

# CWSAN NEWS



Issue 174 January 2023

## **Rural Micro Capital Grants Programme– Reminder**

We are nearing the end of January and by now all your group Capital items should be purchased or in the process of being purchased. This is to allow the month of February/March for payments to be made through your bank accounts and show on your bank statement (s).

**The absolute deadline for submission of your claim is Friday 31st March 2023.**

If your claim is not fully complete as per application Guidance, Claim and End of Project documentation provided your application will NOT be processed and you will NOT be paid for your purchase. We are not able to process partially returned claims or claims with missing required information.

Any withdrawals from the programme should also be notified to us immediately as DAERA are keen to finalise their budget for this year.

If you have any queries in relation to your purchase or claims process please contact Marguerite on 028 87738845 or email [microgrants@cwsan.org](mailto:microgrants@cwsan.org) Tuesday to Thursday 9.30 am to 4.30pm for assistance.

## **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 2022/2023 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) Facilities Management- Running your Community hall** *Thursday 2<sup>nd</sup> Feb 23 @7pm*

A practical overview for anyone with operating responsibilities in a community hall. Guidance, resources, tools and tips provided for those community members to effectively and safely manage your local hall . Workshop via Zoom.

## **2) How to be more successful in Grant applications** – *Tuesday 21<sup>st</sup> Feb 2023 @7pm*

A presentation and advice session on making sure you are saying, doing and providing the right thing that make funders want to fund your community group.

## **3) Financial Management for Community groups-** *Tuesday 7<sup>th</sup> March 2023 @7pm*

Develop skills in managing your group/organisation finances. Learn how to keep good financial records and comply with funders' requirements. Develop your Financial policy. This workshop will be held on Zoom.

## **4) “Where do I get a Grant for....?”** – *Tuesday 28<sup>th</sup> March 2023 @ 7.00pm*

A guide to what grants are open, who is funding what and how best to get noticed by funders.

## **5) Charities Commission Reporting/Annual Returns** - *Tuesday 4<sup>th</sup> April 2023 at 7pm*

CWSAN is holding this Charities Commission reporting workshop by Zoom on how to ensure compliance with the charities commission NI annual accounting requirements & annual returns

## **6) Basic Awareness Safeguarding** (Children & Vulnerable adults) *Wed 26 April 2023 @7pm TBC. – Certified Course*

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 also set for community organisations.

## **7) Committee Skills for Community groups** *Wednesday 17<sup>th</sup> 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.

## 8) How to be successful in Funding applications – Wednesday 7<sup>th</sup> 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.

## 9) Good Governance in Community Groups -Tuesday 27<sup>th</sup> 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](mailto: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.***

# PEACEPLUS update: January 2023



The PEACEPLUS Programme is due to be launched in the next few months. The Programme is designed to support peace and prosperity across Northern Ireland and the border counties of Ireland, building on the work of the previous PEACE and INTERREG Programmes.

Over the course of 2022, the SEUPB co-ordinated pre-application support workshops under the PEACEPLUS Programme. These workshops aim to provide potential applicants with an understanding of the specific Investment Area objectives, an overview of the PEACEPLUS Programme, as well as an opportunity to build knowledge through direct engagement with the SEUPB. This has allowed the development of projects to commence ahead of the Calls opening in 2023. We have already reached a wide audience and have reviewed concept notes from potential applicants:

Each workshop is recorded and available to view through the SEUPB website – [just click here for the full list.](#)

The SEUPB is now finalising details of the next workshops due to be delivered in 2023. Full details of these will be shared on our social media channels - Facebook, Twitter and LinkedIn, and through email marketing.

You can also view the full PEACEPLUS Programme overview [here](#).

# Welcoming and Warm Places throughout Mid Ulster District



Mid Ulster District Council are working with local community partners to promote a network of places where our residents can come together in a warm welcoming environment, somewhere where they can connect with others or simply read a newspaper and enjoy a cup of tea or coffee. We've listed all the places available to our residents across the public, private, health and voluntary sectors across the district.

To see the list please follow the link to our website: <https://www.midulstercouncil.org/welcomingplaces>  
We'll add to this list as we become aware of more places that come up across our district. If you wish to add your organisation please email: [communitydevelopment@midulstercouncil.org](mailto:communitydevelopment@midulstercouncil.org)



## 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

DAERA is seeking nominees to its Rural Advisory Group from Community and Voluntary sector organisations. The role of the Rural Advisory Group for the Rural Business and Community Investment Programme is to:

- Work in partnership across Government and with key rural stakeholders, to propose solutions to the priority interventions in the Rural Policy Framework;
- To oversee the implementation of the Rural Business and Community Investment Programme;
- To help hold government departments, including DAERA, more accountable for addressing issues in rural communities; and
- Provide feedback on the monitoring of outputs, outcomes and financial targets during the implementation of the programme.

