rural-development) (under Rural Business Development Grant Scheme section)

### All churches Trust - Hope Beyond—Currently Open



Grants are available for churches and Christian charities to adapt to the challenges and opportunities presented by the coronavirus/COVID-19 crisis. The funding is intended to enable churches and Christian charities to meet changing needs within their communities as the longer-term impact of the coronavirus/COVID-19 crisis becomes clearer.

Grants of up to £50,000 are available, however, Organisations cannot apply for a specific grant amount and instead are asked to provide information on the cost of the project and a high-level budget. Guidance on how to provide a high-level budget is available on the Allchurches website.

#### Match Funding Restrictions

Successful applicants will receive a grant covering between 10% and 80% of the costs, depending on the cost of the project and (where applicable) the level of need in the community (which is assessed based on applicable deprivation indices).

Organisations can apply regardless of what stage their other fundraising efforts are at. However, they should be able to show that at least some funds are in place, and that there is a realistic funding plan in place to meet the costs of the project.

#### Who Can Apply

Churches, cathedrals and Christian denominational bodies, and Christian charities in the UK and the Republic of Ireland are eligible to apply. Churches will normally need to be part of a denomination that is a member of Churches Together in England or the equivalent in Scotland, Wales and Ireland, or belong to a local ecumenical "churches together" group.

**Organisations that have received a grant from the Allchurches Trust within the last two years can apply for a Hope Beyond grant, as long as the application is for a different project.**

#### For more information and How To Apply

Applications for the Programme are considered on a rolling basis. There is no fixed deadline while funds are still available. Applications must be submitted via the Trust's online application form. <https://www.allchurches.co.uk/what-we-fund/hopebeyond/>

*The Trust normally aims to respond to applications within three months.*



## THE COVID-19 Charities Fund re-opens 3 August

The funding programme, which is being administered on behalf of the Department for Communities by The National Lottery Community Fund, 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 30 September 2020.

A diverse range of charities have already received funding ranging from £1,000 to £75,000 in the initial tranche with an average request for £21,000 financial assistance. The programme will provide up to £75,000 for eligible organisations and the amount of funding required to cover immediate costs and prevent short term closure will vary for each organisation.

Organisations wishing to avail of the funding programme must meet a number of eligibility points. Help is available to make an application.

Further information can be found on the Department's website at [www.communities-ni.gov.uk/covid-19-charities-fund](http://www.communities-ni.gov.uk/covid-19-charities-fund)



### The National Lottery Community Fund: Awards for All NI

**Funding size** £300 to £10,000

What types of projects will they fund?

A good application should do at least one of these three things:

- bring people together and build strong relationships in and across communities
- improve the places and spaces that matter to communities
- help more people to reach their potential, by supporting them at the earliest possible stage.

Your project also has to involve your community

All funding decisions for the next six months (up to £300m of National Lottery funding) will be devoted to addressing the current covid crisis. In addition, they are accelerating the cash part of this funding as much as they can, so that they can get money to where it needs to be. This is not new money, but it will be faster money. For more information and to see if your group and project is eligible - Apply online:

<https://www.tnlcommunityfund.org.uk/funding/programmes/awards-for-all-northern-ireland>



**E**mergency Resilience Programme for those working in the creative economy including freelancers, musicians, actors, artists and craft workers.

This scheme is now **open**. Deadline for applications: Monday 17th August 2020 at 4pm

**T**he overriding objective of this programme is to retain a vital workforce within the creative sector which is at risk of being lost as a result of Covid-19. Consequently, this programme has been designed to help support individual musicians, artists, actors, craftspeople and freelancers and other creative practitioners who work in the creative industries to sustain and build their creative, professional and technical skills in these challenging times. For more information and to apply online go to:

<http://artscouncil-ni.org/funding/scheme/individuals-emergency-resilience-programme>

**The Arts needs your support. To explore the Arts online go to:**

<http://artscouncil-ni.org/blog/whats-on-in-the-arts-online18>



## Final Call for Applications

SEA FLAG seeks applications that address one or more of the following themes:

- Adding value to fishery and aquaculture products
- Support for diversification of fisheries and aquaculture sectors
- Promoting innovation in fisheries and aquaculture
- Lifelong learning, attracting young people into fisheries, aquaculture, and marine related careers and activities
- Creating jobs and stimulating economic growth in fishing, aquaculture and marine based industries
- Promoting social well-being and cultural heritage in fisheries, aquaculture and maritime areas
- Developing and enhancing environmental assets of the fisheries areas
- Strengthening the role and governance of fisheries communities in local development.

Projects must be completed by October 2022.

<b>PENULTIMATE CALL</b>	<b>WEDNESDAY 26 AUG 2020, 5pm</b>
<b>FINAL CALL</b>	<b>WEDNESDAY 30 SEPT 2020, 5pm</b>
Any application submitted after the final closing date and time will not be accepted.	

One-to-one virtual workshops available to include procurement and application form guidance. To register or for further information contact SEA FLAG to arrange a meeting.

Projects must be based within Ardglass, Kilkeel, Portavogie or surrounding areas and demonstrate how the proposed project will impact on the fishing dependent communities.

T: 0330 137 4051  
E: [sea@nmadd.org](mailto:sea@nmadd.org)  
[www.seaflag.co.uk](http://www.seaflag.co.uk)



European Union  
European Structural  
and Investment Funds



Department of  
Agriculture, Environment  
and Rural Affairs  
[www.dema.rta.gov.uk](http://www.dema.rta.gov.uk)



Free School Meals/ Uniforms

- Current eligible families** - Claimants who are currently in receipt of support for the 2019/20 year will receive a pre-populated form for the 2020/21 year which must be completed and returned as soon as possible. Forms to begin arriving week commencing 6 July 2020.
- New Applicants** - New applicants will be able to apply online from Wednesday 8 July 2020. See below for more information and to apply.

For More information:

<https://www.eani.org.uk/financial-help/free-school-meals-uniform-grants>