

Outreach one to one Support in Mid Ulster for Community

April/May/June 2022

CWSAN officers are scheduling a number of outreach **free support advice clinics** throughout Mid Ulster over the Spring. These can take place in Community halls, Playgroups, Parish halls, Church, GAA, Orange and Hibernian halls etc. With relaxed restrictions we are now offering to go out to your group/area with up to 4 of our advisors (each with different specialties in community development support) to help you get back up to speed again with any of the following issues.

Funding advice,
Grants applications,
Charity registration,
Policy templates,
Community audits,
Committees skills,
Financial accounting for small voluntary groups,
Doing the right thing through Good governance,
Rural development,
Project development,
Project planning,
Running your hall ,
Community Planning,
Health initiatives,

We are **taking bookings** from groups and will schedule a visit in to your area with community group members free, on a first come first served basis. This is your chance to get your community organization prepared for the incoming year.

To book, call Marguerite in CWSAN on 028 8773 8845 between 9.30am and 5pm or email info@cwsan.org referencing Outreach Support Spring 22

Areas in programme include: Rural and villages , Dunnamore, Oaklands, Pomeroy, Moneymore, Killycolpy, Castledawson, Sandholes, Washingbay, Stewartstown, The Loup, Maghera, Bellaghy, Swatragh, Lissan, Coagh, Ardboe, Ballymaguigan, Draperstown, Upper/lower Glenshane, Gulladuff, Upperlands, Tobermore, Knockcloghrim,

Journey towards Community Sustainability

An opportunity for your community group to visit a local group and hear how they have managed to access funds, partner with others and deliver a whole series of health, hall, environmental, social and community based projects over this last 15 years. Come along to this free event and enjoy not only the loughshore views but get to meet other groups with similar ideas and projects. A morning not to be missed if your're based in Mid Ulster. Booking required for lunch requirements.

Washingbay Healthy Living/Community Centre Friday 20th May



CWSAN

Rural Support Network

Journey towards Community Sustainability Workshop

Washingbay Healthy Living/Community Centre 20th May

10.00 am tea/coffee

10.30 Presentation on Community group history, projects, plans , funds, partnerships

11.45 Centre walkabout

12.00 Lough Neagh shoreline walks 1) wheelchair friendly 1km 2) Shoreline Nature walk

12.30 Q and A session on Sustainability and the future

1.00 Lunch and close

Please register with info@cwsan.org



CWSAN , Mid Ulster Forthcoming Workshops 2022

1) Basic Financial Management - Thursday 26th May 2022 @7pm

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

2) Good Governance/Committee Skills - Wednesday 15th of June 2022 @ 7.00pm

CWSAN is offering this workshop on Good Governance/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 good internal systems and practices.

3) How to best prepare for Small Grants - Monday 12th September 2022 @7pm

CWSAN is holding this zoom workshop to prepare groups who might wish to make applications to the various small grants that are opening at this time of the year.

4) Risk assessing & Running your local Community hall

Wednesday 12th of October 2022 @7pm

CWSAN are currently assisting groups that own local community halls to review what is needed to most effectively run their hall and to properly review any risks to committee or users . Workshop via zoom.

5) Good Governance/Committee Skills - Monday 21st November 2022 @7pm

CWSAN is offering this workshop on Good Governance/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 good internal systems and practices.

6) Charities Commission Reporting - date to be agreed

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.

Community Development Support 2022

(One -to -One Officer assigned assistance)

Community group representatives/members

CWSAN is offering a programme of **direct one-to-one assistance** to 20 local Rural groups throughout Mid Ulster from May 2022. This is a unique opportunity to have an officer assigned to you for an agreed period and who will provide direct assistance to your group including supporting you to seek grant aid. The offer is based on free one-to-one assistance to interested groups under the following headings

Climate Change/Environmental projects 2022

Rural Villages Support 2022

New, Rejuvenated and Smaller groups 2022

Health and Well-being Projects 2022

CWSAN's offer of free one-to-one assistance to Climate Change/Environmental Projects 2022

CWSAN , as an organisation, has a vision of a more sustainable environment within rural Mid Ulster. To this end we are seeking to support up to 6 local , member, rural or village communities to think about climate change and to do something positive locally through an environmental project or series of projects.

We are offering hands on assistance to these 6 groups to challenge your local community to act locally , thinking globally and to seek funding to develop a small project in your community.

We will work with you over time on an application/s to relevant community climate change and other environmental funds and will assist you ensure that the governance required by the funders is in place to support a successful grant application.

This is a one-off opportunity for our rural members to get hands on direct assistance around these types of applications to relevant funders.

We intend to accept a declaration of interest from those local group members across the district who best-fit the funders criteria and whom have a proven track record of community development capacity, networking and project delivery.

