

NETWORK NOTES

September 2021 Edition

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

Tel: 02844612311 Email: info@countydownrcn.com

Peace IV Health and Safety Capacity Building Programme 2021

Restart and Reconnect your community

FREE Training Programme

A great opportunity to get your training up-to-date, post-Covid 19, to enable you to **Reopen** your community facility; **Restart** your community group's activities safely and **Reconnect** your community.

Training will include:

- Risk Assessment – including Covid-specific issues and Fire Risk assessment
- Health & Safety – including Covid-specific issues
- Manual Handling (including lifting, putting down, pushing, pulling, carrying or moving loads safely)
- First Aid
- Event Management

For more information and to express your interest in this training programme, please contact info@countydownrcn.com and quote 'Ref PeaceIV training'.

Places are limited, so please register early!



SAVE THE DATE

CDRCN AGM : 13 October 2021 @ 3pm by Zoom



**County Down
Rural Community
Network**

Programmes Include:

- Mandala Art
- Resilience training
- Chair based yoga
- Practical aromatherapy
- Breathe laugh & relax
- Mindfulness

If you are interested in exploring any of these courses please contact :

Gemma@countydowncrn.com

Or phone:

02844612311

Social Café

Castlewellan Community Centre

Meeting Every Tuesday

Starting Tues 14th Sept 2021

10.30 to 11.30am



The Social Café is a friendly get together for people to chat, make new friends and learn something new.

Join us for free Tea/Coffee biscuits, selection of Board Games, Jigsaws, cards etc



Further information contact Nuala/Gemma/Patricia

028 4461 2311



CHI ME

FREE ONLINE SESSION

Via Zoom

Thursday Mornings Starting 2nd Sept

Advanced Class (if you have attended previous) 10.00am – 11.00am

Beginners/Chair based 11.15am -12pm

Interested in attending please

Email patricia.martin@countydowncrn.com

Or

Contact Gemma on 07511052851



MINDFUL MOVEMENT ZOOM CLASSES

FREE 12-WEEK PROGRAMME STARTING WED 8TH SEPT



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 Wed 9th September 2021.

Between 2-3pm Logon from 1.50pm

Interested email. gemma@countydowncrn.com



Walking Group Every Monday

Starting 6th September at 11.30am

Beginners Walking Group in the Downpatrick Area.

Gently paced routes suitable for people with limited mobility and wheelchair users.

Accompanied by qualified walking leaders.

To book a place

contact Gemma on 07511052851 or email: gemma@countydownrcn.com



Walking has been shown to be a great way to increase blood flow, stimulate the lymphatic system, promote good oxygen levels and relieve stress. It is gentle on the body so suitable for all abilities. Why not contact us today and have a chat about where this might fit into your life?



**County Down
Rural Community
Network**



Better Days
Pain Support Programme

Are you living with CHRONIC pain?

Our Programme explores:

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?

**Join us for a FREE 8 week
Pain Management programme
Via Zoom**

**Starting Wednesday 22 September 2021
Session starts at 10.30**

**For more information contact:
Patricia.martin@countydowncn.com**

General Practice
Multi-Disciplinary
Teams



HSC Public Health
Agency

Community Development
and Rural Affairs

A living, working, active heritage
enjoyed by everyone.

AWAKEN

Free Personal Development Course

To re-awaken your motivation and zest for life!

Rediscover who you are, what exactly you want and need in your life and how to make individual changes with kindness and self-compassion.

6 week course starting:
Tuesday 14th September
Time: 10am – 11.30am
Venue: Zoom



To book your place please contact Daniella:
daniella@countydowncrn.com / 07709712152



'TAKE 5' AMBASSADOR TRAINING

Would you like to become a Take 5 Ambassador?



As a Take 5 Ambassador you will promote the Take 5 message within your community, organisation or with service users – organising Take 5 themed activities, promoting healthy lifestyles and positive mental health.

19th October 2021.

