

NETWORK NOTES

September 2020

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

Tel: 02844612311 Email: info@countydownrcn.com

Rural Micro Capital Grants Scheme 2020 launches Monday 7th September 2020

Grants of £200- £1500 available Now

County Down Rural Community Network

RURAL MICRO CAPITAL GRANTS SCHEME 2020

Open for applications Monday 7th September 2020

Closing date Friday 2nd October 2020

Micro capital grants available to rural community-led, voluntary organisations in
Newry, Mourne and Down
Ards, North Down, Lisburn and Castlereagh

Download an application pack www.countydownrcn.com
or email microgrant@countydownrcn.com Tel: 028 4461 2311



Online workshops via Zoom to support those Groups applying for the RMCGRS 2020

County Down Rural Community Network

RURAL MICRO CAPITAL GRANTS SCHEME 2020

INFORMATION WORKSHOP

VIA ZOOM

THURSDAY 10TH SEPTEMBER @ 11AM - 12 NOON

OR

TUESDAY 15TH SEPTEMBER @ 7PM - 8PM

To register for a workshop please email microgrant@countydownrcn.com

Download an application pack www.countydownrcn.com



"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

September 2020



Reopening your community facility

Next Zoom training session:

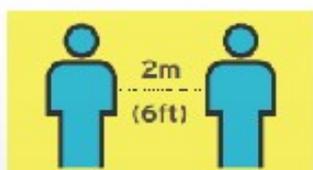
Thursday 24th September 2020 @ 7pm

As restrictions ease and organisations look to reopen community facilities, County Down Rural Community Network has put together practical guidance to assist you in preparing to bring your community facility back into use.

Join us on Zoom as we discuss:



- A practical guide as restrictions ease
- Planning for re-opening your community facility
- A step-by-step approach



- Sample Covid-19 risk assessment for your facility
- Covid-19 secure guidelines
- Social distancing within a community facility
- Cleaning and encouraging good hygiene



- Sample hiring agreements
- Day to day procedures
- Procedures if someone becomes unwell with Covid-19

Participants may be eligible for a free resource pack to assist with reopening their facility.

To register and receive your link, contact Patricia Martin at
County Down Rural Community Network
info@countydowncrn.com Tel: 028 4461 2311

This project has been supported by the Community Foundation for Northern Ireland through the New Needs Fund.

Free Webinar—Suicide Prevention Week—Building Resilience

Suicide Prevention week
Building Resilience

Free Webinar

Connect to Protect

1hr webinar looking at
How connection is an important
part of suicide prevention.
Link between connection &
Resilience.
How to Build Resilience & Connect

To register email:
gemma@countydowncn.com



Thursday
**SEPT
10th**
11 AM GT



Coffee Morning

hosted by South Eastern Regional College



Friday 11th September 2020
10.00am-11.00am

If you are interested in attending,
please contact community@serc.ac.uk

We'd love to see you there!

www.serc.ac.uk

Are you a parent struggling to help
your child with their homework?

Are you wanting to gain a
qualification or upskill?

If you answered yes to any of the above
questions, do not worry you are not alone.

Please join us to find out how our **FREE 'Restart
Education'** course could help.

This *online* information session, will answer
commonly asked questions about the course,
including information on what you'll learn, start
times and duration, what help is available to
support your return to education and details of
'Little SERC' – our onsite Newcastle creche
facility.

This part-time course will be commencing shortly in our
Ballynahinch, Downpatrick and Newcastle campuses.



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.

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

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



Book and Collect

Find out more

Our public libraries are a valuable resource. Library doors are now open but if you have a vulnerable person in your household many libraries are still setting aside time to accommodate for booking and collection.

Alternatively if you have a smart phone you can download the "Libby" app and access library books by registering with your library card.



For more information go to: <https://www.librariesni.org.uk/Libraries/Pages/libraries-home.aspx>



If you have any concerns around Coronavirus or if you have been impacted financially this is a great website to visit. See link below:

<https://www.adviceni.net/coronavirus>



For updates and current information including the latest bulletin and data on Covid 19, Test, Track and Trace and how to get a test if required please visit the website below:

<https://www.publichealth.hscni.net/>



Lifeline
0808 808 8000

HSC Public Health
Agency

Minding Your Head

Good Mental health is just as important as good physical health, and maintaining it should be a priority for everyone.

1 in 4 people in Northern Ireland will experience problems that affect their mental health, yet very few of us are willing to talk about the subject openly. Those with mental health problems often face stigma and discrimination, and fear of these can prevent them from getting help and hinder their recovery.

Mental health problems affect society as a whole, and not just a small, isolated segment. While certain groups are more vulnerable, no-one is immune to poor mental health.

