

NETWORK NOTES

October 2020

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

Tel: 02844612311 Email: info@countdownrcn.com

#SocialDistancing
#StaySafe
#ProtectEachOther



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



Rainbow Boxes

A big Thank You to all our Nursing and Care Homes from the Health Family and the Community sector in the South East.

County Down Rural Community Network is a member of the Healthy Living Centre Alliance (HLCA) in the South East. Alongside the amazing help from the South Eastern Trust and our Integrated Care Partnership ICP manager including our team of drivers and staff and volunteers (including Down Community Transport), Rainbow Boxes have been delivered across the area.

The Rainbow boxes were well stocked with lots of goodies which we are sure will prove to be a hit with all the staff in our Care Homes at this most difficult period in their history.

Pictured delivering Rainbow boxes are Deborah Boden, (DCT) & Nicholas McCrickard, Manager, (CDRCN); Julie Davidson and Suzanne Enticott from the SE Trust and our Integrated Care Manager Catriona McKernan (ICP) along with volunteers and staff from The Resurgam Healthy Living Centre and Peninsula Healthy Living Partnership



Killyleagh and Shrigley Community

For more information on this community project contact:

Shirley Lennon Community and Heritage Consultant @Kenera Consulting

Tel: 07718084708

Email: shirley.keneraconsulting@gmail.com

Website: www.keneraconsulting.com
<https://www.keneraconsulting.com/>



create a picture of people and places that have made Killyleagh and Shrigley.

Be part of the jigsaw that is Killyleagh and Shrigley.

Help us create an exciting exhibition taking place in the Autumn in the Sir Hans Sloane Centre. Fill in and return the survey overleaf to tell us your story or the story of someone in your family.

When people move from place to place, they bring with them their culture, trades, crafts or workmanship and so the potential to create a new life for themselves and contribute to the prosperity of the community. Killyleagh and Shrigley have in the past been areas of great prosperity. This project allows our community to learn about this rich past and enterprising people to whom we owe greater recognition. In more recent years, there are interesting individuals amongst us whom we should look to with admiration. For our newest inhabitants, let's welcome them and explore and support the positive they bring to the community. What is the potential for Killyleagh and Shrigley's population and can we look forward to a new prosperity?



BE PART OF THIS AMAZING PROJECT AND SHARE IN THE SENSE OF PRIDE IN THE COMMUNITY. BY OUR PASTS WE CAN SHARE A RICHER FUTURE TOGETHER.



Peace Northern Ireland - Ireland
European Union
KILLYLEAGH & SHRIGLEY COMMUNITY

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

ARDS AND NORTH DOWN BOROUGH COUNCIL DISABILITY ACTION PLAN 2020 – 2025



Ards and North Down Borough Council consulted on their draft Disability Action Plan from March until May 2020. Following the feedback received and amendments to the draft document to reflect these comments, a copy of the final Disability Action Plan was approved by Ards and North Down Borough Council on 25 August 2020.

The document is available on our website using the following link:

<https://www.ardsandnorthdown.gov.uk/about-the-council/disability>



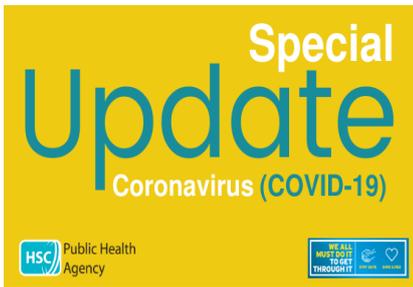
COVID-19 Residents' Survey for Newry, Mourne and Down District

Newry, Mourne and Down District Council has launched an online survey to identify the key challenges we all face as we continue to respond to the impact of the Covid-19 pandemic. Your views are important to us as we plan ahead for the future of our district. We are keen that this survey is circulated widely to members of the public living, working and studying in the district. If you can forward to members of key groups you work with to ensure a large and representative response we would be very grateful.

The survey takes no longer than 5-10 minutes to complete and is open to all our residents, local businesses, community groups and partner organisations.

https://www.surveymonkey.co.uk/r/NMDDC_COVID19

The survey will close on Monday 12 October.



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/>

WORLD
MENTAL
HEALTH
DAY



HSC Public Health
Agency

World Mental Health Day is held on 10th October every year. The goal is to help raise mental health awareness of mental health issues around the world and mobilising efforts in support of mental health. The day provides an opportunity for all stakeholders working on mental health issues to talk about their work and what more needs to be done to make mental health care a reality for people worldwide

What can you or your organisation do to support this day?

This year's World Mental Health Day, comes at a time when our lives have been changed considerably as a result of the Covid-19 pandemic. One of the challenges for many people has been the breakdown of their usual social networks

So this year help us celebrate World Mental Health Day by connecting with someone you haven't spoken to for a while – a family member, friend or someone living alone.

