

CWSAN NEWS



Issue 177 August 2023

CWSAN- Mid Ulster Forthcoming Workshops

NB all workshops maybe subject to change

1) How to be more successful in your Grant application – Thursday 21st September 2023 @7pm (zoom)

A presentation and advice session on making sure you are saying, doing and providing the right information that make funders want to invest in your community group. This workshop will in preparation for a number of small grant programmes expected to open in the autumn.

2) Basic Awareness Safeguarding (Children & Vulnerable adults) - Wednesday 18th October 2023 @7pm – Certified Course (zoom)

This workshop aims to raise awareness of child and adult protection issues, forms of abuse and understand how to report concerns. You will get to understand what is safeguarding, identify indicators and know how to respond to concerns. The legal context is set for CWSAN community organisations. This is certified course delivered over zoom by Children in NI.

3) Charities Commission Reporting/Annual Returns - Tuesday 28th November 2023 @ 7pm (zoom)

CWSAN is holding this Charities Commission reporting workshop to provide your group with the information and guidance on how to ensure compliance with the charities commission NI annual accounting requirements & annual returns.

For any of the above workshops please email info@cwsan.org to register or call Marguerite on 028 8773 8845 or Josie 028 7930 1606. If your group requires one to one assistance with any of these topics or other areas of interest please call.

CWSAN Annual Membership Now Due

ARE YOU MISSING OUT???

Are you a Mid Ulster Community Development (CWSAN) Member?

CWSAN provides support to new and existing member groups, aimed at developing their capacity and enhancing skills and knowledge. This comes in the form of provision of guidance, advice, training and assistance with funding applications. The network has also helped the groups source funding, clarified the role of various agencies, and is working with groups in an effort to put strategic development packages together, carrying out community audits and local needs analysis. Workshops and seminars are also organised to provide various training to members.

The 2023/2024 annual fee for full and associate membership is £20.00

Membership application form attached.

CWSAN Member Services

CWSAN visiting local groups providing free member advice on

Funding and grants, policies, training of committees, financial procedures, good governance, charity registration, community planning, village planning, community audits etc.

Our Project Officers will travel throughout Mid Ulster morning, afternoon or evening to assist you and your group with:

- Risk Assessments, Covid recovery Plans & Templates
- Assistance with Zoom Meetings / Getting On-line
- Grant / Funding Searches and
- Funding Application support

A Journey towards Community Sustainability

Making things better in our community

Friday 15th September 2023, 10am - 1pm - Clogher Valley.

An opportunity for your community organisation to meet, see and hear from successful local community groups based in the **Clogher Valley**. What was their journey, what assistance did they get, what were the challenges met and where did they get the funding from?

A short presentation with Questions and Answers session along with a tour of two local community halls/facilities. This will be your opportunity to learn from those who have ensured that their community groups are making things better for their own communities and what their journey has been to date. Learn what and how they are planning for the future.

Hot Lunch & Networking opportunity at 1pm.

Please register by emailing Loraine on info.costa@btconnect.com Tel: 028 8555 6880.

Alternatively, email Marguerite on info@cwsan.org Tel. 028 8773 8845.

Please indicate any Food allergies in your correspondence.



'Get Wet Stay Safe' continues to keep public safe in open water

The 'Get Wet Stay Safe' (GWSS) programme returns for its second year to ensure the safe use of open water spaces.

The GWSS programme is a joint initiative between Sport NI, Canoe Association of Northern Ireland, Swim Ulster, Maritime Coastguard Agency, Royal National Lifeboat Institute, Outdoor Recreation Northern Ireland, The Outdoor Partnership and local authorities.

GWSS provides a series of training sessions in each council area on the impacts of cold water and basic safety messages for Stand Up Paddleboard and Sit On Top Kayak users as well as open water swimmers.

The second year of the programme was launched at South Lakes Leisure Centre in Craigavon where those in attendance also had the opportunity for to take part in a Get Wet Stay Safe session on the water.

Chief Executive of Sport NI, Antoinette McKeown said: "It has been brilliant to see the increase in people taking part in water sports and taking advantage of the many accessible locations on our doorsteps across Northern Ireland.