The full Terms of Reference for the Rural Advisory Group set out by DAERA are attached.

Nominees must come from a community organisation. The organisation is the Rural Advisory Group member and the nominee will represent the organisation on the Rural Advisory Group.

Travel expenses to in-person meetings and a nominal payment of £30 per meeting will be available for members with caring responsibilities to support the participation of women and carers.

**See attached Rural Advisory Group nomination form, equality monitoring form and Terms of Reference. (attached separately on this email)**

**Completed nomination forms with Equality Monitoring Forms should be returned to [kelly@ruralcommunitynetwork.org](mailto:kelly@ruralcommunitynetwork.org). Hard copies of the nomination form and Equality Monitoring Form may be printed off and posted to Rural Community Network, 38a Oldtown Street, Cookstown, BT80 8EF. Please write RURAL ADVISORY GROUP nomination clearly on the envelope.**

**The Deadline for submission of completed nomination forms is Tuesday 31st January 11.59pm.**

# FUNDING



Mid Ulster District Council's 2023/24 Grant Programme will be open for applications on Monday 30<sup>th</sup> January until Thursday 16<sup>th</sup> March 2023. To make an online application visit [www.midulstercouncil.org/resident/grants](http://www.midulstercouncil.org/resident/grants)

## Category 1

- Small Development Grant
- Community/Sports Venue/Facilities Grant
- Strategic Arts & Culture Grant
- Strategic Sports Development Grant
- Strategic Community Development Grant

## Category 2

- Strategic Events Grant
- Irish Language Activity Grants
- Irish Language Bursaries
- Good Relations Grant \*
- Community Local Festivals Grant\*
- Sports Representative Grant (Team & Individual)

## Category 3

- Miscellaneous Grants not online (need to speak with designated grant officers)
- Capital Discretionary Grant
- School Sports Access Grant



T:BUC Camps Programme 2023/24 - Good Relations learning is at the heart of every T:BUC Camp and it provides opportunities for young people aged 9 to 25 from all backgrounds to come together, try new experiences, have fun, and build longer term relationships. [Applications](#) close at 4pm on Tuesday 31st January 2023.



Rural Action launch new awards - To mark their third birthday, Rural Action will celebrate with the launch of the Rural Action Awards Scheme, aimed at supporting rural communities celebrate their own achievements. Applications for awards of up to £1,000 must be submitted by 20th of each month to be considered for funding and applications will remain valid for 3 months up to the final allocation in March 2023. [More info & application](#)



The John Moores Foundation - this rolling programme provides funds to community organisations doing charitable work in Northern Ireland. They aim to enable people who face barriers, as a result of social, educational, physical, economic, cultural, geographical or other disadvantages, to improve their social conditions and quality of life. For further information or to apply, contact the Foundation by email at [ni@johnmooresfoundation.com](mailto:ni@johnmooresfoundation.com) or telephone on 028 2888 6161.



Marine Litter Capital Grants - funding for organisations/groups' activities which specifically target the prevention of marine litter. [More information.](#)



Telecommunity Fund - funding of £500-£2,000 for projects which aim to directly support one of the following specific groups: young people; older people; OR People with disabilities. Priority will be given to projects that benefit groups dealing with disadvantage/projects that involve the beneficiaries in their development [More info.](#)

# Energy Support Scheme

**Applications close:  
12 noon on Friday 3 February 2023**



## **ULSTER-SCOTS AGENCY OPENS ENERGY SUPPORT SCHEME**

The Ulster-Scots Agency has opened an Energy Support Scheme.

This is a grant programme aimed at supporting voluntary and community groups who own or lease a venue used for Ulster-Scots activities and have been negatively impacted by the increase in energy costs.

This additional funding has been sourced from the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media and will be available to groups in Northern Ireland and the Border Counties. Groups in the Border Counties may receive up to €500, while groups based in Northern Ireland can receive up to £430.

The grant applies to groups who own or hold the leasehold of a hall that is used for Ulster-Scots activities and use one of the following sources of energy

- \* Electricity
- \* Heating oil
- \* Gas or bottled gas
- \* Wood pellets

Voluntary and community groups interested in applying should register here: <https://form.jotform.com/230113752494351>

An electronic application form and set of guidelines will be emailed to them.