Invite them to join you for a cuppa and a chat- either on the phone or via zoom
Resources can be downloaded at

<https://setrust.hscni.net/healthy-living/mental-health-and-emotional-well-being/>



Reconnect over coffee

When arranging to reconnect over coffee it is essential to adhere to the restrictions that have been put in place due to the coronavirus (COVID-19) outbreak. All the latest guidelines are available at: www.nidirect.gov.uk

If meeting face to face is not possible alternative options may include:

Connect digitally - smartphones, computers and tablets allow you to interact with people face-to-face, even if it's a screen-to-screen version. Most platforms are free or have a free version.

Make a phone call - Just hearing someone's voice can be enough to lift both your spirits. Asking someone how they're doing can also be all it takes to be honest about feeling isolated and lonely. Even if a call ends up being a voicemail, you've let someone know you were thinking about them, which is always good medicine.



Living Life to the Full – Online Life Skills Programmes

We're delighted to be able to offer a range of Living Life to the Full programmes online starting Tuesday 6th October.

About the Course

The Living life to the Full programme will be delivered via zoom over 6 sessions lasting approx. 2hrs each. This is a programme that can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges. It looks more closely at the ways in which mental health can be impacted by life events and unhelpful thinking styles which may also then affect our physical health and overall enjoyment of life.

To register visit : <https://www.aware-ni.org/booking-living-life-to-the-full/>

Social Media & Web Resources

Keep an eye on our social media channels throughout the week too as we will be sharing some self-care tips, videos, and mental health blog posts. We will also be launching a dedicated WMHD webpage next week showcasing a range of AWARE resources to help you manage your mental health during these uncertain times.

You can find us on Facebook/Twitter @AwareNI, Instagram @aware_ni, and LinkedIn @AWARE.

Talking about how we are feeling during these difficult times is crucial and it is important to know that there is support available to anyone who is struggling.

MOOD MATTERS SESSION

This is an valuable online session by Aware NI to give people the skills and knowledge to maintain good mental health and build resilience to deal with life's challenges.

Thursday 15th October 7-9pm. FREE

Please register in advance for this meeting:

<https://aware-ni-org.zoom.us/meeting/register/tZMsduihpjgGdULYH5lmwcNhEbxipFide7C>

After registering, you will receive a confirmation email containing information about joining the meeting.

Coronavirus Protocols for Councils Engaging with Voluntary & Community Organisations

The need to help some people in the community to pay bills or carry out shopping on their behalf is likely to continue over the winter months. The following Protocol was developed for Councils engaging with voluntary and community organisations where volunteers' roles include carrying out activities where money is involved. Click the title below to view the best practice guidance.

[Coronavirus Protocols for Councils Who Engage Voluntary & Community Organisations in Regulated Activity with Adults:](https://www.volunteernow.co.uk/app/uploads/2020/06/V11-2391-Protocols-for-Councils.pdf)

<https://www.volunteernow.co.uk/app/uploads/2020/06/V11-2391-Protocols-for-Councils.pdf>

Also, why not share the following with those who are receiving the help to make sure that they do all that they can to keep themselves safe – [Offers of Help: Keeping Yourself Safe Factsheet](https://www.volunteernow.co.uk/app/uploads/2020/05/Offers-of-Help-Keeping-Yourself-Safe-Factsheet-COVID-19.pdf).

<https://www.volunteernow.co.uk/app/uploads/2020/05/Offers-of-Help-Keeping-Yourself-Safe-Factsheet-COVID-19.pdf>

Volunteering – It's good for body and soul!

There are so many benefits to volunteering: [Why Not Give Something Back?](#)

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/>

Volunteer Now – Volunteers returning guidelines and templates:

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



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



For details of our latest news, activities, campaigns and ways you can support Age NI visit the Age NI Website:

www.ageni.org

Check in and Chat Service:

Call Age NI Advice on 0808 808 7575 Monday – Friday, 9am-5pm or email info@ageni.org.

Telephone befriending <https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/check-in-and-chat/>



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>

October 2020

Free online courses for 16-30 year olds



Thurs 1st

10am Tesco Ready to Work

Fri 2nd

10am Tesco Ready to Work

Mon 5th

10am Makeup

Tues 8th

10am Makeup
2.30pm Wellbeing

Wed 7th

10am Makeup

Thurs 8th

10am Makeup

Fri 9th

10am Makeup

Tues 13th

10am Get Into Retail with Tesco taster day
2pm Street Art
2.30pm Wellbeing

Wed 14th

2pm Digital Comic Art info session

Mon 19th

10am Get into Retail with Tesco
2pm Digital Comic Art

Tues 20th

10am Marks & Start: Get into Retail with M&S taster day
2pm Digital Comic Art
2.30pm Wellbeing Session

Wed 21st

10am Enterprise info session
2pm Digital Comic Art

Thurs 22nd

2pm Photography info session

Mon 26th

10am Halloween makeup
10am Marks & Start
11am Photography

Tues 27th

10am Marks & Start
11am Photography
1pm Enterprise
2.30pm Wellbeing

Wed 28th

10am Marks & Start
11am Photography
1pm Enterprise

Thurs 29th

10am Marks & Start
11am Photography
1pm Enterprise

Fri 30th

10am Marks & Start
11am Photography
1pm Enterprise



Prince's Trust

YOUTH CAN DO IT

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

Alternatively, if you have a question about one of our programmes, you can call us on **0800 842 842**. We're open from 9am-9pm, seven days a week.



www.princes-trust.org.uk



**START
SOMETHING**

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

Parkinson's Information and Support service

PARKINSON'S^{UK}
NORTHERN IRELAND
**CHANGE ATTITUDES.
FIND A CURE.
JOIN US.**

Having Parkinson's can feel overwhelming if you don't have the right information and support. Whether you have the condition or you are a carer, friend or family member of someone with Parkinson's, we are here to help.

