



CWSAN & COSTA Community Newsletter 27 May 2020

CWSAN & COSTA Rural Community Development Covid-19 Support Service

***This is Child Safety Awareness Week.
It is so important to stay safe at home.***

***To keep fully up-to-date with the latest NI Executive Advice,
Funding Bulletins, Grants, Advice, Guidance, and
Information go to our***

**Coronavirus / COVID-19 Emergency Response Pages:
www.costaruralsupportnetwork.org or www.cwsan.org**

**If you require any support or assistance
Tel: COSTA 028 855 56880 or CWSAN 073 843 56676
Email COSTA: info.costa@btconnect.com
CWSAN: info@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.**

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)

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CORONAVIRUS
(COVID-19)

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



STAY HOME



KEEP DISTANCE



WASH HANDS



CWSAN / COSTA (Covid-19 Response)

“Safety Equipment and Volunteers Fuel”

THIS GRANT IS NOW CURRENTLY CLOSED

As a Community Network we are always very aware of the generous contribution of the considerable local volunteering effort within our communities.

During April our communities more than rose to meet the challenge of Covid-19.

In April 40 local Mid Ulster groups were funded by CWSAN & COSTA Networks through emergency support small grants and have bought PPE, sanitisers, masks etc for their communities to keep those volunteers doing deliveries or supporting those in isolation safe.

We also wish to acknowledge our funders for their support in helping us to keep our communities safe:

- ✓ **The Public Health Agency**
- ✓ **The Honourable Irish Society**
- ✓ **Mid Ulster District Council**
- ✓ **DAERA**
- ✓ **Local Community Grant**



Follow CWSAN & COSTA online for constant updates

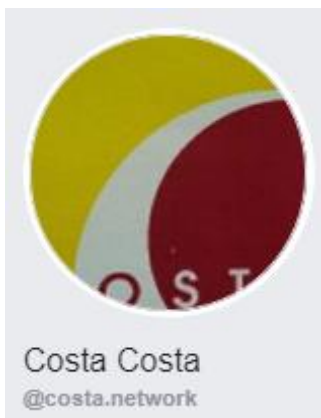
Facebook Pages & Websites



Cwsan Midulster

<https://www.facebook.com/cwsan.midulster/>

Website: www.cwsan.org



Costa Costa

<https://www.facebook.com/costa.network/>

&

COSTA Community Organisations of South Tyrone & Areas

<https://www.facebook.com/COSTA-Community-Organisations-of-South-Tyrone-Areas-595993680543963/>



Website: www.costruralsupportnetwork.org



***Supporting the Voluntary and
Community Sector
through the COVID-19 pandemic***

NICVA Covid-19 Information Hub:
<https://www.nicva.org/covid19/#hubindex>

- **[Updates](#)**
Regular and relevant updates for voluntary and community organisations on key developments in the fight against the COVID19 pandemic
- **[Funding and Fundraising](#)**
Assess and mitigate the damage and impact the COVID19 pandemic on funding and fundraising in the voluntary and community sector.
- **[Advocacy & Government Engagement](#)**
Representing the sector to government and other stakeholders to manage the impact of the COVID19 pandemic
- **[Running your Organisation](#)**
Running and adapting your organisation to manage the impact of the COVID19 pandemic on operations and services
- **[Employment/HR](#)**
Distilled and relevant guidance for voluntary and community organisations managing the impact of the COVID19 pandemic
- **[Governance](#)**
Guidance for voluntary and community sector organisations to maintain good governance in the midst of the global COVID19 pandemic

CORONAVIRUS WATCH Northern Ireland

[Read in full: NI Executive's Pathway to Recovery](#)



Although some easing is now beginning to take place on certain Covid-19 restrictions – we urge everyone to remain careful to avoid catching or spreading this infection and particularly if you are shielding or coming in contact with those shielding.

The pandemic is not over and communities must work together in helping to reduce spread of Coronavirus and to protect lives.



Anyone who has been advised to shield by the NHS or their GP, including those 70 and over, should continue to do this until at least the end of June.





Join Us!

An opportunity to network, learn and share!

A special COVID-19 related series of Volunteer Now Members' Sessions to look at volunteering across a series of themes:

3: Rethinking Youth Volunteering in Light of Covid-19

28th May 2020

11am - 12pm

Volunteers have been at the heart of the local community response to the Covid 19 Pandemic. Young people have like so many others, had to adapt to a new way of living and volunteering. Whether helping out a neighbour to get some shopping, joining up with a community group to deliver food parcels or telephoning someone isolated, volunteers have been making a difference to how people are coping in these challenging times. Some organisations have had to rethink how they involve youth volunteers and unfortunately some have had to stop what they are doing completely. So what does this mean for youth volunteering as we move out of these difficult days? What will youth volunteering look like in the future? Will COVID-19 change how we think about and manage youth volunteering?

The session will give you an opportunity to talk to colleagues working in a similar field about experiences of **Volunteering in Lockdown** and share ideas, tips and strategies for **Volunteering after Lockdown**

- Issues and challenges
- Existing and/or new roles
- Doing things differently
- Profiles of volunteers and implications for going forward
- Impact on volunteering
- Making the most of volunteer stories

If you interested in attending, please contact sandra.faulkner@volunteernow.co.uk to book a place. You will then be sent a link and joining instructions.

SAFETY MAKES SENSE! | ANNUAL CHILD SAFETY WEEK

1ST TO 7TH JUNE 2020

It has never been more important that accidents are prevented in the home and never a time that parents are more under pressure, balancing working from home, home schooling and much more.

For that reason we are promoting the annual Child Safety Week- 1-7 June 2020 'Safety Makes Sense'. [child accident prevention trust](#)

You will find lots of information and downloadable resources on the home accident prevention section of the Trust website under the **campaigns tab** and the **resources tab**.

[Home Accident Prevention | Southern Health & Social Care Trust](#)

Key resource is the downloadable parents child safety week booklet. For your convenience some social media post suggestions have been uploaded.



