



 Community  
Organisations of  
South  
Tyrone &  
Area

**Your Local Rural Support Networks**



**The Local Rural Support Networks**  
- Supporting rural living across Northern Ireland -

**CWSAN & COSTA Community Newsletter** Apr (3) 2020

**CWSAN & COSTA**  
**Rural Community Development**  
**Support Service**

**To keep fully up-to-date with the latest Grants, Advice,  
Guidance, Information go to our**  
**Coronavirus / COVID-19 Emergency Response Pages:**  
**[www.costaruralsupportnetwork.org](http://www.costaruralsupportnetwork.org) and [www.cwsan.org](http://www.cwsan.org)**

**As your Local Rural Support Networks we continue to  
support our local communities and groups in  
Mid Ulster District as much as possible.**

**If you require any support or assistance**  
**Tel: COSTA 028 855 56880 / CWSAN 073 843 56676**  
**Email COSTA: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)**  
**CWSAN: [info@cwsan.org](mailto:info@cwsan.org)**

**COSTA is funded by**  
Department of Agriculture, Environment & Rural Affairs (DAERA) through DAERA's Rural Community Development Support Service (RCDSS)  
Tackling Rural Poverty & Social Isolation Programme and Mid Ulster District Council  
The European Union's PEACE IV Programme managed by the Special EU Programmes Body (SEUPB)

Registered Company in Northern Ireland No: NI 42832

Registered with the Charity Commission for Northern Ireland NIC101598

ISO 9001:2015 Cert: FS 592437



Comhairle Ceantair  
**Lár Uladh**  
**Mid Ulster**  
District Council

 **03000 132 132**

## **Mid Ulster District Council**

### **COVID - 19 Local Community Support**

As more people become affected by COVID-19, many local organisations are offering help and support for local communities.

**Please note that these services are intended to support the most vulnerable in our community, including those who are at risk or self-isolating.** If you are able to do your own shopping, please do so, observing the latest advice about the frequency of shopping and the **need to maintain social-distancing.**

A regularly updated List of local Support Organisations at:  
<https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information/local-community-support>

If you'd like to add your organisation's details, please let us know by emailing [communications@midulstercouncil.org](mailto:communications@midulstercouncil.org)

**Mid-Ulster Corona Virus Community Support Network  
Facebook Page:**

[https://www.facebook.com/groups/134331674680698/?ref=group\\_header](https://www.facebook.com/groups/134331674680698/?ref=group_header)

Information for the Public and Residents can be found at:  
<https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information>

**COVID-19 Counselling and Advice Services:**

<https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information/covid19-community-help/covid-19-counselling-and-advice-services>

**COVID-19 Food Box Scheme & Food Banks can be found at:**

<https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information/covid-19-food-banks>

**COVID-19 Advice & Support for Businesses can be found at:**

<https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information/coronavirus-business-advice-and-support>

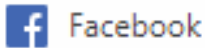
**COVID-19 Consumer Advice:**

Click [here](#) for Advice for NI consumers who may be affected by the Coronavirus outbreak.

**A regularly updated List of local Support Organisations to assist people in the Mid Ulster area is available on the MUD Council website at:**

**<https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information/local-community-support>**

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**A new Face Book page has been set up to assist people in the Mid-Ulster community response to Covid-19:**

**[https://www.facebook.com/groups/134331674680698/?ref=group\\_header](https://www.facebook.com/groups/134331674680698/?ref=group_header)**

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As part of our on-going support package for the voluntary and community sector, we have opened an **emergency grant programme** for the organisations which are responding to the COVID-19 pandemic in their local communities.

The programme offers financial support to assist constituted groups which are working in their local communities to:

- ➡ Deliver food and essential items
- ➡ Link to pharmacies to deliver prescriptions
- ➡ Other emergency crisis community support.

If your group would benefit from funding support, please visit: [www.midulstercouncil.org/emergencyfundcovid19](https://www.midulstercouncil.org/emergencyfundcovid19) to download the application form and contact details.



## CWSAN / COSTA (Covid-19 Response)

### “Safety Equipment and Volunteers Fuel”

#### Small Grant for Smaller Groups

This small grant is for Safety Equipment and Volunteers fuel up to a maximum of **£150**.

This grant is designed for **small local emergency support groups only who are working right across their local communities**.

Larger groups and groups covering larger district villages and district towns should not apply at this time. CWSAN/COSTA reserves the right to ascertain whether your group fits this category or not.

The proposed support can be used to provide equipment or items such as **Soaps, Sanitizers, Face Masks, Bottled Water or Fuel for your Volunteers**. It cannot be used for any other expenditure.

Please note all groups must follow established guidelines in taking care when supporting others and in protecting your volunteers. Please find attached recommended guidelines. You should consult the PHA website daily for guidelines: <https://www.publichealth.hscni.net/news/covid-19-coronavirus>

To apply: [mhealthproject@cwsan.org](mailto:mhealthproject@cwsan.org)



## **Department for Communities (DfC)**



### **During the COVID-19 Pandemic**

Check their [website](#) and [nidirect](#) regularly for the latest information on the impact of COVID-19 on services.

As more people become affected by COVID-19, lots of local organisations are offering help and support for their local communities.