Taking time out to remember a few simple ways to protect your mental wellbeing could make all the difference. These may include:

- get enough rest;
- make time for yourself, family and friends -- talk to them about how you feel;
- get to know who you are, think about and try to do things that make you really happy, and don't forget to laugh regularly;
- learn to balance and accept what you can and cannot change about yourself;
- exercise regularly, preferably with someone else;
- limit your intake of alcohol and avoid cigarettes and other drugs.

For more information visit the website <https://www.mindingyourhead.info/>



CATCH IT EARLY

Oesophageal and Stomach Cancer Awareness Campaign

- C** CONSULT YOUR DOCTOR
If you experience...
- A** ACID REFLUX
Indigestion or heartburn that doesn't go away
- T** TROUBLE SWALLOWING
Feeling that your food is sticking in your throat or chest
- C** COMPLAINING OF FEELING FULL,
WEIGHTLOSS OR LACK OF APPETITE
Especially if persistent and worsening with time
- H** HEAVING / VOMITING
Food coming back up before reaching the stomach or being sick

EARLY DIAGNOSIS SAVES LIVES



Oesophageal and Gastric cancer (oesophago-gastric) is already detected too late as many people are unaware of the signs and symptoms - this results in a poor prognosis.

Due to Covid-19 the number of referrals to the GP with these symptoms are noticeably down.

Early diagnosis is crucial.

We cannot stress enough the importance of seeking medical advice without delay. Doctors are urging people with signs that could indicate cancer to phone them rather than wait and worry.

The oesophago-gastric symptoms are often dismissed as indigestion but any change, however subtle, if persistent should not be ignored.

"I wasn't going to bother the doctor, but then the food started sticking in my chest – I was so glad that I got it checked out, it saved my life." John, former patient.

OG Cancer NI is a registered local charity dedicated to helping people affected by oesophago-gastric cancer. It is run by volunteers, mostly former patients and carers.

In normal circumstance we hold regular meetings where patients from all parts of Northern Ireland can receive quality information and chat with former patients in a supportive environment.

For More information :

www.ogcancerni.com www.facebook.com/ogcancerni
www.twitter.com/ogcancerni

Positive Steps Course

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

Do you want to explore how to:

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



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

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

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

29th 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



There are so many benefits to volunteering: Why Not Give Something Back?

Volunteering – It's good for body and soul!

In today's world people who are more active, feel valued, have a network of friends and are happy to participate in meaningful activities. Getting involved in volunteering can offer these benefits and more, and there is a well-established and growing body of evidence to support this.

Volunteer Now has carried out some research with people in Northern Ireland aged 50+ and has found that:

- 75% of respondents described their life as either very active or quite active. Volunteers were more likely to say that they were active than non-volunteers.

The majority of respondents stated that getting involved in volunteering had increased their social interaction with people from different age groups (69%), encouraging more intergenerational contact through volunteering

Make volunteering one of your healthy 5 a day!

The benefits of volunteering are wide and varied. It can help:

- improve confidence
- encourage socialising and prevent loneliness and isolation
- provide opportunities to have fun and learn new skills
- improve physical and mental health

For more information see link:

<https://www.volunteernow.co.uk/>



menssana



Mindset is a Mental & Emotional Health & Wellbeing Awareness programme

For Young People 14 - 17 years and Adults

September 2020



START SOMETHING

Free online courses for 16-30 year olds

Tues 1st

2pm Explore
2.30pm Wellbeing

Wed 2nd

2pm Explore

Thurs 3rd

2pm Explore

Fri 4th

2pm Explore

Tues 8th

2pm Explore
2.30pm Wellbeing

Weds 9th

2pm Explore
5.30pm Enterprise Info Session

Thurs 10th

2pm Explore

Fri 11th

2pm Explore

Mon 14th

5.30pm Enterprise Evening Session

Tues 15th

2pm Explore
2pm Ready, Set, Work Info Session

2.30pm Wellbeing Session
5.30pm Enterprise Evening Session

Wed 16th

2pm Explore
5.30pm Enterprise Evening Session

Thu 17th

11am Electronic Music Info Session
2pm Explore
5.30pm Enterprise Evening Session

Fri 18th

2pm Explore

Mon 21st

10am Team
11am Electronic Music
1.30pm Guitar
2pm Ready, Set, Work

Tues 22nd

11am Electronic Music
2pm Ready, Set, Work
2pm Explore
2.30pm Wellbeing Session

Wed 23rd

11am Electronic Music
1pm Enterprise Info Session
2pm Ready, Set, Work
2pm Explore

Thu 24th

2pm Cycling Info Session
2pm Ready, Set, Work
2pm Explore

Fri 25th

2pm Explore

Mon 28th

11am Cycling
1pm Enterprise
2pm Ready, Set, Work

Tues 29th

11am Cycling
1pm Enterprise
1.30pm Video Production
2pm Ready, Set, Work
2.30pm Wellbeing

Weds 30th

11am Cycling
2pm Ready, Set, Work



This project is part funded through the European Social Fund Programme 2014-2020 and the Department for the Economy

www.princes-trust.org.uk

ARE YOU AGED 16-24?
LOOKING FOR SOME
DIRECTION?
DO YOU WANT TO FIND
YOUR FUTURE?