Working together



Excellence



Openness & Honesty



Compassion

Find further information and a range of downloadable resources on the Home Accident Prevention section of the SHSCT website [HERE](https://southerntrust.hscni.net/health-wellbeing/health-improvement/home-accident-prevention/)
<https://southerntrust.hscni.net/health-wellbeing/health-improvement/home-accident-prevention/>

Download the Child Accident Prevention Trust Parents Child Safety Week booklet [HERE](https://www.capt.org.uk/Handlers/Download.ashx?IDMF=063f132e-7d4d-46cd-b861-d97cc06fd9ad)

<https://www.capt.org.uk/Handlers/Download.ashx?IDMF=063f132e-7d4d-46cd-b861-d97cc06fd9ad>

Access free resources, including the Child Safety Week action pack, poster, competitions, quizzes and more,

<https://www.capt.org.uk/Pages/Category/child-safety-week>



The link below was developed by SHSCT and EA and is supported by PHA - please free to post the link on your social media platforms during this week:

Take a moment to watch with your family and share your amazing ideas using [#Take5 Kids](https://www.southerntrust.hscni.net) www.southerntrust.hscni.net



For information on looking after your Mental health visit:
www.mindingyourhead.info



If you are or someone you know is in distress or despair Lifeline is here to help. Visit www.lifelinehelpline.info or call: 0808 808 8000

Help with domestic rates



✓ Rate Rebate for home owners and tenants eligible for Universal Credit (UC)

Rate Rebate provides help with rates if you are in receipt of UC and you or your landlord are liable for rates for a property you live in. As this is a digital scheme, to apply you need to register online for a Rate Rebate account. Landlords also need to register to verify property and rate account details.

www.nidirect.gov.uk/rate-rebate-scheme

✓ Housing Benefit

People on low incomes (including pensioners) may receive a reduction in their rates. Housing Benefit is a means tested benefit so your household income and savings will affect your entitlement.

You may be entitled if:

- You own and occupy your own home; **and**
- You are on a low income; **and/or**
- You are claiming benefits such as Job Seeker's Allowance/Income Support/Pension Credit/Employment and Support Allowance; **and**
- Your (and your partner's) total capital and savings do not exceed £16,000; **and**
- You are **not eligible** for Universal Credit.

www.nidirect.gov.uk/rate-housing-benefit

✓ Rate Relief

People on low incomes (including pensioners) may receive a reduction in their rates. Rate Relief is a means tested allowance so your household income and savings will affect your entitlement.

You may be entitled if:

- You are on a low income; **and**
- Your (and your partner's) total capital and savings do not exceed £16,000 (if you are under pension age); **or**
- Your (and your partner's) total capital and savings do not exceed £50,000 (if you are a pensioner); **and**
- You are **not eligible** for Universal Credit.



Tel: 0300 200 7802
Text Relay: 18001 0300 200 7802

For details on Universal Credit eligibility visit:
www.nidirect.gov.uk/universalcredit

✓ Lone Pensioner Allowance (LPA)

Ratepayers aged 70 or over and living alone are entitled to a 20% reduction in their rates.

You may be entitled if you pay rates and:

- Are aged 70 or over; **and**
- Live alone.

In some circumstances you can have someone living with you (such as a carer) and still be awarded LPA.

www.nidirect.gov.uk/lone-pensioner-allowance

✓ Disabled Persons Allowance (DPA)

You may be able to claim a 25% reduction in rates.

You may be entitled if:

- A person with a disability lives in your home; **and**
- The property has been suitably adapted to meet the needs of the disabled person.

www.nidirect.gov.uk/disabled-persons-allowance

✓ Rating of Empty Homes Exclusions

A vacant home may be entitled to 100% exclusion from rates if specific criteria are met.

You may be entitled if:

- The property is entirely unoccupied, unfurnished and not used for storage purposes; **and**
- One of the specific exclusion criteria is met.

www.nidirect.gov.uk/rating-empty-homes



Tel: 0300 200 7801
Text Relay: 18001 0300 200 7801



Reminder

If you apply for help, you must continue to pay your rate bill while your application is being assessed.

make the call

To find out if you are getting all the money, supports and services you're entitled to

0800 232 1271*

text: 'CHECK' to 67300 • visit: nidirect.gov.uk/makethecall
email: makethecall@dfcn.gov.uk

*network charges may apply



invites you to watch
and share

RELOCATE

With support from:



Watch online: bit.ly/RelocateShortFilm

A film featuring children and their families in Dungannon telling their stories of migration and settlement through dance. The film was made by our Youth Engagement Projects Sutemos and Suteminis, with children from STEP Language School.

DU Dance (NI)
Principal Funder:



Project Funders:

Community Relations Council



This project has been supported by The Executive Office
funded through its District Council Good Relations Program
in partnership with Mid Ulster District Council



The Executive Office
www.midulster.gov.uk



We know that support, connection and comfort when someone is bereaved is really important. We also know that during this COVID-19 pandemic, the restrictions around our mourning and funeral rituals can add to our sense of loss and isolation. In response to this we are offering a dedicated telephone listening service.

“Bereavement Helpline”

**This service is available from Monday—Friday,
9am—5pm**

028 375 67990

Professionals with knowledge, experience and insight into grief and loss will answer or return your call and offer a compassionate, listening ear.

There may also be information we can help with or direct you to.

If you live in the Southern Trust and have been bereaved you can get in touch.

The Southern Health and Social Care Trust Bereavement Helpline

Grief is difficult under 'normal' circumstances, but the current context brings added challenges at the time of death, limitations to our rites of mourning and when social distancing restricts our capacity to be with family and friends.

The Southern Health and Social Care Trust Bereavement Helpline launched on Monday, in response to the COVID-19 pandemic.


With a team of professionals with knowledge, skills and insight into grief and loss responding to calls, the helpline aims to come alongside bereaved people, to hold their grief and offer emotional support through compassion and empathy, in the hope that, in some small way, it will prove beneficial for some people at this time. **Call 028 375 67990**

Cruse: our response to the coronavirus crisis



Telephone support

Contact Local Area Offices in NI:

-  Armagh & Dungannon: 028 8778 4004
ArmaghandDungannonArea@cruse.org.uk
-  Belfast: 028 9043 4600
Belfast@cruse.org.uk
-  Foyle: 028 7126 2941
foylearea@cruse.org.uk
-  Newry: 028 3025 2322
newryandmournbranch@cruse.org.uk
-  North Down & Ards: 028 9127 2444
northdown@cruse.org.uk
-  Northern: 0748 340 5304
northern2@cruse.org.uk
-  Omagh & Fermanagh: 028 8224 4414
omagh@cruse.org.uk

Grief and isolation during the coronavirus outbreak

-  Keep in regular contact with others (via telephone or social media)
-  Look after yourself and get rest
-  Seek practical help from friends, family or neighbours
-  Don't feel guilty if you are struggling
-  Reach out if you know someone else who is struggling
-  Contact the Cruse Freephone National Helpline (0808 808 1677)



CRUSE NATIONAL HELPLINE

0808 808 1677



Support for front line staff:

<https://www.cruse.org.uk/gethelp/coronavirus/coronavirus-coping-front-line-responder>

MONDAY:	09:30 - 17:00
TUESDAY:	09:30 - 20:00
WEDNESDAY:	09:30 - 20:00
THURSDAY:	09:30 - 20:00
FRIDAY:	09:30 - 17:00



5 Ways to Help Grieving

The Covid-19 pandemic has changed the traditional ways we mark our grief. However, we can support ourselves and each other in different ways.

