

## NETWORK NOTES

January 2021

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

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



## Funding Opportunity - WARM, WELL & CONNECTED

CDRCN has been tasked by Dept of Communities and DAERA to deliver activities to tackle isolation and loneliness and promote good physical and mental health in these difficult winter days of the pandemic. We are asking your group to help us by identifying and delivering activities needed in your community.

If you wish to get involved, **please email [info@countydownrcn.com](mailto:info@countydownrcn.com)** for a WWC Community Proposal Form. We will consider your proposal and get back to you very quickly.

Some ideas you might consider include:

### Mental Health

Arts & Craft Classes, provide a kit or activity pack, gardening, tutorials online such as mindfulness, meditation, photography, art, crafting, flower arranging....



### Nutrition

Connect through food, online tutorials, cookery lessons. Provide kits & Hampers, Food & Mood sessions, "Cook along" baking challenges....

### Loneliness & Isolation

Newspaper Delivery with a Garden gate chat, Befriending schemes, phone contact, activity packs, drive in movies/concerts, storytelling, music, online tea party, quizzes, woodwork tutorials, community DIY, book clubs....

**The Warm Well & Connected Programme is managed by CDRCN and funded by DfC & DAERA.**



Royal College of  
General Practitioners



Health and Social  
Care Board

## GP practices will start rolling out the free COVID-19 vaccination programme from Monday 4th January 2020.

Vaccination is the most important thing we can do to protect ourselves and our community against serious illnesses health professionals and advocates for patients recommend our patients receive it.

GP practices will be contacting patients in order of priority to receive the COVID-19 vaccination. This priority list has been set by the Department of Health and **patients will not need to contact GP practices.**

Supplies of the vaccine will be limited initially but are expected to build up rapidly in the months ahead. The initial vaccinations will begin Monday, 4 January, for a small number of GP Practices while most Practices should be able to begin the vaccination programme from Monday 11 January 2021. **The first priority group will be patients aged 80 years and over, followed by those aged 75 years and older.**

- The full programme will take some time to deliver due to the number of individuals that will require vaccination but patients will be called according to set priority groups and your patience is appreciated. The roll out of the vaccine will take place over a number of months.
- There may be some small disruption to services when the vaccination clinics are being delivered. We want to assure you that patients who need care and need to be seen, will continue to be seen.

### **If you are one of the priority groups you will be called and the vaccine is FREE.**

- It is important to attend if called
- There may be some minor service disruptions when vaccination clinics are running but patients who need care and need to be seen, will continue to be seen.



County Down  
Rural Community  
Network



Healthy Living Centre Alliance

## FREE PAIN MANAGEMENT SUPPORT PROGRAMME

**Are you living with pain?**

### Programme covers

**Coping strategies**

**Mindfulness**

**Gentle Movement**

**Nutrition**

**Community Pharmacy**

**Art Therapy**

**Are you living with Chronic Pain?**

- Does your pain interfere with your quality of life?
- Would you like to explore ways to live better with your pain?
- Are you using strong pain relief but to no avail?

If any of the above resonates with you please get in touch as we are running our 4th Pain Management Course via Zoom beginning 10th February from 10.30 am

Join us for a **FREE 8 week**  
**Pain Management programme**  
**Via Zoom**  
**Starting Wednesday 10 February**  
**Session starts at 10.30**

**For more information contact:**  
**info@countydownrcn.com**

General Practice  
Multi-Disciplinary  
Teams



Public Health  
Agency



A living, working, active landscape  
valued by everyone.



Community Advice Newry, Mourne and Down (formerly Citizens Advice), see many people struggle everyday with money and debt issues. Covid-19 has made this situation worse in many cases. Many people who were just about able to manage financially before now find that they can no longer do so. This may be because they are not able to work at present, are on furlough or have lost their job.

### **In such circumstances what do you do?**

Firstly, try not to panic. Don't ignore the situation either. It will only get worse. If you find yourself in this position, contact your creditors, ask for assistance and make a plan you can afford. Support is available. This may include asking your creditors for a payment holiday. You have until 31 March 2021 in most cases to talk to your creditors and apply for a payment holiday. During this time you will make no or reduced payments. You can request a payment holiday of up to 6 months in total, but creditors can only agree a payment holiday of up to 3 months at a time. Note however, that you will need to make up the payments you miss and you may also continue to be charged interest for the period. This means you'll either have to pay more each month after the payment holiday ends or make your payments for longer. So if you can afford to keep making your payments it's best to do so and only take a payment holiday if you really need to.

If on the other hand you can't have a payment holiday because, for example, you've already had payment holidays of 6 months in total, they should provide you with other appropriate assistance. If you can afford to restart repayments you should do so, as this will cost you less in the long term.

