

NETWORK NOTES

May 2021 Special Edition

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

Tel: 02844612311 Email: info@countydowntnrcn.com

Men's Sheds get growing for spring!

CDRCN team members, Clare Shiels and Ann Grant, were delighted to meet with Men's Sheds from across Newry, Mourne and Down to give them their [#warmwellconnected](#) Spring Growing kits. The Men's Sheds are a vital part of communities, providing social contact for men of all ages through practical hands-on projects such as woodworking, photography, cookery, gardening and more. These Sheddars will be undertaking socially-distanced gardening with the Spring Grow Kits, Hopefully brighter days are ahead for us all! ☀️

[Warrenpoint Men's Shed](#) [New Town Together Mens Shed](#) [Lislea Men's Shed](#) [Annalong Mens Shed](#) [Burren Men's Shed](#)





County Down
Rural Community
Network



Public Health
Agency



COMMUNITY
FUND

SP-EAK

Suicide Prevention—Explore, Ask, Keep-Safe

An introduction to suicide prevention skills

Key Objectives:

- To consider the attitudes, myths and stigma that surround suicide
- To recognise and explore the 'signs' that may indicate someone is having thoughts of suicide
- To encourage an open, safe and sensitive conversation about suicide with a person having thoughts of suicide
- To support a safety plan with someone thinking of suicide

Join us for this **FREE** workshop

Via Zoom

9am— 12:30pm Friday 28th May 2021

To register your place please contact Paula:

paula@countydownrcn.com or 07850265968



PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINEUK | 9am to midnight, every day.

HOPELINEUK

0800 068 4141

07860 039 967

pat@papyrus-uk.org



County Down
Rural Community
Network



Beginners Chi Me Class

- Feeling the effects of stress?
- Need gentle movement to loosen your joints and improve your circulation?
- Need to improve your balance?

Join our FREE Chi Me Class every Thursday from 11.15 am to 12 pm.

For more information or to book a place, contact :

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

Men's Tai Chi Class

Wednesday mornings 11:00 – 11:45am

Starting 12th May for 6 weeks

FREE and from the safety of your own home via Zoom



Tai chi is a slow balanced art form to regulate the mind body and breath. Learn how to relax, strengthen and coordinate the body so you feel energised and stressfree all day long.

Tutor: Mike Bean

To register please email lise@countydownrcn.com or for queries and/or help to use zoom to access the class please contact Lise on 07511070895



Public Health
Agency



County Down
Rural Community
Network



Walking Group

Every Monday

County Rural Community Network

New Beginners Walking Group. Starting 14th June 2021 @11.30am



Downpatrick Area

Easy pace programme for anyone looking to start walking.

Accompanied by trained walking leader.

Like to join us for all the physical, mental & social benefits walking provides.

To book a place phone Gemma on 07511052851 or

email: gemma@countydownrcn.com



T. 028 9032 6803
info@nexusni.org
www.nexusni.org



24 Hour Domestic and Sexual Abuse Helpline

Our Helpline is still operating 24/7 and can provide support to anyone who needs it.

We know that this is a stressful & difficult time for a lot of people.

You can call 0808 802 1414 or email help@dsahelpline.org or click on link

<https://nexusni.org/helplines/>



OTHER HELPLINES THAT ARE AVAILABLE

[Lifeline](#) Suicide Prevention 24/7 **0808 808 8000**

[NSPCC](#) Helpline for concerned adults **0808 800 5000**

[The Rowan](#) (Sexual Assault Referral Centre for Northern Ireland) **0800 389 4424** (for all ages who have been sexually abused, assaulted or raped)

[The Samaritans](#) **116 123**

[Stop it Now](#) **0808 100 0900** (for individuals concerned about their own thoughts and behaviours towards children)

[Towards Healing](#) **0800 096 3315** (Helpline for survivors of clerical sexual abuse)

[Cruse Bereavement](#): **0844 477 9400** helpline@cruse.org.uk

PSNI Rape Crime Units Emergency **0845 600 8000, 101, 028 9065 0222**

For other information on Mental Health visit:

[Mental Health Forum - The voice of service users \(thementalhealthforum.co.uk\)](http://thementalhealthforum.co.uk)



Do you support someone living with dementia?

Join our free Carers Information Support Programme (CrISP)

for people who provide unpaid care and support for someone living with dementia in the South Eastern trust area.

Topics in CrISP 1 include understanding dementia, providing support and care, legal and financial matters, and coping day to day.