## **Food Box Scheme**

The Department for Communities (DfC) has launched a new weekly service to deliver food boxes to the most vulnerable in society during the COVID-19 pandemic.

The boxes are to be delivered directly to the door of:

- ✓ vulnerable people who have been notified to shield by their GPs and who cannot afford food and do not have access to local support networks
- ✓ those who are not shielding, but are in critical need of food.

This means those who cannot leave their homes and who have **no other means of accessing food**, through for example, their families or friends and other means such as online food delivery, or who are in severe financial hardship related to this crisis.

**If you are in one of the above categories, to receive a food box, you can call or email Advice NI: T: 0808 802 0020** (Open 9am – 5pm, 7 days a week)

MUD Council is supporting the distribution of food books via this referral process.

When we receive a referral, a member of our dedicated staff team will make contact by phone with the person who has been referred, and then contact the relevant community or volunteer group to organise the collection and delivery of food boxes.

**Telephone the COVID 19 Community Helpline:**

**Tel: 0808 802 0020**

**Email: [covid19@adviceni.net](mailto:covid19@adviceni.net)**

**Text: ACTION to 81025**

**\*YOUR HELP IS URGENTLY REQUIRED TO IDENTIFY THE MOST VULNERABLE IN OUR COMMUNITY\***

Around 10,000 food boxes will be delivered as part an effort between the Dept for Communities and Councils to support the most vulnerable in our community during the COVID-19 lockdown.

This vital service will ensure that those most in need who do not have a support network of family and friends to help them through this emergency, will have access to basic food supplies.

Food suppliers will provide food boxes to local councils. The packages will include items such as tinned food, dried food and soap alongside some fresh fruit and bread.

The boxes will then be delivered by local voluntary and community organisations to those people who have been identified as being most vulnerable during the COVID-19 pandemic.

The **freephone COVID-19 Community Helpline** provides help to those in vulnerable groups to access information, advice and guidance in relation to COVID-19

**PLEASE HELP US ENSURE EVERYBODY WHO QUALIFIES FOR THIS ASSISTANCE IS REGISTERED.**

**Please do not contact Council, but instead Telephone: 0808 802 0020 9am-5pm 7 days a week or Email: [covid19@adviceni.net](mailto:covid19@adviceni.net) or Text: ACTION to 81025.**

**WE ARE VERY LUCKY TO HAVE A CLOSE KNIT COMMUNITY WHO ARE EXCELLENT AT GIVING SUPPORT WHEN NEEDED BUT THERE MAY BE THE ODD PERSON WHO IS BEING OVERLOOKED.**



Take a moment to think who your neighbours are.....is there anyone who lives on their own? elderly? underlying health issues? self-isolating? don't do social media and may not have anyone to reach out to?

*Offer help and support by giving them your name and a contact phone number.*

**EVERYONE NEEDS SUPPORT AT THIS TIME AND YOU WOULD HATE TO THINK SOMEONE IN THE COMMUNITY IS SUFFERING BECAUSE THEY HAVE NO-ONE TO TURN TO.**

**TAKE CARE OF YOURSELF AND YOUR COMMUNITY! STAY SAFE**

The New Laws in place from 24<sup>th</sup> March 2020  
are expected to remain in force for a further 3 weeks

**Stay away from Parks and outdoor spaces – Stay at Home**



**EMERGENCY COVID-19 ALERT**

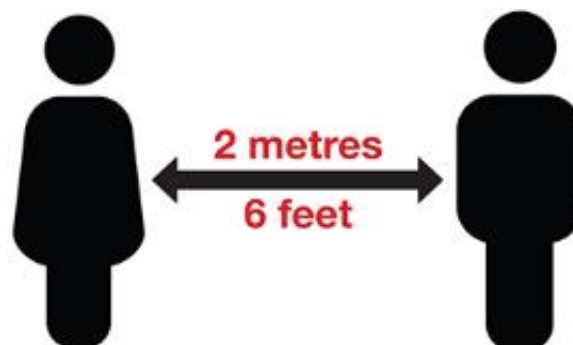
**The only reasons  
you may leave home**

- ✓ to go to work (if you're a key worker)
- ✓ to shop for groceries, medicine and other essentials (infrequently)
- ✓ to exercise outside (once a day)
- ✓ to provide care or help a vulnerable person
- ✓ for any medical need

**HSC** Public Health  
Agency

**COVID-19 (coronavirus)**

**Everyone in Northern Ireland should  
now be using social distancing**



**Stay at least 2 metres (6 feet) away from other people**

The latest information and advice on coronavirus  
is available at [www.pha.site/coronavirus](http://www.pha.site/coronavirus)

# CORONAVIRUS

## WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS

Use soap and water or a  
hand sanitiser when you:

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food



For more information and the Government's  
Action Plan go to [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

## Coronavirus

### Wash your hands with soap and water more often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.  
Dry hands thoroughly.





blue badge

smartpass

**Are you getting all the money, supports and services you're entitled to?**

With just one simple call, text or email you can find out.

