

COOKSTOWN & WESTERN SHORES AREA NETWORK (CWSAN) NEWS



Issue 171 July 2022

**CWSAN Office will be closed from Monday 11th July & will re-open
Monday 18th July 2022**

WORKSHOPS

CWSAN, Mid Ulster Forthcoming Workshops 2022

How to best prepare for Small Grants - Monday 12th September 2022 @7pm

CWSAN is holding this zoom workshop to prepare groups who might wish to make applications to the various small grants that are opening at this time of the year.

Risk assessing & Running your local Community hall - Wednesday 12th October 2022 @7pm

CWSAN are currently assisting groups that own local community halls to review what is needed to most effectively run their hall and to properly review any risks to committee or users. Workshop via zoom.

Good Governance/Committee Skills - Monday 21st November 2022 @7pm

CWSAN is offering this workshop on Good Governance/Committee Skills by Zoom. The workshop will be useful for anyone involved in the management committee of a community organisation who needs advice and training on how to manage their group more effectively, by putting in place good internal systems and practices.

Charities Commission Reporting - date to be agreed

For any of the above workshops please email info@cwsan.org to register or call Marguerite on 028 87738845 or Josie 028 79301606. If your group requires one to one assistance with any of these topics or other areas of interest please call.

FUNDING



Brighter Communities - Power NI - funding of up to £1,000 for small or large communities, sporting, charities, and all age groups to apply who can propose a tangible project or activity that can be realised or executed once the funds have been received and within an 8-week timescale.

[Applications](#) are now open.



Northern Ireland - Village Catalyst Grant Scheme

Grants - Up to £200K

The aim of the scheme is to support community organisations in rural villages in Northern Ireland with projects to tackle rural poverty and social isolation by developing a sustainable use for a disused historic building.

Applications will be accepted from charities, social enterprises, and other not-for-profit groups in rural villages of less than 5,000 in Northern Ireland.

The programme builds on a 3-year [pilot](#) which resulted in 4 projects being developed, highlighted in a short film.

Support is available for communities to:

- carry out viability work (up to £10k),
- develop their plans (up to £20k)
- deliver their project (up to £200k).

To be eligible, the building must be listed or within a conservation area.

<https://www.communities-ni.gov.uk/publications/village-catalyst-grant-scheme>



Sport NI Project Re-Boot:

Closing date: 20 March 2023.

Grant: £5,000

Activate - the next phase of funding to help clubs and community groups Build Back Better. This investment programme has been set up to support the sports sector through the ongoing coronavirus crisis in Northern Ireland. You need a crowdfunding project to apply. www.sportni.net



National Lottery Heritage Fund - Dynamic Collections campaign to support the heritage sector to build resilience in its recovery from the COVID-19 pandemic. [Further information here.](#)



Arts Council NI - Small Grants Programme

Closing Date: Friday 31st March 2023 at 12noon

Grants between £500 and £10,000

Professional arts organisations & community groups can apply for grants between £500- £10,000 to support projects in any art form. <http://artscouncil-ni.org/funding/scheme/small-grants-programme>



CLEAR Project – Public Health Agency

Grant: Award 1: £1,000 or Award 2 – Between £1,001-£5,000 Closing Date: Thursday 21 July @3pm

Community and voluntary groups are being encouraged to apply for the PHA short-term funding programme. The funding can be used to improve the health and wellbeing of local communities with a particular focus on improving mental and emotional wellbeing using one or more of the 5 steps to wellbeing – connect, Be Active, Keep Learning, Give and Take Notice.

To apply for the short term funding opportunities for Western, Belfast, Northern, South Eastern and Southern Health Social Care Trust areas please go to:

www.dhcni.com/pha-short-term-funding-grants



Ulster Scots Small Event Funding

Applications on a first come basis

Grant - £500-£1000 Groups will be required to provide match funding of at least 10%.