"Water sports are a great way to stay active during the summer and being outdoors has many benefits for our mental health and wellbeing but open water also has significant risks.

"We want to ensure that water sport is enjoyed but is done so safely. The Get Wet Stay Safe programme will educate users on the risks of open water and how to look after themselves to avoid situations but also how to help themselves if a problem should arise.

"The first year of this programme saw over 600 people take part in our safety sessions, equipping them with the knowledge and confidence to enjoy their time on the water safely.

"We would encourage anyone thinking of taking part in paddleboarding, kayaking or open water swimming to attend one of our sessions."

Sessions are being held in all 11 council areas in Northern Ireland every weekend and on Wednesday evenings between May and September.

The programme is also being sponsored by Nature Valley with every attendee on a course receiving a bar.

If you are interested in attending a session, please click the GetWellNI Link for a list of locations and dates:
<https://www.getwetni.com/>



People enjoying adventure activities (whether on water or land) in Northern Ireland are also being urged to #BeAdventureSmart, as partners come together to launch the AdventureSmart Northern Ireland campaign.

New pages on www.adventuresmart.uk feature detailed information for popular outdoor pursuit sites including the Mourne, the Causeway Coast, the Sperrins, Strangford and the Fermanagh Lakelands.

The campaign encourages people to be AdventureSmart by asking three questions before they set off for their day:

Am I confident I have the KNOWLEDGE & SKILLS for the day?

Do I know what the WEATHER will be like?

Do I have the right GEAR?

The website has all the information needed to be in the know and kitted up to enjoy Northern Ireland safely.

Paul Donovan, co-lead for the AdventureSmart campaign said: "We are pleased to join forces with the Get WET Stay Safe programme in a coordinated approach to outdoor safety in Northern Ireland. This collaboration will offer well-placed opportunities to gently nudge those in search of an adventure to take responsibility for their own safety and make their good day better.

"Over 100 organisations with an interest in outdoor recreation and tourism are partners in the national campaign. We are asking campaign partners to engage in conversations with those who venture outdoors about being adventure smart, to encourage them to make their good day better by taking some simple actions to help them enjoy the hills, water, countryside and coastline safely.

"We all know, the weather changes rapidly here in Northern Ireland so encouraging people to keep a close eye on the current weather conditions and to improve their understanding of how that will affect the environment will enable them to be flexible and prepared. Everyone should set off knowing it's ok to choose a more suitable location or make plans for another day instead."

For further information, please contact: Paul Donovan (escape.routes@btinternet.com) or Emma Edwards-Jones, (emma@snowdonia-active.com)

FUNDING



Alzheimer's Society—What could you do with an idea and up to £100k of funding?

Do you have an idea or product that will transform the lives of people living with dementia? We want to help you make this a reality and **Alzheimer's Society Accelerator Programme** is looking for someone like you. Applications open 30 August.



The Public Health Agency (PHA) – funded Elevate Community Mentoring and Grants programme 2023-24 is NOW OPEN.

The programme supports groups who could benefit from mentoring and funding (up to £5,000) to deliver a project which uses community development to tackle health inequalities. [Click Here](#)



Halifax Foundation—Community Grants Programme - support charitable organisations within Northern Ireland to enable people, who are disadvantaged or with special needs, to participate actively in their communities. [Apply here.](#)



National Lottery Awards for all of Northern Ireland - funding can help you to make a difference in your community. Funding from £300 to £10,000 to support what matters to people and communities. [Apply here](#)

Community Fund - Climate Action Fund - Energy & Climate - funding to inspire and support communities across the UK to address the energy and climate crisis. Projects can apply for up to £1.5 million over 2 to 5 years, with most projects over £500,000. Minimum grant £500,000. [More information](#)



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. [Apply here](#)

Health and Social Well Being

The Networks Involving Communities in Health Improvement (NICHI) project operates across the Northern PHA Locality area and is managed by the Community Support Networks.

The Health Alliance was developed within the NICHI project to provide an opportunity for communities, voluntary and statutory sectors to network, share information, funding opportunities and best practice, engage in evidence based health improvement, access training and capacity building opportunities and contribute to sharing the health improvement agenda.