For more help, advice and helpline numbers please visit: <https://crowd.in/56W0y>

Northern Health and Social Care Trust

5 ways to help others who are grieving

- 1 Think about how you might **send your condolences** - write a card, complete an online condolence, send a text or telephone. Share photos or drop food and little gifts at a person's door to offer comfort.
- 2 **Reach out.** Make yourself available not just in the short term but in the weeks and months to come.
- 3 **Ask a friend how they are doing.** Ask what might help, listen carefully.
- 4 **Offer practical help,** for example with meals, shopping etc.
- 5 **Offer to help with technology,** for example with setting up video calls, WhatsApp or other ways of keeping in touch.

COVID-19 Community Helpline



If you, or someone you know, is vulnerable and needs help please contact the helpline below. They will put you in touch with local services for help.

This is not a medical advice line.

Freephone COVID-19 Community Helpline can be accessed by

Tel: 0808 802 0020 covid19@adviceni.net Text ACTION to 81025.

It is available 7 days a week, 9am to 5pm.

For urgent medical problems call 111 open 24/7 or visit 111.nhs.uk



FREE ZOOM WORKSHOPS

Annual Dietitians Week 2020

As COVID 19 continues to impact our lives in so many ways, we do hope you continue to stay safe and well. Although we cannot deliver our usual Cook it! Programmes for now, we are really excited to offer the enclosed FREE online Zoom Workshops just in time for British Dietetic Association's annual Dietitians Week 2020 which runs this year from Monday 1st - Friday 5th June 2020. These workshops are geared towards those individuals or families who would benefit from additional support in basic shopping skills and nutrition advice.

Free Online Zoom Workshop Opportunities during June 2020 - Please ensure you have access to Zoom prior to registration / Workshops are also open to the general public.

You can register via i-matter <https://imatter.site/> or forward your Name and Email Address to the team here at: Cookit@northerntrust.hscni.net or Contact the office on 028 256 35276. When your place is confirmed the link will be forwarded to you.



ZOOM WORKSHOP:
BUSTING THE BIGGEST NUTRITION MYTHS

FREE 45 minute online workshop with a dietitian

Nutrition is an essential part of a healthy life. There are so many trends, fads, and lots of misinformation out there, it is increasingly hard to find reliable nutrition information. This workshop will "bust" ten of the most common myths and give you trustworthy nutrition information.

Monday 1st June
1.15-2pm online

TO REGISTER, CONTACT 02825635276 OR EMAIL COOKIT@NORTHERNTRUST.HSCNI.NET

LIMITED PLACES AVAILABLE

HSC Public Health Agency **HSC Northern Health and Social Care Trust**

coconut oil? honey? butter? detox diets? carbs? artificial sweeteners? vegan?



ZOOM WORKSHOP
FEED YOUR FAMILY FOR LESS

FREE 45 MINUTE ONLINE WORKSHOP WITH A DIETITIAN

COVID-19 has impacted our lives in so many ways, including how we eat and drink. With more people now cooking and eating at home, our dietitians will look at money-saving tips and some recipe inspiration to feed your family well for less during lockdown.

Thursday 4th June
12.30-1.15pm online

TO REGISTER, CONTACT 02825635276 OR EMAIL COOKIT@NORTHERNTRUST.HSCNI.NET

LIMITED PLACES AVAILABLE

HSC Public Health Agency **Cook it! The Northern Trust** **HSC Northern Health and Social Care Trust**

8 Rules of The Highway Code that help drivers 🚗 and people who walk 🚶 keep each other safe in these uncertain times...



Whether you choose to walk or drive in these uncertain times...

Play the video to see the 8 Highway Code rules that help keep drivers and people who walk safe.

Now more than ever, it's crucial that we take care when sharing the road. Less traffic on the roads doesn't mean we should be less careful.

Everyone must do all they can to reduce the number of road casualties during these unprecedented times.

Drivers must watch out for pedestrians, especially in built up areas – they may step off the pavement onto the road unexpectedly to practice social distancing.

When out walking, pay attention to your surroundings and be alert to the traffic around you. Always check the road is clear before stepping off the pavement to cross to the other side or to social distance from other people using the footpath.



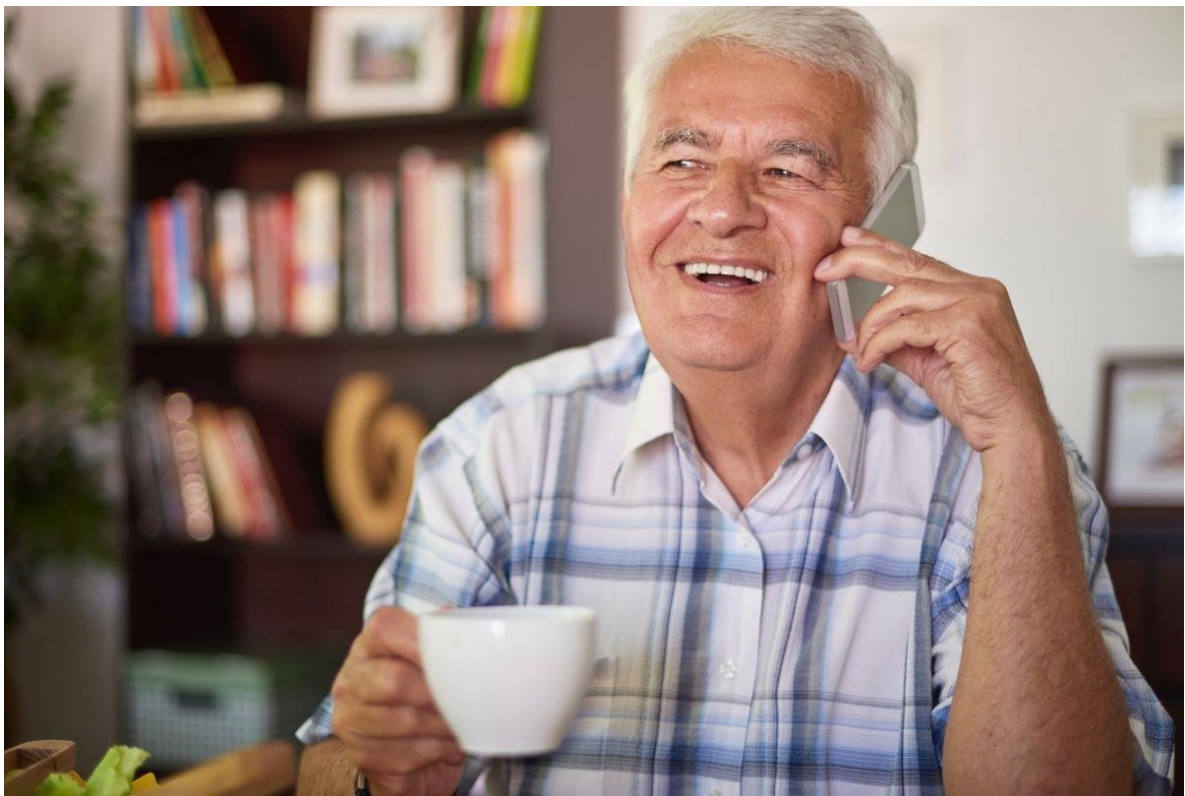
Age NI, with the support of the Commissioner for Older People for Northern Ireland, has launched a 'Check in and chat' telephone service for everyone who is over 60 in Northern Ireland, who may feel isolated or lonely during this time.

