

## NETWORK NOTES

June 2021 Edition

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

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

### Phennick Cove—Ardglass Marina celebrates 25 Years!



L-R:  
Ricky Le Bloas,  
Fred Curran,  
Gareth Henvey

**Ardglass Marina**, also known as Phennick Cove Marina, is situated in Ardglass, Co Down, one of three major fishing ports in N Ireland. Ardglass is now one of the safest small harbours on the east coast of Ireland following improvements made in recent years.

Phennick Cove Marina, Ardglass is celebrating 25 years of service to both local and visiting seafarers and the local area. Over the years the Marina has established itself as a welcoming and safe destination for visiting vessels and has contributed greatly to the local economy.

The Marina is a social enterprise, managed by a small voluntary Board of Directors, two of whom were involved in the original vision to have a marina established in Ardglass.

Over the years the Marina has forged a strong working relationship with County Down Rural Community Network (CDRCN). This close working relationship has seen Ardglass Marina grow and develop over the years, evident with the opening of a fully serviced and very successful Motorhome Park. The Marina has financially supported local clubs and groups and is a base for Ardglass Coastal Rowing Club, The Ardglass Vikings and Phennick Divers.

Phennick Cove Marina Management are fully appreciative of the time and resources, support and guidance provided by CDRCN in such projects and continue to be engaged in ongoing development plans.



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**



**Walking Group**  
Every Monday

## County Down Rural Community Network

New Beginners Walking Group.  
Starting 14<sup>th</sup> June 2021 @11.30am

Downpatrick Area

Easy pace programme for anyone looking to start walking.

Accompanied by trained walking leader.

Why not join us for all the physical, mental & social benefits walking provides.

To book a place phone Gemma on 07511052851 or  
email: [gemma@countydownrcn.com](mailto:gemma@countydownrcn.com)





**Ark**  
community gardens

# Veg Box Club 2021

Sign up for the season  
4th June 21 - 17th Dec 21 (29 weeks)

Pay in advance either in one  
go or monthly (7 instalments)

LETTUCE - ROCKET - SPINACH - MUSTARD - CHICORY - CARROTS - PARSNIPS - TURNIP - BEETROT -  
TOMATOES - PEPPERS - CAULIFLOWER - BROCCOLI - BRUSSELL SPROUTS - CABBAGE - KALE - RADDISH -  
- PAK CHOI - CORVETTE - BUTTERNUT SQUASH - AUBERGINE - BROAD BEANS - DWARF BEANS -  
RUNNER BEANS - SUGAR SNAP PEAS - MANGETOUT - CUCUMBER - LEEK - SPRING ONION - GARLIC

Sign up to receive a regular box of freshly harvested, high quality vegetables, that are grown using organic practices and all produced on site at the Ark community gardens by local volunteers.

**MEDIUM BOX**  
5-6 ITEMS

**£8**  
per week

**LARGE BOX**  
7-8 ITEMS

**£10**  
per week

To register your  
interest contact us

✉ [info@arkcommunitygardens.org](mailto:info@arkcommunitygardens.org)

☎ 028 43218118

**You can find us at:**

**2a Corriffs Road, Newcastle, Co Down, BT33 0JZ**

**( Just up from Burrendale Hotel on the same side and turn right)**

1 of 1

**PCSP** Policing & Community  
Safety Partnership  
making Newry, Mourne & Down safer

**KEYHOLE  
SURGERY  
LOCKSMITHS**



# Is Your Home Secure?

Newry, Mourne and Down PCSP's Home Secure Scheme engages trained staff to fit a range of safety devices that help vulnerable residents or victims of crime feel safer in their homes.

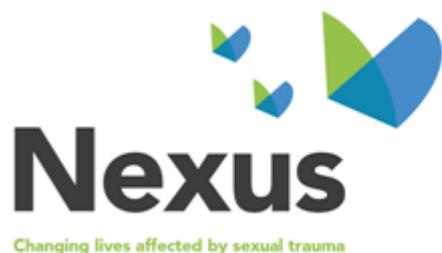
**FREE  
SERVICE**

*in Newry, Mourne and  
Down Council area*

## **Equipment can include**

- door chain or viewer
- window alarms
- oil tank alarms
- night security lights
- decoy cameras

**If you or someone you know may benefit from registering for PCSP's Home Secure Scheme, please email us at [pcsp@nmandd.org](mailto:pcsp@nmandd.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](mailto: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](mailto:helpline@cruse.org.uk)