CrISP 2 is for those that have been caring for someone with dementia for some time. CrISP 2 is the second part of the programme is three weeks long and covers understanding change, living with change as more help is needed, and living well as dementia progresses. **You do not have to have attended CrISP 1 to attend CrISP 2, but you may find the topics covered in CrISP 1 helpful.**

Due to Coronavirus, all sessions are currently taking place using Zoom. Morning, afternoon, evening sessions and half day options take place each month.

June 2021

2 sessions (CrISP 2)

Saturday 5th and 12th June, 10am-12.30pm

June 2021(CrISP 1)

4 sessions

Friday 4th, 11th, 18th and 25th June, 10am-11.30am

Half day options – 2 sessions covered each half day

Monday 14th and 21st June, 9.15am-1pm

Wednesday 9th and 16th June, 1pm-4.30pm

For further information about the programme, please contact:

Roisin Coulter (Dementia Support Worker)

07860258814;

crispseni@alzheimers.org.uk

Hearing Aids Users - See below

Extra Dates added: - 4th November and 2nd December

DOWNPATRICK HEARING AID USER SUPPORT SERVICE

We can provide new batteries, cleaning and retubing of earmoulds for NHS hearing aids

This is a socially distanced drop off and pick up service. Please follow the instructions below to help us keep everyone safe.

Hearing aids must be placed in a labelled envelope with name and contact details. They will be collected at the entrance and brought inside for maintenance.

Users can wait in their car or return later to collect hearing aids. Hearing aids can be dropped off by friends or family members.

1st Thursday Each Month
6 May, 3 Jun, 1 July, 5 Aug
2 Sep, 7 Oct
1.30pm – 3.30pm

Ballymote Community Centre (Next to Supervalu)
40 Killough Road
Downpatrick BT30 6PY

**RN
I:D**



South Eastern Health
and Social Care Trust



Hazel.wilson@rnid.org.uk



07342 994453



rnid.org.uk

Less than 50 days to apply to the EU Settlement Scheme!

All EU, EEA and Swiss citizens and their family members, who were resident in the UK by 31 December 2020, should apply without delay so that they can continue to work, study, access free healthcare and benefits in Northern Ireland after 30 June 2021.

Apply today for free by visiting www.gov.uk/settled-status-eu-citizens-families

Link to support services: www.gov.uk/help-eu-settlement-scheme

Audio Translations are now available on the Council's website in the following languages to help explain what to do:

- Bulgarian
- Latvian
- Lithuanian
- Polish
- Portuguese

Romanian

Visit: www.newrymouredown.org/eu-settlement

Additional free and confidential advice and support is also available from Advice NI: 0800 138 6545

or Newry, Mourne and Down Ethnic Minority Support:

ethnicsupport@nmandd.org

Newry, Mourne and Down Intercultural Forum

Tel: 07835771951 or 07450259818



Sure Start invites you to come and join our stay and play. Take part in fun activities stories and rhymes!

Mondays from 17th May- 28th June

Via **Zoom**

Phone in to be added to the list and get the free link - see below:

02844613630.

All Children under 4 years and living within the SureStart area are welcome to this group. Children must be accompanied by an adult.



For more information on all your library offers Click the link below:

[Home \(librariesni.org.uk\)](http://librariesni.org.uk)



Welcome to Supporting Communities 166th Edition of E-Zine see link below which brings you information on how to get involved in The Big Lunch and Volunteers' Week.

[Ezine 166th Ed 12 May 2021.pdf \(windows.net\)](#)

Links to organisations - Click on links below

Volunteer Now - [Volunteers' Week - Volunteer Now](#)

[Rural Community Network - Publications - Overview](#)



**Worry
Stress
Anxiety**

**Advice
Hope
Support**



Formerly Citizens Advice

**Advocacy, Benefits, Consumer,
Debt, Employment, Housing**

Call us for free independent advice

0300 30 30 306



GREEN

Taking things in stride
Able to focus and flow through basic tasks
Motivated and confident
Good sense of humour
Normal sleep pattern
Physically and socially active
Ethical and moral good behaviour
Confident in self and with others
Limited alcohol/gambling
Attending to any meds/therapy
Using healthy outlets
Level headed
Not feeling overwhelmed

MYMY Volunteering
028 4321 8512
Unk T Volunteering
07555 505 217
SVP
028 4372 4008
Surestart
028 4461 3630
Ark Community Gardens
028 432 18 118
Greenhill YMCA
028 4372 3172
Homestart
07747 487938