**make the call**

**0800 232 1271\***

disability

text: CHECK to 67300\*

email: [makethecall@dfcni.gov.uk](mailto:makethecall@dfcni.gov.uk)

visit: [nidirect.gov.uk/makethecall](http://nidirect.gov.uk/makethecall)

school meals

Department for Communities  
[www.communities-ni.gov.uk](http://www.communities-ni.gov.uk)

\*network charges may apply

benefits



Are you aged 65 or over and living in the Mid Ulster District Council Area? You could benefit from the following services:

**GOOD MORNING TELEPHONE CALL**  
**HOME MAINTENANCE SERVICE**  
**COMMUNITY ENGAGEMENT WORKER**

Our work enables you to live a happier and healthier life while maintaining independence in your own home.

**Our FREE services could make a difference**

**Please contact 028 7963 2170**

**Unit 3 The Rainey Centre, Magherafelt, BT45 5AJ**

## CORONAVIRUS (COVID-19)



STAY HOME



KEEP DISTANCE



WASH HANDS

In this period of self-isolation and lockdown there is potential for an escalation in cases of domestic or sexual abuse. Domestic abuse charity Nexus NI has seen a 40% increase in calls since the start of this month. Their Domestic and Sexual Abuse Helpline **0808 802 1414** operates 24/7 and provides free and confidential support to anyone who needs it by fully trained and experienced operators

**domestic and  
sexual abuse  
helpline**

**0808 802 1414**

Freephone confidential 24/7 helpline

**Call now.**

[dsahelpline.org](http://dsahelpline.org)

We would encourage anyone feeling unsafe in their home to please pick up the phone and call the Helpline. Anyone in immediate danger should call **999** and press **55** on a mobile if they are unable to talk and the PSNI will be there for you.

**Paula McAliskey** - Community Engagement Officer  
NI Rural Womens Network (NIRWN)  
T: 028 87753389

**women's aid**  
Mid-Ulster

**FREEPHONE**

**24 Hour Domestic & Sexual Violence Helpline**



**0808 802 1414**

Open to all women & men affected by domestic & sexual violence

# Reach out for help.

If you feel overwhelmed,  
talk to someone about how  
you feel.  
Seek help for physical and  
mental health needs if it  
is required.



# Stressed and anxious?

## FREE STRESS CONTROL classes are available online

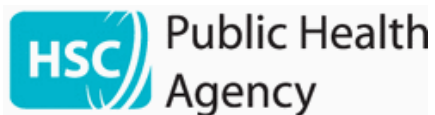
### Visit [www.stresscontrol.org](http://www.stresscontrol.org)

A new online programme of stress control classes has been developed to support people during the response to coronavirus (COVID-19), recognising the need to stay at home, while also recognising the impact that the pandemic and changes to our lifestyles is having on mental health. Stress Control classes which have been previously operating across Northern Ireland in physical venues for some time is now being provided free in the new format from Monday 13<sup>th</sup> April.

The **free online stress control classes** are being supported by the Department of Health, Health and Social Care Board, Health and Social Care Trusts and Public Health Agency and are aimed at supporting people's mental wellbeing at this time of massive uncertainty.

The classes, presented by Dr Jim White, a clinical psychologist, will be available at [www.stresscontrol.org](http://www.stresscontrol.org). Simply click on the subscribe button and you will be kept up to date with the latest videos when logged in to YouTube. The classes can be watched either in the afternoon or evening and each class lasts for one and a half hours.

These sessions are effective in helping to reduce symptoms of stress, anxiety, and depression. Topics covered include an overview of what stress is, controlling your body, your thoughts, controlling your actions, techniques to get a good night's sleep. Stress control is a class, not 'group therapy'. People can take part in the class from the privacy of their own home.





**CORONAVIRUS** (COVID-19)



# **Stressed and anxious?**

**FREE STRESS CONTROL  
classes are available online**

**Visit [www.stresscontrol.org](http://www.stresscontrol.org)**

Session 1 - April 13 @ 2pm or 8.30pm

Repeated - April 14 @ 2pm or 8.30pm

Session 2 - April 16 @ 2pm or 8.30pm

Session 3 - April 20 @ 2pm or 8.30pm

Session 4 - April 23 @ 2pm or 8.30pm

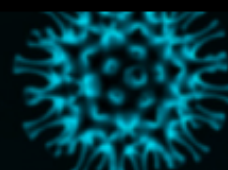
Session 5 - April 27 @ 2pm or 8.30pm

Session 6 - April 30 @ 2pm or 8.30pm

Each session will last 90 mins



Health and  
Social Care





The logo consists of a blue speech bubble with a white outline. Inside the bubble, the words "Staying Connected Helpline" are written in white, stacked vertically.

Staying  
Connected  
Helpline

**028 3756 7150**



Southern Health  
and Social Care Trust

*Quality Care - for you, with you*

**We are here to help**

**If you don't have a children services social worker  
this may be for you**

**Staying Connected** is a helpline for **children, young people and families** in the Southern Health and Social Care Trust area who may need practical advice and who could be socially isolated due to the COVID-19 pandemic.

**Staying Connected** has been established to respond to the challenges associated with social isolation.

Trained social care staff will answer your call, offering you:

- A listening ear
- Support and guidance
- Links to practical support and follow up services



Call us on **028 3756 7150**

During office hours: Monday to Friday, 9am – 5pm

# HEALTH TRAINER ONE TO ONE HEALTH AND WELLNESS COACHING

SUPPORTING YOU TO MAKE HEALTHY CHOICES WHEN STAYING AT HOME...