Programme aims to support the delivery of small community events in Ulster- Scots communities from 1st June 2022 to the 31st December 2022. <https://www.ulsterscotsagency.com/community-projects/apply-for-funding/>



Are you or your group a member of the Health Alliance yet? If not, join here for free <http://HealthAllianceNI.com/Membership-Registration/> and receive a weekly ezine with health and well-being information, events/activities, funding opportunities and find out about programmes & training within the Northern Area. We can also help promote your own health and wellbeing events/activities to reach a wider audience!

Is your group currently involved in growing food or wildflowers eg in window boxes, community garden/allotment or would your group be interested in learning more about gardening / conservation?

Would your group be interested in running healthy eating sessions eg a one off slow cooker demonstrations or over 4 weeks, 4 week food values course, 6 week cook it course etc or interested in running more physical activity sessions in your community eg walking groups, Tai Chi etc-

If you have answered Yes to any of the above please contact Anita for more information – 075 4063 5862 healthalliance@cwsan.org

Save the Date: NICHI Annual Conference – Thur 29th Sep 9.30-12.30 in Tullyglass Hotel, Ballymena, finishing with lunch Theme@ Nature & Nurture. More details to follow.



Does your group/organisation want to work with others to help tackle loneliness and isolation within your area? To join Mid Ulster Loneliness Network please contact mulnetwork@northerntrust.hscni.net for a membership form. You will then be added to the mailing list and invited to attend the meetings.



If you are aware of any uniform swap-shops/recycling initiatives taking place over the summer months within Mid Ulster, can you contact Emma McElhone, Emma Emma.McElhone@northerntrust.hscni.net 079 0184 2365 or Bronwyn.campbell@hscni.net



Find out what drugs and alcohol support services are available in your local area. If you or someone you know needs help with drug or alcohol misuse, reach out, get help. Find out more at www.DrugsAndAlcoholNI.info



Are you or some of your family over 50 or are you working with over 50's in Mid Ulster? Are you on the mailing list to receive a monthly Snap shot from Eugene O Goan, the community navigator. If not, please feel free to contact him to be added communitynavigator.mu@ageni.org



Are you over 50 and living in Mid Ulster? If you would like to join Mid Ulster Seniors Network - the voice of over 50's – please contact midulster.seniorsnetwork@gmail.com or email elaine.curry@ageni.org to become a member (as a group or individual). Also on facebook – @midulsterseniors.



Mid Ulster Agewell Project has updated their website and you can now make online referrals to their good morning call service for over 50's or their home maintenance service for over 65's living within Mid Ulster, including changing a light bulb or fixing a shelf to power washing essential paths and cleaning gutters in single story homes <https://agewellpartnership.org/> You can still refer in the usual way as well by ringing Marie - 028 7963 2170



Breast Screening Services in Mid Ulster over the summer.

Women aged 50-70 who are registered with a GP practice in these areas will automatically be invited to attend. If you receive an appointment and it doesn't suit you, you can change by contacting the Northern Trust Breast Screening Centre Booking Office on 028 9442 4425 or email Breast.Screening@northerntrust.hscni.net

For further details on the Screening Programme contact; <http://www.northerntrust.hscni.net/services/breast-screening-services/>

Have you never been for one before and are interested in learning more - why not watch the [webinar](#)

Would your organisation be interested in running a Community Fridge in Mid Ulster?



A Community Fridge is a space where surplus food is shared for free, **bringing people together to eat, connect, learn new skills and reduce food waste**. They are usually stocked by local businesses, sharing food that wouldn't otherwise be sold in time, fresh produce from local gardeners, community allotments and food gifted from households.

A community fridge is open to all, with businesses and residents able to share extra food or help themselves to food that would go to waste.

The idea behind the community fridge is simple - take what you need and leave what you don't need, helping to reduce food wastage. They are not means tested and there is no referral process - it's come and see what is there and you can take it home with you.

