

FREE 12 WEEK COURSE

Chronic Pain Workshops

Learn how to manage your chronic pain

Moneymore Recreation Centre

Commencing
Thursday 23rd January 2020
10.30 a.m -12.30 p.m
Runs for 12 weeks.

To book
email denise@cwsan / 028 79
634865

8th Annual NICHI Health & Wellbeing Event



CONTACT US TO REGISTER A PLACE

@ info@impactnetworkni.org



028 9447 8645

Community Development and Health Inequalities

Date: Wednesday 12th February 2020

Venue: Tullyglass Hotel, Ballymena

Time: 9.30am - 12.30pm
Lunch Provided

Key note speaker

Institute For Public Health

Booking is
essential for
this event

programme supported by
 HSC Public Health Agency



 CRUN

 CWSAN
Newcastle Waterpark

 Northern Area
Community Network

 Health Alliance
Connecting & Involving Communities



Are you aged 65 or over and living in the Mid Ulster District Council Area? You could benefit from the following services:

GOOD MORNING TELEPHONE CALL
HOME MAINTENANCE SERVICE
COMMUNITY ENGAGEMENT WORKER

Our work enables you to live a happier and healthier life while maintaining independence in your own home.

Our FREE services could make a difference

Please contact 028 7963 2170

Unit 3 The Rainey Centre, Magherafelt, BT45 5AJ

We look forward to hearing from you!

Please display in your Community Hall

Mid Ulster Advice Service (MIDAS)

MIDAS is a new integrated advice service delivered across Mid Ulster to those in need. It is free, confidential, independent advice provided by qualified, experienced and empathetic advisors. The service provides information & advice on general rights and entitlement to public support services; social benefit & consumer rights and support in securing them, including help in understanding and completing forms and referral to appropriate specialist expertise. It provides advice on: Welfare Reform, Universal Credit, PIP Assessments, Challenges & Appeals, Money and Debt, Homelessness, Immigration & Equality of Access & Opportunity

Community Advice and Support Centres

Dungannon The Junction, 12 Beechvalley Way BT70 1BS Tel: 028 8775 0211 Mon-Fri (9am-5pm) Sat (9.30am-12.30pm) Cookstown 14 Union St ,BT80 8NN Tel: 028 8676 1875 Mon-Fri (9am-5pm) Magherafelt 13 Queen Street BT45 5AJ Tel: 028 7963 3079 Mon-Fri (9am-5pm) Out-reach Advice Clinic in Augher, Coalisland and Maghera (weekly) For more information E:advice@stepni.org Tel: 028 8775 0211



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council



Workshops

Wednesday 5th February 2020 7-9pm Basic finance for small charities - Mid Ulster A free practical workshop for treasurers, or those that keep the financial records, of small charities to help them establish appropriate financial systems to keep their organisation safe.

Venue The Gables 40 Cookstown Road, Carland, Dungannon, BT71 4BQ. To Register Call CWSAN 028 87738845 or email cwsan@aol.com

Thursday 19th March 2020 7.30—9pm John Moore Foundation, BBC Children in Need, Awards for All and others - Mid Ulster workshop on Funding awareness

Venue Crieve Centre Stewartstown. To Register Call CWSAN 028 87738845 or email cwsan@aol.com