Supporting you to keep moving when you're **staying at home**



Supporting you to look after your mental and emotional wellbeing when you're **staying at home**



Supporting you to assess how much alcohol is too much when you're **staying at home**



Supporting you to keep connected to the services that will support you when you're **staying at home**



Supporting you to make healthy eating choices when you're **staying at home**



Supporting you by phone and video call during the COVID-19 crisis **#STAYHOME**

Contact Lisa McAliskey Community Health Improvement Officer to access the Health Trainer service on: [verve.network@southerntrust.hscni.net](mailto:verve.network@southerntrust.hscni.net)

Or call **028 3756 3946** (leave your name and contact phone number on voicemail and we will return your call)

Like us on Facebook @ <https://www.facebook.com/vervecraigavon/>

for updates on community activity throughout the Verve Healthy Living Network



## 5 Steps to looking after your mental health whilst staying home



**CONNECT** - Keep in touch with friends, family, and colleagues. Make phone calls, send texts or use video calling apps such as FaceTime or Whatsapp.



**BE ACTIVE** - Play games with your kids, join an online yoga class or take a walk outside (keep a 2m distance).



**GIVE** - Caring for others can help our own mental health. Offer support to a friend or neighbour in isolation.



**KEEP LEARNING** - Find out more about something that interests you. Read books, watch documentaries or learn a new craft.



**TAKE NOTICE** - Notice the beauty around you. Feel the sun on your skin. Listen to the birds. Breathe...

# WE HAVE MOVED!!



BCM's Housing Support for Young People  
has recently moved from Dungannon to:

Western House  
1-3 Dungannon Road  
Coalisland  
BT71 4HR

Give us a call on 02887 750175 if you would  
like to say hello! 😊



Housing  
Support for  
Young People

Improving people's lives in Northern Ireland

We aim to provide floating support for  
young people aged 16-25 years, who are  
experiencing housing difficulties in:

**Dungannon/Armagh**

**Newtownards**

**Magherafelt**

This might include:

**Homelessness**

**Leaving care**

**Struggling to maintain a home**

**Rent arrears**

**Risk of eviction**

**Moving into a new home**

Applying  
for housing

Benefits/Grants  
applications

Budgeting

**How we  
can help**

Independent  
living skills

Knowing  
your rights

Education, training or  
employment opportunities

Setting up your  
new home



We are a free and confidential service providing  
guidance, advice and support for up to two years,  
helping with the things YOU want help with.

How you can get involved...

Referrals can be made by social workers, the NI Housing Executive  
or any community, voluntary or statutory organisation or agency.

Alternatively, you can contact the programme directly or  
complete the application form on the BCM website.

What's next? Contact us!

Call 028 8775 0175 or visit  
[www.belfastcentralmission.org](http://www.belfastcentralmission.org)

The project manager will  
contact you to have a chat  
about how we might help &  
assign you a Support Worker.





### **MUSN - Mid Ulster Seniors Network**

Contact: Raymond McGarvey, MUSN Chairperson

Tel: 028 8676 6023 Email: [raymondmcgarvey123@gmail.com](mailto:raymondmcgarvey123@gmail.com)

Facebook: [www.facebook.com/midulsterseniors](https://www.facebook.com/midulsterseniors)

Twitter: [twitter.com/musn\\_lcn](https://twitter.com/musn_lcn)

For further information on this area contact:



**Eugene O'Goan**

**Community Navigator for Mid Ulster (Cookstown & Magherafelt)**

c/o Positive Steps Community Centre, 2a Park Ave, COOKSTOWN, BT80 5AJ.

Tel: 078 1419 6935

Facebook: @comnavmu

Email: [communitynavigator.MU@ageni.org](mailto:communitynavigator.MU@ageni.org)



**Ivan McKeown - Mid Ulster District Council Age Friendly Officer**

Tel: 079 552 39388

Email: [Ivan.McKeown@midulstercouncil.org](mailto:Ivan.McKeown@midulstercouncil.org)

Sign up for your local Age Sector Network; <https://www.ageuk.org.uk/northern-ireland/get-involved/age-sector/age-sector-networks/>



**HSC** Public Health Agency



**If you tested positive for COVID-19 and thought about all the places you had been and all the people you had been in contact with for the last 14 days - would you be proud because you followed the advice and stayed at home, or embarrassed by your actions?**

**WE ALL  
MUST DO IT  
TO GET  
THROUGH IT**

  
**STAY HOME**

  
**KEEP DISTANCE**

  
**WASH HANDS**



# NI Scrubs

If you can help with PPE or Scrubs please go to:

<https://www.facebook.com/groups/511353049531152/announcements/>

## UPDATED 📢 SUB GROUP CONTACTS 📢

Please contact SUB GROUP to place an order.

Please use form (on some sub groups) or sub group page to place order.

Please be aware there is around a 10 day lead time for orders now.

Please if you are sewing for us and getting our funded fabric, ensure your work is being counted in for their orders.

Please only use POLY COTTON FABRIC.

There is FREE FABRIC available, please try to use this instead of donated sheets etc.

PLEASE IGNORE STORIES ABOUT HOSPITALS NOT ACCEPTING SCRUBS.

