

NETWORK NOTES

October 2021 Edition

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

Tel: 02844612311 Email: info@countydowntnrcn.com

CDRCN holds its 26th AGM

CDRCN was delighted to host its 26th AGM on Wednesday 13th October 2021.

The AGM was held via zoom video conferencing.

It was a pleasure to welcome Councillor Cathy Mason, Chair of Newry, Mourne and Down District Council who gave the opening remarks and spoke about the positive impact the Network has had in the past year.

Thanks also to Julian Simpson of Fibrus Hyperfast Broadband for the presentation on the roll-out of Project Stratum; and to Nigel McKinney of Rural Community Network, who gave a briefing on the opportunities and challenges of 5G for rural communities.

A special thanks and farewell to retiring board members Alan Dumigan, (former Chair) and Reg Bell – thank you so much for your time, energy and expertise over the years! A warm welcome to our elected committee members for the year ahead, representing communities from across South Armagh, Newry Mourne and Down, and North Down and Ards.

Click on the link below to access our annual report for a snapshot of our work over the past year – it's been another busy year, and we look forward to the challenges of the year ahead!

[CDRCN AGM and annual report 2021 | County Down Rural Community Network](#)

CDRCN opens new wellbeing hub on the Promenade in Newcastle

Councillor Cathy Mason, Chair of NM&DDC officially opened the new Wellbeing hub which will be a central point for people to access information, advice to support both mental and physical wellbeing.

CDRCN have supported Newcastle groups for over 20 years under the leadership of Paula Nixon, our health development worker for the area. In the last three years CDRCN has worked closely with the Primary Care Practices via the multi disciplinary teams pathway ,which provides an avenue by which patients can access programmes via a "Social Prescription". County Down Rural Community Network has two Social Prescribers (Nuala McElroy and Patricia Martin, and the MDT Co-ordinator, Gemma Cassidy, supports and complements this team. The CDRCN team will make best use of the new premises.

The need for this type of intervention and support has increased over the last few years particularly during the pandemic when isolation and separation has contributed to the escalation of mental and physical health issues .



For more information contact the team on
wellbeinghub@countydowntnrcn.com

Councillor Cathy Mason and outgoing Chair of CDRCN , Alan Dumigan at the official opening of CDRCN Wellbeing Hub.

Nicholas McCrickard, Manager, CDRCN , with Cathy Mason, Chair, NM&DDC along with staff of CDRCN and service users. Also included in photo is Alan Dumigan, outgoing Chair, CDRCN and wellbeing course participants





WELLBEING HUB DROP-IN SERVICE

Our Drop-in sessions are part of CDRCN's ongoing goal to ensure that people have somewhere to turn to discuss their Health & Wellbeing and the availability of services locally.

Monday 2pm - 4pm

Tuesday 2pm - 4pm

Thursday 2pm - 4pm



**County Down
Rural Community
Network**

**Self-Referral to
Social Prescribing**

**Support and advice
on local services**

**No appointment
needed**

Zoom Training

**Join Programmes &
Activities**

CDRCN WELLBEING HUB

85 Central Promenade
Newcastle

Email:
wellbeinghub@countydowntnrcn.com

Regional Nutrition Information Sessions for the public - November

Simply click the link or type into a browser to register.
Zoom details will be sent upon registration.

All sessions are delivered by the Public Health Dietitians Group NI. You will have the chance to ask a Registered Dietitian your questions.

How to Save Money on Your Food Shop

Most people would like to spend less on their food shop – find out how with some top tips during this session!



<https://tinyurl.com/save-money-nov>

Wed
3rd Nov
@ 12pm

Wed
10th Nov
@ 4pm

Mealtime Tips & Fussy Eating

Tips from a dietitian on how to create healthier meal habits for the whole family, dealing with fussy eating and portion sizes for kids.



<https://tinyurl.com/Mealtime-nov>

Introduction to Solids

Perfect for anyone thinking about or who has recently started introducing solids to their baby.



Thur
11th Nov
@ 10am

<https://tinyurl.com/Intro-solid-nov>



Tue
23rd Nov
@ 1.30pm

Healthy Diet, Healthier You

Find out more about healthy eating through the Eatwell Guide and top tips on how to make healthy changes to your diet.