You can sign up to become a member of the NICHI Health Alliance for FREE – <http://HealthAllianceNI.com/Membership-Registration/>

You can also select the option to receive a regular ezine with health and well-being information, funding opportunities, events/activities, programmes & training within the Northern Trust Area and also providing a platform to promote your own health & wellbeing activities.



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www.HealthAllianceNI.com

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You can receive a regular health and wellbeing ezine providing a platform to promote your own health & wellbeing activities.

You can sign up to become a member of the Health Alliance for FREE.

For a wide range of resources and support available to create healthier communities, log onto the Health Alliance website...

Sign up for Free

Scan with your smartphone



SCAN ME

@H_A_NICHI



Project supported by the PHA

Northern Locality Community Networks TRAINING & AWARENESS SCHEDULE FOR EMOTIONAL WELLBEING, & SUICIDE PREVENTION 2023/2024

Ref.	Title	Delivery Agent	Date	Venue	Time
SP04	The Psychology of Resilience <i>How to Cultivate Resilience within ourselves</i>	Mood Watchers	7 th September 2023	ZOOM	10-11.30 am
SP05	Skill of Listening <i>This workshop will examine and discuss the skill of active listening. We need to be aware of part played, not just by our ears, but also our eyes and heart. We will look at how we communicate to others that we are listening</i>	ZEST NI	7 th September 2023	The White House Newtownabbey	7-9pm
SP06	Healing Power of Play <i>This training session will open a safe place for professionals to reflect and explore current practices unique to their setting. Using therapeutic techniques each professional will explore problems creatively and come together with peers to look at what is already working well and what could be done better - building a bridge between.</i>	Way Maker Child Therapy	14 th September 2023	Stiles Community Centre Antrim	7-9pm
SP07	Importance of Compassion <i>This workshop examines the essential role that compassion plays when working with those who are self-harming. There is a brief overview of self-harm and then an analysis of compassion and empathy. What they are and how they work.</i>	ZEST NI	11 th October 2023	Shesburn Recreation Centre Ballycastle	6.30-8.30pm



SP08	Making the Most of Your Money <i>This session supports employees with financial tips, advice, and actionable activities to support their Financial Health. Your team will hear from an expert Financial Advisor, giving advice on savings, credit, debt, mortgages, sickness and benefits, and wills and trusts.</i>	Kith and Kin	12 th October 2023	Stiles Community Centre Antrim	7-9pm
SP09	Making the Most of Your Money <i>This session supports employees with financial tips, advice, and actionable activities to support their Financial Health. Your team will hear from an expert Financial Advisor, giving advice on savings, credit, debt, mortgages, sickness and benefits, and wills and trusts.</i>	Kith and Kin	17 th October 2023	Cookstown Community Centre	10-12pm
SP10	Making the Most of Your Money <i>This session supports employees with financial tips, advice, and actionable activities to support their Financial Health. Your team will hear from an expert Financial Advisor, giving advice on savings, credit, debt, mortgages, sickness and benefits, and wills and trusts.</i>	Kith and Kin	Monday 9 th October 2023	Ballyvaughan Ballygally Community Hall	6.30-8.30pm
SP11	Coping on Difficult Days <i>Understanding grief in children and young people. Impact of a traumatic death on children, young people and their families. What is grief, and how best to support the grieving family.</i>	Barnardo's	23 rd November 2023	ZOOM	6.30-8.30PM

To register email denise@cwsan.org



Be a Take 5 Ambassador



This session will allow space to think about each of the 5 steps in a fun and interactive way.

Tuesday 22nd August
6:00-8:00pm

Burnavon Arts & Cultural Centre
Burn Road, Cookstown
Supper and chat on arrival



[Click here to register your interest or scan the QR code](#)



Connect



Keep learning



Be active



Take notice



Give

NHSCT will be hosting a Take 5 Ambassador Session on Tues 22nd August at 6.00 pm in the Burnavon Arts & Culture Centre. Supper provided on arrival!

This session will allow space to think about each of the 5 steps in a fun and interactive way.