THANK YOU! ❤️

## **NI SCRUBS SUB GROUPS**

PLEASE VISIT LOCAL SUB GROUP

**NI SCRUBS CAUSEWAY COAST- ADMINS: SHEILA JACKSON, ALICE MAC, CLAIRE O'KANE**

**CARRICKFERGUS, BALLYCLARE, NEWTON ABBEY- MARGARET GRAHAM  
(NO PAGE JUST A  
POINT OF CONTACT)**

**NI SCRUBS MID ULSTER AREA: ADMINS: SHARON CAIN & KASIA ROGOWIEC**

**NI SCRUBS GROUP BELFAST & LISBURN AREA: ADMINS CLAIRE PATCHILL, CATHY YOUNG, RACHEL WRIGHT**

**NI SCRUBS LURGAN, CRAIGAVON, PORTADOWN AREA: ADMINS: JOANNE WALLACE & KERRY COLLINS**

**NI SCRUBS - CARRICKMORE, LOUGHMACRORY, CREGGAN, BERAGH & SURROUNDING AREAS: ADMINS: UNA QUINLIVAN ALICIA MANNION**

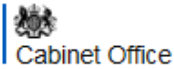
**NI SCRUBS - DUNGIVEN/ DERRY CITY/ LIMAVADY AREA: ADMIN- SHAUNA MC CLOSKEY**

**NI SCRUBS - BALLYMENA & ANTRIM GROUP: ADMINS: LINZI MCGAUGHEY & CLAIRE CAULFIELD**

**SCRUB GROUP EAST DOWN NEWCASTLE, CASTLEWELLAN & SURROUNDING AREAS: ADMINS: GRAINNE QUINN, MAJELLA MC KAY, SEANA GRANT**

**NI SCRUBS OMAGH & FERMANAGH: ADMINS: MARGARET HOUSTON, ORLA FORREST**

# There are so many ways to help



Guidance

## Coronavirus: How to help safely

Published 26 March 2020

The single most important action we can all take, in fighting coronavirus, is to stay at home in order to protect the NHS and save lives.

[Full guidance on staying at home and away from others can be found on gov.uk](https://www.gov.uk/guidance/coronavirus-how-to-help-safely)

You should only leave the house for one of four reasons, and one of these is to provide care or to help a vulnerable person. Even when you are doing this, you need to do so safely. You should be minimising time spent outside of the home and ensuring you are 2 metres (6 feet) apart from anyone outside of your household.

This guidance outlines how you can help and importantly, how to do this safely.

[1. Can I help?](#)

[2. Who can I help?](#)

[3. How can I help safely?](#)

[4. What can I do?](#)

[5. What should I do if I'm worried about someone's health?](#)

[6. How to stay safe when accepting help from others](#)

[7. Volunteering](#)

[8. NHS Volunteer responders](#)

### Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home

Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.

**STAY AT  
HOME**

**PROTECT  
THE NHS**

**save  
lives**





**DON'T LET THE VIRUS IN**  
IF FRIENDS VISIT, KEEP THEM OUT

**STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES**



HM Government **NHS**

**THIS WEEKEND GIVE  
THE PARK A MISS**

ANYONE CAN GET IT, ANYONE CAN SPREAD IT.

**STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES**



HM Government **NHS**

**IF ONE PERSON BREAKS THE RULES,  
WE WILL ALL SUFFER**

**STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES**





## **Sports Hardship Fund**

In partnership with the Department for Communities, our **Sports Hardship Fund** aims to deliver immediate funding to those most in need. It's specifically targeted at sports clubs, and other organisations delivering sporting activities, who are experiencing immediate financial hardship.

We are aware that there are a number of other larger funding sources available and we would encourage you to check those sources before applying to the Sports Hardship Fund, as in many cases they may have larger grants available that may be of more value to your organisation. We recognise that demand for these grants may outstrip supply and we want to assure you that we are doing everything we can to secure additional resources and continue to support the sporting sector.

The types of organisations eligible include Governing Bodies of Sport, local sports clubs forced to close at short notice but who are facing ongoing costs around rent or lease costs, sports facility maintenance and utility bills; community and voluntary sector organisations and charities who deliver or enable sport and/or physical recreation.

### **Who we can support**

Any organisation delivering sport and physical recreation can apply to our fund if experiencing short term financial hardship. These organisations include:

- National Governing Body of Sport (based in NI)
- Constituted local sports clubs affiliated to a Governing Body of Sport recognised by Sport NI
- Community & Voluntary sector organisations that deliver or enable sport and/or physical recreation
- Small charitable trusts that do not qualify for financial help elsewhere

### **What we'll fund**

The fund has been developed to help sport and physical recreation organisations meet their obligations, in particular fixed costs, which are no longer supported with revenue as a result of coronavirus. This might cover expenditure on:

- Rent/Lease
- Utility costs
- Essential ground maintenance
- Insurances

**How much we'll fund** - Each successful applicant will receive **£2,000 for costs incurred from 1<sup>st</sup> April 2020.**

**Where to apply** - Please click the links below to read the programme guidance note and to begin an online application for the financial support fund.