<https://tinyurl.com/Healthy-diet-nov>

Pre-recorded sessions are available to access on demand at <https://tinyurl.com/NutritionWebinars>

HSC Public Health Agency
Project supported by the PHA

HSC Health and Social Care

fuel round

www.fuelround.co.uk



fuel round is a Social Enterprise, no profit, just lower prices

Save
12% on
heating oil

quote #CDRCN at registration for special terms

With the recent surges in fuel prices and the shortage of fuel truck drivers, you'd be forgiven for feeling pessimistic. **Thanks to a new Social Enterprise, Fuel Round, residents and businesses across Northern Ireland can now look forward to an average 12% reduction in their heating oil bills this winter.**

Available online, by email, social media, phone or text this service uses local oil supply companies, wherever possible. It has a very straightforward ordering process – register now, order when you are ready, Fuel Round gets the best price and sends you the details, and you pay the supplier directly. Members can also manage tanks for others, such as vulnerable or elderly adults, especially relevant in the pandemic. The service is free to use, although customers may opt to pay for an enhanced ordering alert service.

James McGovern of Fuel Round said "basically we do two things, we shop around for the cheapest supplier of the day, and then we negotiate a discount for the group order. Not only does that get you a discount on the best rates of the day, it saves you having to call suppliers every time you need oil". Fuel Round has a strong preference for working with local oil suppliers, as this supports communities and local jobs".

Contact Fuel Round - www.fuelround.co.uk, www.facebook.com/fuelround, www.twitter.com/fuelround, fuelround@gmail.com or by calling 07828 546 417. **Quote #CDRCN at registration for special**

*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
Introduction to iPad Part 1 (Class delivered on Zoom)	Mystified by your iPad? Join us for our Zoom session when we'll explain some of the basics: find out how to turn your iPad on and off, discover what the buttons do, and learn to tap and swipe like a pro! We will also do some exploring: navigate successfully through screens, apps and settings.	Monday 1 November	11:00am-12 noon	t: 07912 296811 e: Karen.Maguinness@librariesni.org.uk During Office Hours Monday - Friday
Practice Using Zoom (Class delivered on Zoom)	Have you used Zoom yet? Would you like to familiarise yourself with the tools and tricks of Zoom in a safe learning environment? Join our Zoom meeting where we explain the various settings and give you a chance to practice some of its features. We will also talk you through how to set up your own Zoom meeting.	Monday 1 November	2:00pm-3:00pm	t: 07843 339159 e: Joanne.Brown@librariesni.org.uk During Office Hours Monday - Thursday
Privacy (Class delivered on Zoom)	Now that people are spending so much time online, it's more important than ever to know how	Tuesday 2 November	11:00am-12 noon	t: 07912296830 e: niall.mcveigh@librariesni.org.uk

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



AWARE has a Support Line in place for mental health support and information.

The Support Line operates Monday - Friday 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.

Make a Difference and Volunteer DOWN SPECIAL OLYMPICS CLUB



Get 'Down' to Volunteer!

Down Special Olympics Club is recruiting volunteers for:

Young Athletes club, Football, Golf, Bocce and Table Tennis.

In return you'll have opportunities to:

- Meet new people
- Gain Safeguarding, first aid and a coaching qualification
- Attend national and international level competitions
- Work with a special group of people

Do you have some free time, knowledge or skills that you could share with our athletes for two hours per week. If so, then we would love to hear from you;

email: jennifer.bell@specialolympics.ie

More details available at:
www.specialolympics.ie



NORTHERN IRELAND BREAST SCREENING PROGRAMME COMMENCES AT DOWNPATRICK HOSPITAL

Things are a little different this year for us all with Covid-19, but looking after your health is still important. Breast screening saves lives. It is one of the best ways of detecting Breast cancer at its earliest stage.

We will be sending out invitations to women living in the Newcastle, Castlewellan and Dundrum region who are aged 50-70 and are registered with a GP from these areas.