10.30AM – 1PM

Training delivered online via Zoom

For further information please contact Brien or Eileen on:

brien.frazer@setrust.hscni.net

Eileen.young@setrust.hscni.net

The training explores the Take 5 Steps to Wellbeing, examines the Take 5 toolkit and offers the opportunity for participants to share examples of best practice, learning how they can integrate the Take 5 approach into their future work



Personal and Public Involvement in NI Stroke Services

Involving you, improving care



Join the Northern Ireland (NI) Stroke Network to Improve Our Stroke Services

Who or what is the NI Stroke Network?

The Northern Ireland Stroke Network is a regional multi-professional network tasked with improving stroke services across Northern Ireland. Membership includes:

- Primary and Secondary Care Providers
- Health and Social Care Board & Public Health Agency
- Voluntary Organisations
- Patients, carers and their families

The Northern Ireland Stroke Network aims to provide strategic direction and leadership to those involved in the development and delivery of stroke services in Northern Ireland. Through its Regional Steering Group and various subgroups, the Network drives continuous improvement in stroke care and stroke survival for the people of Northern Ireland.

For more information email:
Stroke.Network@hscni.net



County Down
Rural Community
Network

Take a look at what is happening at the Newcastle Festival of Life 2021

Contact us if you find something which interests you!

Paula@countydownrcn.com or

Telephone: 02844612311

MONDAY 6th SEPTEMBER
1pm - 4.30pm
ONLINE SP-EAK TRAINING WITH POPYRUS
Contact CDRCN, see below

TUESDAY 7th SEPTEMBER
7pm - 8pm
ONLINE CHOCOLATE MEDITATION
Contact CDRCN, see below

WEDNESDAY 8th SEPTEMBER
6pm - 7pm
PURE MENTAL NI PRESENTATION WITH Q&A
email: jtevents2021@gmail.com
for zoom link

WEDNESDAY 8th SEPTEMBER
7pm - 8pm
ONLINE MOOD MATTERS TRAINING WITH AWARE
Contact CDRCN, see below

THURSDAY 9th SEPTEMBER
2pm - 4pm Burrendale Hotel
SENIOR CREAM TEA SOCIAL EVENT
Contact CDRCN, see below

SATURDAY 11th SEPTEMBER
2pm - 4pm Murlough Main Car Park
WALK FOR LIFE EVENT*
Families are encouraged to bring a picnic. There will be a beach clean, entertainment and refreshments provided.

SUNDAY 12th SEPTEMBER 5pm
INTERDENOMINATIONAL CHURCH SERVICE
from St. Macartan's Parish, Loughinisland
Online participation via churchmedia.tv/
camera/st-macartans-parish
In person participation welcome.

*Regulations and guidance will be in place to help stop the spread of COVID-19. Continue to protect yourself and others by following public health advice.

YMCA - 'Starts with the Heart' Art Project and Tree Planting in recognition of all frontline workers.
CDRCN - paula@countydownrcn.com 028 44 612311

BETTER TOGETHER NÍOS FEARR LE CHÉILE

Celebrating Diversity

17th September 2021, 3-6pm

Newry Variety Market, John Mitchel Pl, Newry BT34 2BP

Join us for

- music
- dance performances
- craft workshops
- free food tasting



Admission is free, but booking is essential.
Please book your tickets on Eventbrite



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

LECALE COASTAL FUSION

We are many, we are one

12th September 2021, 2-5pm

Ballyhornan Family Centre
15 Rourke's Link, Bishops Court, BT30 7DQ

Join us for

- music
- dance performances
- craft workshops
- free food tasting



Admission is free, but booking is essential.
Please book your tickets on Eventbrite



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

MOUNTAINY CRAIC

3rd September, 3 - 6pm

Bluebell Lane Glamping
49 Tullymacreeve Rd, Mullaghbawn, Newry BT35 9RE

Join us for

- music
- dance performances
- craft workshops
- free food tasting



Admission is free, but booking is essential.
Please book your tickets on Eventbrite