[Sports Hardship Fund Application](#)

[Sports Hardship Fund Information & Guidance booklet](#)

**Help and Advice** - If you need help or if you have any questions please contact:

Email: [sportshardshipfund@sportni.net](mailto:sportshardshipfund@sportni.net)

Telephone: Angharad Bunt **078 1018 3023** Conleth Donnelly **079 6724 0549**

For further information on how your information will be used by Sport NI, please click [here](#)

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## Tesco Bags of Help COVID-19 Communities Fund

APPLY NOW

See link below to Tesco Bags of Help COVID-19 Communities funding opportunity.

Applications will be welcomed from a wide range of organisations including: voluntary/community organisations, registered charities, schools, health bodies, Parish/Town councils, social enterprises, Community Interest Companies, community councils, local authorities and social housing organisations. Other not-for-profit organisations might also be eligible.

For further information and to apply: <https://tescobagsofhelp.org.uk/grant-schemes/tesco-cv-fund/>

## Charities and COVID-19

Employees		
At this time, many charities provide essential services to vulnerable people in society and they are concerned about how they can pay their staff and many charities face the challenge of how to pay staff wages during the COVID-19 crisis.		
<b>What support is available to pay employee wages</b>	Under the <b>Coronavirus Job Retention Scheme</b> , UK employers (including charities) may be able to access support to continue paying part of their employees' salary for those employees that would otherwise have been laid off during this crisis.	
	<b>Eligibility</b>	All UK businesses are eligible including charities
	<b>How to access the scheme</b>	<p>You will need to:</p> <ul style="list-style-type: none"> <li>• Designate affected employees as 'furloughed workers'</li> <li>• Notify your employees of this change – please note changing the status of employees remains subject to existing employment law and, depending on the employment contract, may be subject to negotiation.</li> <li>• Submit information to HMRC about the employees that have been furloughed and their earnings through a new online portal (HMRC will set out further details on portal when available)</li> </ul> <p>HMRC will reimburse 80% of furloughed workers wage costs, up to a cap of £2,500 per month plus the associated employers' national insurance contributions on this amount and the minimum automatic enrolment employer pension contributions on that wage.</p> <p>HMRC are working urgently to set up a system for reimbursement. Existing systems are not set up to facilitate payments to employers.</p> <p>Charities can choose to top up the payment but are not required to do so.</p>
<b>What if our employees' wages are funded?</b>	<p>Where employers receive public funding for staff costs, and that funding is continuing, the Government expect employers to use that money to continue to pay staff in the usual fashion – and correspondingly not furlough them. This also applies to non-public sector and public sector employers who receive public funding for staff costs.</p> <p>It is important to speak to your funder to confirm whether the funding will continue.</p> <p>Where a charity is in receipt of 'Core' funding, it is important the charity review how such funding is allocated. Where salaries are supplemented by the charities' own resources, it may be possible to claim under JRS for the element funded by the charity itself. This is subject to confirmation by HMRC and the funder, with the approach taken being fully documented, minuted and approved by those charged with Governance.</p>	





To download a 30-day Fun Pack go to:  
<https://shaunmccormick.wixsite.com/funpack-1>





Helplines NI  
1800-7000000000

About

I would like to speak to somebody about....

Search Keyword



The Helplines NI are run by public, voluntary and community organisations and are non-profit making.

Made aware by: Buletete  
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Project supported by HSC



Helplines NI  
1800-7000000000

**There are many job opportunities  
out there at present with many employers  
urgently seeking workers**

<https://www.jobcentreonline.com/JCOLFront/Home.aspx>

## **COVID-19 UPDATE**

DfC's job vacancy website **JobCentreOnline.com**  
remains active and updated for jobseekers

Employers urgently hiring staff for vital services  
can advertise vacancies for free on  
**EmployersOnlineNI.com**

Benefits and financial support detail is available at  
**[www.nidirect.gov.uk/information-and-services/  
benefits-and-money](http://www.nidirect.gov.uk/information-and-services/benefits-and-money)**



**NI Direct has a very  
comprehensive website for all  
NI Government Services and  
information:**

<https://www.nidirect.gov.uk/>



Deafblind UK has launched a new wellbeing and emotional support service to provide in depth assistance to people with sight and hearing loss.

The new service is free of charge and will enable people who are deafblind to talk to someone who is trained and experienced in Deafblind awareness, active listening, call handling, communication support, safeguarding, signposting, suicide and mental health issues. The service will be available via telephone, email, text, text relay, Skype and FaceTime.

It will be run in addition to Deafblind UK's helpline (formerly the Information and Advice Line). Head of National Services, Clare Watson said: "Through our wellbeing service, we aim to give people more in depth support than we would do through the helpline. People will be able to benefit from an intensive care package to support them through particularly difficult times, such as coming to terms with a new diagnosis."

The new service will also include weekly calls to offer some social interaction to those who are on Deafblind UK's befriending service waiting list; virtual social groups whereby people can get together online or on a group call to interact and socialise; birthday and Christmas cards/calls; and a buddy system whereby people can interact with each other on a one to one basis.

Deafblind UK is a national charity that supports people with sight and hearing loss. CEO Steve Conway said: "Deafblindness can be really difficult to live with. Not only can it be physically tiring when you are trying to communicate and get by in a world that is designed for sighted hearing people, but evidence suggests that deafblindness can have a big effect on mental health too. As a result, many people feel isolated, lonely and generally very low. Our new service aims to support people who find themselves at low points and to let them know that they are not alone."

