

NETWORK NOTES

February 2021

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

Tel: 02844612311 Email: info@countydownrcn.com



Warm, Well & Connected



CORONAVIRUS (COVID-19)



The Warm Well & Connected Programme CDRCN - funded by DfC & DAERA

Just before Christmas, County Down Rural Community Network was tasked by Dept of Communities and DAERA to deliver activities to tackle isolation and loneliness and promote good physical and mental wellbeing. All projects were to be completed by 31 March 2021 and be COVID19 safe.

To date we have approved in excess of 100 applications and these programmes have already engaged hundreds of isolated and vulnerable individuals in our communities. We expect to have several thousand participants in the coming days.

One of the first local groups to contact the network was the ADHD Hub in Newcastle. They were able to use the funding to purchase and distribute well-being packs to young people with autism and ADHD and their families in the local area and bring a lot of joy in this difficult year.

Other projects have included:

“Grow your own window box displays”, Tree planting, Arts and Crafts boxes, Nail art, aromatherapy packs; zoom classes for relaxation and movement to music therapy; craft for beginners; Intercultural programmes, and many more.

Checkout #warmwellconnected on social media or our website for more information

Warm, Well & Connected



CORONAVIRUS (COVID-19)



Just a few examples of WWC projects supported by County Down Rural Community Network.

Check our website and facebook page for more information

ONLINE FITNESS LESSONS
FREE

Promoting the importance of regular exercise for your physical & mental health!

You will be provided with a link for our weekly zoom classes through your google classroom

Daily exercise programme
Weekly online fitness classes
Continuous mentoring throughout the programme

You will also get help and advice on nutrition to improve your physical wellbeing

Graham Crory
07730888005

Warm, Well & Connected
County Down Rural Community Network

Made with PosterMyWall.com

County Down Rural Community Network

Arts and Crafts FREE Workshop

Decoupage for Beginners

Via Zoom
Mon, 22nd Feb 2021
2-3 pm

Is Lockdown and the cold Winter months getting you down? Why not join us and learn the skill of Napkin Decoupage and create a beautiful Bee or Bunny Wooden hanging heart to keep or give as a gift to someone!! Scissors will be required, all other materials will be provided.

This workshop is delivered through CDCRN Warm, Well & Connected Programme and is open to anyone living in Rural Ards and North Down area. If you are unable to access Zoom, contact us and we might be able to help.

Places will be allocated on a first come basis, to register for the workshop and receive the Zoom link please contact:
E: frances@countydowntcrn.com / T: 077 0802 7065

Warm, Well & Connected
County Down Rural Community Network

Take 5 Steps to Wellbeing

FIELD STUDIES IRELAND

#LesserSpottedGarden

Amateur Photography Competition

PARTNERIAETH AWYR-AGORED
Project: *Arddorfa* - *Llwyd*

Experiences • Enjoy • Achieve
OUTDOOR PARTNERSHIP

Warm, Well & Connected
County Down Rural Community Network

The Warm Well & Connected Programme is managed by CDCRN and funded by DfC & DAERA

Mindful Movement Zoom Class Free 8– Week Programme starting
3rd March



Join Theresa Messenger

For 1hr session

Chair based exercise program, incorporating gentle movement, breath-work and comfortable body postures, designed to assist with personal development, mental and physical health, and well-being.


Session start Wednesday 3rd March.

Between 2-3pm Logon from 1.50pm

If Interested email.

gemma@countydowntnrcn.com

FREE Walk Leader Training Course

 South Eastern Health
and Social Care Trust



 Health Development
Department

Thursday, 11 March 2021
Time: 10am-12.30pm
Delivered Via Zoom

This training is aimed at anyone interested in leading short health walks within their local community, either as a volunteer or through their work role.

The training course will cover the following:

- The health benefits of walking
- Physical activity recommendations
- Organising safe & enjoyable walks for people of all ages & abilities
- Motivating people to start & continue walking

By booking a place on this training you are agreeing to attend the full 2½ hours, be in a position to lead health walks & share walking group details to promote across South Eastern Trust.