Our team of friendly local advisers in Northern Ireland have a wide range of knowledge and expertise about Parkinson's. We can help if you:

- have just been diagnosed and are looking for advice and information.
- are looking for tips on how to deal with the day-to-day impact of Parkinson's.
- need support with caring for a partner, friend or family member with Parkinson's.
- need emotional support during the Covid pandemic.
- want to find out more about the services available in your area.
- want to learn about your rights and entitlements.
- need help navigating the benefits process.
- need information on where to find grants and financial help.
- are looking for support on employment issues.
- need support with anything else relating to your life with Parkinson's.

Please don't hesitate to get in touch with us by contacting:

Parkinson's Freephone Helpline on **0808 800 0303** or email hello@parkinsons.org.uk



Expression of Interest form

On

Selecting courses which supports fishermen & others related to commercial fishing

Please complete this form to let Southern Regional College know if you are interested in undertaking any of the courses below. Your information will be used by the college only for the process of identifying suitable courses that support fishermen & others related to commercial fishing in the three seaports of Ardglass, Kilkeel and Portavogie. Scan your completed EOI or contact Jim Cunningham. Details below:

	PLEASE TICK
Diesel engine	
Mic Welding	
12V electrics	
Hydraulics	
Essential Navigation & Seamanship	
Celestial, Terrestrial & Coastal Navigation	
Electronic systems of position-fixing & navigation	
Radar Operators certificate	
VHF/DSC Radio licence course	
Watchkeeping	
Meteorology	
Magnetic & Gyro - Compasses	
Fishing Vessel manoeuvring and handling	
Fishing Vessel Construction	
Vessel Stability – STCW ‘Intermediate Stability’	
Catch handling and Stowage	
Other (Please state in box)	

Name of person completing the form

Which area are you from? (PLEASE TICK)

Ardglass		Kilkeel		Portavogie	
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Status (employed, P/T employed, unemployed, student etc.)

If in employment please state,

Contact Jim Cunningham:

028 38397868 | Mob: 07711 981732



cunninghamj@src.ac.uk |



www.src.ac.uk



**DOMESTIC VIOLENCE & ABUSE
AWARENESS TRAINING**

Thursday 22nd October (2pm – 4pm)

Via Zoom

Domestic Violence is a serious public health issue and can have devastating consequences not only for the victim but other members of the family, including children and vulnerable adults.

If you are working in a statutory, community or voluntary organisation you will have a vital role to play in ensuring that anyone affected by domestic violence gets the appropriate help and support.

This free 2hour Zoom Awareness session will be jointly facilitated by Belfast & Lisburn Women's Aid and the South Eastern Trust Learning & Development Team. By attending the session participants will have a greater understanding/knowledge of –

- The prevalence of Domestic Violence
- The types, indicators and impact of Domestic Violence
- The barriers to seeking help
- How to respond to Domestic Violence
- Domestic Violence Services

(Please note that to attend the "Domestic Violence: Impact on Children and Parenting" training you need to attend the Awareness Raising)

If you wish to attend please email:

Patricia.mcmurray@setrust.hscni.net



Supporting Communities 150th Edition of E-Zine, brings you Best Practice from the Community Sector; Funding and Training Updates and Policy Developments in Northern Ireland, Great Britain and Republic of Ireland

[https://ezine.blob.core.windows.net/ezine/
Ezine150thEd23rdSeptember2020.pdf](https://ezine.blob.core.windows.net/ezine/Ezine150thEd23rdSeptember2020.pdf)

Funding Opportunities



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 download a form by visiting our Website : www.countydownruralcommunitynetwork.com



Garfield Weston
FOUNDATION

The Foundation supports a broad range of charities across the UK that make a positive difference. We fund a wide range of causes and charities and our grants vary according to the size of the charity and the work being undertaken.

You can find a list of the types of eligible organisations on page 3 of our [Application Guidelines](#). Or see link below:

<https://garfieldweston.org/wp-content/uploads/2019/12/GWF-Application-Guidelines-V3.0.pdf>



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

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 - 5pm
Samaritans	116123
Lifeline	0808 808 8000
Childline	08001111
PAPYRUS – Prevention of Young Suicide HOPELINE UK	0800 068 4141
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	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

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?>

www.countydownruralcommunitynetwork.com