To book your place click on the following link: <https://forms.office.com/e/tDHDj4m62p> or scan the QR code on the poster. For more info contact:

lindsey.smyth@northerntrust.hscni.net

MID ULSTER

Peer Support for Community Wellbeing

**Tuesday 12th
September at 6:00pm**
Burnavon Arts & Cultural Centre
Burn Road, Cookstown



What is Peer Support?

As we walk alongside people in our communities who are struggling with their **mental health** either in a paid or unpaid capacity, it can take its toll on our own wellbeing with limited access to support for ourselves. Peer Support involves meeting together to share knowledge, experiences and gain emotional assistance and practical help!

What can we offer in Mid Ulster?

- Take 5 Ambassador Sessions for community groups and individuals
- Additional training and capacity building
- Building connections through peer support

**REGISTER
NOW!**



Dinner provided!

If you are a member of a community group
or work in a setting where you provide some
support for wellbeing this is for you!



Max 3 attendees per community group

<https://forms.office.com/e/PnKQ7TKvkP>



healthandwellbeingteam@northerntrust.hscni.net

Save the Dates- Health Alliance Members / NICHI Model Groups

Creating Healthy Communities Training– Free to Health Alliance members
Facilitated by Anna Clarke, Prospect Community - Tue 19 Sep – Houston's Mill,
Broughshane: 6-9pm (starting with food) or Wed 8 Nov - Online via zoom: 2-5pm

Annual NICHI Conference – Free to all Health Alliance members
Theme: Promoting Wellness
Tue 24th Oct from 6-9pm (starting with food)
Tullyglass Hotel, Ballymena

Networking Event – for NICHI Model groups (Past and Present)
Wed 7 Feb: 10am-12.30pm Dunsilly Hotel, Antrim

NICHI Health Alliance
Connecting & Involving Communities

Creating Healthy Communities WORKSHOP

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

Location: **Houston's Mill, Broughshane**
5 Guide Street, Broughshane, Ballymena BT42 4JU

Date: **Tuesday 19th September**

Time: **6pm - 8.30pm**

TO REGISTER visit www.nacn.org/wp/register
E: registration@nacn.org or T: 028 2177 2100

programme supported by
HSC Public Health
Agency



Training Dates for Diary

Free Food and Health Essential training – Tue 26th Sept or Wed 11th Oct

I can Cook It Training – Tue 28 Nov (provisional date)

NHSCT Dietetics team have updated the way they deliver their training programmes. The Food and Health Essential training course needs to be completed before attending any of their other specific courses eg Cook It, Slow Cooker programme. They are planning to run their Food and Health Essential training on 26th September and 11th October- you only need to attend one of these days – unless you have already attended a session last year. The provisional date for I Can Cook It! Training is Tue 28th November.

I Can Cook It! Training is designed for those who work/volunteer with people who have a learning disability or low literacy skills. It is run as an 8 week programme and to run this programme you will need a suitable venue as cooking is involved.

These courses are open to staff / volunteers within the Northern Trust area who can clearly demonstrate that they can roll out a programme to people who can benefit from the specific programmes.

If you, or someone you know, would be interested in attending either of these free training courses or for more info, please contact: **Stephanie T: 028 2563 5276 or Email: CookIt@northerntrust.hscni.net**

As August is “Active August”, it would be timely to promote the Free Nutrition webinar on sports nutrition. With most of the sports nutrition information on social media being commercial, this webinar goes through the evidence based nutrition information to help performance and recovery.

For a wide range of information, webinars and recipes to encourage healthier eating choices, please visit the Public Health Dietitians You Tube channel including their new The Shop, Cook & Save video series The link to playlist is: https://youtube.com/playlist?list=PLVutsY_gd5AaVh-a7xryPSQF-NIYFpQrW



Public Health Dietitians' Group
HSC Public Health Agency
HSC Health and Social Care
Project supported by the PHS

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.



SCAN ME

WATCH NOW

Public Health Dietitians' Group
HSC Public Health Agency
HSC Health and Social Care
Project supported by the PHS

How to Save Money on Your Food Shop

Top tips for meal planning, cooking & savvy shopping.