150+ volunteers call older people who need a reassuring voice and check that other, practical needs are met.

An older person who availed of the service said; "The telephone call is great, it breaks up the day for me as I live on my own. It makes me feel wanted and I like having someone to talk to about life"

**If you or an older person you know needs support please call
Freephone: 0808 808 75757.**

[Learn more](#)



USEFUL CONTACTS

If you have been caught out by a scam or you think a friend or family member has been affected, contact Consumerline, which can give advice and, if necessary, pass the matter onto the Trading Standards Service.

Consumerline
Tel: 0300 123 6262
Web: www.nidirect.gov.uk/consumerline

Tel: 0300 123 6262
Web: www.nidirect.gov.uk/consumerline

Web: www.nidirect.gov.uk/consumerline

Report bogus callers to the PSNI
Tel: 101 (or 999 in an emergency)
Web: www.psnipolice.uk

Tel: 101 (or 999 in an emergency)
Web: www.psnl.police.uk

Web: www.psnipolice.uk

Report scams to Action Fraud
Tel: 0300 123 2040
Web: www.actionfraud.police.uk

Tel: 0300 123 2040
Web: www.actionfraud.police

Web: www.actionfraud.police

Reduce unwanted mail and calls by registering with:

Mailing Preference Service
Tel: 0845 703 4599
Web: www.mpsonline.org.uk

Tel: 0845 703 4599
Web: www.mpsonline.org.uk

Web: www.mpsonline.org.uk

Telephone Preference Service
Tel: 0345 070 0707
Web: www.tpsonline.org.uk

Tel: 0345 070 0707
Web: www.tpsonline.org.uk

Web: www.tpsonline.org.uk

For more help and information visit:
www.nidirect.gov.uk/scamwiseni
www.facebook.com/scamwiseni

www.nidirect.gov.uk/scamwiseni
www.facebook.com/scamwiseni

www.facebook.com/scamwiseni

The Consumer Council
www.consumercouncil.nl

www.consumercouncil.org.uk

This leaflet was produced by The Consumer Council on behalf of the ScamwiseNI partnership.

COVID-19 Scams

Know the signs...

...stop the crime



scamwiseNI
PARTNERSHIP

TOP TIPS

- Contacted out of the blue? Think – is it too good to be true?
- If you haven't bought a ticket – you can't win it. You should never have to pay anything to claim a prize, not even the cost of a stamp.
- Telephone scammers will often ask you to call another number, but then stay on the line. Check the number is genuine and ensure the line is clear.
- Your financial institution will never phone asking for your online password and will never come to your home to collect cash, your PIN, payment card or chequebook if you are a victim of fraud.
- Genuine computer firms do not make unwanted phone calls to help you fix your computer.
- Never click on links or files in emails unless you are sure of the source.
- Never respond to social media advertisements or click on links unless you are sure of the source.
- Just because they sound professional and say they are from financial institutions, the PSNI, HMRC, utility companies, internet providers or public bodies, does not mean they actually are.
- Never feel pressured into buying something on your doorstep. Never hand over cash or go to the bank with the person to take money out. Always ask for ID to avoid bogus callers.
- If in doubt, don't reply. Bin it, delete it or hang up.

MAIL AND PHONE SCAMS



Be particularly wary of letters, calls and texts relating to:

Pension scams – People are concerned about the value of their pensions and scammers will try and persuade you to switch your pension to a better one. Be careful when receiving unsolicited offers to review your pension;

Investment scams – Scammers are tempting consumers to invest their money with an offer of high returns. If you were contacted out of the blue then stop and think – is this too good to be true?;

Fake competitions – Watch out for fake competitions at this time. If you haven't bought a ticket, you can't win it. You should never respond to these types of scams;

Automated messages from your service providers – Watch out for automated messages stating your subscription service or internet has been cancelled. Be sure to check directly with your service provider if you have any doubts. However, do not use the number you were contacted from;

Travel scams – There are scammers contacting consumers pretending to be from travel agents, tour operators, claims companies and insurance companies offering to help you with your travel concerns. If you receive unsolicited calls, texts or emails, then call/email the official contact details of the company from their website and double check that it is real;

Charity scams – Scammers may attempt to trick you into sending money for a fake charity, a sick loved one, or someone stranded abroad. Be sure to check the details of the charity; and

Fake fines for leaving your property – Consumers are now receiving fake text messages/automated messages from scammers pretending to be from law enforcement bodies informing them that they are being issued with a fine for leaving the house during the lockdown period.

DOORSTEP SCAMS



Not all doorstep traders are bogus but watch out for rogue doorstep traders, rogue sales persons and bogus callers. Ask for ID as bogus callers can pretend they are from the Council, a health organisation, a charity, a utility company, the PSNI or other public bodies.

Be wary of scammers calling at your door offering to go the shops, collect prescriptions or offering to withdraw cash on your behalf for a sum of money. Never hand over money to strangers and contact a family member or friend immediately if you are in doubt.