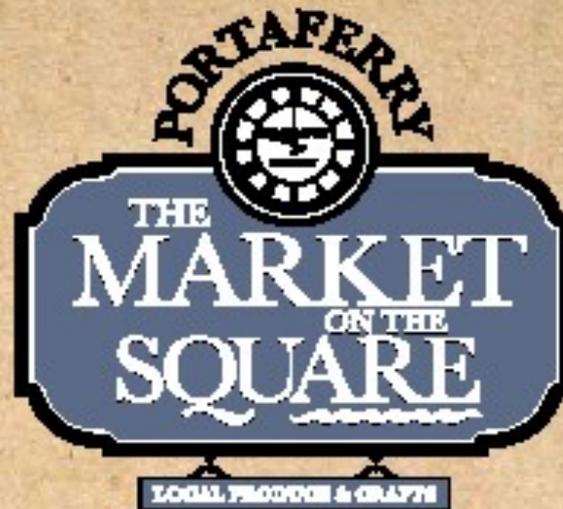
PSNI Rape Crime Units Emergency **0845 600 8000, 101, 028 9065 0222**

For other information on Mental Health visit:

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

Supporting our local communities in post lockdown times is so important for our local economy

Why not enjoy a visit to a local Market - See below for details:



FIRST SATURDAY OF THE MONTH  
FROM JULY TO DECEMBER  
10:00AM TO 1.30PM

**LOCALLY MADE FOOD, ART & CRAFTS**



☎ : 028 4272 9598  
✉ : info@portaferrymarket.com  
www.portaferrymarket.com

Registered with the Charity Commission for Northern Ireland NIC107528

Portaferry  
cooperatives



Supported by  
Arts and North Down  
Borough Council



# SUMMER MADNESS

## ACTIVITIES INCLUDES

Group Games  
Beach Days  
Day Trips  
Creation workshops  
Arts & Crafts  
BBQ's  
...and much more!

RUNNING THROUGHOUT  
JULY & AUGUST



£50  
PER  
WEEK

GREAT FUN  
WAITING  
FOR YOU

### JULY:

Monday 5th- Friday 9th July (7-10 year olds)  
Monday 19th- Friday 23rd July (11-13 year olds)  
Monday 26th- Friday 30th July (7-10 year olds)

### AUGUST:

Monday 2nd- Friday 6th August (11-13 year olds)  
Monday 9th- Friday 13th August (7-10 year olds)  
Monday 16th- Friday 20th August (14-17 year olds)

TO BOOK YOUR PLACE CONTACT TARA

028 4488 1374

info@glebehouseni.com

www.facebook.com/GlebeYouth

## Hearing Aids Users - See below

**Extra Dates added:** -4<sup>th</sup> November and 2<sup>nd</sup> 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.

1<sup>st</sup> 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](http://rnid.org.uk)



Please note: we cannot guarantee places that are not booked at least 24 hours in advance.  
If you have any difficulty, please contact our Help Line on 028 9039 5989 during office hours and  
Library Staff will respond within 48 hours.

ZOOM SESSION TITLE	ZOOM SESSION DESCRIPTION	DATE	TIME	BOOKING ESSENTIAL Please ring or email
<b>iPad Camera and Photos - Part 1</b> (Class delivered on Zoom)	Join our Zoom session to check out your iPad camera settings: live, time lapse, panoramic and more.	Tuesday 1 June	11:00am - 12noon	t: 07912 296790 e: <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a>  During Office Hours Monday - Friday
<b>Libby – eBooks and Audiobooks</b> (Class delivered on Zoom)	If you haven't yet discovered the amazing FREE audio and eBook offer from Libraries NI, then this is the Zoom session for you! Learn how to download the Libby app and sign up for the opportunity to borrow over 17,000 eBooks and audiobooks. Explore the app and discover features like search, place hold, bookmarks and reading settings.	Tuesday 1 June	2:00pm - 3:00pm	t: 07912 296814 e: <a href="mailto:MarthaAnne.Atcheson@librariesni.org.uk">MarthaAnne.Atcheson@librariesni.org.uk</a>  Monday, Wednesday, Thursday and Friday: 9:30am – 1:30pm Tuesdays: 1:00pm - 5:00pm
<b>Libby - eMagazines</b> (Class delivered on Zoom)	If you haven't yet discovered the amazing FREE eMagazine offer from Libraries NI, then this is the Zoom session for you! Learn how to download the Libby app and sign up for the opportunity to borrow over 3000. Explore the app and discover features like search, place hold, bookmarks and reading settings.	Wednesday 2 June	10:00am - 11:00am	t: 07912 296811 e: <a href="mailto:Karen.Maginess@librariesni.org.uk">Karen.Maginess@librariesni.org.uk</a>  During Office Hours Monday - Friday

Please note: one-to-one sessions are available by arrangement

July Zoom sessions are available to see at:

<https://www.librariesni.org.uk/events/>.