Please note: The Energy Support Scheme will close for applications at 12 noon on Friday 3 February 2023.

Please read the guidelines and for future audit requirements, ensure that all figures used in the application form are accurate and only include energy costs that have been paid via the group's bank account.

For further information, contact the Agency's Community Development Officer Derek Reaney on: (00353) 749 173 876 / 07843 279 912 or email [reaneyd@ulsterscotsagency.org.uk](mailto:reaneyd@ulsterscotsagency.org.uk)

## Mid Ulster Community Activities

# Creating Healthy Communities



Supported by  
 HSC Public Health Agency

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

**To register,  
please book online**

<https://cwsan.org/registration>

**E: [register@cwsan.org](mailto:register@cwsan.org)**  
or **Anita 075 4063 5862**

**FACILITATOR:**  
Prospect community



**Wednesday 1  
February**



**Lurach Centre**

15 Church St,  
Maghera BT46 5EA



**6 - 9 pm**

Food Served @ 6 pm

[www.HealthAllianceNI.com](http://www.HealthAllianceNI.com)





Programme facilitated by Ann & Paula from  
New Life Directions - delivered via zoom



# Online Tai Chi & Wellness Practices

- ✓ Promote health of Body, Mind & Spirit
- ✓ Taster Sessions to Maintain Overall Well-being
- ✓ Promote Relaxation & Alleviate Stress

☐ Mon 23, 30 Jan &  
Mon 6, 13, 20 & 27 Feb 2023

🕒 from 11 am - 12.30pm

Please book online

<https://cwsan.org/registration> or

📧 Email: [register@cwsan.org](mailto:register@cwsan.org) or



📞 contact Anita 075 4063 5862

Workshops will cover:

- ✓ Self-care, ways in which we can promote Wellbeing of Body, Mind & Spirit.
- ✓ Learn a range of self-help techniques which promote health & wellbeing, including:
  - Physical activity such as Tai Chi Movements
  - Emotional Freedom Technique
  - Breath Work - Acupressure
  - Finger Holds to manage emotions



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

This course is kindly funded through the Northern Healthy Lifestyle Partnership 'Choose to live better' Programme via CWSAN & MUDC



# Winter Health & Wellbeing Event



Guest  
Speakers

Tips on eating  
healthier

Energy & money  
saving tips

Practical  
Demonstrations

Reducing food  
waste



This event is kindly funded through the  
Northern Healthy Lifestyle Partnership  
'Choose to live better' Programme  
via CWSAN & MUDC

## Tuesday 24th January In Kilcronaghan Community Centre

10 Rectory Rd, Tobermore BT45 5QP 028 7962 7826

**From 10.00 am - 12 noon**

Come along to find out what support  
is available for YOU or your family

Please complete the booking form online  
which will help us with catering arrangements

<https://cwsan.org/registration/>  
or contact [register@cwsan.org](mailto:register@cwsan.org) or  
075 4063 5862 Everyone welcome!

Information  
Stands

Take home  
recipes

Tips for  
moving more

Community  
Safety

Free Tea/Coffee  
& lunch served



# Winter Health & Wellbeing Event



Guest  
Speakers

Tips on eating  
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Energy & money  
saving tips

Practical  
Demonstrations

Reducing food  
waste



This event is kindly funded through the  
Northern Healthy Lifestyle Partnership  
'Choose to live better' Programme  
via CWSAN & MUDC

## Wednesday 1st February In Rowan Tree Centre, Tanderagee Road Pomeroy BT70 3FD From 2.00 pm - 4.00 pm

Come along to find out what support  
is available for YOU or your family

Please complete the booking form online  
which will help us with catering arrangements

<https://cwsan.org/registration/>  
or contact [register@cwsan.org](mailto:register@cwsan.org) or  
075 4063 5862 Everyone welcome!

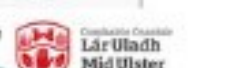
Information  
Stands

Take home  
recipes

Tips for  
moving more

Community  
Safety

Free Tea/Coffee  
& hot food served



Policing & Community Safety Partnership (PCSP) will be hosting a community safety event on Tuesday 31st Jan in the Royal Hotel, Cookstown at 10.30 finishing with refreshments.

For more info contact [pcsp@midulstercouncil.org](mailto:pcsp@midulstercouncil.org) or Tel: 03000132132



# Welcoming Places

Mid Ulster District Council operates at the heart of our community. In doing so, we're working with our local partners to promote a network of places where our residents can come together in a warm welcoming environment, somewhere where they can connect with others or simply read a newspaper and enjoy a cup of tea or coffee.