Women who are over 70 can still attend and an appointment can be arranged by contacting the Breast Screening Unit on 028 90333700

We are situated outside of the main hospital building beside the Psychiatric unit

Here at Breast Screening we have implemented new risk assessed measures to help keep everyone safe but if are concerned for any reason, please contact your local screening unit where staff are on hand to answer any questions

For further information contact the Breast Screening Unit at 028 90333700 or

Visit www.belfasttrust.hscni.net/services/BreastScreening

setrust.hscni.net/service/belfast-and-south-east-trust-breast-screening-programme/



INTERNATIONAL MENS DAY

For the first time Northern Ireland's five Health and Social Care Trusts, NI Ambulance Service, the Public Health Agency, several local councils and a range of community and charity organisations have joined forces to organise an event to Celebrate International Men's Day 2021.

November 18th

Turning It Around

The webinar event taking place on the 18th November from 10-11.30am, entitled "Turning it Around" focuses on two of the six pillars of International Men's Day.

- To focus on men's health and wellbeing; social, emotional, physical and spiritual
- To improve gender relations and promote gender equality.

The event aims to highlight the experiences of men from a variety of backgrounds who have overcome challenges and turned their lives around. Two speakers will share their stories, giving an insight into the challenges of men's wellbeing, in the hope that they can inspire other men and promote the message that it is possible to turn your life around and become a positive role model.

The target audience is males from all age ranges living in Northern Ireland.

The event is free to attend and will be hosted using webinar zoom technology. Participants will be required to register in advance with the first 100 to sign up receiving a free goody bag.



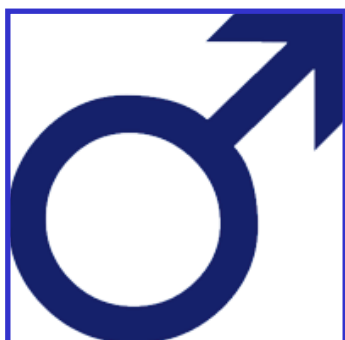
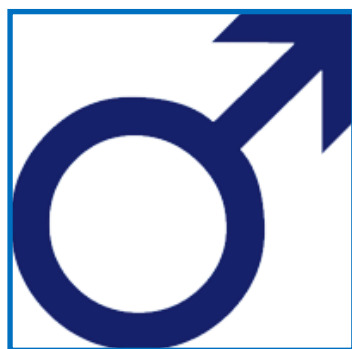
For additional info please contact:

Brien.frazer@setrust.hscni.net



INTERNATIONAL MENS DAY

November 18th



INTERNATIONAL MENS DAY

November 18th

Speaker

Scan the QR code at the bottom of the page to register.



Oisín McConville

Oisín McConville is the winner of six All-Ireland Senior Club Football Championships with his club, Crossmaglen Rangers and the sport's top prize with his county team, Armagh - the All-Ireland Senior Football Championship.

Despite enjoying a glittering career, Oisín developed a gambling addiction which nearly cost him his life. Hitting rock bottom, he spent 13 weeks at a rehabilitation centre in Galway in 2005, the first step on a journey of recovery which has raised the profile of gambling addiction in Ireland.

Oisín has helped hundreds of athletes in the UK and the Republic as a trained addiction counsellor and much sought after public speaker. He has worked for Sporting Chance for many years as part of their gambling education programme and leads Sporting Chance's partnership with Sport Northern Ireland.



Newry, Mourne & Down Youth Council



Education
Authority



2021 Applications Open

Weekly Tuesday
Meetings

Ages
16-21

Deadline
Mon 15th Nov

Are you interested in issues affecting young people?
Do you want to make a change in your community?

Online Applications are Open!



You Can Apply Online NOW!

For more information and the online application form visit

<https://www.newrymouredown.org/youth-council> or you can scan the QR code



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



Living
Well
Together



Newry, Mourne & Down Youth Council

rosie.carey@eani.org.uk

mel.murray@eani.org.uk



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



Extended Helpline Opening Hours from

4th October 2021.

Tuesday and Thursday evening 4.00-7pm

Saturday morning 9am-12pm.

Due to benefits cuts, rising energy bills and further redundancies as furlough ends, we have increased our opening hours.