Scammers may try and sell fake or expensive Personal Protection Equipment (PPE), anti-bacterial products, cleaning products, deep cleaning services, fake miracles cures, vaccines or offering to sell you a coronavirus testing kit.

Don't be taken in by warnings from rogue doorstep traders or rogue sales persons. Never hand over cash or free pressured into buying goods or services. It is best not to decide on the doorstep and to talk it over with someone you know.

If you have concerns, speak to a family or friend in the first instance. Always report bogus callers to the PSNI on 101.

There are a number of local community centres/community support groups working within the local community offering free assistance in whatever way they can help for those isolated in their own home as a result of coronavirus such as going to the shops.

Further details on support available for vulnerable consumers is accessible on The Consumer Council's website:

www.consumerCouncil.org.uk/coronavirus/vulnerable

ONLINE SCAMS



There are many different types of online scams including scams on the different social media platforms:

Free COVID-19 testing – Consumers are receiving emails/texts/automated messages and direct messages through social media about free COVID-19 testing in an attempt to scare you. Ignore and delete these messages;

Free payments from the government – Scammers are pretending to be from the government. Make sure that correspondence from official UK government website addresses is official by ensuring the URL ends with 'gov.uk';

Tax rebate scams – Scammers pretending to be HMRC are offering a tax rebate. HMRC will never contact you via text message/social media/email offering a tax rebate;

DVLA refunds – With many people self-isolating, scammers are pretending to be from the DVLA offering a refund for those that cannot use their car during this time. Make sure that correspondence from official UK government website addresses is official by ensuring the URL ends with 'gov.uk';

Free supermarket vouchers – Consumers are receiving alerts that supermarkets are offering free vouchers for those in need. Be cautious when receiving unsolicited messages;

Free school dinner vouchers – Consumers are receiving alerts offering free school dinner vouchers. Do not follow any links or enter any payment information. For information on free school meals, go online to www.eani.org.uk/getism; and

Websites selling fake PPE – As with doorstep scams, watch out for fake websites selling fake PPE, anti-bacterial products, cleaning products, deep cleaning services, fake miracles cures, vaccines or coronavirus testing kits.



**WE'RE
HERE TO
LISTEN**

MACMILLAN
CANCER SUPPORT

Macmillan Support Line

0808 808 00 00

**7 days a week
8am-8pm**

We understand that people are worried about coronavirus (COVID-19). The latest guidance for people with cancer, Macmillan supporters and our volunteers can be found at <https://www.macmillan.org.uk/coronavirus>

Local Support and Information

Your local Macmillan Information and Support Services are continuing to help people living with cancer by email and telephone .

Belfast HSC Trust: 028 9063 8980
cancer.info@belfasttrust.hscni.net

Northern HSC Trust: 028 9442 4000 Ext 333079 / 334046
CancerInformation@northerntrust.hscni.net

Southern HSC Trust: 02837561001
sharon.clarke@southerntrust.hscni.net

South Eastern HSC Trust: 028 9055 3246
Macmillan.Informationandsupport@setrust.hscni.net

Western HSC Trust: 028 7132 0105 or 073 4207 5636
Macmillan.information@westerntrust.hscni.net

MACMILLAN
CANCER SUPPORT

Advice NI Services during the Covid-19 Crisis



Does your group
involve volunteers?

Check out our
**GOOD
PRACTICE
GUIDANCE**

when involving volunteers
and volunteering during
the Covid-19 crisis

<https://bit.ly/2wCSXaV>

At Advice NI the safety of our clients and staff is our top priority so for the time being all face-to-face appointments have been suspended.

However, we are still offering free, confidential and impartial advice over the phone and, in some cases, online.

See below for more details.

Guidance for Groups with Volunteers:

<https://www.volunteernow.co.uk/app/uploads/2020/05/Involving-Volunteers-Covid-19.pdf>

Money & Debt

Debt

Our phone lines and digital services are still running. However, at current time we cannot complete Bankruptcy applications due to the Northern Ireland Insolvency Service being closed, <https://www.economy-ni.gov.uk/topics/insolvency-service>.

For free and confidential money and debt advice our contact details are the same.

- Freephone 0800 028 1881 (Monday - Friday 9.00am to 5.00pm)
- Email at debt@adviceni.net
- Web chat www.adviceni.net/advice/debt

Business Debt Service

- Free phone 0800 083 8018 (Monday - Friday 9.00am to 5.00pm)
- Email at bds@adviceni.net

You can also visit our website for information on all aspects of personal and business debt issues along with step-by-step support on budgeting, debt prioritisation and negotiating repayments with creditors. You can find the information here - <https://www.adviceni.net/money-talks> or <https://www.adviceni.net/business-debtline>

Specialist Support Service

There is no change to our Specialist Support Service and it continues to provide second tier support to all money and debt advisers throughout Northern Ireland.

The service is available Monday to Thursday 10am to 4pm & Friday from 10am to 3pm.

Free phone 028 9064 5919 Email at specialistsupport@adviceni.net

Tax & Benefits

Our Tax & Benefits service is operating over the phone, Monday to Friday, 9am to 5pm.

Freephone 0800 988 2377 Email tax@adviceni.net

EUSS

To speak to an adviser about applying to the EU Settlement Scheme for free and in confidence you can contact our helpline Monday to Friday, 10am - 4pm.

Freephone 0800 138 6545 Email euss@adviceni.net Text EUSS to 66644

Training

NEVER STOP LEARNING



Life has changed so much in such a short time. At Advice NI we are following government guidance and have cancelled all face-to-face training for the time being.

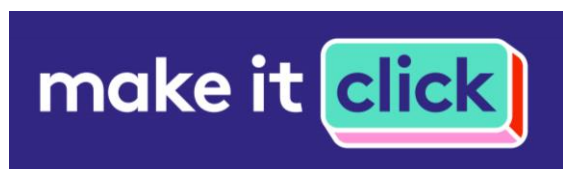
Instead we have brought all of our training online and we'll continue to devise new ways to deliver training to learners and create new online training to help you develop your skills, knowledge and abilities in changing times.

At the moment we are using Zoom to deliver Live Online courses. We have also developed our Anytime Online courses to allow you to complete your training at a time that works for you.

To support our members and the wider community during the COVID-19 crisis, all of our Anytime Online courses are now free to anyone until the end of June.

Visit our website [here](#) to view all of our courses and to book online. Just fill in the registration form on the course website and we'll send you an email with instructions on how to access your course.

