

COOKSTOWN & WESTERN SHORES AREA NETWORK (CWSAN) NEWS



Issue 172 September 2022



Department of
**Agriculture, Environment
and Rural Affairs**
www.daera-ni.gov.uk

DAERA Micro Capital Grants programme 2021/22 Now Opening 5th September 2022

This Scheme is funded under the Department of Agriculture, Environment and Rural Affairs Tackling Rural Poverty and Social Isolation Programme.

Micro Capital grants of between £200 and £1,500 are available to rural community-led, voluntary organisations for projects tackling issues of local poverty and / or social isolation.

The total project cost must not exceed £3,000.

Projects must clearly address an issue of rural poverty and / or social isolation and applicants must provide a minimum of 15% match funding.

The Rural Micro Capital Grant Scheme 2022 has been designed to:

- Help rural community-led, voluntary groups to address local issues of access poverty, financial poverty and social isolation; and
- Improve the lives of rural communities, and in particular the wellbeing of isolated individuals.

The RMC GS 2022 will focus on the following key themes:

Modernisation (of existing building(s) / assets),
Information & Communications Technology,
Health and Wellbeing,
Environmental Improvement / Energy Efficiency.

See below for Rural Micro Capital Grants Information Workshops:

CWSAN , Mid Ulster Forthcoming Workshops

***NB all workshops maybe subject to change**

Rural Micro Capital Grant Scheme Workshops

The Application process has changed this year, we strongly recommend all applicants attend an online Workshop

Pre application workshop no 1 Monday 5th September at 7.00pm

Pre application workshop no 2 Tuesday 6th September at 10.00am

Pre application workshop no 3 Thursday 8th October at 7.00pm

Pre application workshop no 4 Wednesday 14th October at 10.00am

Pre application workshop no 5 Thursday 15th October at 7.00pm

A maximum of 30 people per workshop please register by emailing

Marguerite microgrants@cwsan.org

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 the above workshop 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.



Magherafelt

FUNDING FAIR

Tuesday,
20 September
10:00 am - 1:00 pm

Come to our Funding Fair to
meet funders face to face,
find out what they have to
offer & discuss your ideas!

The Bridewell
6 Church Street
Magherafelt
BT45 6AN

For more information, contact:
Anita Doonan, Supporting Communities
anita@supportingcommunities.org
07840849453

Meet the Funders

- National Lottery Fund
- Halifax Foundation NI
- MUDC
- Cookstown Western Shores Area Network
- Housing Executive
- Community Development & Health Network
- Children in Need
- John Moore's Foundation
- and more to be confirmed!



**Housing
Executive**

FUNDING



Micro Community Investment Fund - will provide valuable investment of up to £2,000 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. [More information.](#)



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



Arts Council NI - Small Grants Programme

Closing Date: Friday 31st Mar 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. [Click Here](#)



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. [Click Here](#)



National Lottery Heritage Fund

Dynamic Collections campaign to support the heritage sector to build resilience in its recovery from the COVID-19 pandemic.

[National Lottery Grants for Heritage – £3,000 to £10,000](#)

A funding programme for projects that connect people and communities to the national, regional and local heritage of the UK.

[National Lottery Grants for Heritage – £10,000 to £250,000](#)

A funding programme for projects that connect people and communities to the national, regional and local heritage of the UK.

[National Lottery Grants for Heritage – £250,000 to £5million](#)

A funding programme for projects that connect people and communities to the national, regional and local heritage of the UK.

<https://www.heritagefund.org.uk/>



Supporting Rural Communities is our flagship grant programme, awarding £500,000 each year to support projects that enhance the viability and sustainability of rural communities.

The Prince's Countryside Fund remains one of very few funders focused on rural communities across the UK, and our experience shows that, by working with local organisations, we can help to address the challenges faced by those who live and work in rural areas.

The PCF is inviting applications for grants of up to £25,000 over two years, for projects that will create a long-term difference in rural communities across the UK. Applicants must be from properly constituted, not for profit organisations with an income of less than £500,000. We particularly welcome applications from groups and organisations with projects in hamlets, villages and small market towns.

[Applications](#)

We receive many more applications than we can fund. Unfortunately, this means that even if your work matches our areas of interest, we may not be able to make a grant.

Applications for grants close on 11th October 2022 at midday.



Saturday 10th September 2022 is World Suicide Prevention Day. This year's theme is "Creating hope through action". World Health organisation reminds us that this "theme is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us.

