

CWSAN NEWS



Issue 170 May 2022

Facilities Management Training – Community halls and centres- One off FREE access to course

CWSAN are offering to pay for 3 local community group members from 3 different member to take part in this course. This amazing offer provides you with FREE access to professional management training for a lead person in your group to learn and implement new processes around the standards, protocols and legal requirements of community halls buildings management and maintenance in our catchment area of rural Mid Ulster.

Each course is £170 per person and we will cover this in total for full attendance.

Our Criteria is that you share the information with your own group, that you will provide us a copy of any processes or new procedures that you make as a result of the training and complete a short evaluation.

This is open to CWSAN full members and will be first come first served if you fulfil the criteria.

Email us if you are interested on info@cwsan.org or call Marguerite /Conor on 028 87 738845

Mood Matters for Adults – Online Mental Health Awareness Sessions (via zoom)

The Mood Matters for Adults is a short two hour long workshop and is suitable for anyone (over 18) who would like to learn more about how to look after your mental health and help manage feelings of stress & anxiety.

To apply for a place on a workshop visit: www.aware-ni.org/booking-mood-matters-adults/

Available Programmes:

Website Ref	Date	Time	Notes
1125	02-Jun	10am-12pm	Open to all
821	08-Jun	10am-12pm	
1211	14-Jun	10.30am-12.30pm	Men only as part of Men's Health Week
1212	16-Jun	6.30pm-8.30pm	
823	16-Jun	7pm-9pm	Open to all
1126	23-Jun	10am-12pm	



WORKSHOPS

CWSAN , Mid Ulster Forthcoming Workshops 2022

Good Governance/Committee Skills - Wednesday 15th of June 2022 @ 7.00pm

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.

Free Training for CWSAN members

Course: (Introductory Level) **Basic Awareness Safeguarding Children & Adults at Risk**
Date to be confirmed,(probably 3rd week of June)

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 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 of 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.



Home Instead Charities - The aim of the grants scheme is to support small local community groups that are addressing social isolation and loneliness in the over 55s. [More information here.](#)



Tesco Community Grants - Funding for local not-for-profit groups and organisations including charities, schools, hospices, and friends of groups, for local community projects with a focus on supporting children and families. Groups have an opportunity to receive a grant of £1,500, £1,000 or £500 depending on the number of votes their project receives. For more information and to apply visit [Tesco Community Grants](#).



Micro Community Investment Fund - will provide valuable investment for community initiatives making a difference in towns and villages across Northern Ireland, and enable those organisations making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing. [Click for info](#)



Department for

Communities

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Department for

Communities

Northern Ireland - Village Catalyst Grant Scheme - 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.



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.](#)



The National Lottery Awards for All - is accepting applications from communities developing projects costing less than £10,000 to join in with celebrations for the Queen's Platinum Jubilee. Projects should still meet the standard aims and eligibility criteria set out for the Awards for All programme. [More information here.](#)



The Platinum Jubilee celebrates 70 years of HM The Queen's reign - the Arts Council welcomes arts-based Jubilee projects via our Small Grants Programme in line with the general aims of the scheme. Successful projects must be completed by the end of 2022; applicants will note that the Platinum Jubilee Central Weekend will be on 5 June 2022. [More information here.](#)

Arts Council of Northern Ireland - Health and Safety Capital Programme

Grants are available for arts and cultural organisations in Northern Ireland to purchase equipment and/or carry out minor works to their premises to address requirements created due to Covid-19, or to address outstanding maintenance issues.

Fund Information

Funding body:	Department for Communities
Maximum value:	Discretionary
Application deadline:	09/06/2022

Background

The Health and Safety Capital Programme is administered by the Arts Council of Northern Ireland with support from the Northern Ireland Executive's Department for Communities.

Objectives of Fund

The programme aims to enable organisations to purchase equipment and/or carry out minor works to their premises which will address any health and safety issues that has been created due to Covid-19 or has been an outstanding maintenance issue which has rendered the space not fit for purpose.

The funding is for organisations across Northern Ireland to:

- Maintain their creative spaces addressing any issues that may hinder the work to take place
- Ensure they have proper measures in place to welcome their staff, artists and audiences

Ensure their delivery of the arts in new and creative alternatives.

Particular priority will be given to equipment and minor works which:

- Address Covid-19 requirements.
- Improves the accessibility of the arts.
- Continues the safe practice for continued accessibility of the arts.
- Improves the environment for the arts sector.

Enhances or broadens the audience/participants' experience.