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

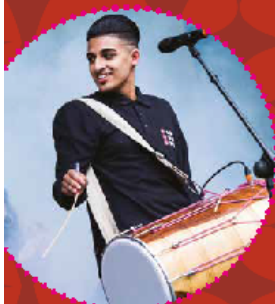
MOURNE-FEST

18th September 2021, 2-5pm

Moneydarragh Hub, 101 Longstone Rd, Annalong BT34 4UZ

Join us for

- music
- dance performances
- craft workshops
- free food tasting



Admission is free, but booking is essential.
Please book your tickets on Eventbrite



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

Glebe House Activities

Join Sir Hans Sloane (Clive Scoular) for a talk at :
The Hans Sloane Centre, Killyleagh, followed by a walking
tour of Killyleagh (approx 1 hour) , detailing the early life of
Sir Hans Sloane.

Returning to the Hans Sloane Centre for lunch.

Date: 16 September

Time: 11am

Venue; Sir Hans Sloane Centre, Killyleagh

Cost: £10

Transport is available on request and lunch is included.

For further details and to book contact Colin:

info@glebehouseni.com



The poster features the Glebe House logo at the top, which includes the text 'glebe house' and 'harmony community trust' below it. The main title 'Foraging in the Fall' is written in a large, stylized, orange font with a drop shadow. Below the title is a circular photograph of a basket filled with various autumnal fruits and vegetables, including apples, pears, and berries. Underneath the photo, the date 'Date: Tuesday 5th October' is written in a large, orange, stylized font. Below the date, the time 'Time: 11am' and cost 'Cost: £5' are listed in a smaller, orange font. The venue information 'Venue: Glebe House, 23 Bishopscourt Road, Kilclief, BT30 7NZ' is written in a smaller, orange font. Below the venue, the text 'Join Marion Partridge to identify, harvest and process tonics from our wild foods' is written in a smaller, blue font. The booking information 'To Book: Contact Colin' is written in a smaller, orange font. The contact details 'Tel: 02844881374 / Email: info@glebehouseni.com' are written in a smaller, blue font. At the bottom of the poster, there are three logos: a Facebook logo followed by 'Glebe House Adult Programme', the 'T:buc' logo with the tagline 'Celebrating for the better, together' and the website 'Made with 1900213/WWW.T.com', and the Northern Ireland Executive logo with the website 'www.northernireland.gov.uk'.

glebe house
harmony community trust

Foraging in the Fall

Date: Tuesday 5th October
Time: 11am **Cost: £5**

Venue: Glebe House, 23 Bishopscourt Road, Kilclief, BT30 7NZ
Join Marion Partridge to identify, harvest and process tonics
from our wild foods

To Book: Contact Colin

Tel: 02844881374 / Email: info@glebehouseni.com

 Glebe House Adult Programme

 **T:buc**
Celebrating for the better, together
Made with 1900213/WWW.T.com

 Northern Ireland
Executive
www.northernireland.gov.uk



The five Health and Social Care Trusts in Northern Ireland have joined forces with the Public Health Agency (PHA) and the Northern Ireland Ambulance Service (NIAS) to deliver a campaign encouraging everyone to hold on to hope, to nurture our mental wellbeing and to raise awareness of the local and national services that are available to help when times are tough.

'Holding On To Hope in a Changing World' is a five week social media campaign which links World Suicide Prevention Day on 10th September to World Mental Health Day on 10th October.

The interactive campaign pack features a Hope Quiz to help you reflect on how hopeful you are today. Your score will direct you to tips, information and resources that can help including:

- Take 5 Steps to Wellbeing
- Self-Care tips
- Helplines information
- Self-help resources
- Training on mental health
- Information on techniques such as gratitude, mindfulness and challenging negative thoughts.
- Downloadable poster and email strap

Want to get involved?

You can help to get these messages of hope out to your local community by:

- Sharing our social media posts
- Downloading the pack and displaying the poster in your office/community
- Adding the email strap to your signature
- Sharing the pack with your friends, family and colleagues

The campaign and social media schedule will run from 6 September – 10 October and it will be shared with stakeholders. Campaign materials will be hosted on the MindingYour-Head.info website and the PHA and Trusts' social media channels will feature key messages during the course of the campaign.

