

CWSAN NEWS



Issue 178 October 2023

CWSAN- Mid Ulster Forthcoming Workshops

NB all workshops maybe subject to change

1) Facilities Management Running your Community Hall -Wednesday 8th November 2023 @7.00pm by Zoom

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) Charities Commission Reporting/Annual Returns - Tuesday 28th November 2023 @ 7pm by 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.

3) Financial Management for Community groups- Wednesday 13th December at 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.

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 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

Emotional Wellbeing Sessions

Hosted by Suicide Prevention Development Officers in the Northern Area

COPING ON DIFFICULT DAYS

#SPDO

Facilitated by **BARNARDOS**

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.



Date: Thursday 23rd November

Time: 6.30pm - 8.30pm



TO REGISTER CONTACT

Laura McCaughey on 028 9447 8645
or Email: laura@impactnetworkni.org

programme supported by
HSC Public Health
Agency



crun
Community Resilience Unit

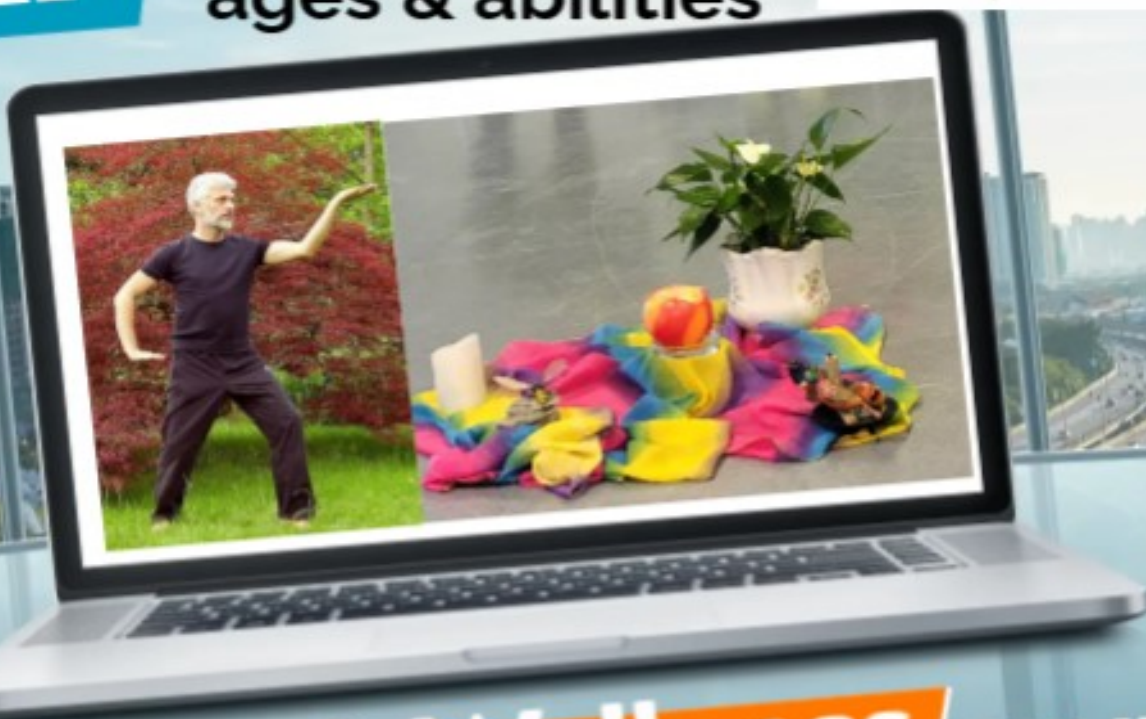
CWSAN
Child Welfare Services Area Network

**South Area
Community Network**

NICHI 
Health Alliance
Connecting & Involving Communities

FREE

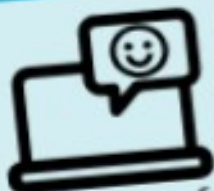
**Suitable for all
ages & abilities**



Tai Chi & Wellness with Ann & Paula

ONLINE

FROM NEW LIFE DIRECTIONS 4 Mondays 11 am -
in Nov 23 12.15pm



Promotes Self Care, Health
& Wellbeing
Promotes relaxation &
reduces stress

For more info or to get the zoomlink,
please contact Anita 075 1549 1899
or midulster.seniorsnetwork@gmail.com