You might also wish to talk to one of our benefit advisers to find out if you can claim benefits or get more money added to your current benefits, for example, if you're usually self-employed and can't get work.

**If you're feeling overwhelmed or need our help to deal with your debts, seek advice as soon as possible. Our advice and assistance is free, impartial and confidential.**

### **Extended Helpline opening hours from January 2021**

**Thursday evening 4.00-7pm and**

**Saturday morning 9am-12pm.**

**Due to demand we have increased our hours.**

**Evening appointments also available to help complete forms etc.**

**Telephone Advice Line: 0300 30 30 306**

**WhatsApp: 07359004967 (text only)**

**Email: [advice@advicenmd.com](mailto:advice@advicenmd.com)**

**Monday – Friday 9am -2pm (and extended hours)**

**(This service is for residents of Newry, Mourne and Down Council only) (Formerly Citizens Advice)**



[fountainfoodbank@gmail.com](mailto:fountainfoodbank@gmail.com) or Mobile 07444015883 or Facebook messenger  
January 2021 Update

## Get Help

Fountain foodbank, like many others, works using a voucher referral system. We know that anyone can find themselves at crisis point for different reasons. To provide the most appropriate help, we work with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support or benefit advice to help address some of the issues behind the reasons for your crisis.

**At present this is usually done by the agency ringing or emailing your details to us, and then all you need to do is give us your name and address when you call to collect your parcel.**

## Who to ask?

To get a referral for a food parcel, contact any of our local partner organisations. These include:

**Social Service departments** including the Multi-Disciplinary team at your GP Surgery.

**Newry, Mourne and Down Community Advice** Monday to Friday 9.00-2.00, Tel: 0300 30 30 306 or [advice@advicenmd.com](mailto:advice@advicenmd.com)

**Society of St. Vincent de Paul – SVP Helpline** 028 4461 6557

**County Down Rural Community Network** 028 44612311

**Life Change Changes Lives** 07731582332

**MACS** (16-24year olds) 02844615155 **Home-Start** 028 44615727

**Christians Against Poverty** [capuk.org](http://capuk.org) Local contact: 07443586701

**Caring Communities Safe and Well** (Over 65s) 02897566934

**SureStart** (families with children under four years) 02844613630

## How to collect your food parcel

We are currently **OPEN** only on **Fridays** from **10am to 12 noon** in **Downpatrick Presbyterian Church Hall, 16 Fountain Street, Downpatrick, BT30 6AW.**

- Parcels will be collected **from the door** to reduce risk to clients and volunteers due to Covid 19.
- Bring your voucher or referring information.
- Wear a mask when visiting.
- Visitors should not visit the foodbank if they are ill.
- Visitors should, if possible, come to the Foodbank alone.

If you cannot get in touch with one of our partners, ring 07444015883 or email [fountainfoodbank@gmail.com](mailto:fountainfoodbank@gmail.com) and we will help you directly.

This gentle movement to music activity is low impact and suitable for ALL LEVELS OF MOBILITY

You can register by contacting us via email or check out our Website under the heading Warm Well and Connected and register there: [www.countydownrcn.com](http://www.countydownrcn.com)



County Down  
Rural Community  
Network



## Free Movement to Music Sessions

Part of the Warm Well & Connected Programme

Tuesday mornings 10:30 – 11:30am (check-in from 10:25)

From the safety of your own home via Zoom



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. Tutor: Theresa Messenger

To register please email [heather@countydownrcn.com](mailto:heather@countydownrcn.com) or for queries and/or help to use zoom to access the class please contact Heather on 07511069072

**CORONAVIRUS (COVID-19)**



Department for  
**Communities**  
[www.communities.ni.gov.uk](http://www.communities.ni.gov.uk)

A1 Roinn  
**Pobal**

Ministry of  
**Communities**



**stresscontrol**<sup>TM</sup>  
Face your fears; be more active; boost your wellbeing

For more information see links below:

<https://stresscontrol.org/>

<https://stresscontrol.org/relaxation-mindfulness/>



Helplines NI

**A** number of new helplines have been established in response to the Coronavirus (COVID-19) global pandemic and are providing topic specific information and advice in relation to COVID-19

<https://helplinesni.com/>



**Lifeline**  
0808 808 8000

HSC Public Health  
Agency

## Minding Your Head

**G**ood 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/>

For more information on wellbeing and related matters go to :  
[Promoting Mental Wellbeing 20 - 1 \(pagetiger.com\)](https://www.pagetiger.com/)

**Are you interested in finding out more about food and nutrition for yourself or your family? Dietitians are taking these online workshops throughout January.**