Value Notes

A total of £400,000 will be awarded in grants.

No minimum or maximum grant sizes are specified. Applicants are asked to be realistic in their expectations and budgets and bear in mind that the Arts Council may choose to fund specific elements of the proposal rather than the full request. All purchases and minor works must be completed by March 2023.

Match Funding Restrictions

Only local authorities must provide partnership funding. The minimum partnership funding provided by such organisations is 50% in cash from non-Arts Council sources (in kind contributions will not be considered). For all applicants, the assessment process may take into account the other funds they are able to bring to the project and this may influence the outcome of the assessment.

Who Can Apply

The Arts Council welcomes applications from the widest possible range of organisations and in particular from organisations whose projects benefit individuals categorised under Section 75 of the Northern Ireland Act 1998.

Applications will be considered from the following:

- Registered charities and other fully constituted organisations which cannot distribute a profit.
- Commercial organisations if their request is primarily for the benefit of the public rather than their own commercial interests.
- Consortia.
- Local authorities (but they are a low priority).

Groups of organisations (consortia) working together to deliver specific projects.

If an organisation has a limited membership, it must show that the equipment/minor works will benefit the wider public.

Applicants do not have to be primarily an arts organisation, however, the purpose of the requested equipment and/or minor works must be clearly focused on the arts.

Location

Northern Ireland

Restrictions

The following are not eligible for funding:

- Individuals.
- Broadcasters (excluding community service broadcasters).
- Central Government Departments.
- Bands seeking musical instruments (the Arts Council has a separate Musical Instruments for Bands programme).
- Schools, Colleges and Universities.

Organisations who are in breach of the terms of previous ACNI grant awards.

Eligible Expenditure

The funding is for any equipment and/or minor works to help adapt the venue or working practice.

Eligible costs include, but are not limited to, the following:

- Covid-19 equipment in line with Government requirements
- Creation of safe spaces in relation to Covid-19 needs
- New equipment / structures to enable delivery outdoors
- IT equipment to address the new working environment
- Software (pre-loaded operating systems and packages)
- Accessibility equipment and minor works
- Works in relation to upgrading and maintaining existing systems

Transport.

How To Apply

The deadline for applications is 9 June 2022 (12 noon). Decisions will be made by 9 September 2022.

Applications must be submitted through the online system of the Arts Council of Northern Ireland.

Guidance notes are available on the Arts Council of Northern Ireland website.

Useful links

[Arts Council of Northern Ireland - Health and Safety Capital Programme](http://artscouncil-ni.org/funding/scheme/health-and-safety-capital-programme)

<http://artscouncil-ni.org/funding/scheme/health-and-safety-capital-programme>

Addresses and contacts

For further information on how to obtain this grant locally, please contact the following:

Enquiries

Arts Council of Northern Ireland
Linen Hill House
23 Linenhall Street
Lisburn
BT28 1FJ
Tel: 028 9262 3555
Fax: 028 9262 3560
E-Mail: info@artscouncil-ni.org

Calls and deadlines

Information on future calls is indicative only and may be subject to change.

2022 Deadline



Are you a member of Health AllianceNI? Is your group missing out on health and well being info, funding and training opportunities and events/activities?

Why not join for free and receive a weekly ezine straight to your inbox. You can even promote your own group's health and well being activities to a wider audience with over 570 Health Alliance members <http://HealthAllianceNI.com/MembershipRegistration/>

You can also visit the Health Alliance website for up to date health and well-being information, funding opportunities, events/activities and to avail of programmes & training in the Northern Area.

Save the date – 11th NICHI Annual Conference – Thursday 29 September in Tullyglass Hotel, Ballymena 9.30-1pm finishing with lunch. More details to follow.

Nutrition Webinars

Nutrition for your Teenager – Wednesday 22nd June @ 2pm, available at: [Click Here](#)

Nutrition for Sport – Wednesday 29th June @ 12noon, available at: [Click here](#)

If the dates/times don't suit or for other nutrition topics, pre-recorded sessions are available to watch at: [Click here](#)

Would your Group/Organisation like to work with others to help address loneliness and isolation within the Mid Ulster area? To become part of the Mid Ulster Loneliness Network contact mulnet-work@northerntrust.hscni.net for a membership form.



Are you over 50 years old and live in Mid Ulster? If you or your group would like to become members of Mid Ulster Seniors Network, please contact midulster.seniorsnetwork@gmail.com for a membership form.