Don't forget, our Bespoke Training service is still available. We can create training tailored to your organisation's specific needs, even during the current crisis. For more information email training@adviceni.net.



Advice NI and Make It Click

Advice NI have teamed up with the Good Things Foundation to become a centre of learning for Make It Click. This is a free resource for IT skills - it includes courses, tools and templates to help you build your IT skills. You can find out more about social media, start to learn about social media and even find out how to make working from home work for you.

This is free to anyone and Advice NI are providing a digital certificate to anyone who completes more than 30 minutes of training.

If you would like to Make It Click, visit the learning survey link below and then follow the instructions. Don't forget to email us when you have completed your training so we can award you with your certificate. <https://www.surveymonkey.co.uk/r/TNZMWWC>

These courses are free and available to anyone so feel free to share with friends and family.

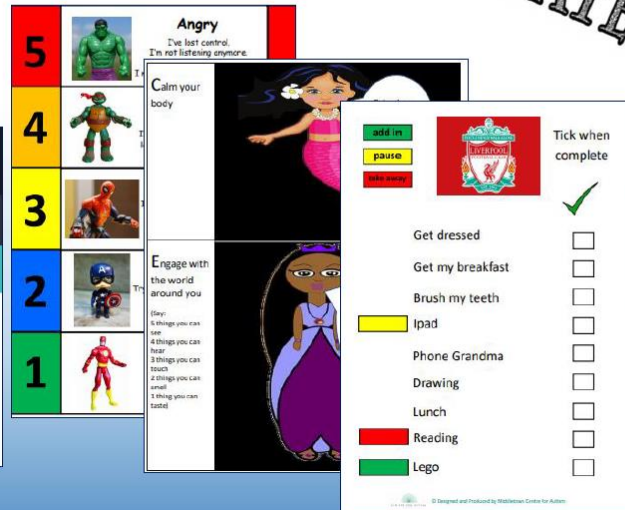
Cash Handling

We want to reinforce to the community response teams the guidelines on handling cash where volunteers are collecting groceries or medication for those who are self-isolating:

- Try and avoid paying by cash where possible encouraging the individual to order and pay over the phone for goods so that all the volunteer needs to do is to lift and deliver (leaving the goods at the door)
- If it's necessary, then place cash in an envelope and ask the shop to place change and receipt into the envelope. Leave the envelope and goods at the door or in an agreed place.
- Encourage the individual to leave the money in the envelope for a day or so before touching it so that any cross contamination is not live
- Promote hand washing by the volunteer and the recipient of the goods
- Please provide or ensure your volunteers wear gloves and have wipes so that they can wipe their surfaces (gloves, steering wheel, handles etc) as often as necessary
- STAY SAFE and keep up the good work.

You can find out more helpful information on the below website:

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



A range of supportive resources and ideas are available for viewing and download on the Middletown Centre For Autism dedicated COVID-19 web section **HERE**

<https://www.middletownautism.com/covid19>

Fire Safety **Be Prepared**

PLAN AHEAD

- Make sure all your family know what to do in a fire and how to escape safely.
- Plan your escape routes and keep your exits clear.
- Keep door and window keys handy.
- Close all doors. By shutting doors you can keep your route free from fire. This is particularly important in homes where you would not be able to escape from a window, for example if you live in a tall house (3 storeys and above) or a high-rise flat.

WHAT TO DO IF A FIRE STARTS

- If there is smoke, keep low where the air is clearer.
- Try and keep calm. Get everyone out as quickly as possible – don't waste time investigating or rescuing valuables.

IF YOUR CLOTHES CATCH FIRE...

- Don't run around.
- Lie down and roll around.
- Smother the flames with a heavy material, like a coat, blanket or a fire blanket if there is one near.



STOP!



DROP!



ROLL!



Keep Yourself Safe At Home

Home fire safety has never been more important.

Follow these tips to keep you and your family safe from fire in the home and follow our social media for more.

Remember together we can **STOP** Fire.

- S**- have a Smoke alarm on every floor of your home
- T**- Test your smoke alarms weekly
- O**- be aware of the Obvious dangers in your home; and
- P**- Plan your escape route, should a fire occur.



Northern Ireland Fire & Rescue Service

FEELINGS CHECK-IN

I feel...

I need to...

Overwhelmed	Take a step back
Stressed	Focus on relaxing
Anxious	Practice coping skills
Sad	Be loving to myself
Angry	Find a positive outlet
Drained	Rest and recharge
Broken	Self-compassion
Upset	Take time for myself
Alone	Reach out for support

BlessingManifesting



NI Scrubs are a group of Volunteers in Mid Ulster working together to support Frontline workers by providing home-made scrubs and other PPE during Covid-19.

They need volunteers to help them sew scrubs, Pattern/Fabric Cutters, donate fabric, or can you help with pick ups & collections within Magherafelt, Cookstown and Dungannon .

Check out their Facebook Group or
for the Magherafelt Group contact Linda - 074 7425 5756





ParentingNI

Tips for play with your baby

Research shows 75% of your child's brain development occurs after birth. Play helps promote that development by stimulating the brain through the formation of connections between nerve cells.

It's never too early to introduce play so why not try:

- Get close to your baby give them time to study your face. Stick your tongue out or pull facial expressions and they may mimic these back.
- Sing or try nursery rhymes that involve touch e.g. 'round and round the garden'
- Talk to your baby, mirror the sounds they make, give kisses and use tickles and gentle touch.
- Play peek-a-boo using a sheet or your hands.
- Role play hand clapping and encourage your baby to try.
- Give your baby different objects to feel – soft toys, rattles or cloth books with pages of different textures – discovery is fun for babies.
- Use bath time as a relaxing way to introduce bubbles and water play.



parentingni.org

Support Line: 0808 8010 722



Play in lockdown

While children are confined to home with their family during the current pandemic this provides a unique opportunity for many parents to spend time with their child and strengthen family connections through play. Play allows your child to develop important socialisation skills that they will be able to use when this is over, such as independence and understanding how to manage relationships.

Play is very important for children's development and provides an ideal opportunity for your child to learn how to interact with others, share, observe boundaries and problem solve while having fun.

Remember...