Eg "If you're going away on holidays you can bring along some of your food before you go and leave it with the Community Fridge, rather than it going to the bin or landfill and other people can then use it.

Normally run by volunteers or individuals, the fridges are publicly accessible, and supplies are almost completely sourced from local generosity. There is no set format for a community fridge, some are in sheds, some are in schools. Some are open 24/7, some set hours etc.

They do require a time commitment e.g. daily checks for temperature and cleanliness and collecting food donations, so work best as partnerships.

Your group will need fridges for perishable food as well as storage for tinned and dried foods but there should be funding available to help cover these costs.

For examples of Community Fridges in other areas, see <https://www.whiteheadstorehouse.com/wp-content/uploads/2021/09/Community-Fridges-MEA.pdf>

<https://www.facebook.com/CloughmillsCAT/posts/this-little-space-our-community-fridge-is-making-a-big-difference-and-we-know-th/2174330042582290/>

<https://www.facebook.com/Community-fridge-ballycastle-106294322115227/>

<https://www.causewaycoastandglens.gov.uk/news/new-community-fridge-set-to-open-in-dungiven>

It is estimated that the average household could be throwing away up to £470 of food every year. A community Fridge can redistribute more than 2,000kg of food in the first six months as well as sharing knowledge and learn more about their food, recipes and becoming healthier.

On average, per fridge per month, 12kg of food is re-distributed which is the equivalent of 28,000 additional meals provided. In addition, this equates to 37kg of CO2 savings per Fridge per month. There are just over 100 community fridges across the UK. Each year these community fridges can redistribute over 975 tonnes of food surplus, which is equivalent to 1.9 million meals, and benefit over 77,000 people.

As well as the many environmental benefits of a Community Fridge, there are also far-reaching health and wellbeing benefits. Community Fridges provide opportunities for volunteers to come together, share skills and socialise. There are opportunities for those visiting the fridge to interact and connect with a wider network.

If you would like to get involved with this partnership initiative, or for more information, please contact Anita 075 4063 5862 or healthalliance@cwsan.org

Social / Community Supermarkets

Would your organisation be interested in starting a social supermarket providing support for local families experiencing food poverty?

Social Supermarkets provide members with the opportunity to shop at a reduced cost for a period of months alongside engaging in other wraparound supports, aiming to deal with the causes and consequences of food poverty whilst promoting the concepts of dignity and empowerment.

It is usually a membership scheme whereby people who meet the eligible criteria have access to a range of fresh, frozen, dried and tinned foods for up to 6 months for a small weekly fee. They usually offer a bespoke service for those who join, working in partnership with local organisations, with the aim of improving the financial, social and emotional wellbeing of the members. Food is usually around 30% cheaper than RRP and a family of 4 could save around £1,000 over the 6 month period.

For examples see

<https://www.causewaycoastandglens.gov.uk/live/advice-services/social-supermarkets>

<https://www.apex.org.uk/support/apex-community-supermarket/>

If you would like to get involved with this partnership initiative, or for more information, please contact Anita 075 4063 5862 or healthalliance@cwsan.org



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

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

See our Zoom programme for more details or visit librariesni.org.uk



Zoom Sessions – July 2022



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

| Topic | Description | Date | Time | Contact |
|---|--|-------------------|-----------------|--|
| Scams (Class delivered on Zoom) | Seems that every other day you hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed! | Tuesday 19 July | 2:00pm-3:00pm | t: 07912 296790 e: david.bridges@librariesni.org.uk During Office Hours Monday - Friday |
| Libby eBooks and Audiobooks (Class delivered on Zoom) | If you haven't yet discovered the amazing FREE audio and eBook offer from Libraries NI, then this is the Zoom session for you! Learn how to download the Libby app and sign up for the opportunity to borrow over 23 000 eBooks and audiobooks. | Wednesday 20 July | 11:00am-12 noon | t: 07912 296792 e: sheila.mclean@librariesni.org.uk During Office Hours Monday - Friday |