Please email completed booking form to
health.development@setrust.hscni.net



SEE NEXT PAGE FOR BOOKING FORM

Walk Leader Training Course Booking Form

Course Date & Time:	Thursday 11 March 2021 - 10am-12.30pm
Course Venue:	Online Via Zoom
Name:	
Address: (Community Volunteers – home address Work role – work address)	
Postcode:	
Tel:	
Mobile:	
Email:	
How did you hear about this course?	
Only complete this section if leading walks as part of work role, with approval from line manager.	
Line Managers Name:	
Employer / Department / Directorate:	

Pre-requisite:

Be over the age of 18 years;
 Be able to complete the full training & willing to lead health walks;
 Have a reasonable level of fitness to lead health walks;
 Details provided for each walking group will be appropriately shared/promoted online across SET area.

Please Note:

By booking a place on Walk Leader Training, you are agreeing to all of the above.
 20 places available – your place will be confirmed via email along with Zoom details.

Participant Signature:

Date:



Age NI **Good Vibrations**

Age NI is launching a new wellness plan called **Good Vibrations**, starting on 1 March. Based on the **Take 5 Steps to Wellbeing** campaign, this free programme will support you through the 5 Steps to Wellbeing: **Connect, Get Active, Take Notice, Keep Learning** and **Give** — all designed to help you **feel better** as we head into Spring.

To sign up to this pilot programme see link below:

<https://www.ageni.org/forms/good-vibrations>

Domestic Violence & Abuse What About Men?

ZOOM

Awareness Session

Tuesday 9th March

(1.30pm – 3.00pm)

Find out more about:

- The nature and extent of domestic abuse perpetrated against men
- The types, indicators and impact of abuse
- The barriers to seeking help
- Services available to male victims

The event, which is being facilitated by the **Men's Advisory Project** is free and open to anyone working in the statutory, voluntary or community sectors.

To book a place please contact:

Patricia.mcmurray@setrust.hscni.net



Regional Nutrition Webinars - March

Eating Well As You Age

This webinar is for anyone who is interested in finding out how to eat well in later life. This could be for yourself, a relative or a friend.



Wed 3rd
March
6-7pm

Register using the link below

Link:

<https://tinyurl.com/nutrition-olderadults-march>

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
23rd
March
6.30-7.30pm



Link:

<https://tinyurl.com/teens-march>
Meeting ID: 860 9965 1680
Passcode: 38014166

Eating Well on a Budget

This webinar is perfect for anyone wanting to save lbs and £s!



Thurs
11th
March
1-2pm

Link:

<https://tinyurl.com/budget-march>

Feeding Under Fives

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

Mon 22nd
March
10:30-11:30am



Link:

<https://tinyurl.com/under5s-March>
Meeting ID: 861 1293 5876
Passcode: 701693

 Public Health Agency
Project supported by the PHA

 Health and Social Care

fuel round
better off together

Best Price Heating Oil

www.fuelround.co.uk

Fuel Round is a community buying scheme that gets the best price for heating oil for its members

- ✓ Get the best price, always, without ringing around
- ✓ Easy ordering by phone, email, text or online
- ✓ Option to manage a relative's tank
- ✓ Supports local communities and suppliers



County Down Rural Community Network
Quote #CDRCN to register for just £10/year
www.cdrcn.com fuelround.co.uk

So easy to do and I saved £30 on my oil...
no reason for anyone not to sign up for this
Sinead in BT30

fuelround.co.uk
facebook.com/fuelround
fuelround@gmail.com
028 9581 3141



 Online Photography Course
harmony community trust

Dates: Tuesdays 23rd Feb & 2nd, 9th, 16th, 23rd March

Time: 11:00 am

Duration: 2.5-hour sessions (approx.)

Facilitator: Robert JE Simpson

Requirements for participants:

A Digital camera, though a mobile phone camera is fine.

