

CWSAN NEWS



Issue 176 May 2023

Cookstown & Western Shores Area Network

will hold its

Annual General Meeting

Wednesday 24th May @7pm

Crieve Centre, Stewartstown BT71 5HY

AGM proceedings followed by Fork Supper

Member Groups should reserve a maximum of 2 places by contacting CWSAN on: 028 87 738845 or email info@cwsan.org by 18th May

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- Mid Ulster Forthcoming Workshops

NB all workshops maybe subject to change



1) Committee Skills for Community groups Wednesday 17th May 2023 @7pm

CWSAN is offering this workshop on 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 effective people, systems and practices.

2) How to be successful in Funding applications – Wednesday 7th June 2023 @7pm

A workshop guide to making sure you are saying, doing and providing the right thing that make funders want to fund your community group a Grant.

3) Good Governance in Community Groups -Tuesday 27th June 2023 @ 7.00pm by Zoom

This workshop covers Good governance which ensures the overall direction, effectiveness, supervision, and accountability of your group. The workshop will provide tips as to how to act in the best interests of the organisation, ensuring the operation of effective, open and ethical processes which adhere to the law and stand up to scrutiny.

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.

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 morn, 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

CWSAN Better Days Pain Management Support



Would your community venue like to host an 8 week Better Days Pain Management Support Group

Is there people living with chronic pain in your community that would come along to benefit from these sessions? (Minimum 10 people) If yes, please get in touch with us before Thursday 18th May 2023- 028 8773 8845 / 075 4063 5862 info@cwsan.org Venue Costs will be covered

This programme provides support to those living with chronic pain, providing information sessions, therapeutic workshops and peer support.

Topics include:

- Take 5 Steps to Wellbeing
- Pain Toolkit
- Understanding Pain
- Relaxation & Breathing
- Mental health
- Nutrition
- Sleep
- Self Care
- Pharmacist Session
- Gentle Movement & Exercise
- Peer Led Session

This programme is funded by Public Health Agency and Healthy Living Centre Alliance.

The NICHI Project



Health & Well Being *in Communities*



Do you have ideas about how to improve health and wellbeing in your community?

Are you interested in addressing health and social wellbeing issues in your local area?

Do you need funding to achieve your aims?

The NICHI project will provide support with training, funding an action plan

The NICHI project is in receipt of funding from the Public Health Agency to support communities.

If interested please contact your NICHI Project Officer for an expression of interest form



Pamela McClelland

pamela@impactnetworkni.org

028 9447 8645



Veronica McKinley

health@nacn.org

075 4569 7899



Anita Kelly

healthalliance@cwsan.org

075 4063 5862

TOOL 7 - MODEL APPROACH AND STEPS

programme supported by
HSC Public Health
Agency

Communities Improving Health

Programme Steps Information



www.healthalliance-ni.com



FUNDING

CWSAN are delighted to be working in partnership with the Public Health Agency (PHA) & Northern Area Community Networks and welcome project proposals from community & voluntary groups in Mid-ulster (Cookstown & Magherafelt). Contact denise@cwsan.org if you have any queries or to request for an application pack. Closing Date 22nd May 2023.

Community Networks in the Northern Locality

Mental Health & Suicide Prevention

Community Development Project Proposals

OPEN CALL

for funding

Contact your local **Community Network** for a Proposal Pack

programme supported by

HSC Public Health Agency

IMPACT NETWORK

cfun

CWSAN Rural Support Network

Northern Area Community Network

Health Alliance Connecting & Involving Communities



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.](#)



TBUC Planned Interventions - funding is available for the delivery of the Planned Intervention programme by The Executive Office (TEO). The fund will enable organisations to work with young people living in interface areas or locations where there is the potential of heightened social unrest during the summer period/ key times such as evenings and weekends. [More information](#)



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](#)



The ARN Foundation's Tackling Isolation Fund is now open

The fund will support organisations to deliver projects in support of older people affected by the cost of living crisis.