**There's something for everyone! Free and open to all.**

Thurs 7<sup>th</sup> January 10-11am – Top Tips for a Healthier Weight: New Year Special! <https://tinyurl.com/weight-tips-jan>

Thurs 14<sup>th</sup> January 12.30-1.15pm – Nutrition Myths <https://tinyurl.com/myths-Jan> Passcode: 112233

Tues 19<sup>th</sup> January 6.30-7.30pm – New! Nutrition for your Teenager <https://tinyurl.com/teens-jan> Passcode: 47582120

Mon 25<sup>th</sup> January 10.30-12noon – Feeding Under Fives <https://tinyurl.com/under5s-Jan> Passcode: 465329

*Disclaimer:*

*For safeguarding purposes, participants should turn off their camera and audio during the webinars. Please note any information shared in the Q&A/ chat facility may be viewed by others. Facilitators are not responsible for individual participants throughout the webinar.*

## Regional Nutrition Webinars - January

### Top Tips for a Healthier Weight: New Year special!

Learn about healthy eating and lifestyle habits if you are overweight and want to lose weight or if you are hoping to support someone in losing weight. We will discuss portion control, snacking, alcohol and takeaways.

Thurs  
7th Jan  
10-11am



Link: <https://tinyurl.com/weight-tips-jan>

### NEW! Nutrition for Your Teenager

Find out more about nutrition for teens if you are a parent/carer of a young person or someone who works with this age group.

Tues  
19th Jan  
6.30-  
7.30pm



Link: <https://tinyurl.com/teens-jan>  
Passcode: 47582120

### Nutrition Myths

“Busting” the most common myths about diet and health! Find out if certain foods can protect us from COVID-19, if sweeteners really are bad for you and the truth about fad diets.



Thurs  
14th Jan  
12.30-  
1.15pm

Link: <https://tinyurl.com/myths-Jan>  
Passcode: 112233

Mon  
25th Jan  
10.30 - 12  
noon



### Feeding Under Fives

This webinar is for anyone interested in finding out more about nutrition for toddlers and children under 5 years old.

Link: <https://tinyurl.com/under5s-Jan>  
Passcode: 465329



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.

# January 2021

Free courses for young people



### Mon 4th

AM & PM sessions, every Monday, Essential Skills Maths, online

### Tues 5th

AM & PM sessions, every Tuesday, Essential Skills English, online

### Wed 6th

AM & PM sessions, every Wednesday, Essential Skills ICT, online

### Tues 12th

2.30pm Wellbeing, online

### Wed 13th

1pm Enterprise info session, online  
4pm Get Started with Nails info session, online

### Thu 14th

12pm Mental Health First Aid info session, online

### Mon 18th

10am Mental Health First Aid, five day programme, online

10am, Team 12 week programme, Derry/Londonderry and Limavady

### Tues 19th

1pm Enterprise, four day programme, online  
2.30pm Wellbeing, online  
4pm Get Started with Nails, three day programme, online

### Tues 26th

2.30pm Wellbeing, online

### Wed 27th

1pm Enterprise info session, online



[www.princes-trust.org.uk](http://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



## Go ON NI makes getting online easy



**Do you need help with digital solutions?**

Business in the Community, in partnership with Go ON NI and NI Direct, is offering free digital help for anyone who needs it.

<https://www.nidirect.gov.uk/information-and-services/go-ni/events-and-training>



Volunteering is good for the Mind and Body: For more information click the link below:

### [Keeping Connected in 2021 – Volunteer Now](#)

Volunteer Now and Volunteer Now Enterprises Ltd are excited to announce the release of our new online training course - [Attracting and Selecting Volunteers](#).

The course offers a comprehensive overview of good practice and is tremendous value for money at £45 plus VAT per person, with a certificate on completion. It is not time consuming - an average 3 hours of learning. It is user friendly and is suitable for those organisations, volunteer managers, co-ordinators or anyone who manages and involves volunteers on a regular basis.



For details of our latest news, activities, campaigns and ways you can support Age NI visit the Age NI Website: [www.ageuk.org](http://www.ageuk.org)

#### **Check in and Chat Service:**

Call Age NI Advice on 0808 808 7575 Monday – Friday, 9am-5pm or email [info@ageuk.org](mailto:info@ageuk.org).