(DSLRs and bridge cameras preferred)

Broadband internet connection and an email account

Zoom software (free)

Attendees will learn how to take better pictures, including knowledge of issues surrounding subject editing and presentation. Gaining confidence in their own ability to create and analyse the work produced. We intend to compile an online exhibition from work submitted at the end of the course, and it is hoped that participants will also gain a sense of pride from sharing their work more widely.

Content:

Sessions will be a mix of critical engagement – exploring photography examples, and the

Critical analysis of each other's work and practical demonstration/guidance.

Discussions include basics of photography including subject, framing, lighting, story and themes.

There will also be guidance on how to use settings on camera and technical areas including focus,

F stops, exposures, film speed will be looked at.

Sessions will also explore the digital editing process, with guidance on basic editing techniques using freely available software.

Participants will be given tasks and themes from which to go away and take photos which they will then submit electronically for discussion in the following sessions.



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

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 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 and we will help you directly.



Connect Me is a project run by volunteers who are here for you in whatever way you need.

Maybe you would love someone to talk to? Someone you could share stories and worries with? Maybe you would like someone to have your back? Maybe you need some help to get involved in the community, so you can start to

“It's definitely made lockdown easier having Robert calling me every week”

“If it wasn't for my volunteer, I wouldn't have got my benefits sorted”

Would you like a friendly call from one of our lovely volunteers?

Visit our website to be connected to one of our Connect Me volunteers for a phone call at a time that suits you. You can arrange how often you would like to receive calls for companionship and support. Many people have a call once per week.

uhub.org.uk/connect-me

028 9188 8448

info@uhub.org.uk

Follow us on:



#WorkingTogether #ComeAsYouAre





LISTEN SHARE CHANGE



ARE YOU AT HOME AND
WANT SOME COMPANY
AND THE OPPORTUNITY
TO CHAT TO OTHERS?

Digital Listen Share Change (LSC)

We are inviting you to take part in digital Listen Share Change.

We use storytelling to help people start a conversation, express their own feelings and learn more about the feelings of the people around them.

Participants can take part in an online session using Zoom or join 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



County Down
Rural Community
Network



Health and
Social Care



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

Are you
interested in
taking part in a
'Keeping Active'
talk?

- KEEP MOVING
- KEEP ACTIVE
- KEEP SAFE IN YOUR HOME

Via Zoom on Thursday 25th OR
Friday 26th February 2021 at 2pm

Zoom meeting ID: 96479989822
No password required.

Join one of our two live online information events to learn about the importance of staying active and keeping safe at home. The session will be delivered by a physiotherapist who will discuss ways to build and maintain your strength and balance to help prevent falls. They will be available to answer questions on how you can stay healthy.

You will receive FREE resources including, an exercise DVD, an information booklet and pedometer prior to the event.

Places are limited so please book early.

To book your place, please contact:

Heather Holland
County Down Rural Community Network
Mobile: 07511 069 072
Email: heather@countydowrncn.com



County Down
Rural Community
Network



Newry, Mourne
and Down
Age Friendly
District



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



County Down
Rural Community
Network

County Down Rural Community Network is part of the Healthy Living Centre Alliance see link below

<https://www.hcalliance.org/>

Our aim is to support individuals and community organisations

Our focus is to improve the lives of every individual in the areas of Physical health and Mental Health. To learn more about what we do and how we are supporting our community especially during Covid 19 Visit our Website:

<http://countydowruralcommunitynetwork.com/>



Supporting people living with persistent pain

Health and Social Care Northern Ireland is researching new technologies to help improve the understanding of pain and its management among people living in Northern Ireland. The aim is to provide information to people with persistent pain and their carers, to aid supported self-management, improve quality of life and advance patient outcomes. Join us in improving the lives of those living with chronic pain and get involved by becoming a trialist for the MyPathway app!

How it works:



The trial will last 6 weeks



You will be encouraged to use the MyPathway app on a daily basis to track your progress



After the trial we will invite you to join a feedback session either via the app, in person or on a group Zoom call

It's easy to take part!