We've listed all the places available to our residents across the public, private, health and voluntary sectors across the district.

We'll add to this list as we become aware of more places that come up across our district. If you wish to add your organisation you can [email](#) our Community Development team.

When	Where
Mondays	<b>The Junction</b> , 12 Beechvalley Way, Dungannon – 10am to 4pm <b>Maghera Cultural Centre</b> , 11 Main Street, Maghera – 10am to 4pm <b>Cookstown Library</b> , 13 Burn Road, Cookstown – 10.30am to 1pm
Tuesdays	<b>The Junction</b> , 12 Beechvalley Way, Dungannon – 10am to 4pm <b>Maghera Cultural Centre</b> , 11 Main Street, Maghera – 10am to 4pm <b>The Vineyard Church</b> , 4 Church Lane, Dungannon – 10am to 2pm <b>Ranfurly House</b> , 26 Market Square, Dungannon – 10.30am to 1pm <b>The Hub BT80</b> , 14 Burn Road, Cookstown – 12pm to 3pm <b>Magherafelt Women's Group</b> , 27-29 Moneymore Road, Magherafelt – 9.30am to 11.30am <b>Kilcronaghan Parish Hall</b> , 1 Wood Road Tobermore - 7.45pm to 9pm
Wednesdays	<b>The Junction</b> , 12 Beechvalley Way, Dungannon – 10am to 4pm <b>Maghera Cultural Centre</b> , 11 Main Street, Maghera – 10am to 4pm <b>Ranfurly House</b> , 26 Market Square, Dungannon – 10.30am to 1pm <b>The Bridewell</b> , 6 Church Street, Magherafelt – 10.30am to 1pm <b>Kilcronaghan Parish Hall</b> , 1 Wood Road Tobermore - 7.30pm to 9pm
Thursdays	<b>The Junction</b> , 12 Beechvalley Way, Dungannon – 10am to 4pm <b>Maghera Cultural Centre</b> , 11 Main Street, Maghera – 10am to 4pm <b>Dungannon Library</b> , 36 Market Square, Dungannon – 10.30am to 1pm <b>The Bridewell</b> , 6 Church Street, Magherafelt – 10.30am to 1pm <b>The Hub BT80</b> , 14 Burn Road, Cookstown – 12pm to 3pm <b>Kilcronaghan Parish Hall</b> , 1 Wood Road Tobermore - 10.30am to 1pm
Fridays	<b>Haven</b> , The Living Room, 4 Dungannon Road, Coalisland – 10am to 1pm <b>COSTA</b> , US President Grants Homestead, Dungannon – 10am to 4pm <b>The Junction</b> , 12 Beechvalley Way, Dungannon – 10am to 4pm <b>Maghera Cultural Centre</b> , 11 Main Street, Maghera – 10am to 4pm <b>Magherafelt Library</b> , 6 Church Street, Magherafelt – 10.30am to 1pm
Sundays	<b>Kilcronaghan Parish Hall</b> , 1 Wood Road Tobermore - 12pm to 1.30pm

# Attend our virtual Dementia Information Programme on Zoom



An online series of free talks and information sessions for anyone who cares for someone with dementia, has a family member or friend with dementia or anyone who has questions about dementia.

Monday 6th February

2.30pm – 3.30pm

**What is Dementia?**

Dr Sean Doherty – Consultant  
Psychogeriatrician, NHSCT

Monday 13th February

2.30pm – 3.30pm

**Dementia Voice: Getting involved in  
research and shaping future services**

Julie-Anne and Julie - Alzheimer's Society  
Dementia Voice Team

Monday 20th February

2.30pm – 3.30pm

**Overview of Library Services**

Karen Woods, NI Libraries

Monday 27th February

2.30pm – 3.30pm

**Nutrition and Dysphagia in Dementia**

Joanne Deery, Dietetic Team Lead -  
NHSCT



**To book or to find out more, please phone 077 1037  
9947 or email [aoife.mcmaster@alzheimers.org.uk](mailto:aoife.mcmaster@alzheimers.org.uk)**



## Understanding deafblindness

A lady once came up to our stand at a low vision event. She had sight impairments and was wearing two hearing aids, indicating to that she was hard of hearing. She saw that we were representing Deafblind UK and said to me “wouldn’t it be awful to be deafblind, those poor people!” What she didn’t realise was that she herself was actually one of nearly 400,000 deafblind people in the UK.