By creating hope through action, we can signal to people experiencing suicidal thoughts that there is hope and that we care and want to support them. It also suggests that our actions, no matter how big or small, may provide hope to those who are struggling. Lastly, it highlights the importance of setting suicide prevention as a priority public health agenda by countries, particularly where access to mental health services and availability of evidence-based interventions are already low. Building on this theme and spreading this message over the three years, a world can be envisioned where suicides are not so prevalent."

- 1 There are many ways you can take action but here are two examples
- 2 Book Suicide Awareness training for yourself and/or your community by contacting our Suicide Prevention Officer Denise Doherty – denise@cwsan.org / 028 8773 8845

Raise awareness of support services - Did you know there is a free crisis helpline for anyone living in Northern Ireland

What is Lifeline?

Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. No matter what your age or where you live in Northern Ireland, if you are or someone you know is in distress or despair, Lifeline is here to help. Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence.

Lifeline Helpline 0808 808 8000

Deaf and hard of hearing

Textphone users:

18001 0808 808 8000

For more information <https://www.lifelinehelpline.info/page/lifeline-helpline.html>



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.



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.

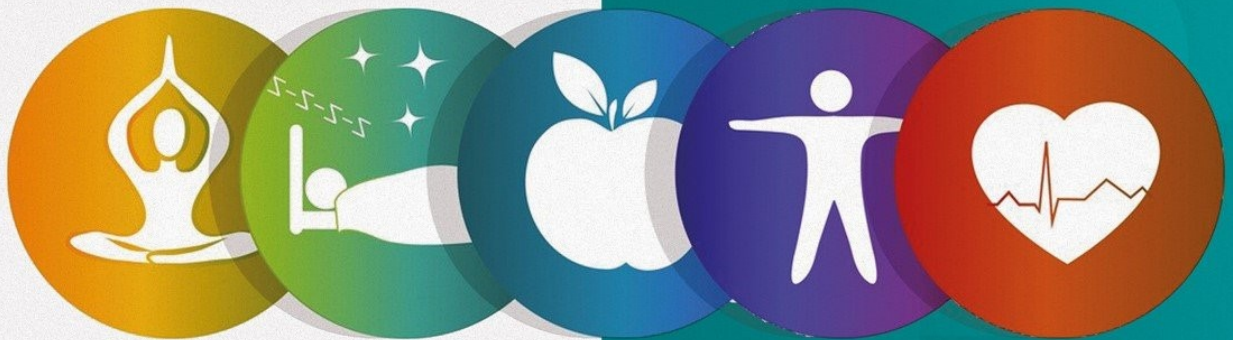


Find out what drugs and alcohol support services are available in your local area. If you or someone you know needs help with drug or alcohol misuse, reach out, get help. Find out more at www.DrugsAndAlcoholNI.info



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

11th Annual **NICHI** Health & Wellbeing Conference



Self Care, Mental & Emotional Wellbeing, Nutrition and Social Connections.

Health and 
Community Development

Date: Thursday 29th
September 2022

Venue: Tullyglass Hotel,
Ballymena

Time: 9.30am - 12.30pm
Lunch Provided

THEME
**NATURE AND
WELLBEING**

**Booking is essential
for this event.**

Priority will be given to those living/
working within the Northern Area

TO REGISTER PLEASE VISIT

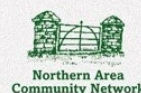
www.healthallianceni.com/events/11th-annual-nichi-health-and-wellbeing-event/
or contact Northern Area Community Network on

 **028 2177 2100**



 **SCAN ME**

programme supported by
 Public Health
Agency



Creating Healthy Communities



Supported by



This interactive workshop will focus on how good self esteem, connections, employment and education can have a positive impact on your health and wellbeing.

Please **REGISTER** for this workshop by contacting Pamela McClelland
pamela@impactnetworkni.org
M: 028 9447 8645

FACILITATOR:
Prospect community



Thursday
22nd
September



Clotworthy
House, Antrim



1.30pm -
4.30pm

www.HealthAllianceNI.com





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



Starts Tuesday 27th Sept @2pm
in Open Door Complex, Bellaghy
For more info or to book your place contact
Anita on 075 4063 5862 or
<https://www.hlcalliance.org/page/pain-support-book-now>



Better Days

Pain Support Programme



Topics include:

Take 5 Steps to Wellbeing

Sleep

Pain Toolkit

Self Care

Understanding Pain

Pharmacist Session

Relaxation & Breathing

Gentle Movement & Exercise

Nutrition

Peer Led Session

For more information please contact us.