You will receive short questionnaires regarding your pain



You will be able to engage with your set goals



Resources will be available to support your condition

If you are interested in taking part in this trial please register here: mypathwayhealthcare/pain-management/



Your interaction and feedback will help improve people's lives and enable patients to learn how to manage their lives whilst living with chronic pain.

Email: mypathway@adi-uk.com Website: mypathwayhealthcare

Community Services, Facilities and Events

Free Health and Safety online class courses delivered into your living room

Classes will be delivered online by a tutor, candidates must have access to a laptop, or PC with a Webcam and Microphone with a maximum of 15 - 20 candidates depending on course. The classes are designed to assist volunteers and users of [Community/Sports facilities](#) throughout the district or for anyone who would like to gain new knowledge and skills to enhance their career prospects.

All courses are accredited, and candidates will receive a qualification or a certificate.

Courses delivered: by Health Matters Health and Safety

Requirements: Candidates must have access to a laptop, or PC with a Webcam and Microphone and must attend for the duration of the class.

Course details: A brief description is given on application form below.

Fire Risk Assessment awareness

Fire Warden Training

Essentials of First Aid

Safeguarding of Vulnerable Adults

Legionella Awareness

Registration: Pre Booking Essential

Register your interest by completing the application below indicating your class and dates you wish to attend, you can also include other members of your community by adding their E Mail address, your details will be used as the contact person.

E Mail your application to ccbookings@nmandd.org you will then be notified if successful, classes will be offered on a first come, first served basis. Class registration ends one week prior to class start date.

Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh



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

Looking to find your future?

Are you 16-24 years old & looking for some direction?

Futures is a youth programme focusing on Personal Development, Citizenship & Good Relations offering:

- An OCN Level 2 Award in Personal Success & Wellbeing
- A Mentor for the duration of the programme
- £8 per day incentive (subject to eligibility)
- Trips and Residential Experiences*

Perfect for anyone going into education or training in September, with a mix of online and face to face options available*

*Depending on Restrictions

Starting March 16th



07920518125

futuresproject@nihe.gov.uk

Peace
Northern Ireland - Ireland
European Regional Development Fund



futures
Project

belfast
met

START360
Putting YOU at the centre

Northern Ireland
Housing
Executive

STARTS 16TH MARCH

ARE YOU 16-24 AND FROM NORTHERN IRELAND?
DO YOU HAVE A LAPTOP/TABLET/SMARTPHONE?



ONLINE SESSIONS, WEEKLY TASKS,
SUPPORT WITH
EDUCATION/EMPLOYMENT/TRAINING



EARN UP TO £40
PER WEEK



1-1 MENTORING



OCN LEVEL 2
QUALIFICATION



NEW PEOPLE
NEW SKILLS



✉ FUTURESPROJECT@NIHE.GOV.UK
☎ 07920518125

- 2 online sessions per week on Tuesdays/Thursdays/Fridays
- Payments subject to eligibility and do not affect benefits
- Face to face sessions, activities, trips and residentials dependent on restrictions
- Young people will also receive Belfast Met student ID through Unidays app



Be Collective Training Opportunity

Volunteer Now in partnership with the Department for Communities (DfC) have brought the volunteer recruitment and management platform 'Be Collective' to N Ireland. This platform supports volunteer involving organisations and those who wish to volunteer to find each other and enhance our strong volunteering community. The platform has a lot to offer and DfC have asked Volunteer Now to deliver a workshop in your Council area that will support the development of good practice in volunteer management and the use of Be Collective by community and voluntary organisations in your Council area. A list of the dates and times for each Council area is included below.

The session for Newry Mourne and Down District Council area will be held on Tuesday 23rd February 2021 from 3.15pm to 4.15pm

The sessions will be held over Zoom and the groups should register with Jamie: Jamie.greer@volunteernow.co.uk to receive the link.

Free Planning Advice



free • impartial • confidential • independent

Community Places gives free planning advice to people and community groups who cannot afford to pay a private consultant. Our advice is independent, impartial and confidential. We can give advice on:

- how the planning system works (applications; fees; enforcement; appeals);
- planning policies;
- your council's decision making process; and
- how to comment or object if you think a proposal or a development will have a negative impact on your home or your community.