AMBER

Anxiousness, feeling under pressure with basic tasks
Sadness, tearfulness, hopelessness.
Negative attitude and difficulty concentrating
Trouble making decisions
Decreased performance or workaholic tendencies
Restless and disturbed sleep
Depressed mood, zero motivation
Increased tiredness, aches, pains
Nightmares
Withdrawal
Desiring more time alone
Easily overwhelmed
Difficult to tidy, exercise, attend to hygiene

MYMY
028 437 27549
PIPS
028 9080 5850
Samaritans
116 123
Surestart
028 4461 3630
Greenhill YMCA
028 4372 3172
Papyrus
0800 068 4141
The Pantry Foodbank
07517 766 006
SVP
07889 780 330
Ark Community Gardens
028 4321118
GP Surgeries

RED

Excessive all-encompassing anxiety
Totally overwhelmed
Panic attacks
Intense black and white thinking
Mood oscillates from numbness to intense emotions
Easily angered
Aggressive
Cannot concentrate
Cannot fall or stay asleep
Constant tiredness
Expressing suicidal thoughts/intent that puts them and/or others in danger
Alcohol/drugs and gambling
Wanting to stop meds/therapy

Multi Agency Triage Team 18+
Fri/Sat/Sun
7am - 7pm
Lifeline
0808 808 8000
Papyrus
0800 068 4141
Samaritans
116 123
Emergency Services
112
GP Surgeries

READ THE SIGNS

A GUIDE TO FINDING HELP TO COPE WITH LIFE'S PRESSURES





Men's Health Week 14th – 20th June 2021

Theme – 'Make the Connections'

Check in, Check- up, Check it out

The Men's Health Forum in Ireland (MHFI) works on an all- Ireland basis to enhance the health and wellbeing of boys and men. One way MHFI achieves this is through the celebration of 'Men's Health Week'. The Forum recognises the right of all men to good health regardless of age, gender, sexual orientation, disability, race, and culture, religious or political affiliations

This year's theme of '**Make the Connections**' encourages everyone to:

- **Check in-** Check your own health and wellbeing –How are you feeling?
- **Check- up-**On family, friends and colleagues – How are they keeping?
- **Check it out-** Seek help and support if there is anything worrying you

The local SEHSCT Men's Health Forum would like to mark this year's 'Men's Health Week' by working in partnership with you or your organisation to raise awareness of the good work already being carried out locally regarding men and their health and wellbeing. This may be an event, sharing of information or social media posts

How we can help? Let us know about your event.

We can share the resources available from MHFI

We can also raise the profile of your event through our Calendar of Events

Please complete the Men's Health Week Form on next page and email it to brien.frazer@setrust.hscni.net

Help us to celebrate this important week. Please ensure all events adhere to current Covid-19 Guidelines



South Eastern Health
and Social Care Trust

Men's Health Week – 14th – 20th June 2021

Registration Form

Name of Event

Activity

Contact details for organiser (please supply email address)

Date/Time/ Venue

Please circle:

Open to all

Closed event – members only

**Promotional materials – It is hoped to have a number of online resources to share.
Please indicate if you would like a copy. Please circle**

Yes

No

Men's Health Week

HSC South Eastern Health and Social Care Trust

Health Development Department

Men's Health Week 14 - 20 June 2021

Take time to look after yourself

Men's Self-care Webinar
Wednesday 16 June 2021
9.30am - 10.15am

To register contact:
Eileen Young - eileen.young@setrust.hscni.net



Yoga Class & HIIT Class

Open to Trust Staff & Wider Community

Tuesday 15th June
Yoga 1.30 pm - 2 pm HIIT 17.30 pm - 18.00 pm




To register contact
William.Moore@setrust.hscni.net

Chess Tournament

Men's Health Week
14th June @ 8pm - 9pm

Open to Trust Staff & Wider Community



**JOIN US FOR
ZOOM
GAME
NIGHT**

You're invited to come along and join the fun!

To register contact
William.Moore@setrust.hscni.net



WORD SEARCH COMPETITION

TO GET A COPY OF THE WORD SEARCH PLEASE CONTACT
BRIEN.FRAZER@SETRUST.HSCNI.NET

**OPEN TO
TRUST STAFF &
WIDER
COMMUNITY**

Men's Health Week - More Activities



Open to Trust Staff
& Wider Community

Benefits include
improving mental health
and reducing stress
and anxiety

To register contact
William.Moore@setrust.hscni.net

Have you booked your Covid-19 vaccination ?



The PHA is urging everyone who is eligible to book their COVID-19 vaccine now; you don't need to be invited.