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

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

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| | Explore the app and discover features like search, place hold, bookmarks and reading settings. | | | |
| Your Health Online (Class delivered on Zoom) | Find out about reliable websites giving expert up to date information, help and support on health issues, with useful hints and tips to improve your health and wellbeing | Thursday 21 July | 11:00am-12 noon | t: 07912 296798 or 028 9050 9150 e: gary.patterson@librariesni.org.uk During Office Hours Monday - Friday |
| Moneysaving (Class delivered on Zoom) | In this Zoom session, compare the price comparison sites! Are they all that they seem? Also, check out some specialist sites that can offer you huge discounts | Tuesday 26 July | 11:00am-12 noon | t: 07912 296790 e: david.bridges@librariesni.org.uk During Office Hours Monday - Friday |
| Libby eMagazines | If you haven't yet discovered the amazing FREE eMagazine offer | Wednesday 27 July | 11:00am-12 noon | t: 07912 296811 |

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

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

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|---|---|------------------|---------------|--|
| (Class delivered on Zoom) | from Libraries NI, then this is the Zoom session for you! Learn how to download the Libby app and sign up for the opportunity to borrow over 3000 eMagazines. Explore the app and discover features like search, place hold, bookmarks and reading settings | | | e: Karen.Maginess@librariesni.org.uk During Office Hours Monday - Friday |
| PressReader (Class delivered on Zoom) | Did you know that you can get free access to around 3,000 newspapers through the Libraries NI eMagazine app? Join this Zoom session to learn about how simple it is to read digital newspapers using PressReader. | Thursday 28 July | 2:00pm-3:00pm | t: 07912 296792 e: sheila.mclean@librariesni.org.uk During office hours Monday - Friday |

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

Public Health Dietitians YouTube channel is now live

The new YouTube channel is free and available to access at any time.

Subscribe to “Public Health Dietitians” on YouTube at [www.youtube.com/channel/UC - f5E0ehqIR3z-cQdUvkCQ](https://www.youtube.com/channel/UC-f5E0ehqIR3z-cQdUvkCQ)



On the new channel you will be able to access free healthy recipe videos and nutrition webinars from Registered Nutritionists and Dietitians on topics from dealing with fussy eating, to weight management and eating well on a budget, to menopause and eating well as you age.

The Cook It! Team and Health Improvement Dietitians in the Northern Trust sit within a wider group of Public Health Dietitians across the whole of Northern Ireland. The 'Public Health Dietitians' channel is a partnership between this group - the Public Health Dietitians Group (PHDG) Northern Ireland and the Public Health Agency (PHA).

Please use this resource and signpost others to it – share as widely as possible!

For more information please check out the Public Health Agency press release available at: <https://www.publichealth.hscni.net/news/public-health-dietitians-youtube-channel-now-live>



Better Days
Pain Support Programme

Supporting people to self-manage their pain and live better and happier lives

Do you live with chronic pain?

“ My pain had overwhelmed me and I had lost my confidence and drive.

This course has built my confidence and improved my motivation and self-worth.

I am now more confident in being able to manage my own pain and I have a more positive outlook ”

Carole, 53, Belfast

For more information contact
Natasha Moore | Pain Programme Co-ordinator
E: nmoore@lorag.org | T: 028 90312377 ext.2
M: 07939406277

 **Public Health Agency**
Project supported by the PHA


Healthy Living Centres Alliance

 **Health and Social Care Board**

<https://www.hlcalliance.org/page/pain-support-book-now>

Are you:

- Aged 18+ years
- Living in the Northern Trust Area
- Living with or affected by cancer, dementia, mental health or a palliative condition.



**Can
you
help?**

Social factors such as work, money, housing problems, the challenges of managing long-term conditions and feeling lonely or isolated are just as important to our health and wellbeing as our physical health needs.