For more information on all your library offers

Click the link below:

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



Sign up for a free Zoom session on any of the following topics:

- iPads
- Emails
- Messenger
- Androids
- Scams
- WhatsApp
- Kindle
- eBooks
- eMagazines
- Skype

See our Zoom programme for more details or visit [librariesni.org.uk](http://librariesni.org.uk)



COMMUNITY ADVICE  
Newry Mourne & Down

Worry  
Stress  
Anxiety

Advice  
Hope  
Support

COMMUNITY ADVICE  
Newry Mourne & Down

Formerly Citizens Advice  
Advocacy, Benefits, Consumer,  
Debt, Employment, Housing  
Call us for free independent advice  
**0300 30 30 306**

## Rural Matters

Northern Ireland  
**Housing**  
Executive

In this edition you will read about:

- Oil Buying Clubs
- Dementia Friendly Homes
- Rural Community Award Winners
- Online Learning

[Rural Matters 2021 Edition \(nihe.gov.uk\)](http://nihe.gov.uk)

**Welcome to Supporting Communities 169th Edition  
of E-Zine see link below**



[E-zine 169th Ed - 23rd June 2021.pdf \(windows.net\)](#)

**Links to organisations - Click on links below**

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



The Queen's Award  
for Voluntary Service

# Congratulations!

*15 NI Volunteer Groups  
awarded the Queen's Award  
for Voluntary Service*

## Queen's Award for Voluntary Service Congratulations!

**Volunteer Now** is delighted that 15 volunteer groups in Northern Ireland have been awarded the Queen's Award for Voluntary Service, in 2021. The Queen's Award for Voluntary Service is the highest civil Award given to local volunteer groups across the UK to recognise outstanding work done in their own communities. We are very pleased that volunteers are getting recognition and we send our congratulations to:

- Crusaders Football Club
- Dreamscheme Northern Ireland
- Friends of Antrim Castle Gardens
- North Antrim Agricultural Association Ltd (Ballymoney Show)
- A Safe Space To Be Me
- Rathfern Community Regeneration Group
- ATLAS Women's Centre
- Via Wings
- Decorum NI
- Ards Peninsula First Responders
- Hope 4 ME & Fibro Northern Ireland
- Bann Rowing Club
- 72 (Omagh) Squadron, RAF Air Cadets
- Donaghmore Horticultural Community (DHC)
- Fivemiletown United Football Club

More information on the recipients and the Award can be found at :

<https://www.gov.uk/queens-award-for-voluntary-service>



**LIVE  
HERE  
LOVE  
HERE**

Check out these blogs: [Home | Healthy Oceans, Healthy Minds \(wixsite.com\)](#)

Want to find out the impact programmes and activities and what has been happening in your area?

[007852.pdf \(livehereandlovehere.org\)](#) - Newry Mourne & Down



**Disability  
Action**

For more info click on links:

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

[Our TSS team support young people on their journey through education and training | Disability Action Northern Ireland](#)



**Lisa McVeigh**  
Training Support Services Manager (Temporary)  
M. 07967 737470 E. [lisamcveigh@disabilityaction.org](mailto:lisamcveigh@disabilityaction.org)

Supporting young disabled people to grow in confidence and feel valued.

Lisa works with colleges and training colleges to support young people in their training and education.



**SKY BADGER IS A CHARITY THAT FINDS HELP AND ADVENTURE FOR DISABLED CHILDREN AND THEIR FAMILIES ALL OVER THE UK.**

We do this by building bridges between disabled children and the charities and services available to help. We find everything from disabled sports clubs to sibling groups to 'make a wish' charities and tell families about them through our website, social media platforms, videos, Information packs and helpdesk. Click on link below :

[Articles – Sky Badger](#)

The British Red Cross are running many courses digitally to help tackle loneliness and to support mental wellbeing

See link below:

[Digital classrooms for adults with the British Red Cross](#)

Department for  
Digital, Culture,  
Media & Sport

**Tackling  
Loneliness  
Digitally**

# Wellbeing techniques, resilience development and first aid toolkit

Guidance, support and activities to boost  
your skills, confidence and connections

Supporting  
 **BritishRedCross**

The British Red Cross Society, incorporated by Royal Charter 1864, is a charity registered in England and Wales (202646), Scotland (SC037731) and Isle of Man (3121).

Click the link for full doc



[Building digital communities to support people feeling lonely | British Red Cross](#)

If you are experiencing low mood or know someone who is then this course will prove very beneficial. Aware NI's Website is worth exploring. Click on the link for more information:

[Mood Matters For Adults - Aware NI \(aware-ni.org\)](http://www.aware-ni.org)



## AWARE MOOD MATTERS ADULT PROGRAMME

**Mood Matters Adult programme is a mental health awareness programme for adults, particularly those who may be experiencing low mood, stress or mild to moderate depression. It is delivered in community and other appropriate settings.**

### Learning Outcomes

This programme teaches you skills and techniques to look after your mental health, manage your feelings when you are stressed, worried or depressed and help you cope with challenges in your life.