FUTURES IS A PERSONAL DEVELOPMENT SUMMER PROGRAMME FOR YOUNG PEOPLE:

- EARN UP TO £40 PER WEEK & KEEP YOUR BENEFITS!
- GAIN NEW SKILLS & QUALIFICATIONS (OCN LEVEL 2)
- YOU'LL HAVE A MENTOR TO SUPPORT YOU
- WEEKLY CHECK-IN WITH FACILITATORS/KEYWORKER
- TAKE PART IN FUN ACTIVITIES WITH WEEKLY TASKS
- DAILY HEALTHY HOUR FOR SELF CARE
- CREATIVE JOURNALING, RELAXATION, BOOK CLUB & MORE
- BELFAST MET STUDENT ID THROUGH UNIDAYS APP

YOU'LL NEED:

- INTERNET ACCESS
- SMARTPHONE OR TABLET
- FACEBOOK ACCOUNT



STARTS
14TH SEPT
2020

INTERESTED? TO JOIN CONTACT:

FUTURESPROJECT@NIHE.GOV.UK

FUTURES OUTREACH CO-ORDINATOR : 07920518125
(EOIN CONWAY)



Housing Executive

Find your Future!!

Futures is a 6 month project for people aged 16-24. This is an opportunity to learn new skills, gain qualifications and volunteering experience.

Interested?

Contact :

Futures@belfastmet.ac.uk



START360

Housing Executive

Peace Northern Ireland - Ireland
European Regional Development Fund

Peace Northern Ireland - Ireland
European Regional Development Fund



Our transport service reopened on the 1st July 2020.

Drivers have removed seats within the bus to allow for social distancing and will be cleaning the bus touchpoints after each passenger.

Passengers are being asked to wear masks and - if possible - gloves on the bus.

As more local facilities open up, we look forward to welcoming more of our members back.

Tel: 028 4461 7900

Out Of Hours: 07921491722

Email: deborahboden@downct.com Website: www.downct.com



FINAL Call for Applications

Deadline Date: 5pm on 30 September 2020

Projects must be completed by October 2022.

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.

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@nmandd.org
www.seaflag.co.uk



Funding Opportunities

Techies in Residence — A programme for Digital Social Innovation



<https://communityfoundationni.org/programmes/techies-in-residence/>



Arts & Creative Organisations Fund Reopens!

The Organisations Emergency Programme closes to applications on 17 September at 4pm. Further details, including eligibility criteria and application forms, are available on the Arts Council NI website at: <http://artscouncil-ni.org/>

TESCO

Every little helps

Tesco Announces Final Deadline for COVID-19 Communities Fund

Closing date for applications is Friday 18th September 2020

To apply please visit <https://tescobagsofhelp.org.uk/grant-schemes/tesco-cv-fund/>



Funding to connect your community through food

Apply for funding of up to £150 for your Get Together today.

We're offering small grants of **£150** from June 2020 to April 2021. The grants are to support community led food growing, cooking and sharing activity and Get Togethers.

For more information see website below

<https://www.foodforlife.org.uk/get-togethers/get-involved/small-grants>



The True Colours Trust



Small Grants UK – Covid-19 Support

The Small Grants round will be open for applications between Friday 21st August and Monday 21st September with final decisions being made in October. **The deadline for applications is 5.00pm on the 21st September.** We are aware this is a short timeframe as we are trying to get funding to those who need it as quickly as possible.

<https://www.truecolourstrust.org.uk/small-grants-uk-orig/small-grants-uk/>



The Blackburn Trust awards small grants to organisations based in Northern Ireland working with families, women and children under 12 year olds.

Grants tend to be under £1000 and are specifically for smaller voluntary organisations with an annual turnover of under £200,000 (larger organisations should not apply). Grants can be awarded for a wide variety of activities and resources, including but not restricted to:

- training for volunteers and parents;
- equipment; adaptations to make services and physical spaces accessible for children with disabilities;
- improving the safety of premises or purchasing play equipment and other resources.

Application forms available by emailing: t.rankin@cfrlaw.co.uk or ringing 028 9024 3141

The Trustees require:

- Copies of last audited accounts and balance sheet
 - Any accompanying explanatory documents
- Applications closing dates are 31 January, 31 May, 31 October of every year.

The National Lottery Community Fund: Awards for All NI

Funding size £300 to £10,000—Your project must 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. 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>

Updated Essential Contact Numbers and Websites

NHS	111 Operates 24/7
Age NI	08088087575
Covid 19 Community Helpline	08088020020 mon-sun9am -
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

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?>