Connecting people with the right help and support to address these social needs is called "social prescribing".

In Social Prescribing it is important to use assessment tools to check how you are feeling and to see if it is working for you!
We need your help to review some assessment tools.



10:00am -
12 noon



**Seamus Heaney
HomePlace, Bellaghy**



Refreshments
provided

Contact Lindsey to register or find out more:



Lindsey.smyth@northerntrust.hscni.net



077 6571 4906

**Registration
closes Friday
29th July 2022**



We provide compassionate care
with our community, in our community.

Benefit Awareness

With all the recent changes in benefits recently, it can be difficult to understand if **your** benefits are affected and if so, how and why.

A new [Benefits Awareness](#) website has been launched by Turn2Us which aims to make it as easy as possible for anyone who is concerned or unsure to find out if, when and how the changes may affect them.

People on low incomes may be missing out on vital financial support

New research reveals that those who could be in most need of financial help are not accessing the support potentially available to them, and that the current changes to benefits could further deter people from making a claim. [Read more](#)

Tips for anyone worried about Benefit changes

If you are concerned about how the benefits changes might affect your claim, here are some [quick tips](#) about the benefit changes you may find helpful.

We are here to help

If you would like to make an appointment with First Step Women's Centre about your benefits, please contact Gillian via email: fswc.gillian@gmail.com (Available to any adult)

Turn2us.org.uk – grants from benevolent funds for people in financial distress

STEP advice services (MIDAS) contact: www.facebook.com/STEPMidUlster

Dungannon Tel: 028 8775 0211

Magherafelt Tel: 028 7963 3079

Cookstown Tel: 028 8676 1875

Contact Fiona - Advice for Health outreach services <https://causeway.advice4health.org/>

Advice NI – Freephone Advice Helpline – 0800 915 4604 Advice@adviceni.net

Debt Advice:

STEP (Dungannon)

The Junction, 12 Beechvalley Way, Dungannon, BT70 1BS

Adviser: David Reid

Contact number: 028 9344 3229

Opening Hours: Tuesday-Thursday

STEP (Cookstown Magherafelt)

14 Union Street, Cookstown, Co Tyrone, BT80 8NN

13 Queen Street, Magherafelt, Co Derry, BT45 5AJ

Adviser: Aidan Gribbin

Contact number: 028 9344 3288

Hope Magherafelt

10a Broad Street

Magherafelt

BT45 6EA

Public phone: 07393451504 / 0800 915 4604

Email: info@hopemagherafelt.com

List of Foodbanks in Mid Ulster see here: <https://www.midulstercouncil.org/foodbanks>



The Empower Project is led by a community organisation called DADS (Dyslexia & Dyspraxia Support) which has been operating for over 20 years and was originally set up as a self-help group for parents who have children with a learning difficulty.

During this time, we have touched the lives of thousands of families all over Northern Ireland by supporting them, being the listening ear, teaching them new skills and strategies to help them with their child.

In 2015 DADS in partnership with the NRC (Northern Regional College) Magherafelt were successful in developing a 5-year project called the Empower Project funded by The National Lottery Community Fund NI where parents, the wider family circle and professionals were offered information sessions, training sessions, parent and professional conferences, activities for the children and siblings, coffee mornings/ support meetings for parents, and recently the opportunity for parents and professionals to achieve a CACHE Level 2 Certificate in Understanding Autism.

We have currently moved into a 2-year extension programme offering a range of similar activities but The National Lottery has approved funding for the Empower Project to pilot a Social Enterprise concept by introducing a small cost for some or all activities. This may mean some fees will be introduced but we will continue to look at each individual's ability to pay. This is to allow the DADS group to sustain their current activities after the project ends in December 2022.

In the current climate, the Empower Project will continue to offer its activities virtually online via zoom or Microsoft Teams which has enabled families and professionals to log on from the comfort of their own homes whereas before families may have not been able to travel, would have had childminding issues or it would have been too difficult to leave their anxious or stressed child.