Appointments are currently available at the regional vaccination centres and participating community pharmacists. You can book via:

* **Regional vaccination centre – book online at:** [covid-19.hscni.net/get-vaccinated](https://hscni.net/get-vaccinated)

<[https://hscni.us8.list-manage.com/track/click?](https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=530ec9a91a&e=5e8571f164)

[u=59903efc545a060a69b3decf5&id=530ec9a91a&e=5e8571f164](https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=530ec9a91a&e=5e8571f164)> or If you are eligible for a vaccination centre appointment and cannot make an online booking, you can book your vaccination by telephone on **0300 200 7813**. The telephone booking service is available from every day from 8.00am to 8.00pm.

* **Community Pharmacy** – to find out which community pharmacies are participating click on the map: [pha.site/pharmacy-covid-vaccinations](https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=bc5d052123&e=5e8571f164) <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=bc5d052123&e=5e8571f164>> or if you don't have online access phone your local pharmacy directly.

- At certain times there may be a rush for appointments. Do not be put off if you can't get booked immediately. Keep trying. Everyone who wants a vaccine and is eligible will get one.

- <<https://mcusercontent.com/59903efc545a060a69b3decf5/images/2d595c99-48d2-48d5-b93c-514bdcf62383.png>>

- It's important to be informed about the COVID-19 vaccine. To find out more information about vaccine safety and effectiveness see pha.site/vaccineinformation <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=8d4ef3ee6d&e=5e8571f164>>

- To find out who is currently eligible for the COVID-19 vaccine see: www.nidirect.gov.uk/articles/get-covid-19-vaccination-northern-ireland <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=3531c9dbf8&e=5e8571f164>>

A range of information on the COVID-19 vaccination programme is available on the PHA website;

- * Simple Guide - The PHA has published a simple guide to the COVID-19 vaccine and its available to download here: pha.site/covid19simpleguide <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=72bba722ad&e=5e8571f164>>

- * Leaflets - Information leaflets on the COVID-19 Vaccination Programme are available for download here - pha.site/vaccineinformation <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=9c69d00961&e=5e8571f164>>

- * Q&A's - COVID-19 Vaccination Programme questions and answers are available at pha.site/vaccination-questions-and-answers <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=93eab73710&e=5e8571f164>>

Local Hygiene Initiative - Newcastle/Castlewellan Area

A local hygiene initiative has been set up in partnership with the Pantry Foodbank and Donard Family Practice Social Work Multidisciplinary Team (MDT). Discussions led to identifying that sanitary and general hygiene products are items of need in the local area. Individuals and families who struggle to buy food may also struggle to purchase the most basic of hygiene products.

Period poverty has been discussed and identified as an area that requires urgent attention; It was highlighted by members of the foodbank that there were incidents where women had to cut up bedding and use it as sanitary wear due to the fact they were unable to afford the appropriate products. Period Poverty is also a significant area of concern for school absence and while this is currently on government's agenda it is one that needs addressed locally and immediately. Research link included below:

<https://www.assemblyresearchmatters.org/2019/09/05/free-periods-period-poverty-its-impact-on-education-and-policy-responses-to-the-issue/>

Furthermore, access to hygiene products is not limited to females as it was also identified that males are also struggling with purchasing some essential hygiene products.

The aim of the local initiative is to be gender neutral and cover all ages therefore everyone can avail of support if needed. **All chemists in the Newcastle, Castlewellan, Dundrum and Clough are partaking and have a hygiene initiative basket available in store for donations.**

Members of the Social Work Teams in the local surgeries along with the Pantry Foodbank volunteers will collect donations from local chemists regularly. The Pantry Foodbank is the main distributors ensuring the products are being delivered to those in need. Community groups and organisations can also avail of this support by contacting one of the Social Work Team in the GP Surgery or The Pantry Foodbank directly. The uptake since the start of this project has been both inspiring and outstanding. We hope to build upon this to enable more individuals and groups to benefit.

This current pandemic has been a difficult time for everyone in some way and MDT social workers at the surgeries are keen to support individuals to reconnect with one another. We hope to bring individuals together to help reduce isolation and also build upon the hygiene initiative by making sanitary pouches and wash bags. We are going to work in partnership with Newcastle Carers Support Group/Hub and U3A Sewing Group to take this forward. This is open to anyone of any age to get involved and all materials will be provided. You do not need to be able to sew as there are lots of tasks that need completed. If you would like to take part in this please contact a member of the Social Work Team in your GP Surgery.