To be eligible to apply your project must target at least three of the key priorities detailed below:

- Supporting older people to keep warm.
- Supporting older people to access a nutritious meal.
- Reducing isolation and vulnerability of older people through supporting participation in activities.
- Enabling older people to access technology, and to potential benefits and entitlements that they may not be aware of.
- Beneficiaries who are rurally isolated.

To apply [click here](#) for more information:



As the Community Navigator Service is now transitioning to the new **Connect North** service this month all referrals need to be submitted through Elemental from now on. From now on going forward **it would be greatly appreciated** if you could **directly input any new referrals on to the Connect North Elemental Platform**.

See link and passcode for short training tutorial below

https://northerntrust-hscni.zoom.us/rec/share/OJ5XtPY26KTEihHCEZR1WKy5tt-mm9hBy_ToClhpMdB4ZqG7glJPBnqdcEnQnl9gV.FRgC_WUjEDVmSAq5?startTime=1674731161000

Passcode: zy&t9Lmo

For more information contact

Eugene O'Goan

Connect North Link Worker for over 18's (Mid Ulster Locality area)

M: 078 1419 6935 E: ConnectNorthLW.MU@ageni.org

Mid Ulster Community Activities



Programme facilitated by
Ann & Paula
from New Life Directions

Relax, Renew & Transform

Tuesday 16th & 23rd May 2023

from 10 am - 1.00 pm

**In Open Door Complex, Bellaghy
BT45 8JR (refreshments provided)**

It is not essential to attend both sessions, but would be beneficial.
For more info or for a booking form for both or either dates, please
contact register@cwsan.org or 028 8773 8845

- **Promotes Self-care, health and well being**
- **Promotes Relaxation & Reduce Stress**

Workshops will cover:

- Self-care Wellness practices
- Explore causes and physical effects of stress
- Learn a range of self-help practices which promote health & wellbeing, including:
 - Gentle movements eg Tai Chi
 - Emotional Freedom Technique (Tapping)
 - Breath Work
 - Acupressure
 - Finger Holds to manage emotions



Celebrating 20 years of Capacitar Ireland
<https://capacitarirelandass.com/> Facebook [@capacitarireland1](https://www.facebook.com/capacitarireland1)
See <https://capacitar.org/> for more info or videos on wellness
practices or search 'Capacitar-international' on YouTube

register@cwsan.org



**Programme facilitated by
New Life Directions
with Ann & Paula**

HSC Public Health
Agency
Project supported by the PHA

Relax, Renew & Transform

- **Promotes Self-care, health and well being**
- **Promotes Relaxation & Reduce Stress**

Course will cover:

- Self-care Wellness practices
- Explore causes and physical effects of stress
- Learn a range of self-help practices which promote health & wellbeing, including:
 - Gentle exercises such as Tai Chi (can be done seated or standing)
 - Breath work
 - Acupressure
 - Finger holds to manage emotions
 - Emotional Freedom Technique (Tapping)



Monday 15th & 22nd May, 5th, 12th, 19th & 26th Jun 2023

Sessions open at 11am. Starts at 11.15-12.15

It is not essential to attend all sessions, but would be beneficial. For more info please contact register@cwsan.org or 028 8773 8845

Zoom Meeting link:

[https://us02web.zoom.us/j/85227218347?](https://us02web.zoom.us/j/85227218347?pwd=NVZTc001NDI0TXV6ei9oR1Z1VmdRQT09)
[pwd=NVZTc001NDI0TXV6ei9oR1Z1VmdRQT09](https://us02web.zoom.us/j/85227218347?pwd=NVZTc001NDI0TXV6ei9oR1Z1VmdRQT09)

Meeting ID: 852 2721 8347 Passcode: 505676

This course is supported by the Public Health Agency, through the Networks Involving Communities in Health Improvement (NICHI) project, managed by the Community Networks in the Northern Locality area - CWSAN / CRUN.