**Duration:** 2 – 3 hours.

### Course Content

- What is mental health?
- Mental ill-health including signs and symptoms of stress and depression
- Looking after your mental health
- Sources of help

“ This course is excellent! I didn't think I would enjoy a talk about depression but the activities, DVD clips and excellent Trainer made it all easy to understand. Great course, highly recommend. ”

Laura, 28, Enniskillen

“ Knowing that I am not the only person who feels this way makes me more confident to talk to someone about my depression. Thank you for the course. ”

Brian, 50, Glenties

### How to apply

For more information and to find out how to apply, please visit the **AWARE** website

[www.aware-ni.org](http://www.aware-ni.org) or email [training@aware-ni.org](mailto:training@aware-ni.org)

Registered with The Charity Commission for Northern Ireland NC7100671.  
Charity No. NI. 58447

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

# VOLUNTEER

# NOW

connect · build · change

## NEW Managing & Motivating Volunteers On Demand Course

To celebrate the end of Volunteers' Week in 2021 and in time for 'Thank You Day', Volunteer Now Enterprises Ltd has some exciting news as we continue to embrace the NEW ENVIRONMENT of Volunteers. We bring you another new online method of building your volunteer management skills.

We are delighted to announce the release of our new online training course, **Managing and Motivating Volunteers**. This is a new addition to our online Volunteer Management Training offer, following the launch of Attracting and Selecting Volunteers in January. We have also brought all our On Demand Courses together on one page so you can see all we have to offer [here](#).

During the last difficult year, we have been tirelessly working to improve our product offering and service, and we believe that this course will help you enjoy your experience with online training even more.

So what is it all about? This unique training will support you and your organisation to follow innovative, creative, and good practice ideas when planning how best to manage and offer that continued motivation to your volunteers. It will help your organisation to meet your mission, vision, aims and objectives for your volunteer involvement, programme, and projects.

With visuals, innovative features, and practical exercises to enable in-depth learning, this course will offer personal development in a flexible way, whenever and on whatever device.

The course offers a comprehensive overview of good practice, and is tremendous value for money at £45+VAT per person, with a certificate on completion. It is not time-consuming – an average 4 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.

Organisations continue to look for flexibility and affordability when it comes to Volunteer Management training, and we are positive that we continue to produce just that.

Our thanks go to the Department for Communities for financially supporting our organisation in the development of this forward thinking, innovative and user-friendly training course.

Enjoy you learning! In our own small way Volunteer Now and Volunteer Now Enterprises Ltd want to play our part in connecting, building, and changing volunteering now and into the future.

Register for your place [here](#).

For more information on Volunteer Now Click Link below:

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



## Co-Vid 19 Vaccinations continue to be rolled out. Stay aware of social distancing , wear a face covering and Wash Your Hands -

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?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) <<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](http://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) <<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) <<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) <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=93eab73710&e=5e8571f164>>



**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](mailto:physicalactivityva@versusarthritis.org).

## The Ultach Fund / An Ciste Ultach

**Closing Date: Jul 7, 2021 13:00**

Area:

Northern Ireland / Ceantar: Tuaisceart Éirean

Grant size:

Up to £2,000 / Méid deontais: Suas le £2,000

Priorities:

- Applications: That promote the Irish language through projects, but are not limited to: Irish language classes for adults, Irish language social events for adults, Irish language learning resources, family-centered projects; From small groups, typically with an annual income of less than £250,000. Tosaíochtaí Iarratais: An Ghaeilge a chur chun cinn trí thionscáid, ach níl siad teoranta de: ranganna Gaeilge do dhaoine fásta, ócáidí sóisialta do dhaoine fásta, acmhainní foghlama Gaeilge, tionscáid dírithe ar an Teaghlach; O ghrúpaí beaga go hiondúil le hioncam bliantúil níos lú ná £250,000.

See link for more details and how to apply online:

[The Ultach Fund / An Ciste Ultach - Community Foundation](#)



**Grant Tracker** gives you the latest information on funding available . There is usually an annual charge for this. County Down Rural Community Network can access this information for its members FREE of CHARGE.

County Down Rural Community Network supports our members and community groups to apply for funding .

Our membership is currently free. You can join online by completing our membership at our Website : [www.countydownruralcommunitynetwork.com](http://www.countydownruralcommunitynetwork.com)

Or Email: [patricia.martin@countydownrcn.com](mailto:patricia.martin@countydownrcn.com)