Campaign posts will be predominately be scheduled Mondays and Thursdays of each week using the hash tag. **#holdingontohope21**

You can post, share and retweet from 6 September.

The campaign is being supported by the Mental Health Champion, Inspire, Department of Health and Health & Social Care Board. We hope you'll take part in the campaign and share it across your social media channels and with contacts.

For more information contact:

Health.Development@setrust.hscni.net

Would you like to improve your wellbeing?

Explore the benefits of:

1. Connection
2. Taking notice
3. Being active
4. Learning something new
5. Giving something back
6. Valuing yourself



Positive Steps offers you the opportunity to try something new, have fun, and learn & practice strategies that aim to enhance confidence & well-being



7 WEEK COURSE

Date	Time	Location
Wednesday 8 th September – 20 th October	10- 11.15am	Delivered online via Zoom

Free and open to everyone.

Participants should be available to attend all 7 sessions

FOR FURTHER INFORMATION OR TO RESERVE A PLACE PLEASE CONTACT

EILEEN ON:

eileen.young@setrust.hscni.net

Take5 steps to wellbeing



Health Development
Department



Department of
**Agriculture, Environment
and Rural Affairs**

Sustainability at the heart of a living, working,
active landscape valued by everyone

Northern Ireland's environment is its most important asset and it is crucial to each and every one of us. Clean air, good quality water and the green and blue spaces, to which we have access, are part of our 'natural capital' (i.e. our stock of natural resources, including geology, soils, air, water and all living organisms).

Effective care of the environment provides very real benefits in terms of improving health and wellbeing, promoting economic development and addressing the social problems which result from a poor quality environment. The environmental issues that we need to address are wide-ranging and complex, requiring a joined up approach involving a range of stakeholders, working together with DAERA.

Northern Ireland has never had an overarching environment strategy but we believe one is now needed to develop an effective and holistic approach that will deliver real improvements for many decades to come.

DAERA produced a public discussion document designed to give stakeholders the opportunity to express their opinions freely on a wide range of environmental issues facing Northern Ireland. (now closed)

Click the link below to explore various topics pertaining to N Ireland and the of strategies on our environment

[Protect the environment | Department of Agriculture, Environment and Rural Affairs \(daera-ni.gov.uk\)](https://daera-ni.gov.uk/protect-the-environment)



ACTIVE TRAVEL CHALLENGE

Get Active, Get Fit and help to reduce carbon emissions

See link below for details:

[Active Travel Challenge \(getmeactive.org.uk\)](https://getmeactive.org.uk)

Plough On Project



- Are you a male over 65 years of age?
- Do you live in a rural area?
- Do you have an interest in farming, rural heritage, and history?
- Would you enjoy meeting other like-minded individuals for a cup of tea and a chat?
- Would you enjoy attending free activities to encourage learning and reminiscence?



Plough On Project VOLUNTEERS NEEDED

This project will tackle rural isolation and increase social opportunities for older men who have experienced challenging and demanding roles as farmers. Its core purpose is to improve mental and physical wellbeing through socialisation and participation in rural heritage/farming-based activities and excursions.

Activities will include a range of educational, learning and reminiscence opportunities, encouraging older men to connect on areas of shared interest such as farming, rural heritage, and history. The approach will be focused on improving health outcomes and will address social challenges and empower individuals to stay healthy.

Participants will be arranged into groups, based on geographical area, and will take part in an 18-month programme, consisting of monthly local meetings and occasional trips.