Celebrating 20 years of Capacitar Ireland <https://capacitarirelandass.com/> Facebook: [@capacitarireland1practices](https://www.facebook.com/capacitarireland1practices) or search 'Capacitarinternational' on YouTube. See <https://capacitar.org/> for more info or videos on wellness



register@cwsan.org



Programme facilitated by
Ann & Paula
from New Life Directions

Relax, Renew & Transform

Tuesday 30th May & 6th June 2023
from 10.00 am - 1.00 pm

In The Rowan Tree Centre, Pomeroy
BT70 3FD (refreshments provided)

It is not essential to attend both sessions, but would be beneficial.
For more info or for a booking form for both or either dates, please
contact register@cwsan.org or 028 8773 8845

- **Promotes Self-care, health and well being**
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Workshops will cover:

- Self-care Wellness practices
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Celebrating 20 years of Capacitar Ireland

<https://capacitarirelandass.com/> Facebook [@capacitarireland1](https://www.facebook.com/capacitarireland1)

See <https://capacitar.org/> for more info or videos on wellness practices or search 'Capacitar-international' on YouTube

register@cwsan.org



Cookstown Library warmly invites you to join them for an information talk on dementia awareness by Lisa Hendley from the Alzheimer's Society on Monday 15th May from 11:00am – 12 noon. The talk is called 'Dementia: it's not called getting old, it's called getting ill'. Everyone welcome and refreshments will be provided.



Cookstown Library would be delighted to have you attend a talk by Sebastian Graham on 'Heritage at Risk in Mid-Ulster: Historic Buildings of Potential' on Tuesday 23rd of May from 6:00pm – 7:00pm. "Join Sebastian to hear about some of the wonderful local heritage buildings that we have on our doorstep that are currently on the heritage at risk register. Sebastian will be discussing how these buildings can be reused and repurposed and we are delighted to have this event as part of our celebrations for Local and Community History Month. Everyone welcome and refreshments will be provided.



"Cookstown Library is delighted to be hosting a presentation entitled 'Days Gone By: A Look at our Past in Film' delivered by Bronagh McAtasney from Northern Ireland Screen on Tuesday 30th May at 6:00pm – 7:00pm. Everyone welcome for what promises to be an exciting talk to celebrate Local and Community History Month with Libraries NI. This event will provide the opportunity for reminiscence on the histories of Cookstown and surrounding areas. This event is completely free of charge and refreshments will be provided.

All of our events are free of charge.

For more information, please feel free to contact Cookstown Library on 028 86763702



SOCIAL MEDIA AND REACHING YOUR AUDIENCE

Join us on zoom to learn about how to use social media platforms to boost your social media presence. This session is for rural communities exploring rural heritage and who are interested in how social media can help reach new audiences.

Wednesday 17th May 2023

7pm - 8pm

Online on Zoom

Sign up here -

<https://forms.gle/uB6G55enGWQkmER37>

Great News!!

New Walks Coming soon...

Slieve Gullion, Newry on Sunday

7th May.

Meelmore, Mourne on Sunday

14th May.

Sawel Mountain, Sperrins

on Sunday 21st May.

Slieve Gallion, Sperrins on

Sunday 28th May.

Carntogher Way, Maghera on

Saturday 10th June.

Slieve Binnian, Mourne on

Sunday 25th June.

In partnership with the Community Fund, National Lottery, Sperrin Well Walks and TABBDA.

Email tabbda@outlook.com or DM Loughshore Marina Centre Facebook Page



Dementia Friendly Communities Workshop

Supporting people to live well with dementia



Dementia Friendly Communities Workshop

Date: Thursday 18 May 2023

Time: 10am – 12 Noon

Venue: Magherafelt Womens Group

27-29 Moneymore Road

Magherafelt

BT45 6AG

Dementia can happen to anyone and there is currently no cure. But with the right support, people can live well with dementia.

Alzheimer's Society will support people with dementia to live full and engaged lives within their community for as long as possible. We are helping to create dementia friendly communities in villages, towns and cities across Northern Ireland.