SCAN ME

WATCH NOW

Women's Aid
CAUSEWAY & MID-ULSTER



27 Old Coagh Road
Cookstown
BT80 8QG
T: 028 8676 9300
causewayandmidulsterwomensaid.org.uk

Free Domestic Violence Awareness raising session on Friday 18th August 2023 at 10.30am – 12.30pm (online). To attend and avail of this free training, please email services@cmuwa.org.uk to register with your full name, organisation, and email address.

Free Walk Leader Training Courses



22 September 2023, 28 September 2023
and 10 October 2023

9.30am-1.00pm

This training is aimed at anyone interested in leading short health walks within the Northern Trust area 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

Friday 22 September 2023, 9.30am-1pm

Jim Watt Sports Centre, Garvagh

<https://www.eventbrite.co.uk/e/walk-leader-training-course-tickets-668267695667?aff=oddtcreator>

Thursday 28 September 2023, 9.30am-1pm

Massereene Room, Antrim Castle Gardens

<https://www.eventbrite.co.uk/e/walk-leader-training-course-tickets-668109031097?aff=oddtcreator>

Tuesday 10 October 2023, 9.30am-1pm

Massereene Room, Antrim Castle Gardens

<https://www.eventbrite.co.uk/e/walk-leader-training-course-tickets-668197325187?aff=oddtcreator>

For further information contact:

Nicola Arbuckle, Health & Wellbeing Manager

E: nicola.arbuckle@northerntrust.hscni.net



Northern Health
and Social Care Trust



Fri 22 Sep 2023, 9.30am-1pm Garvagh <https://www.eventbrite.co.uk/e/walk-leader-training-coursetickets-668267695667?aff=oddtcreator>

Thur 28 Sep 2023, 9.30am-1pm , Antrim Castle Gardens, <https://www.eventbrite.co.uk/e/walk-leader-training-coursetickets-668109031097?aff=oddtcreator>

Tues 10 Oct 2023, 9.30am-1pm Antrim Castle Gardens, <https://www.eventbrite.co.uk/e/walk-leader-training-coursetickets-668197325187?aff=oddtcreator>

Free Chair Based Yoga Training - this course is now full, but if you'd like to be added to the waiting list in case there are any cancellations, please use the following link <https://www.eventbrite.co.uk/e/chair-yoga-training-course-tickets-669400052577>

For further details about these two courses please contact: **Nicola Arbuckle** – Arts & Wellbeing & Physical Activity Lead or **Andrea Graham**: Spruce House, Braid Valley Site, Cushendall Road, Ballymena, BT43 6HL Tel: **028 2563 5575** Nicola.arbuckle@northerntrust.hscni.net



The Niamh Louise Foundation

*'Suicide - we have been there.
Support, hope & understanding.
A shared journey to recovery.'*

Walk together in the Prevention of Suicide



*7k walk from Dungannon to Coalisland
Sunday 10th September*

Join us on Sunday 10th September as we walk from Dungannon to Coalisland together, in recognition of World Suicide Awareness Day.

£20 Per Adult, Kids Go Free

Register before 1st September to secure free t-shirt

Register online by scanning the code below:



or by searching 'Walk with us in the Prevention of Suicide'
on www.eventbrite.co.uk

Registration on the day from 12pm. Walk starts 1pm.

WOMEN - LET'S WALK!

**This summer why not join us for a
leisurely stroll around the park?**

**Connect with nature, enjoy the fresh air
and have a natter.**

TUE 18 JULY – LURGAN PARK

TUE 1ST AUGUST – DRUM MANOR FOREST PARK

TUE 15TH AUGUST – PORTGLENONE FOREST PARK

TUE 5TH SEPTEMBER – GOSFORD FOREST PARK

**Walks will begin at 10.30am and should last about an hour
finishing with refreshments and some friendly chat.**

Dress for the weather and wear comfortable footwear

Email [Teresa](#) to register your interest




NIRWN
Northern Ireland
Rural Women's Network

If your group would like to help address loneliness and isolation within Mid Ulster and would like to join the Together Loneliness Network to work together help address this – please email mulnetwork@northerntrust.hscni.net for a membership form (Free to join)



TOGETHER

Loneliness Network
Mid Ulster

Why was the network set-up?

