



NEWS FLASH

Issue 156

June 2020

Due to Covid—19 our office is closed, if you need any assistance you can contact us by email or telephone.

Tel 028 87738845 or 07384 356676

Email— info@cwsan.org

Dear Community Representative,

We are currently gauging the needs of rural groups in the Mid Ulster Area. CWSAN is keen to support local groups through this difficult period and currently we are checking how we can do this most effectively both now and into the foreseeable future. We are particularly interested in how we can assist you and your community hall adapt to new social distancing and safe operations on Lockdown Recovery. This will entail installing sanitizer stations, screens, signposting etc, and we are keen to get some funding into the Mid Ulster Area to assist these measures. You can help us to develop and deliver an effective rural support service and response programme by responding to our short online survey. We will be emailing this survey out over the next few days and really would appreciate your response so please keep an eye open for it .

CWSAN Workshops- get ready to Zoom!

The network is putting together a number of workshops to be delivered over **Zoom**. The first one is how best to utilize the functions of zoom itself and we'll do this one online. Many of our community groups wish to use this free app but are not au fait with how to go about it. We'll get you on and then take you through the functions so you can hold your meetings online.

We are also running our more traditional workshops as follows;

Good Governance,
How to do Good funding applications,
Charities registration/annual accounting
Finance workshops

And lastly “how to prepare yourselves for upcoming funding programme”
We can run these for your group members alone or across a number of groups. We will also work around the best times for you and your group.

If interested, please call Marguerite on 07384 356676 Monday to Thursday 9.30 to 5pm.

NEW Charities Fund

Earlier this week Minister Hargey announced that a £15.5 million Charities Fund will be launched on Monday 15 June. The purpose of the fund will be to provide grant awards to meet unavoidable costs for charities which have exhausted all other avenues of support and are facing imminent closure.

The fund will provide support to charities who:

- 1) Have lost income due to the impact of Covid-19 **and**
- 2) Are unable to cover unavoidable costs up to 30 September 2020

Local charities facing **severe** financial difficulties are eligible to apply if they haven't received direct Covid-19 support from the other NI Executive programmes. Only those who are already registered charities or who have applied for charity status before 31 March 2020 are eligible to apply.

The funding will be released as a one off payment for unavoidable costs from 1 April 2020 - 30 September 2020. The maximum amount available will be £75,000.

For further information on the fund please go to <https://www.communities-ni.gov.uk/covid-19-charities-fund>

Covid 19 Community Response Small Grant

“Safety Equipment and Volunteers Fuel”

CWSAN and COSTA designed this local support local grant quickly after lockdown for those response groups who were/are tackling issues of food, medicine distribution and providing other supports to their communities particularly over the months of April and May 2020. The grant was for Safety Equipment and Volunteers fuel up to a maximum of **£150**. The support was used to provide equipment or items such as Soaps, Sanitizers, Face Masks, PPE., Bottled water or Fuel for your volunteers.

We were delighted in supporting almost **50 Mid Ulster groups** who were offered funding and assistance where required and all were provided with information in relation to good governance/practice, protecting Volunteers and PHA guidelines as to dealing with the public throughout the Covid19 pandemic. Many availed of that support even if only through telephone advice whilst others requested risk assessment templates, claim forms and financial policies which were provided by CWSAN.

If you were a recipient of that grant please return the evaluation form and receipts by Friday 19th of June as this will help us have an overall picture of the total impact on the community. It will also help us seek further similar community grants to deliver at the local Mid Ulster level. We are indebted to the financial support provided by :

The Public Health Agency, The Honourable The Irish Society, Mid Ulster District Council
The Local Community Grant, DAERA

CWSAN & COSTA



4 Week Programme of Breathing,
Gentle Movement, Laughter & Deep
Relaxation

Wednesday 10/06/2020 2 pm – 3 pm

Wednesday 17/06/2020 2 pm – 3 pm

Wednesday 24/06/2020 2 pm – 3 pm

Wednesday 01/07/2020 2 pm – 3 pm



To register email
denise@cwsan.org /
07540969623

All sessions are
delivered through
Zoom and are kindly
funded by The Public
Health Agency



Why not join others across Mid Ulster for this free lockdown Breathe, Laugh and Relax series of workshops. Send this invite to your members and contact Denise on denise@cwsan.org



#menshealthweek

MEN'S HEALTH WEEK 15 - 19 JUNE 2020

Take Action For You

Creative Online 'Men's Health Week Initiative'
Facilitated by the Community Networks in the Northern Area
Men 16 years and over
FREE as funded by the Public Health Agency

Please select sessions from the 'Activity Menu'
(choose as many as you want)

ALL SESSIONS DELIVERED ONLINE VIA ZOOM
7.30 - 8.00PM

Monday
15 June

MEN'S HEALTH MOT WITH LOCAL PHARMACIST

To register please contact:
pamela@impactnetworkni.org - ANBC & MEA
denise@cwsan.org - Mid-Ulster
registration@nacn.org - CCG / MEA

Tuesday
16 June

COOK-ALONG LIVE MAKE A KEBAB

To register please contact:
healthalliance@cwsan.org

Wednesday
17 June

MEN'S BE SELF-CARE AWARE

To register please contact:
lorna@crun.org

Thursday
18 June

MEN'S SELF-CARE CHALLENGE

To register please contact:
janine@impactnetworkni.org

Friday
19 June

COOK-ALONG LIVE MAKE A BBQ SIDE DISH

To register please contact:
registration@nacn.org



Men's Health Week

Are you a Men's Group? Would you like promoted through our Social Media to help raise awareness of your activities, please contact Anita on above details.

Covid-19 discriminates by age, sex and by underlying health conditions. Monday 15th June marks the beginning of men's health week. So far we know that men are twice as likely to die from this disease. This year we have joined forces with all our sister networks in the Northern Area each locality with a local pharmacist

giving advice and an M.O.T on tackling the risk factors, fun cook a long sessions and Men's Self Care.

All sessions are run through zoom and are scheduled at 7.30 each evening.

Please feel free to share with your community and email the relevant contact as shown over for your free zoom link to join.