Get involved by signing up for the Dementia Friendly Communities Workshop.

The aim of this session is to help you to:

- **Develop your knowledge of dementia.**
- **Increase your confidence and skills to help you relate, communicate and support someone with dementia.**
- **Become a Dementia Friend**

To book your place at this workshop,
Email: magherafeltwomensgroup@gmail.com
Tel: 028 79 301601

Singing for the Brain Online Taster Session (Northern Ireland)



This Dementia Action Week, join other people affected by dementia for a taster session online (Zoom). Our Singing for the Brain sessions use singing to bring people affected by dementia together in a friendly and stimulating activity.

Are you or someone you know living with dementia?

This Dementia Action Week, come and join our open online taster session for Singing for the Brain, delivered by our Singing for the Brain Leader in Northern Ireland.

The session is free, and anyone living with dementia, their family and friends is welcome!

Wednesday 17th May 2023
10.30am-12 noon



To join, follow the link below (Zoom): <https://bit.ly/3HFADPR>
(please join between 10.30am and 10.45am – no need to register!)

For more information about Singing for the Brain, please contact Edelle McMahon by email at singing@alzheimers.org.uk or by phone on 07484078886

FREE Walk Leader Training Course



Northern Health
and Social Care Trust



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

Thursday 25 May 2023

Clothworthy House, Antrim Castle Gardens

10am-2pm

<https://www.eventbrite.co.uk/e/walk-leader-training-course-tickets-623708638327>

Thursday 15 June 2023

Portballintrae Community Centre

10am-2pm

<https://www.eventbrite.co.uk/e/walk-leader-training-course-tickets-624284550897>

For further information contact:

Nicola Arbuckle, Health & Wellbeing Manager

E: nicola.arbuckle@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](#)

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>



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

The Empower Project continues to help and support parents/carers who have children with or without a diagnosis.

We currently have presentation slides of previous training sessions, short videos, and ebooks available on our online shop to purchase for a small fee: Click on the Website link: www.empowernetwork.co.uk

Music and Movement Sessions are back!

Every Wednesday at Open Door Complex Bellaghy we run 2 sessions for children who have additional needs. Time: 6-7pm for Juniors 5-12 years, 7pm – 8pm for over 12's Hosted by Elaine Diamond. The cost is £5 per family. If you are interested in attending, please send an email to: info@empowernetwork.co.uk

Empowering Parents - Let's Talk Together

Coffee Morning Support Group for Parents Supporting you, supporting neurodiversity. Join our coffee morning support group for parents of neurodiverse children, teens, and young adults.

Our coffee mornings are very relaxed and informal. It's a great opportunity to chat with other parents that are going through the same journey as you are. Free to attend but please book as spaces are limited.

Date: Monday 22nd May, Location: Dunadry Hotel Antrim, Time: 10 am - 12noon

If you are interested in attending, please send an email to: info@empowernetwork.co.uk

Let's Cycle Balanceability Training Sessions for

If you are a group who works with children who have additional needs, you can book our balance ability sessions. For prices and availability email: info@empowernetwork.co.uk

This course consists of 4 sessions:

Ideal for children aged 5-13 years old.

Support Call for Parents/Carers

If you are a parent/carer 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

Law 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)**

(028 87738845) (07917372983)

Click on links below:

CWSAN Facebook

Website <https://cwsan.org/>

E-mail: info@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

Anita Hurley

Networks Involving Communities in Health Improvement
(NICHI) Project Officer

(Cookstown, Magherafelt and Coleraine areas)

Mob: 07540635862

healthalliance@cwsan.org

To become a member email [http://
HealthAllianceNI.com/Membership-Registration/](http://HealthAllianceNI.com/Membership-Registration/)

Denise Doherty

Suicide Prevention Development Officer

Mob: 07540969623

denise@cwsan.org

www.HealthAllianceNI.com



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 Tackling Rural Poverty and Social Isolation Programme and Mid Ulster District Council.