The Mid-Ulster Loneliness network was launched virtually on 26th August 2020 in response to a need to provide a co-ordinated and consistent approach to preventing and addressing loneliness in the Mid-Ulster area. Loneliness impacts on people of all ages and backgrounds and has increased significantly due to the restrictions and limitations placed on daily life and social interactions by the coronavirus pandemic.

What does the Network aim to achieve?

Engaging with Community Planning and other key partners to promote a culture of inclusiveness for all ages

Raising greater awareness around loneliness across the generations and help reduce the

Sharing good practice and learning



Initiating actions which address loneliness and increase opportunities for socialisation

Who can be part of the Network?

Partnership working is central to the Network. It is supported by a Steering Group and made up of statutory, community and voluntary organisations working together to tackle loneliness in the Mid-Ulster area.

To date the Network has:

- Met regularly to update and share information with members on the ongoing work within partner organisations
- Deliver a small grants programme to tackle loneliness using a participatory budgeting process. Projects included bespoke Christmas cards, community intergenerational project and art classes for carers.
- A further 5 chatty benches have been placed in other popular areas throughout the district. Locations include Dungannon park, Ballysaggart Lough, Dungannon, Iniscarn Forest, Desertmartin, Portglenone, Riverside Walk, Ballyronan Marina and The Roundlake, Five Miletown.
- MULN and local men sheds have worked together to deliver the "Kindness Postbox" to local primary schools and nursing homes in the area. Letters and words of kindness were created to help tackle loneliness.
- Funding provided to organisations to purchase digital equipment.
- Developing working groups: Poverty, Chatty Cafes/Chatty Benches, Environmental/Recreation & Kindness Postbox.





If you are an organisation who would like to join the Network or would like more information, please contact:

Sandra McKenna
MULNetwork@northerntrust.hscni.net



Rural
Support

Rural Support Farm Support Hub

Helping you, your farm business and your family become
stronger and more resilient.



Have you checked out the Rural Support, Support Hub?

This Support Hub is designed to help farmers and their families access the resources they need to build a more resilient future.

Check out the link below to take control of your farm business and your personal wellbeing.

[Click Here](#)

FREE

**Farm Family
First Aid Awareness
Training**

**Thursday 24th August
7.00 – 9.30**

**President Grant's
Homestead,
45 Dergenagh Road,
Dungannon, BT70 1TW**



To book your place:

Phone: Lorraine 028 85556880

Email: info.costa@btconnect.com

Part of the Farm Business Improvement Scheme in the Rural Development Programme 2014-2020
and funded by the European Agricultural Fund for Rural Development

Mid Ulster Crisis Support

Income

Jobs and Benefits Office Benefits free phone:
08000224250
Employment Services phone number:
03002007822

Discretionary Support
COVID-19 (Coronavirus)
Short-term Living
Expenses Grant:
08005872750

Debt Support
Christians Against Poverty:
08003280006

Advice
Mid Ulster Advice Service
Dungannon: 02887750211
Cookstown: 02886761875
Magherafelt: 02879633079

Community Led

Emergency Food Support

Magherafelt
Hope: 07393451504
SVP: 02879300819

Maghera
The Link Foodbank: 07759964550
SVP: 07752111032

Cookstown
SVP: 02886769400

Dungannon
Reach Foodbank:
07857071750 /
028 87752133
SVP: 02887727323

Coalisland
Foodbank: 07871800551
SVP: 02887748531

Clogher Valley
FMT Response: 07866511961
SVP: 07873687725

Housing

NI Housing
Executive
Support 9am – 5pm:
03448 920900
Out of hours:
03448920908

Housing Rights:
02890245640

Regional Emergency Social
Work Services (Children):
02895049999

Depaul Ireland:
02887725860
Simon Community:
08001712222

MUST Hostel:
02886762065

Mental Health

(Community Counselling Services)