For more information on the Plough On Project or to get involved, contact Keelin McGartland:
02886760040 or email keelin@ruralsupport.org.uk

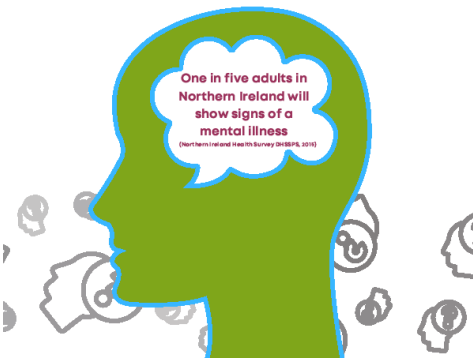
2021 - Training sessions

MENTAL HEALTH AWARENESS TRAINING

be mental health aware



FREE training for individuals and community groups - sign up today



We offer free accredited training tailored to both individuals and community groups....

Level 1 (4 hours) :

This awareness course is suitable for anyone who wants to gain an understanding of mental health with the aim of being able to provide advice and practical support to others. It provides participants with the knowledge to identify the signs of stress and various mental health conditions as well as the resources to guide them towards the correct support.

Level 2 (6 hours) :

This course is aimed at community groups to increase their understanding of mental health within the group as well as building a culture of care and support. Group leaders and volunteers will learn how to support individuals with their mental health while gaining a comprehensive knowledge of the most common mental health conditions.

To sign up contact our training department at:

steppingstonesni.com

Email: training@stepping-stones.org.uk

Phone: 07717738804



JANE GILMORE

Training Coordinator



"Hi I'm Jane. I have 15 years' experience of delivering training from a wide range of awarding bodies at various educational levels. I also design soft skills training to meet the needs of our clients and have delivered training to management, staff, parent groups and students across both private and public sectors, educational establishments, voluntary groups and charities. I have a passion for Health & Safety and in particular delivering First Aid training to equip people with the skills and knowledge to act in an emergency. I am delighted to bring our new Mental Health First Aid training to people in our community as I believe the impact will be far reaching"

Operating across the following council areas:



Jane

in association with **NUCO training**

The above is provided as an indication only and does not constitute an offer of any services. The programme is subject to the availability of funding and the approval of the relevant authorities.



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)

[Self Help Toolkit \(covidwellbeingni.info\)](http://covidwellbeingni.info)

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.



Mood Matters for Adults



South Eastern Health
and Social Care Trust

Mood Matters for Adults is a mental health awareness programme suitable for anyone who would like to learn more about managing their mood.

The programme teaches techniques to:

Manage Stress & Anxiety

Identify Mental Ill-Health

Know Where to Get Help & Support

**The programme will be delivered
via a Zoom session on**

Thursday, 30th September, 10am

To register please contact

Eileen.young@setrust.hscni.net

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

AWARE has a Support Line in place for mental health support and information. The Support Line operates Mon - Fri 11am - 3pm. Please call 07548530931 or 07340488254 .

You can also email info@aware-ni.org and a member of the team will get back to you.

Register in advance via the below link for next Mood Matters Course for Adults: a mental health workshop to be held on Wednesday, 8 September 7-9pm

<https://aware-ni-org.zoom.us/meeting/register/tZwvdu2tpz4uGtKTjJIDujtD3KEC11sz4820>



Formerly Citizens Advice

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

Call us for free independent advice

0300 30 30 306

Northern Ireland
Housing
Executive

For more information on Housing Executive Rural News see link below:

[The Housing Executive - News \(nihe.gov.uk\)](https://www.nihe.gov.uk/news)



**Welcome to Supporting Communities 171st Edition
of E-Zine see link below**

**[E-zine 171th Ed - 4th Aug 2021.pdf](#)
([windows.net](#))**

Links to organisations - Click on links below

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

Hearing Aid 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 Supervalue)
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

deafblinduk

What is Deafblindness?

Deafblindness is the loss of sight and hearing to the point where your communication, mobility and ability to access information are impacted. It affects everyone differently.