Learn a range of self-help practices
which promote health & wellbeing,
including:

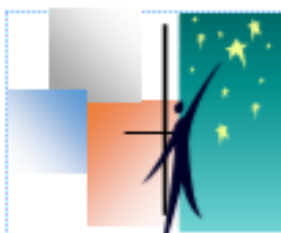
- Gentle movements eg Tai Chi
- Emotional Freedom Technique
(Tapping)
- Breath Work
- Acupressure
- Finger Holds to manage emotions



SUPPORTED BY PUBLIC HEALTH AGENCY, MANAGED BY CWSAN

Made with PosterMyWall.com





Programme facilitated by
Ann & Paula
from New Life Directions

Tai chi and Wellness Practices

Tuesday 7th & 14th October 2023

from 10.00 am - 1.00 pm

In The Rowan Tree Centre, Pomeroy
(light refreshments provided)

It is not essential to attend both sessions, but would be beneficial.

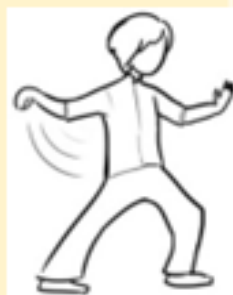
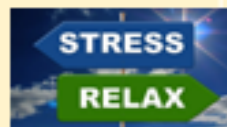
For more info or to book, please contact Anita **028 8773 8845**

register@cwsan.org or 075 4063 5862

- **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://capacitairrelandass.com/> Facebook [@capacitairland1](https://www.facebook.com/capacitairland1) See <https://capacitar.org/> or search 'Capacitar-international' on YouTube

A project supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB) and PHA, through NCH managed by CWSAN





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.

Date: Wednesday 8th November
Time: 2pm - 4pm

TO REGISTER - E: register@cwsan.org
T: 028 87738845 or **M:** 07540 635 862






LIVING WELL IN Mid Ulster

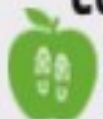
Health and Wellness Sessions for over 50's

CHOOSE
TO
LIVE
BETTER



6 weeks - Every **TUESDAY**
7th Nov - 11th Dec
10.30 am - noon

 **At Cookstown Leisure
Centre, BT80 8HT**



NORTHERN
HEALTHY
LIFESTYLES
PARTNERSHIP



Comhaltas Cearda
Lair Uladh
Mid Ulster
District Council



Topics will include

Healthy Eating, Keeping Active
Making healthier lifestyle choices

Light refreshments on arrival

To book your place, contact:

**Teresa or Catherine: 03000 132 132
or email:**

health.wellbeing@midulstercouncil.org

NICHI 
Health Alliance
Connecting & Involving Communities


CWSAN
Provision of Social Care Services
And Support


Strategic Network
A Partnership of Local Authorities

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.



The Health Alliance was developed within the **Networks Involving Communities in Health Improvement (NICHI)** project.

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



www.HealthAllianceNI.com

The NICHI project operates across the Northern Locality and is managed by the Community Support Networks.

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

FUNDING



CR/CD Small Grants Scheme—funding to help community/voluntary groups throughout Northern Ireland develop their capacity to engage in community relations work and to enhance the community relations potential of projects they undertake. Closing date 15 December 2023.

[Application](#)



Halifax Foundation: Community Grants Programme

supports charitable organisations to enable people, who are disadvantaged or with additional needs, to participate actively in their communities. **Average grant is approximately £4,500.**

[Application](#)



Tesco Community Grants - grants to schools, community organisations (including registered charities/ companies), health bodies, local authorities and social housing providers – because where our communities thrive, our business and our colleagues thrive too.