Lifeline 24hrs:
0808 808 8000
Samaritans 24hrs:
116 123

GP and A&E referral
to Mental Health
Hospital support
Family Works:
02891820341

Magherafelt CC
The Olive Branch:
02879633688
Hope: 07393451504

Cookstown CC
The Hub:
02886763398

Dungannon CC
Vineyard:
02887752133

Agewell Good
Morning calls
(over 65's):
02879632170

Mindwise:
028 90402323
Cruse Bereavement:
08088081677

Drugs & Alcohol Support
Start360: 07923129559
Ascort: 08002545123

Draperstown/Maghera CC
S.T.E.P.S:
07904564218

Clogher Valley CC
Hope 4 U:
07803301802

Coalisland CC
MACP:
02887746375

Abuse

Police Service:
999 or 101

Childline:
0800 1111
NSPCC Adults concerned
about a child:
08088005000

Mid Ulster &
Causeway
Woman's Aid:
02886769300

Domestic &
Sexual abuse
helpline:
0808802144

Gateway-child protection
Emergency (out of hours):
02895049999
Dungannon:
08007837745
Cookstown/ Magherafelt:
03001234333

Sexual Abuse
The Rowan Centre:
08003894424



Health and
Social Care



Department of
Health
An Roinn Sláinte
Máinnistrie O Poustie
www.health-ni.gov.uk



Children & Young People's Strategic Partnership

The CYPSP Cost of living Resource has been updated and includes details of support services/initiatives happening across the region.

Download your copy here <https://tinyurl.com/2ctmf66j>

What's On in August 2023

Libraries in Mid Ulster



**Tuesday 8
August**

**Story and craft in
Draperstown Library
3:00pm – 4:00pm
Booking not required
Everyone welcome**

**Tuesday 8
August**

**Story, Tea and Chat in
Cookstown Library.
A shared reading session
for adults where a story will
be read aloud to the group
with breaks for discussion
and chat
2:00pm – 3:00pm
Booking advisable**

**Thursday 17
August**

**Story and craft in
Coalisland Library
2:00pm – 3:00pm
Come and make some
sporty pitch puppets
Booking not required
Everyone welcome**

**Friday 25
August**

**Back to School Quiz
Grab a team of 4-6 friends
and join us in Cookstown
Library for a general
knowledge quiz for children
Ages 7-10
1:00pm – 2:30pm
Booking Essential**

**Saturday 26
August**

**Lego Session in Maghera
Library
11:00am – Noon
Booking not required
Everyone Welcome**

**Every
Tuesday in
August**

**Lego in Dungannon Library
Every Tuesday during
August from
2:00pm – 3:00pm
Booking Advisable**

This is just a sample of the events that will be taking place in libraries during the month. If you would like to know more please visit our website or follow us on social media.



www.librariesni.org.uk



These accredited and non-accredited is **completely free** for all eligible GROW Partnership participants and can be completed on a face to face or remote basis.

To be eligible for the GROW programme a participants must be classed as economically inactive ie that they are not claiming for any job seeking type benefits, are on a health journey i.e. waiting on WCAs and not looking for work in the meantime. To date we are working with those on ESA/sickness type benefits, PIP, Income Support and Caring type benefits, Child Tax Credits and those on no benefits. We are also working with a large number of school leavers. Referrals to the programme can be made via email, phone or by dropping into our offices

The GROW Partnership programme aims to achieve the following for our participants through a suite of holistic interventions:

- Improve life chances through basic and life skills
- Engage with local services and mainstream provision
- Overcome barriers to work

GROW will provide a 'one-stop-shop' to address/remove health, wellbeing and other significant barriers to sustainable employment, in a regionally sensitive manner. It will provide 'small steps' and 'manageable' holistic activities, rather than daunting 'fast-track to work' approaches to its target cohorts, which include:

50+, Disabled/health conditions, Women, Ethnic minorities, Young people not in education/employment/training, People with multiple complex needs

Support/mentoring will be provided by an appropriately experienced and qualified team of Key and Support Workers. Health and social support will be bespoke to the individual, focusing on overcoming 'personal'/socio-economic barriers and will be delivered via e.g. 1/1 mentoring, supported signposting, small group work/workshops and specialised interventions as required. Supporting participants to improve mental and physical health will be a key tenant of the new GROW programme.

Employability support will include e. g. CV/applications development, job-search and interview preparation support, provision of skills training in digital skills, essential skills, accredited/non-accredited qualifications, advice/support accessing further education/training, engagement with employers and volunteering opportunities.

Intensive and tailored self-employment support will be provided for those who are considering entrepreneurship options. There is also a small discretionary support fund available for eligible participants.