For more information see link below:

[Deafblind UK | Supporting Deafblindness in the 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
Spotify (Class delivered on Zoom)	Join our Zoom session to find out how to access a wide range of music on your iPad, tablet or smartphone. Find out about the many free and paid for music streaming apps available, including Spotify.	Wednesday 1 September	11:00am - 12 noon	t: 07843 339159 e: Joanne.Brown@librariesni.org.uk During Office Hours Monday - Thursday
Libby - eBooks and Audiobooks (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.	Wednesday 1 September	2:00pm - 3:00pm	t: 07912 296792 e: sheila.mclean@librariesni.org.uk During Office Hours Monday - Friday
Moneysaving - Part 1 (Class delivered on Zoom)	Join our Zoom session to explore some of the great free advice sites on the internet that help you make your money go further. There is a wealth of knowledge out there if you know where to look. Also, see what you can do with cashback sites when you shop online.	Thursday 2 September	11:00am - 12 noon	t: 07912 296790 e: david.bridges@librariesni.org.uk During Office Hours Monday - Friday

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

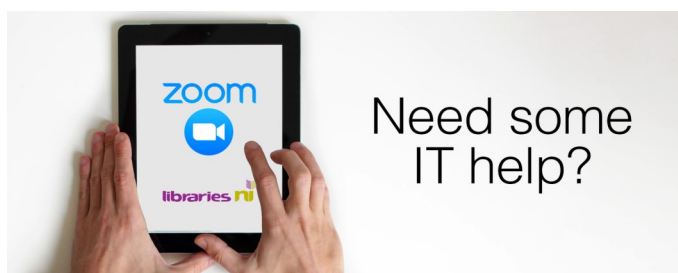
July Zoom sessions are available to see at:

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

For more information on all your library offers

Click the link below:

[Home](https://www.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](https://www.librariesni.org.uk)



Require: Volunteer Car Drivers

Do you have 4 hours a week to take someone to a hospital appointment in Belfast? Do you have 2 hours a week to help someone access local services?

Down Community Transport are looking for Volunteers willing to use their own car to transport individual members from their homes to local services or to hospital appointments.

We particularly need Volunteer Drivers in the greater Newcastle and Castlewellan areas.

Full training and an Access NI check will be provided.

All mileage and any out of pocket expenses will be covered.

For further information contact Deborah Boden on

028 4461 7900 or deborahboden@downct.com



DPO is an acronym for Disabled Peoples Organisations

A clearer understanding of the value of DPOs & how they differ from non-user-led disability charities is needed.



Click

[Disability Action Ezine - 26 August 2021 \(mailchi.mp\)](mailto:mailchi.mp)



DOMESTIC VIOLENCE & AWARENESS TRAINING

Thursday 14th October, 2pm – 4.30pm

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 should be booked on HRPTS.

Email enquiries should go to: julieann.Quavle@setrust.hscni.net



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.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>> 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>>



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/>



The Live Here Love Here Marine Litter Capital Grants are being provided by the Department of Agriculture, Environment and Rural Affairs through the Live Here Love Here collaborative partnership, involving DAERA, ten Local Councils, Northern Ireland Housing Executive and Keep Northern Ireland Beautiful.

Applications close at 11am on Monday 27th September

For more info, eligibility and how to apply click below:

<https://www.liveherelovehere.org/cgi-bin/generic?instanceID=66>



Prince's Trust

Prince's Countryside Fund Opens for Autumn 2021 Round

- Supporting Rural Communities offers grants of up to £25,000 over two years for community-led projects that are pursuing innovative and strategic solutions to the challenges facing their rural area and which will improve the long-term viability and resilience of their community and replicable for other rural communities too.
- Project Village Survival offers grants of up to £10,000 over one year for projects that are addressing rural community resilience and ensuring their village's future viability and "thrivability".

From 9 August to 15 September, PCF will be holding PCF grant application surgeries every Tuesday, Wednesday and Friday (14:00 to 15:00). All appointment will be 15 minutes long and need to be booked by sending an email to grants@countysidefund.org.uk.

The deadline for applications is midday on 17 September 2021.

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. Our membership is currently free. You can join online by completing our membership at our Website :



www.countydownruralcommunitynetwork.com

Or Email: patricia.martin@countydownrcn.com