Other helpful services: (click on the links below)

- **Telephone befriending:** <https://www.ageuk.org.uk/northern-ireland/services/carewellbeing-services/check-in-and-chat/>
- [Age NI - Winter Recipe Book. : Age NI - Winter Recipe Book.qxp:Layout 1 \(ageuk.org.uk\)](#)
- [Health | Keeping Fit | Age UK](#)
- **Move with Mary booklet:** [keeping-well-at-home-dv.01-ni-19-june-2020-download.pdf \(ageuk.org.uk\)](#)



## **DOMESTIC VIOLENCE & ABUSE AWARENESS TRAINING**

**Thursday 11<sup>th</sup> February (10am – 12.30pm)**

**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 Zoom Awareness 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)**

**Places can be booked on HRPTS – LOS or email**

**[Julieann.Quayle@setrust.hscni.net](mailto:Julieann.Quayle@setrust.hscni.net)**

# MATT Service



A Crisis De-escalation service available for those experiencing an acute mental health crisis that are in contact with emergency services by phoning 999 or 101



## Where does MATT operate?

This service operates in the Belfast and South Eastern Health and Social Care Trust areas

## When?

The service is operational between the hours of 7pm to 7am on a Friday and Saturday night by phoning 999 or 101; due to COVID-19 social distancing is currently in place and a telephone triage service is operational. From January 2021 the hours of service are:  
Friday & Saturday 7pm–3am  
Sunday 3pm–11pm

## What is MATT?

The **Multi Agency Triage Team (MATT)** is a service that comprises of Mental Health Professionals working alongside dedicated Police Officers and Paramedics in a Mobile Community Unit (Ambulance).



## Who is it for?

Clients with an emotional or mental health crisis **aged 18 and over.**

## People who have used the support service:

*"That night I was able to speak to the Community Psychiatric Nurse, I was upset, I was agitated, she was able to get me calmed down .... and said the next morning we'll get you round to see the home treatment team, whereas previously all I would have been doing was sitting in the casualty fretting like mad... I think you've got a service there right now, deals with the issue right away, it takes the whole going to A and E out of the question."*



## **OPEN CALL** for Funding Applications: **1 Jan – 31 Mar 2021**

**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 maritime related careers and activities
- 🐟 Creating jobs and stimulating economic growth in fishing, aquaculture and maritime based industries
- 🐟 Promoting social well-being and cultural heritage in fisheries, aquaculture and maritime areas
- 🐟 Developing and enhancing environmental assets of the fisheries areas

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

Applications submitted after 5pm on 31 March 2021 may not be accepted.

**T: 0330 137 4051**  
**E: [sea@nmandd.org](mailto:sea@nmandd.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.rdg.gov.uk](http://www.dema.rdg.gov.uk)



<https://communityfinanceireland.com/covid-charity-fund-readiness-information/>



Department for

Communities

An Roinn

Pobal

Mánnystrie o

Communities

## **VOLUNTARY, COMMUNITY & SOCIAL ECONOMY (VCSE) COVID RECOVERY FUND – REOPENING FOR APPLICATIONS 18 JANUARY 2021**

Funds remain available that would allow for the purchase of Personal Protective Equipment (PPE) and other items to enable the reopening and continued delivery of vital community services.

With this in mind it is planned to reopen for **applications under Theme 3 of the Fund (Future PPE and Sundry Equipment needs) for a period of two weeks from 18 January 2021 to 29 January 2021.**

Importantly, to help ensure that VCSE organisations have the PPE required to continue service delivery, the maximum award from this part of the Fund which was previously capped at £2,000, will rise to £5,000. Organisations who were previously successful in applying to this element of the fund can reapply to receive up to £5k (e.g. if an organisation was awarded £2k from the 1st round of applications, they can apply for a further £3k). This opportunity for groups to make new or additional applications will help provide the Sector with the opportunity to plan ahead and ensure their premises are ready to deliver services as soon as Covid restrictions are relaxed.

**This will be distributed by Co-operation Ireland in partnership with Rural Community Network.**



Only Charities eligible for funding; For other criteria and to apply online see link below:

<https://www.halifaxfoundationni.org/programmes/community-grant-programme/downloads>



## 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>



**Community Foundation NI is a Website worth exploring as it contains News and Events for Community Organisations. See below 2 areas of funding pertaining to this organisation**

<https://communityfoundationni.org/>



**1.**

### **The Telecommunity Fund Grant**

Constituted grass roots community and voluntary groups are eligible to apply

No Deadline, ongoing

Priority will be given to Priority will be given to projects that will benefit groups dealing with disadvantage (e.g. rural isolation, low income, social exclusion, reduced access to services), and projects that involve the beneficiaries in their development and delivery. See link below:

<https://communityfoundationni.org/grants/the-telecommunity-fund-grant/>

**2.**

### **The Pressure Group Fund**

**[The Pressure Group Fund - Community Foundation Northern Ireland \(communityfoundationni.org\)](https://communityfoundationni.org/)**

**Ongoing up to £1,000**