- Play is your child's natural way of learning.
- You are your child's favourite toy.
- Resist the temptation to take over or direct what is played.
- Play encourages development of fine and gross motor skills.
- Play doesn't have to involve expensive toys in fact more benefit is gained when children use their imagination to devise games and play toys.
- Play teaches children how to make friends, team work and taking turns.
- Children can play alongside or with others and they also benefit from playing alone at times.
- Siblings will form strong bonds that last a lifetime when they have the opportunity to play together.
- Have fun. This is the ideal opportunity to make memories and enjoy some light relief from the current situation.



parentingni.org

Support Line: 0808 8010 722



@ EYH & MACS

EYH are a charity that are working to end youth homelessness on a national scale to give vulnerable young people a future. MACS are a charity partner with EYH and in being so are able to give our young people amazing opportunities these include:

HOUSING FUND

Young people can apply for financial support towards deposit up to £1500.

BURSARY FUND

Young people can apply for bursaries of up to £500 to help toward training, education and employment.

EYH are constantly reviewing and adding programmes and funds to this - we will update when we receive more information.

See attached info sheet and application form for further information



For more information contact: 028 90 313163 or
info@macsni.org

NEW COURSES!! ONLINE LEARNING

**Course's in : Reflexology,
Meditation, Money Management &
many more**



**Tablets or
PC Lessons**

**Online
Convenience**

**Quality
Reliable
Service**

Contact: Tinashe 077 9934 8375
Angela: 077 3995 1970

FUNDING

Community Relations / Cultural Diversity

Deadline date: 4 December 2020



Currently we are awaiting confirmation of our 2020/21 budget, which means that applications will be processed up to the decision stage with contracts then being issued when we have approval to do so. We do not anticipate long delays, which is why we are opening the CR/CD Scheme now.

Funding and Development Programme Staff will be available to discuss any proposals you would like to take forward. [Staff contact details are here](#). We understand that these are very challenging times and will endeavour to be as flexible and responsive as we can to the present needs of communities.

Adapting to Online Delivery

In these unprecedented times we understand that many of the traditional delivery methods are not possible. With this in mind the Council have been gathering together some of the current good practice in relation to delivering programmes online and in different formats.

Please check out the examples of work currently taking place:

- <https://www.community-relations.org.uk/news-centre/crc-groups-adapt-working-online-interview-series>
- <https://www.community-relations.org.uk/news-centre/new-ways-working-online-nicrc-adapting-change>

Over the coming weeks we will have more good practice ideas to share as well as information about upcoming events and any available resources. Please keep checking our website and social media for further updates.

CR/CD Funding Details

- All projects in receipt of CR/CD funding must be completed within this financial year.
- Grants are up to £10K maximum and for project costs only.
- Average grant is £2K – £5K.

Aims of the CR/CD Scheme

The Community Relations Council, with the support of Government, has established a fund to spend each year on community relations projects. This funding is intended to help community/voluntary groups throughout Northern Ireland develop their capacity to

engage in community relations work and to enhance the community relations potential of projects they undertake.

If you have any questions or would like to discuss a proposal prior to submitting an application please [contact a member of the Funding and Development Programme](#) or phone 028 9022 7500.

T:BUC Requirement

Applicants are required to outline the outcome in Together: Building a United Community (T:BUC) to which the proposed project will contribute.

[Read more about the T:BUC strategy.](#)

Eligibility Requirements

There are certain specific criteria you must adhere to when applying for funding:

[Read about the CD/CR scheme criteria.](#)

Apply for the Scheme

[Apply now for CR/CD funding.](#)

Important information for CR/CD applications submitted before 31 March 2020.

End of Year Returns and Programme Postponements for CR/CD Grants Scheme 1 April 19 – 31 March 20

At this current exceptional time we understand that there are a number of questions relating to the submission of claims as well as the cancellation of activities due to take place before the 31 March 2020 deadline. Below is an update relating to these questions based on the most up-to-date information we have been provided with.

How to submit end of project Claims

Normal Process still in place:

Please log in to CRC Application Portal to complete your evaluation and project spend form online and submit. These forms are available to submit through My Applications on the Application Portal. Please note: Your evaluation form will show here but you need to generate your project spend form. To do this, go to My Applications and click on Reporting, New Claim and choose project spend form.

Change to process due to Covid-19:

Please scan and email your invoices and bank statements to your Project Officer. If you do not have a scanner, you can take screenshots of your original documents with your mobile phone and email them to us. If this is not possible, please note that there will be a delay processing claims sent by post due to CRC office being shut at this time. CRC will provide updates in due course as more information becomes available.

Please note: Subsequent to any financial claims that have been verified online, CRC will request original hard copies of documentation including original invoices and bank statements when normal business resumes.

If you need any further advice, please contact a member of the Funding department.

Projects not going ahead due to Covid-19 – Can Groups Postpone?

CR/CD Small Grants:

1. If you have had to postpone an event then you will need to re-apply to the 2020/21 programme for support. We cannot transfer grants between financial years.
2. If you have partially completed your project then please submit all of your returns for your spend to date. We will require the return of any unspent grant award.

We understand that these are exceptional circumstances, as such we will make every effort to try to be as flexible as possible.



**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)**



**COMMUNITIES
TOGETHER**



DfC

Department
for Communities
www.communities-ni.gov.uk

nidirect
government services

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

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

Business Support

INTERTRADEIRELAND - COVID-19 SUPPORT

InterTradeIreland has launched two specific support schemes to address key business challenges related to coronavirus (COVID-19).

Emergency Business Solutions Programme

This programme offers 100% financial support up to £2,000 and covers the following:

- Guidance and direction to relevant government support and help to apply, where feasible.
- Emergency cash flow, people, supply chain.
- Completion of lending applications for loan support.
- Legal Issues (HR, employment and redundancy advice, contracts, advice on leases).
- Helping businesses diversify to offer other products or services.
- Rapidly repositioning a business strategy.

E-Merge Programme

This programme provides businesses with an opportunity to develop and/or improve their online presence.

It offers access to a team of consultants who have specific skills in e-Commerce, online marketing and social media. The programme provides £2,500 fully funded consultancy support.

Small and medium-sized manufacturing or tradable service businesses registered on the island of Ireland (North or South) that are engaged in cross-border trade may apply for both schemes.

Applications are now open and can be made online.

For more information or to apply [click here](#).



As a business in Mid Ulster District Council area, we would like to make you aware of some new business programmes, events and awards that may be of interest to you.

Please note that Mid Ulster District Council have a dedicated Covid-19 Business Support Section established on its website providing up to date information to our business community as the situation unfolds. The webpage is updated on a regular basis to ensure all key support measures are included as they become available. Click here to view webpage.

Remember to join in the #ResilientMidUlster conversation on the Council's [Facebook](#) and [Twitter](#) channels over the next two weeks as we share the thoughts and advice from Mid Ulster businesses on staying resilient in these uncertain times.