The new wellbeing service can be accessed in the following ways:

**Tel:** 0800 132320

**Text:** 07950 008870

**Text relay:** Text relay: 18001 then 0800 132320

**Facetime:** [helpline.dbuk@deafblind.org.uk](mailto:helpline.dbuk@deafblind.org.uk) (Not BSL)

**For more information, visit** <https://deafblind.org.uk/wellbeing/>

## Finding support

If you are or someone you know is in distress or despair, call LIFELINE on 0808 808 8000 or visit: [www.lifelinehelpline.info](http://www.lifelinehelpline.info)

**Samaritans** is available 24 hours a day, 7 days a week for anyone struggling to cope. Call the free helpline on 116 123.

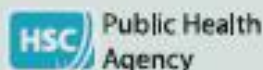
**In Crisis:** Go to or contact the Emergency Department of your nearest general hospital if someone is in immediate danger. You can also contact the emergency services by calling 999 or 112.

### Contact a local GP or GP Out of Hours

**Service:** A GP can give you information about the supports available in your area.

[www.mindingyourhead.info](http://www.mindingyourhead.info) has information on mental health and the supports and services in Northern Ireland.

Produced as part of the North South cooperation in implementing the Protect Life (Northern Ireland) and Connecting for Life (Republic of Ireland) suicide prevention strategies.



Project supported by the PHA

# Concerned about suicide?

When someone is thinking of taking their own life, it is frightening for everyone involved. You might find it hard to understand what they are going through and you might be uncertain as to how you can help. This leaflet has helpful information for anyone concerned about suicide.





### STEP 2

#### Listen and give support

Give them space to explain what is going on for them and how they feel about it. **Acknowledge their feelings:**

- ♦ *"Can you tell me more about what's going on for you?"*
- ♦ *"If you want to tell me more, I'm here to listen"*
- ♦ *"It sounds like you're dealing with a lot at the moment"*
- ♦ *"I'm really sorry to hear that you're feeling like this right now"*

Avoid responses which reject how they are feeling, lessen how they feel, or try to change their view of their situation.

**Examples of what NOT to say:**

- ♦ *"It's not that bad"*
- ♦ *"Things will get better."*
- ♦ *"How could you be so selfish?"*

These reactions may make the person feel misunderstood and more isolated than ever. Say that you need to take any threats seriously.

### STEP 3

#### Get help

**Tell them you will support them to find the help they need straight away.** Most people do not talk or think about suicide lightly and there may be a serious risk of death. It is important that you accept that the person needs help to stay alive. It is also important to support them in finding the help they need straight away.

**Get professional help.** This person is going to need help and support from others, not just you. It might be a GP or other professional help, or family members or friends. Call 999 or 112 in a crisis (when someone might harm themselves, harm someone else, or is vulnerable to suicide) it is important to get help as quickly as you can for yourself or the person you are concerned about.

**Don't promise confidentiality.** Let them know that the most important thing is for them to stay safe. It may be helpful to agree together who you can tell. Where possible, support them to tell someone else such as their family doctor/GP. It is important that you:

- ♦ **Remove potential means of suicide**
- ♦ **Don't leave them alone**  
Keep them safe, stay with them until they get help.
- ♦ **Focus on their positive strengths**  
How have they solved earlier problems?  
In the past, was there anyone they could rely on in bad times? Is there anyone who might help now?

#### Look after yourself

Supporting someone who is experiencing suicidal thoughts can take a toll on you too. It is important to also look after your own mental health and to try not to take on more than you feel comfortable with. Put in place support for yourself so that you can continue to give help.

If necessary seek self-support. You are NOT betraying the individual by turning to others for support for yourself. Talking to someone, joining a support group, or confiding in a trusted friend will help you continue to help others. You don't need to go into detail or betray confidences; instead focus on your emotions and what you are feeling. Make sure you can be totally honest with the person you turn to – no judging your emotions!

**Training.** There are specific training courses available to help recognise individuals who may have thoughts of suicide and learn how to be able to connect them with support services. If you would like to learn more about specific training courses on suicide awareness contact your local Health and Social Care Trust.





# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

**1** Make a plan to help you keep calm and stay in contact

**8** Take five minutes to sit still and breathe. Repeat regularly

**15** Make some progress on a project that matters to you

**22** Find positive stories in the news and share these with others

**29** Connect with nature. Breathe and notice life continuing

**2** Enjoy washing your hands. Remember all they do for you!

**9** Call a loved one to catch up and really listen to them

**16** Rediscover your favourite music that really lifts your spirits

**23** Have a tech-free day. Stop scrolling and turn off the news

**30** Remember that all feelings and situations pass in time

**3** Write down ten things you feel grateful for in life and why

**10** Get good sleep. No screens before bed or when waking up

**17** Learn something new or do something creative

**24** Put your worries into perspective and try to let them go

**4** Stay hydrated, eat healthy food and boost your immune system

**11** Notice five things that are beautiful in the world around you

**18** Find a fun way to do an extra 15 minutes of physical activity

**25** Look for the good in others and notice their strengths

**5** Get active. Even if you're stuck indoors, move & stretch

**12** Immerse yourself in a new book, TV show or podcast

**19** Do three acts of kindness to help others, however small

**26** Take a small step towards an important goal

**6** Contact a neighbour or friend and offer to help them

**13** Respond positively to everyone you interact with

**20** Make time for self-care. Do something kind for yourself

**27** Thank three people you're grateful to and tell them why

**7** Share what you are feeling and be willing to ask for help

**14** Play a game that you enjoyed when you were younger

**21** Send a letter or message to someone you can't be with

**28** Make a plan to meet up with others again later in the year



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

## **Coronavirus: Ask-a-friend cash access scheme extended**



**Anyone who cannot leave home may be able to ask a trusted friend or volunteer to withdraw cash at any Post Office using a single-use voucher.**