[Application](#)



Northern Ireland - Village Catalyst Grant Scheme - scheme to support community organisations in rural villages in Northern Ireland with projects to tackle rural poverty and social isolation by developing a sustainable use for a disused historic building. Applications will be accepted from charities, social enterprises, and other not-for-profit groups in rural villages of less than 5,000 in Northern Ireland. [Application](#)



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](#)



Edge Fund's Annual Funding Programme - 40 grants of £1,000 each to communities and campaign groups based in the UK and Republic of Ireland that are working for social, economic and environmental justice. The deadline for applications is 23:59 on 31 October 2023. [Application](#)



Arts Council of Northern Ireland Commissioning Programme - Funding is available for arts organisations in Northern Ireland to support the costs of new commissions for specific performances and/or other forms of public presentation. Applications close on 1 November 2023 at 12 noon. [Application](#)



Empowering Local Communities Grant - This grant is one of three grants underneath our 'Grassroots Grants' programme and is designed to support a broad range of activities helping to transform communities and improve lives. Closing date for applications is 3 November and activities must take place before 1 March 2024. [Application](#)

Bereavement Support Group

Caring for those who have been bereaved by suicide

Support Group 2023-24 Dates

Wednesday 6th September 2023

Wednesday 4th October 2023

Wednesday 1st November 2023

Wednesday 3rd January 2024

Wednesday 7th February 2024

Wednesday 6th March 2024

Wednesday 3rd April 2024

Wednesday 1st May 2024

Wednesday 5th June 2024

7:00pm – 9:00pm

at

THE HUB, 14 BURN ROAD, COOKSTOWN, BT80 8DN

For More Information Contact:

Tel: 028 9441 3544 or email: BBSService@northerntrust.hscni.net



**Northern Health
and Social Care Trust**



**Public Health
Agency**

Get Moving with Libraries NI

Between now and the end of March, Libraries NI will be hosting a series of online sessions designed to boost your wellbeing. To take part in these Zoom sessions, register on the library website www.librariesni.org.uk or ask library staff for more information.

Yoga

This is gentle yoga designed to soothe the nervous system, with an emphasis on the breath and relaxation. It will help improve strength, flexibility, balance and focus. With facilitator Fiona Jones.

These sessions will take place every second Tuesday (except during February, when they will take place every Tuesday).

Tuesday 10 October	2:00pm - 3:00pm
Tuesday 24 October	2:00pm - 3:00pm
Tuesday 7 November	2:00pm - 3:00pm
Tuesday 21 November	2:00pm - 3:00pm
Tuesday 5 December	2:00pm - 3:00pm
Tuesday 19 December	2:00pm - 3:00pm
Tuesday 9 January	2:00pm - 3:00pm
Tuesday 23 January	2:00pm - 3:00pm
Tuesday 6 February	2:00pm - 3:00pm
Tuesday 13 February	2:00pm - 3:00pm
Tuesday 20 February	2:00pm - 3:00pm
Tuesday 27 February	2:00pm - 3:00pm
Tuesday 5 March	2:00pm - 3:00pm



Booking essential

Register on library website
www.librariesni.org.uk/events
or scan the QR code



Connect with us
www.librariesni.org.uk



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](#)

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 Network 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.

The Empower Network has operated as a Social Enterprise Business since January 2021 with the financial support from the National Lottery Community Fund NI – Supporting Families Programme. The funding ended on 31st August 2023, and now the Empower Network continues to offer services to parents/carers, health and education professionals, community groups, and family support groups.

Let's Cycle Balanceability Training Sessions at Halloween



Dates: Monday 30th October, Tuesday 31st October, Wednesday 1st November

Time: 10.00am to 11.00am

Venue: Community Hall at Ballyronan Marina

Cost: £20 per child (£60 for 3 sessions)

Would you like your child to be able to ride their bike?

Balanceability will teach your child to learn to ride their bike more confidently and competently.

Your child will learn the following skills.

- Balance activities
- Learn how to pick up and walk with their bike and learn how to manoeuvre
- Learn how to sit on bike, learn how to glide, learn how to stop
- Learn how to pedal their bike and progress to pedalling bike on their own.

Each child should bring their own bicycle and helmet.

Please remove stabilisers prior to coming along.

We advise that the children bring a drink and a snack.

If you are interested in registering your child click on the following link:

[Balanceability Archives - The Empower Network](#)

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.