Despite common misconceptions, deafblindness actually means a combined sight and hearing impairment to the point where someone’s communication, mobility and ability to access information are impacted. Deafblindness comes on a huge spectrum ranging from someone struggling to see and hear the TV right through to them not being able to see or hear anything at all. However, many people with deafblindness are able to hear and/or see something.

Many people don’t identify themselves as being ‘deafblind’ but are aware that they “can’t see and hear as well as they used to”. It is important for us all to recognise the signs of sight and hearing impairments in ourselves and in our friends and family - and to understand that support is available if we need it.

Dual sensory loss is a completely different condition to a sight loss plus a hearing loss. An easy way to think of this is to imagine hearing impairment as the colour blue and visual impairment as the colour yellow. When the two sensory impairments, or in this case the colours blue and yellow, come together they become something new – dual sensory impairment or in this analogy – green; a totally new colour with different properties.

Early signs of deafblindness include:

- Difficulty reading books and newspapers or watching TV
- Difficulty recognising people, particularly in unexpected situations
- Being uncomfortable in bright and/or low lighting
- Finding it hard to read facial expressions
- Being unable to find something that you have lost without using your hands or asking for help
- Finding it difficult to move around in unfamiliar places or in familiar places that have changed
- Asking people to repeat themselves or to speak louder
- Difficulty hearing the TV or radio or music and/or having the volume turned up high
- Not hearing the doorbell or the telephone ringing
- Complaining that people are mumbling or speaking too quickly
- Finding it hard to understand unfamiliar people
- Avoiding using the phone

Realising that you may have a dual sensory impairment can leave you with questions and concerns. At Deafblind UK, we support people with any level of combined sight and hearing loss to carry on as normal. Sometimes this means advising people about a new household tricks and tips to make their life easier (such as using daylight bulbs, bump-on stickers or other basic equipment) or it might mean we show you how to use accessibility features on an iPad so you can do your shopping online, for example.

Many of our services are free of charge and include practical advice and information; emotional support for you and your family; help with digital technology; use of our accessible holiday caravans; social groups and companionship.

If you have any questions about combined sight and hearing loss or to find out what we can do for you, contact our team of experts on the details below:

Call: 0800 132 320

Web: [www.deafblind.org.uk](http://www.deafblind.org.uk)

Email: [info@deafblind.org.uk](mailto:info@deafblind.org.uk)

Text: 07903572885



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](mailto:empower@gmail.com) Website: [www.empowernetwork.co.uk](http://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 Social Impact Report

## Project

The Empower Project is a five year investment by the National Lottery Community Fund. It is led by a local community group; Dyslexia and Dyspraxia Support (DADS) and supported by a project steering group.

The aim of the project is to support the inclusion, skills development and connectedness of young people (under 12 years) with ASD, Dyslexia, Dyspraxia, ADHD and other neurodiverse conditions, their parents and wider family circle. Working with the young people, their parents and community, the project developed a series of interventions and activities which have addressed the needs identified.



## Empower Impact in Numbers:

For every **£1** invested,  
**£8.39** of social and  
economic value is returned.

These benefits included parents and children feeling more confident, more connected and involved in the local community, developing new skills and supporting children to learn.

The Bristol Accord was developed in 2005 by EU and UK governments to agree what makes communities more attractive and sustainable - where people want to live both now and in the future. They agreed a sustainable community should be safe, fair, thriving, environmentally sensitive, well run, well served, well connected and well designed and built. The Social Value Engine methodology involves relating the project impacts to improvements in the sustainability of communities. Each of the project proxies is directly related to the eight domains of the Bristol Accord.



**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](mailto:josie.mcguickin67@gmail.com)

[WWW.EMPOWERNETWORK.CO.UK](http://WWW.EMPOWERNETWORK.CO.UK)

**The Welfare Changes Advice Service**

**Do you need Welfare Reform Advice?**

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

**0808 802 0020**  
welfarechanges@adviceni.net

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

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

advice<sup>ni</sup>  
advice NI independent advice network

Leo Centre (NI)

citizens advice Northern Ireland

You might feel lonely today, or have been feeling lonely this week, this month, or even with Covid this year but that doesn't mean you are actually alone, or that you have no one who cares for you. Why not join Rural Support's Across the Hedgerow project in partnership with YFC where one of their friendly volunteers will call you at a time that suits you and you can chat about your interests. This free and confidential service can be accessed by emailing [info@ruralsupport.org.uk](mailto: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](mailto: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](mailto:farm.Families6@northerntrust.hscni.net)

#### Anita Hurley

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CWSAN staff offer support and assistance with Charities Commission NI registration and Annual Reporting. Contact Stewartstown office on 02887738845



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