Network Personnel currently deliver the following accredited qualifications:

Level 2: Basic Food Hygiene, Food Allergies and Risks, Business Administration, Customer Service, Social Media

Level 1: Health & Safety in the Workplace, Health Awareness, Health Improvement, Awareness of First Aid for Mental Health, Office Skills * Recommend clients have Microsoft Office or at least Word, Excel when undertaking this qualification, Manage Personal Finance, Essential Skills- Numeracy and Literacy

Non-accredited qualifications:

Awareness of First Aid for Mental Health, Basic IT, Confidence and Motivation, Coping with Stress, Understanding Anxiety, Pain Management, Introduction to Mindfulness, Cover Letter, CV Building, Customer Service, First Aid, Goal Setting, Health & Safety, Intro to Complementary Therapies, Leadership, Manual Handling, Money Management, Preparing for Interview, Building Resilience, Self-Employment- Building a Presence on Social Media, Business Planning, Sources of Funding and Finance, Book Keeping and Guide to Entrepreneurial Potential

For more information, please contact:

Jillian Lennox: Co-Ordinator GROW Partnership T: 028 7963 1032 or Mobile: 077 3635 0773

NRC FREE COURSES

At Northern Regional College we are offering a range of FREE short accredited courses, supported by the Department for the Economy's Flexible Skills Fund. Courses will be delivered through blended and online learning and will be running at various times throughout the year. You must be 18 years of age or over, resident of Northern Ireland and eligible to work in the UK. [Free Courses | NRC Northern Regional College](#)



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

Empower Project News

Let's Cycle Balanceability Training Sessions for



*August Let's Cycle Balanceability Course
Venue: Meadowbank Sports Arena
Facilitated by Josie McGuckin*

Class 1 | Dates: 21st, 22nd, 24th, and 25th August
Time: 10am – 11am

Class 2 | Dates: 21st, 22nd, 24th, and 25th August
Time: 11am – 12 noon
Cost per child: £80

Each child should bring their own bicycle and helmet.
Please remove stabilisers prior to coming along.
Finally, it is recommended that each child attends 4 sessions to get the most out of the training.
We advise that parents also bring a drink and a snack.

Book on the link below
<https://empowernetwork.co.uk/.../activities/balanceability/>

Support Call for Parents/Carers

If you are a parent/carers and need support and information we now have a set time on Tuesdays from 10am to 12noon for a 30-minute call.

To arrange a call, click on the following booking page.

https://calendly.com/empower_project/30min?month=2023-01&date=2023-01-24

Neurodiversity Workshop training

The Empower Project is now offering neurodiversity training in the community. If you are from a nursery, playgroup, preschool nursery, primary school, or a community group that works with families who have children on the spectrum with or without a diagnosis, we can facilitate presentations on topics relating to ASD, ADHD, Dyslexia, Dyspraxia, PDA (Pathological Demand Avoidance), anxiety, behaviours, sensory difficulties, social stories and visuals and much more.

If you would like to find out more information, please click on the following link:

<https://empowernetwork.co.uk/empower-project-workshops/>



empower

Reaching Out
Supporting Families

Workshops for Parent Groups

**AVAILABLE
TO BOOK**

Communication & Interaction in individuals with Autism

Understanding and Supporting Behaviour

Managing Your Child's Anxiety

Sensory Processing in Individuals with Autism

What is PDA? (Pathological Demand Avoidance)

We offer a wide range of workshops and talks for parents and carers to help empower them with knowledge, some strategies and support.

We can deliver these talks to your community group or playgroup / playschool. Contact us below

josie.mcguickin67@gmail.com

WWW.EMPOWERNETWORK.CO.UK

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)**

(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: 075 4063 5862

healthalliance@cwsan.org

Denise Doherty

Suicide Prevention Development Officer

Mob: 075 4096 9623

denise@cwsan.org

www.HealthAllianceNI.com

You can become a member of the Health Alliance for free and receive a weekly ezine with access to health and well-being information, funding opportunities, events/activities and to avail of programmes & training in the Northern Area <http://HealthAllianceNI.com/Membership-Registration/>

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 CWSAN on 02887738845



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.