Further reading on period poverty can be accessed at the link below:

[download \(plan-uk.org\)](https://plan-uk.org/)

All foodbanks across the region welcome contributions of hygiene products in your donations



DONATIONS **NEEDED!**

Local Hygiene Initiative

All chemists in the
Newcastle, Castlewellan,
Clough & Dundrum areas
are taking part.

Please donate any hygiene
products into the baskets in
store

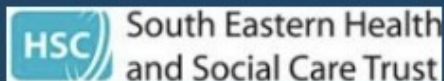
all hygiene
products
appreciated such
as sanitary wear
e.g deodorants,
shower gel,
razors, soap,
shampoo



South Eastern Health
and Social Care Trust

THE
Pantry
Foodbank
Charity No. NIC 101221

ARE YOU A CARER IN THE NEWCASTLE/DUNDRUM/
CASTLEWELLAN AND SURROUNDING DISTRICT?



All Carers Welcome



NEWCASTLE CARERS HUB CARERS WEEK

7 JUNE **CARERS WALK & TALK**
Come along and meet other carers to make connections and find out more about what is available to you in your local area
Meeting at Percy French car park at 2pm

8 JUNE **ART & CRAFT WORKSHOPS**
Participants will have the chance to do a felt making activity in AM and an art activity in PM. All materials supplied.
2 sessions - 10am & 2pm

9 JUN **COOKING WORKSHOPS**
Come along to our cooking workshops to have fun meeting others while making goodies. All ingredients will be supplied
2 sessions - 10am & 2pm in Unit T

10 JUNE **OFFICIAL HUB LAUNCH**
Come along and join us in launching the Newcastle Support Hub - find out more information and what will be on offer
Drop in anytime from 4pm - 8pm in Glenada Conference Centre Carpark

11 JUNE **CARERS WALK & TALK**
Come along and meet other carers to make connections and find out more about what is available to you in your local area
Meeting at Percy French Car Park at 11am

ALL WORKSHOP PLACES ARE LIMITED AND ARE ALLOCATED ON FIRST COME BASIS. PLEASE GET IN TOUCH ON THE NUMBERS BELOW TO BOOK YOUR PLACE. ALL CARERS WELCOME. ALL EVENTS FREE OF CHARGE. THE LAUNCH EVENT ON 10TH JUNE IS A DROP IN EVENT SO PLEASE COME ALONG TO SEE WHAT SUPPORTS WE CAN OFFER YOU IN YOUR CARING ROLE.

For more information or to book your place please call your GP surgery Social Work Team. Donard Surgery - Maria or Kate on 028 43722220
Causeway Surgery - Sandra on 028 43723438 or 028 43722252
Clough & Dundrum - Gemma or Pauline on 028 44811535

Community Foundation NI is a Website worth exploring as it contains News and Events for Community Organisations. For funding opportunities see link below

<https://communityfoundationni.org/>



Weir announces £5m for summer youth activity scheme

A programme of activities to provide much needed support to children and young people will be rolled out during July and August.

The focus of this programme will be on:

- providing opportunities for children and young people to re-engage with their peers;
- health and wellbeing with an emphasis on the outdoors;
- providing opportunities to reflect on their personal journey during Covid-19 using supportive and creative methods;
- enable parents, young people and others within the community to celebrate events and achievements to promote self-esteem and hope; and
- re-engaging volunteers whose dedication, commitment and skills are vital in helping to deliver youth services.

Applications to the fund will open later today for Education Authority registered local and regional youth service providers and other voluntary/community organisations.



Let's Move Together Fund: Now open!

Versus Arthritis are distributing grants of up to £5,000 to support people with **musculoskeletal conditions including arthritis** to get active. Organisations in Scotland, Northern Ireland or Wales should be working to increase the availability of exercise opportunities for people with musculoskeletal conditions in local communities, to reduce the negative impact of coronavirus and the widening of the inequalities in sport and physical activity. Applications are particularly welcome from groups who also support people from lower socio-economic groups, Black, Asian and/or Minority Ethnic communities and disabled people.

26.9% of adults in Northern Ireland have musculoskeletal conditions so many of the people you work with may be affected. For more information about these conditions please visit

[About arthritis | Conditions, symptoms, treatments, support \(versusarthritis.org\)](https://www.versusarthritis.org/about-arthritis-conditions-symptoms-treatments-support).

For more information about the Let's Move Together fund, including how to apply, please visit [Inspiring active communities \(versusarthritis.org\)](https://www.versusarthritis.org/inspiring-active-communities). If you have any questions please email physicalactivityva@versusarthritis.org.