Evening appointments also available to help complete forms etc.

Telephone: 0300 30 30 306

WhatsApp: 07359004967 (text only)

Email: advice@adviceNMD.com

Monday – Friday 9am -2pm (plus extended hours).



[Formerly Citizens Advice] Registered with the Charity Commission: NI107355



Listening support & Companionship

Are you an older individual from a rural community?

The Across the Hedgerow service connects you with a like-minded individual who will provide listening support and companionship via regular telephone calls

To avail of this service or to refer someone you care about please call our Support Line on **0800 138 1678**

If you would like to become a volunteer for this initiative please contact info@ruralsupport.org.uk

More information is available at www.ruralsupport.org.uk



Our Freephone Support Line (0800 138 1678) is available Monday - Friday from 9am-9pm with voicemail and support options available at all other times



Information on hearing loss & support webinar

Join us for an informative webinar to learn more about hearing loss, communication tactics and support available

Friday 5th November
2021 at 1030am

Friday 12th November
2021 at 1030am

Please email below to register and gain zoom link

RN
ID

✉ lisa.stewart@rnid.org.uk

🌐 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**](#)



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

Supporting Communities latest Ezine:

[E-zine 175th Ed - 20 Oct 2021.pdf \(windows.net\)](#)



THE LATEST EZINE FROM DISABILITY ACTION

FEATURES ON: HYBRID WORKING AND HOW THIS CAN SUPPORT AND IMPROVE JOB OPPORTUNITIES; CHEF BOOTCAMP AND OPPORTUNITIES TO FIND EMPLOYMENT IN THE FILM INDUSTRY. ALSO: DYSLEXIA AND HOW THE EXECUTIVE ARE TACKLING THIS.

Click below

[Disability Action Ezine - 21 October 2021 \(mailchi.mp\)](#)

Living Well, Safe & Active

Free 4 week virtual programme delivered through zoom
10am to 12noon starting Wed 10th November - Wed 1st December 2021



Connect



**Falls & Home
Safety**

**Elder Abuse &
Scams**



Nutrition and Physical Activity



Join our 4 week health and wellbeing course focusing on ageing well and safely
in older age for people aged 50+ years living in the SET area.

For more information please contact:

Wendy.McDowell2@setrust.hscni.net

 South Eastern Health
and Social Care Trust

 Health Development
Department



 **Hourglass**
Better together. Stronger always.

BOOST

YOUR IMMUNITY
THIS WINTER

FLU vaccine

IF YOU'RE ELIGIBLE GET THE
FREE FLU VACCINE

www.nidirect.gov.uk/articles/flu-vaccine

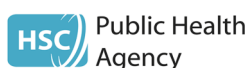


Northern Ireland COVID-19 Vaccination Programme

[Northern Ireland COVID-19 Vaccination Programme | HSC Public Health Agency \(hscni.net\)](https://www.hscni.net/northern-ireland-covid-19-vaccination-programme)

See 3 links below relating to children and young people and COVID-19 vaccination. There are 18 languages (including English).

1. [COVID-19 vaccination - A guide for children and young people | HSC Public Health Agency \(hscni.net\)](#)
2. [COVID-19 vaccination for children and young people - Guidance for parents | HSC Public Health Agency \(hscni.net\)](#)
3. [What to expect after your COVID-19 vaccination - advice for children and young people | HSC Public Health Agency \(hscni.net\)](#)



CATCH IT.



BIN IT.



KILL IT.



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 Fibus Community Fund - Community Foundation Northern Ireland](#)



The Nationwide Northern Ireland Community Fund

This fund has been established by the Nationwide Building Society, based on a corporate donation, to support registered charities across Northern Ireland who are providing support to their communities under at least one of the following themes:

Theme 1 - mental health

Theme 2 - community services

Theme 3 - children

Closing Date: Nov 30, 2021 12:00

Grants up to £5,000

[Available Grants - Community Foundation Northern Ireland \(communityfoundationni.org\)](#)

Looking to explore Further Education? See link below:

[Community Partnerships Project | The Open University in Northern Ireland](#)



**County Down
Rural Community
Network**

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: info@countydownrcn.com