Details overleaf

World Suicide Prevention Week 

Time for Me

ONLINE WORKSHOP

SELF CARE

with
Nuala McKeever



Tuesday 6th September 2022



Online session open to anyone
who works or lives in Northern Area



10.30am – 12pm



To Register contact:
E: denise@cwsan.org

#SPDO

programme supported by
 **HSC** Public Health
Agency



ASIST (Applied Suicide Intervention Skills Training)



ASIST

Applied Suicide Intervention Skills Training

OVERVIEW

This is a knowledge and skills development course which explores attitudes towards suicide, and prepares participants to identify someone at risk of suicide, intervene to prevent immediate risk of suicide using the ASIST-specific community intervention model.

As this is Level 3 training, **all** participants on this course will be required to participate in role-plays, group work and scenarios aimed at developing skills and confidence in using the intervention model.

Please Note Due to the suicide specific content of this course and the expectation to undertake role-plays, some may find the course challenging. For this reason we suggest this course is usually not suitable for anyone who has been bereaved by suicide within the last 12 months (or longer and is still struggling over the loss) or anyone who has recently experienced a suicide crisis themselves. All participants must be aged 18 years or older.

ISSUES COVERED

- Attitudes towards suicide
- Recognising suicidal thoughts
- Estimating suicidal risk
- Applying a Suicide Intervention Model
- Resources and support available locally
- Self-care

HOW DO I APPLY?

Completed Registration Form should be forwarded to:

Health & Wellbeing Team, Northern HSC Trust, Spruce House, Braid Valley Hospital Site, Cushendall Road, Ballymena, BT43 6HL

Email: healthandwellbeing.trainingbookings@northerntrust.hscni.net **Telephone:** 028 2563 5575 x 345575

WHO CAN APPLY?

This course is most suitable for those working in community, voluntary and statutory settings in contact with individuals who are experiencing mental health and emotional issues and crises.

Anyone wishing to discuss the appropriateness of the course for their training needs should contact the course co-ordinator through the contact below.

Please Note To be eligible to apply you must live within, or directly deliver a service within the Northern HSC Trust area. Places are allocated on a "first come first serve" basis on receipt of application form. There is a limit to 3 persons from one organisation/team attending the same course date.

I WANT TO ATTEND! WHERE IS IT?

Wed 27th & Thurs 28th July 2022

Seamus Heaney Home Place, Bellaghy

Mon 12th & Tues 13th September 2022

GADDA, Garvagh

Tues 4th & Wed 5th October 2022

Corr's Corner Hotel, Newtownabbey

All courses run each day 9.15am to 4.30pm

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>



**Empower Conference - The Journey Tuesday 11th October in Tullyglass Hotel
Ballymena from 5.45 pm to 10.00pm**

The Empower Project is hosting this event to celebrate the Empower Project's amazing journey over the last 7 years and to map out the road we are about to take in the future.

We will also showcase families' journeys throughout the lifetime of the project. We have invited parents to tell their stories of how the project has helped and supported their children.

We decided the best way to celebrate the journey was to thank all those who have helped and participated along the way. The event will recognise how far we have come but also acknowledge how far we can go.

In attendance is the event keynote speaker, award-winning expert Jude Morrow.

Jude Morrow is an autistic best-selling author, entrepreneur, philanthropist, and keynote speaker from Derry / L'Derry, Northern Ireland. Jude travels the world to showcase through his talks that autistic children can grow up to live happy and successful lives.

Tickets - £30.00

To register click on the link below:

<https://www.eventbrite.co.uk/e/402326277727>

We have added eBooks, webinar slides, and video replays to our new website with lots of resources for parents, caregivers, and those working with children. Have a look online for lots of resources on ASD, Anxiety, Selective Mutism, Social Stories, PDA, Supporting Children, and more - as well as lots of free coloring page packs to keep children amused on a rainy day!

Check it out <https://empowernetwork.co.uk/product-category/resources/>



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

Funded by
Department for
Communities
www.communities.gov.uk

Do you need Welfare Reform Advice?

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

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

adviceⁿⁱ
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](https://twitter.com/youarenotalone) [#reachingout](https://twitter.com/reachingout) [#RSstrongertogether](https://twitter.com/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's Tackling Rural Poverty and Social Isolation Programme and Mid Ulster District Council.