We cannot help you if you have employed a planning agent; an architect; an engineer; a solicitor or any other professional to give you advice. We don't help businesses; political parties or people who want to object to social or affordable housing.

If you need advice on any planning issue - please:

- ✓ call us - 07783 649288 (we can offer the option of a video call if you prefer);
- ✓ email us - info@communityplaces.info



Community Places gives free planning advice to people and community groups who cannot afford to pay a private consultant. Our advice is independent, impartial and confidential. We can give advice on:

- how the planning system works (applications; fees; enforcement; appeals);
- planning policies;
- your council's decision making process; and
- how to comment or object if you think a proposal or a development will have a negative impact on your home or your community.

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
www.seaflag.co.uk



European Union
European Structural
and Investment Funds



Department of
**Agriculture, Environment
and Rural Affairs**
www.dema.rdg.gov.uk



Ards and North Down Borough Council Good Relations Programme

And

The Community Relations Council

Invite you to an online funding information session on

Thursday 4th March at 7.00pm

The event will cover information on grants and funding available from both Ards and North Down Council and the Community Relations Council.

To register for this event please email

Paul Killen at CRC

pkillen@nicrc.org.uk

If you have any queries please do not hesitate to contact Paul Killen

Community Relations Council

02890227500

07802361781

Covid 19 Community Helpline

Anyone in need of support should contact the Covid-19 Community Helpline, which is managed by Advice NI, freephone number 0808 802 0020.

You can also get in touch by [email: covid19@adviceni.net](mailto:covid19@adviceni.net): text: ACTION to 81025, **or by completing a form on the Advice NI website(external link opens in a new window / tab).**



Comhairle Ceantair
**an Iúir, Mhúrn
agus an Dúin**

**Newry, Mourne
and Down**
District Council

NI Centenary Fund

Aim: To provide financial support towards the delivery of projects aimed at marking the Northern Ireland Centenary.

Objectives: To support projects to mark the Northern Ireland Centenary while also complementing the Council's Good Relations Strategy

For further information on the application process for any of the above open Calls, or to be included in direct notification of future funding opportunities please contact The Programmes Unit:

Tel: 0330 137 4040 / 0330 137 4782

Email: programmesunit@nmandd.org

Calls for applications are opened throughout the year and are advertised on the Council's Website, Corporate Facebook and Twitter social media channels and in local newspapers.



**Ards and
North Down**

Borough Council

COMMUNITY DEVELOPMENT GRANTS FOR COMMUNITY AND VOLUNTARY GROUPS

Call for funding applications 2021/2022

Ards and North Down Borough Council has opened its annual funding scheme for local constituted voluntary and community groups. Awards are subject to budget availability. Groups from the Ards and North Down Borough can apply to the Community Development Fund 2021-2022 - for help with running costs and/or project costs for a constituted community or voluntary group.

Open: Thursday, 18th February 2021

Closes: Thursday, 11th March 2021 at 4 pm

Application forms, guidance notes and criteria are available on the Council website details below or may be requested from the Community Development Section, email address below.

W: <https://www.ardsandnorthdown.gov.uk/resident/grants/community-grants>

E: communitygrants@ardsandnorthdown.gov.uk



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

<https://communityfoundationni.org/>



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/>

The Pressure Group Fund

[The Pressure Group Fund - Community Foundation Northern Ireland \(communityfoundationni.org\)](https://communityfoundationni.org/grants/the-pressure-group-fund/)

Ongoing up to £1,000

Ann McGeeney Fund

Funding will be available to individuals and local community organisations that are planned and run for the benefit of communities in Northern Ireland and ROI, including cross border initiatives. In addition international initiatives may be eligible, providing they are in keeping with the purposes of the fund.

Area: Ireland

Grant Size: £1,000/€1,000.

Priorities: Peacebuilding, women, minority groups

grant-tracker.org/scheme/ann-mcgeeney-trust-fund