The Empower Project welcomes families from all over Northern Ireland, the border counties and Southern Ireland to make contact or register for Empower activities.

'We Are Here to Help'

You can make contact by: Office Number: **028 79301606**

Email: empower@gmail.com Website: www.empowernetwork.co.uk

To view and book a place on any of the workshops listed visit our online booking system through Eventbrite: <https://www.eventbrite.co.uk/o/empower-project-14812741411>

I look forward to helping and supporting you and your children

Josie McGuckin

DADS/Empower Project Manager

The Welfare Changes Advice Service

Do you need Welfare Reform Advice?

Help is available through face to face advice or by telephone from your local Citizens Advice or Advice NI independent advice centre.

0808 802 0020
welfarechanges@adviceni.net

Call our free independent welfare changes helpline Monday - Friday 9am to 5pm.

Personal Independence Payment
Disability Living Allowance
Employment Support Allowance
Housing Benefit
Universal Credit
Tax Credits

adviceⁿⁱ
advice NI independent advice network

Leo Centre (NI)

citizens advice Northern Ireland

You might feel lonely today, or have been feeling lonely this week, this month, or even with Covid this year but that doesn't mean you are actually alone, or that you have no one who cares for you. Why not join Rural Support's Across the Hedgerow project in partnership with YFC where one of their friendly volunteers will call you at a time that suits you and you can chat about your interests. This free and confidential service can be accessed by emailing info@ruralsupport.org.uk or calling 0800 138 1678. [#youarenotalone](#) [#reachingout](#) [#RSstrongertogether](#)

Helpline Opening Hours:

9am - 9pm Monday - Friday
(Voicemail Support Options
available at all other times)



0800 138 1678



CWSAN

(Cookstown & Western Shores Area Network)

2 Hillhead Stewartstown BT71 5HY
(028 87738845) (07917372983)

Click on links below:

CWSAN Facebook

Website <https://cwsan.org/>

E-mail: info@cwsan.org

Anita Hurley

Networks Involving Communities in Health Improvement
(NICHI) Project Officer

(Cookstown, Magherafelt and Coleraine areas)

Mob: 07540635862

healthalliance@cwsan.org

Denise Doherty

Suicide Prevention Development Officer

Mob: 07540969623

denise@cwsan.org

www.HealthAllianceNI.com

FARM FAMILIES HEALTH CHECK PROGRAMME

If your group is organising a community event which will attract members of the rural community and /or farming families why not consider inviting the farm families health check bus along.

The Farm Families Health Checks Programme offers a means for farmers and their families to access health checks from a portable clinic and from local community settings.

The mobile unit has been hosted at local markets and community events across Northern Ireland, and offers on-the-spot health checks consisting of Blood Pressure monitoring, BMI, cholesterol check and diabetic screening. In addition, individual lifestyle advice will be given on a range of health issues, and onward referral completed to local support services as required.

The farming community is particularly susceptible to poor health and wellbeing, partly driven by the wide demands impacting on farmers across a range of social and economic factors. They often work long and anti-social hours which can lead to social isolation and often difficulty accessing traditional health care services.

For more information, including the schedule of where the screening van will be visiting please contact Elaine Catterson, Tel: 028 2563 5573, Email: farm.Families6@northerntrust.hscni.net



CWSAN staff offer support and assistance with Charities Commission NI registration and Annual Reporting. Contact Stewartstown office on



Coimisiún Ceannair
Lár Uíadha
Mid Ulster
District Council



Disclaimer: "CWSAN cannot accept any responsibility for the accuracy of information or deadlines herein contained. Articles do not necessarily reflect the view of CWSAN". CWSAN is funded by the Department of Agriculture, Environment and Rural Affairs Tackling Rural Poverty and Social Isolation Programme and Mid Ulster District Council.