If you are interested , please email info@cwsan.org by **Friday 13th May**, noting **“Environmental Support 22“**, providing your contact details and telephone number and one of our officers will be touch to discuss your ideas.

CWSAN offer of free one-to-one assistance to Rural Villages 2022

CWSAN seeks to work with an additional six local Villages (less than 5000 population) from its membership from across Mid Ulster in 2022 with the aim of assisting develop better networking and relevant projects for that village.

We are presently able to support closely an additional six local rural village communities, bringing together various representative groups within the village and its hinterland to develop a local project/s which will be of support to the local community.

There are over forty villages recognised by the Rural Development Programme and/or Mid Ulster District Council and we will be selecting six from this cohort in addition to those we are currently working with.

We are offering hands-on assistance to these village groups to review their community/village plans, seek support locally for an agreed project and to seek funding to develop these plans for their village and community.

We will work with you over time and will assist you ensure that the governance required by the various funders is in place to support a successful grant application. Our officers have lots of experience in working with networked and village groups and in successfully attracting both small and large grants to rural areas. If successful, you will be assigned an officer for a set duration.

This is a one-off opportunity for our rural members to get hands on direct assistance around your village plans, to be part of community planning and to convince relevant funders of the importance of your village applications.

We intend to accept a declaration of interest from those local groups in villages across the district who best-fit the funders criteria and whom have a proven track record of community development capacity, networking and project delivery.

If you are interested , please email info@cwsan.org by **Friday 13th May**, noting “**Village Support 22**”, providing your contact details and telephone number and one of our officers will be touch.

CWSAN's offer of free one-to-one assistance to New, Rejuvenated and to Smaller groups

In order to better sustain community activity throughout rural Mid Ulster, CWSAN is seeking to support up to 6 relatively new, recently rejuvenated or small local rural community groups to work closely with them to adequately prepare for the delivery of smaller scale projects.

We are offering hands on assistance to these 6 groups and will work with you over an agreed period of time developing your good governance, reviewing committee skills, supporting charitable activity, reviewing Community planning, forward planning, project planning, making successful applications for grant aid and delivering on successful grant applications.

This is a one-off opportunity in 2022 for rural groups to get hands on direct assistance to any new or rejuvenated groups and/or to smaller community organisations. If successful, you will be assigned an officer for an agreed duration of time.

We intend to accept a declaration of interest from those local group members across the district who have had little or no experience with applications or with grant/project delivery but whom are willing to start from the beginning and develop their community development capacity for project activities in their own locality.

If you are interested , please email info@cwsan.org by **Friday 13th May**, noting “**New and Small 22**“, providing your contact details and telephone number and one of our officers will be touch.

CWSANs offer of free one-to-one assistance to Health and Well-being focused projects/groups 2022

CWSAN , as an organisation, has a vision of improved Health and Well-being throughout our communities in rural Mid Ulster. We are currently seeking to support 2 local, rural or village communities to identify, further learn and to develop project/s towards improving Health and Well-being in their own rural communities.

We are offering hands on assistance to these 2 groups and will seek funding to develop your projects.

We will work with you over 2022/23 and will also assist you ensure that the governance required by funders is in place to support successful grant applications as well as focusing on both physical and mental health issues in your community. We will provide training in support of this.

This is a one-off opportunity for our rural members to get hands on direct assistance around Health and Well-being applications to relevant funders.

We intend to accept a declaration of interest from those local group members across the district who best-fit the funders criteria and whom have a proven track record of community development capacity, networking and project delivery.

If you are interested , please email info@cwsan.org by **Friday 13th May**, noting “**Health and Wellbeing 22**“, providing your contact details and telephone number and one of our officers will be touch.

Groups will be selected by CWSAN on the basis of best programme fit, geographical coverage, section 75 criteria, membership level, and historical engagement with the networks under rural community capacity and development. Unfortunately, we cannot guarantee automatic selection for these elements of our programmes however we may hold a select waiting list for potential future inclusion should similar opportunities arise in the future.

If you wish to be considered or have any queries call CWSAN on



CWSAN are delighted to announce
Mental Health Community Development
Support Model NOW OPEN!!
Funding of up to £1000 may be available for
your community.

Contact Denise Doherty at
denise@cwsan.org for more information/
application form/ Expressions of Interest



Family Farm Health checks are still attending marts and community events. If your group wants to book the van for a community event email Adrian at Farm.Families6@northerntrust.hscni.net

You can access a number of videos which were developed by the Farm Family Health Checks (FFHC) in partnership with Rural Support - [Physical Health - Rural Support](#). The "Protecting the asset that is you" campaign provides a series of online health videos designed to help improve the health and wellbeing of farmers and farming families through important health messages. Topics include:

[Stop Smoking](#)

[Diabetes](#)

[Healthy Heart](#)

[Alcohol – Know Your Limits](#)

[Care in the Sun](#)

[Mental Health](#)



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.