The Post Office scheme is being extended and offered to all banks, building societies and credit unions.

If the bank allows it, someone can ask for a one-time barcode sent via text, email or post for a stipulated amount.

A trusted friend or volunteer can exchange the voucher for the cash requested.

Previously, only a named individual, such as a carer, could collect cash in this way on someone's behalf. Now any trusted neighbour or volunteer can do so.

The idea of the Payout Now scheme is to allow people who are shielded or self-isolating, mainly elderly, to maintain access to cash without having to hand over a debit card and Pin to somebody else.

They tell their bank exactly how much they want to withdraw from their account, up to a limit set by the bank, and allow a family member, trusted friend or volunteer to collect it on their behalf in exchange for the voucher.

Martin Kearsley, banking director at the Post Office, said: "Being able to easily access cash is a vital service for older people and those self-isolating.

"[This] means they can access cash quickly and securely to repay someone for a helpful service like shopping, or simply manage their finances, providing peace of mind that cash can be securely sourced with the help of any trusted helper."

[https://www.bbc.co.uk/news/business-52229698?fbclid=IwAR3qZaeRFPGoRSO1e9FBG\\_KzRtxzuYMIUHeSuZNRS2dc5oYqmQIM0UoNNkY](https://www.bbc.co.uk/news/business-52229698?fbclid=IwAR3qZaeRFPGoRSO1e9FBG_KzRtxzuYMIUHeSuZNRS2dc5oYqmQIM0UoNNkY)



**ARE YOU A COMMUNITY  
GROUP WITH ACCESS NI  
CHECKED VOLUNTEERS?**

**We need your help...**



**CDHN IS RESOURCING AND SUPPORTING  
COMMUNITY GROUPS WHO CAN OFFER HELP TO  
PHARMACIES DURING THIS WORRYING TIME**



**GROUPS MUST BE CONSTITUTED**



**GROUPS MUST BE REGISTERED WITH CDHN**



**VOLUNTEERS MUST BE ACCESS NI CHECKED  
(PLEASE CONTACT CDHN FOR INFORMATION)**

**PLEASE NOTE GROUPS ARE ADVISED NOT TO  
CONTACT PHARMACIES DIRECTLY**

**EMAIL [KATHYMARTIN@CDHN.ORG](mailto:KATHYMARTIN@CDHN.ORG) OR TELEPHONE  
028 3026 4606 FOR MORE INFORMATION OR TO REGISTER**





<https://www.facebook.com/yellowwelliesuk/>

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**Farmers - Single Application Forms  
MUST be submitted by 15th May 2020 as normal.**

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## **Rural Support**



Rural Support offers a listening and signposting service for farmers and rural families across NI via face to face support, information and advice about business finance and debt, single farm payments, benefits, mental health assistance and many other issues.

**Email:** [info@ruralsupport.org.uk](mailto:info@ruralsupport.org.uk) **Website:** [www.ruralsupport.org.uk](http://www.ruralsupport.org.uk)

**FREE Confidential Helpline:  
0800 138 1678 (*new number*)**

***Helpline Hours have recently been amended***

**Available from: Monday to Friday  
9:00am – 9:00pm & Voicemail**

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## Department of Agriculture, Environment and Rural Affairs

The latest advice for DAERA stakeholders can be found at [www.daera-ni.gov.uk/landing-pages/daera-and-covid-19](http://www.daera-ni.gov.uk/landing-pages/daera-and-covid-19) #covid19 #coronavirus and @nidirect <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>



**FARMERS**

**CORONAVIRUS IS SPREADING HERE AND YOU CAN CATCH THE VIRUS FROM ANYONE.**

**YOU CAN'T SEE IT, BUT IT CAN BE ANYWHERE.**

So stay safe and make sure you:

- Don't leave the farm unless it's absolutely essential
- Stay 2 metres away from anyone you don't live with, including other farm workers
- Only allow one person at a time to be in tractors
- Don't shake hands
- Wash your hands well and often
- Leave deliveries or collections at the door, gate or yard

**WE ALL MUST DO IT TO GET THROUGH IT**



STAY HOME   KEEP DISTANCE   WASH HANDS

For advice, visit [nidirect.gov.uk/coronavirus](http://nidirect.gov.uk/coronavirus)

# STOP AND THINK

# SAFE

SLURRY   ANIMALS   FALLS   EQUIPMENT

***Always Farm  
SAFE!***

***STAY ON YOUR  
FARM***

***Kind regards and stay safe everyone ; )***