INVEST NI - RESOURCE MATCHING SERVICE

The International Synergies (IS) NI Team remains committed to helping businesses during the current COVID-19 crisis. They want to help you find a resource matching solution that works for you, both as a direct response to COVID-19 and its impact on your business but also in the recovery period.

Does your business need a specific resource? Do you have an unused resource you can offer?

If your business needs a resource or has resources to offer in response to COVID-19, or in general, please get in touch with one of the team. They have over 2000 NI businesses as members on their IS database across all sectors, that they can seek help from. Please attach any photographs or MSDs in your email.

The team will offer virtual in-depth consultations to explore potential resource matching solutions.

For more information email: info@international-synergiesni.com or telephone **028 3833 3438**.

NI CHEST HEART & STROKE - WELL TEAM PROGRAMME

NI Chest Heart & Stroke (NICHHS) are offering a FREE health and wellbeing programme funded by the Public Health Agency (PHA). This free programme engages with workplaces to improve the health and wellbeing of their employees and is available to small, medium and large workplaces based in the Northern/Southern HSC Trust area.

Participating workplaces will receive the following support:

- an opportunity to complete an employee workplace health and wellbeing survey to determine employee health priorities
- a comprehensive report outlining the health of employees and assistance with the development and implementation of a 3 year workplace health and wellbeing action plan
- Health Champion Training for employees within your workplace to drive forward health and wellbeing initiatives
- access to further workplace health training including Mental Health First Aid and networking opportunities for Health Champions
- access to 3 Well Talks for employees
- provision of resources for health and wellbeing initiatives
- ongoing support from an experienced NICHHS workplace health and wellbeing team

For more information [click here](#) or email sallen@nichs.org.uk

CORONAVIRUS STATUTORY SICK PAY REBATE SCHEME

The Coronavirus Sick Pay Rebate Scheme will repay employers the current rate of Statutory Sick Pay (SSP) that they pay to current or former employees for periods of sickness starting on or after:

- 13 March 2020 - if your employee had Coronavirus or the symptoms or is self-isolating because someone they live with has symptoms
- 16 April 2020 - if your employee was shielding because of Coronavirus

The repayment will cover up to two weeks starting from the first day of sickness for the weekly rate of £94.25 before 6 April 2020 and £95.85 after.

The scheme can be used by employers if they:

- are claiming for an employee who's eligible for sick pay due to Coronavirus
- had a PAYE payroll scheme that was created and started on or before 28 February 2020

- had fewer than 250 employees on 28 February 2020

The Scheme covers all types of employment contracts including: full time employees; part-time employees; employees on agency contracts; employees on flexible or zero-hour contracts; fixed-term contracts (until the date their contract ends).

For more information [click here](#) or to register a claim [click here](#).

CORONAVIRUS - TRAVELLERS EXEMPT FROM UK BORDER RULES

There will be a 14 day quarantine for all air passengers arriving in the UK.

The UK Government has produced guidance on travellers who are exempt from UK border rules. To view the comprehensive list [click here](#).

CORONAVIRUS - WORKING SAFELY DURING COVID-19 WEBINARS

The Department for Business, Energy & Industrial Strategy (BEIS) is hosting a number of FREE hour-long webinars to help businesses across a range of sectors ensure their workplaces are as safe as possible during the Coronavirus pandemic.

The webinars apply to England but will include general best practice advice that will highlight practical actions relevant local businesses can take.

Webinar Details

27 May - 11am-12pm - [Factories Plants and Warehouses](#)
27 May - 3pm-4pm - [Restaurants offering Takeaway or Delivery](#)
28 May - 11am-12pm - [Shops & Branches](#)
28 May - 3pm-4pm - [Vehicles](#)
1 June - 11am-12pm - [Construction & Other Outdoor Work](#)
1 June - 3pm-4pm - [Labs & Research Facilities](#)
2 June - 11am-12pm - [Offices & Contact Centres](#)
2 June - 3pm-4pm - [Other People's Homes](#)

For more information on each of the events click on the relevant sector.

HOW TO CREATE IMPASSIONED WORK TEAMS; EASING OUT OF LOCKDOWN WEBINAR

Over the last 8-10 weeks organisations have been responding to the crisis of COVID-19 restrictions. As the lockdown restrictions are easing organisations are now able to move from responding to recovery. For some, this may mean exploring ways to return to work after lockdown restrictions have been lifted and how the organisation achieves its purpose post COVID-19.

To move to the recovery phase relies on leaders having a clear plan that helps the workforce to believe it is safe to return and that they can trust their colleagues to behave in a responsible and safe manner. This means creating a psychologically safe environment where team members feel safe and confident that no one will embarrass or punish anyone for sharing a concern, asking a question, or offering new ideas.

This FREE 60 minute webinar, run by Julie Allan Consulting, will provide you with ideas and suggestions to create an impassioned team by considering:

- What's important to the team?
- What might be holding them back from wanting to return?
- What team members might do to move away from returning?
- What actions and behaviours are required for team members to feel safe about returning?

Date: Wednesday 28 May 2020

Time: 11am - 12 Noon

Venue: Online

For more information or to register [click here](#).



Mid Ulster District Council

Residents can access community support near them with the click of a button, via the Council's new **interactive online map and community response hub**.

The online hub provides details of the many local groups and organisations offering help including community groups, food banks, pharmacies delivering prescriptions and local shops offering food delivery services.

To access the community response hub please visit: <https://mid-ulster-council-covid-19-response-midulster.hub....>

To read more about this new resource visit: <https://bit.ly/2y2UO9G>.



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

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



A 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



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 to download the application form and contact details.



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

DAERA fisheries are starting to reopen from today for recreational use, however car parks will remain closed until 27 May. Anglers should only go to their nearest or local fishery. You can purchase fishing permits and licences at www.nidirect.gov.uk/angling
UlsterProvincialCouncil IFSA nidirect



DAERA have extended the opening hours of the Cattle Registration Telephony System on Wednesdays until 8pm. This will remain in place until 15th July 2020 to assist farmers with the notification of calf births & cattle movements during covid19 ☎ Tel 0300 200 7855

You can now purchase fishing permits and licences at
www.nidirect.gov.uk/angling

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

Remember social distancing and rules when outdoors

STOP AND THINK
SAFE
SLURRY ANIMALS FALLS EQUIPMENT

***Always
Farm
SAFE!***

Kind regards and stay safe everyone ;)