Useful Links – Are your contact details up to date? Useful Links – Are your contact details up to date?
<https://agewellpartnership.org/resources/> <https://www.northerntrust.hscni.net/services/older-peoples-services/support-in-your-area/> <https://cypsp.hscni.net/family-support-hubs/>

1st Response to Mental Health Courses Would you like to acquire or refresh your knowledge and skills of dealing with someone who is in emotional or mental distress. From 9.30am-12noon online

Wed 22nd & Fri 24th June 2022 or

Tues 28th & Wed 29th June 2022 or

Tues 5th & Wed 6th July 2022

By the end of the workshop participants will be able to:

- Define mental health
 - Understand signs and symptoms of mental illness
 - Practice skills required for a mental health emergency
 - Refer to relevant resources and support agencies
- If you would like to attend this online course, please contact: healthandwellbeing.trainingbookings@northerntrust.hscni.net

Nutrition for Teenagers

Whether you're a teen or a parent, this webinar will help you understand the unique nutritional requirements for growth and development.

Wednesday 22 June • 2pm

<https://tinyurl.com/teens-june>



Nutrition for Sport

Whether a weekend warrior or a committed athlete, learn the basic fundamentals of sports nutrition from a Dietitian to help you fuel correctly and enhance performance.

Wednesday 29 June • 12pm

<https://tinyurl.com/sport-june>



Mid Ulster Age Friendly Survey



As part of developing MUDC's new strategy and action plan, we are carrying out research with stakeholders, support groups and service users locally between April and June 2022.

Older people have a wealth of lived experience. It is important that we listen to and learn from their experiences, hopes and concerns so that the strategy and action plan can make a meaningful difference.

They are asking people aged over 50 years old to complete a short survey to gather their views on what it's like to live in Mid Ulster. Responses from the survey will be used to help shape and inform the development of the strategy and action plan.

It should take no more than 15 minutes of your time to complete and you will need to answer all questions. The information gathered in the survey will be in the strictest confidence and will not be used for any other purposes.

Open until **Friday 24 June at 12 noon**, you can complete the survey online at <https://www.midulstercouncil.org/agefriendlysurvey>

There are eight sections in the survey that ask your views on:

- Outdoor Spaces and Buildings
- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Civic participation and Employment
- Communication and Information
- Community and Health Services

FREE walk leader training course



Northern Health
and Social Care Trust



Tuesday 24 May 2022
Thursday 16 June 2022
Tuesday 20 September 2022

10am-1.00pm

Delivered Via Zoom

This training is aimed at anyone interested in leading short health walks within their local community either as a volunteer or through their work role.

The course will cover the following:

- Health benefits of walking
- Physical activity recommendations
- Organising safe and enjoyable walks for people of all ages and abilities
- Motivating people to start and continue walking

To book please follow the Eventbrite link below

<https://www.eventbrite.co.uk/e/free-walk-leader-training-course-tickets-317483962077>

For further information contact:

Nicola Arbuckle, Health & Wellbeing Manager

E: nicola.arbuckle@northerntrust.hscni.net

Marion Thornton

‘Jack Canfield Certified Coach’

About me

Hello, my name is Marion Thornton, and I am an empowerment coach, specialising in mindset and confidence.

I have been a college tutor for 25+ years where I delivered classes in health and well-being to a variety of groups.

The research I undertook in preparation for these classes lead me to develop a very keen interest in the well-being of body and mind. I soon realised that a lot of the information is generally unknown to the population (Although this is changing). I found myself very drawn to learn more.

I followed my intuition and decided to train to become certified as a life coach.

I am now a Jack Canfield certified coach (Jack Canfield is one of Americas leading personal development teachers and was featured in the movie and book “The Secret”)

I decided to go with Jack Canfield because his teachings are authentic, relatable, and clear.

I am now in the position to deliver a selection of programmes to the public, to help educate and develop awareness of the power of a positive mindset and how to develop a strong self-confidence.

I have a range of four- and six-week programmes on offer. These programmes can be adapted to suit the needs of particular groups, examples of my workshops include:

- A better life (4 weeks)

- A vision for your future (6 weeks)

- How to develop a strong self-confidence and positive mindset (6 weeks).

These workshops are informative, interactive, and inclusive.

Please feel free to reach out and contact me if you feel you would like to chat to me for more information.

CONTACT DETAILS

Email: marion.thornton99@gmail.com

Phone: (+44) 7546 104011





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](tel:02879301606)

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

www.HealthAllianceNI.com

healthalliance@cwsan.org

Denise Doherty

Suicide Prevention Development Officer

Mob: 07540969623

denise@cwsan.org

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.