CWSAN Rural Support Network

Community Organisations of South Tyrone & Area
COSTA

CWSAN & COSTA *Community Newsletter* 21 May 2020

CWSAN & COSTA
Rural Community Development
Covid-19 Support Service

This is Mental Health Awareness Week.
It is so important to look after your wellbeing.

To keep fully up-to-date with the latest NI Executive Advice, Funding Bulletins, Grants, Advice, Guidance, and Information go to our

Coronavirus / COVID-19 Emergency Response Pages:
www.costaruralsupportnetwork.org or www.cwsan.org

If you require any support or assistance
Tel: COSTA 028 855 56880 or CWSAN 073 843 56676
Email COSTA: info.costa@btconnect.com
CWSAN: info@cwsan.org

As your Local Rural Support Networks we continue to support our local communities and groups in Mid Ulster District as much as possible.

COSTA is funded by
Department of Agriculture, Environment & Rural Affairs (DAERA) through DAERA's Rural Community Development Support Service (RCDSS)
Tackling Rural Poverty & Social Isolation Programme and Mid Ulster District Council
The European Union's PEACE IV Programme managed by the Special EU Programmes Body (SEUPB)

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Department of Agriculture, Environment and Rural Affairs

Comhairle Ceantair Lár Uladh Mid Ulster District Council

Peace Northern Ireland - Ireland European Regional Development Fund

Your local Community Networks are supporting community groups and volunteers in the emergency response to the COVID-19 crisis.

COVID-19 Coronavirus

Are we reaching everyone?

Is everyone receiving essential services? Are there areas and people ***not*** receiving grocery deliveries, where ***no*** prescriptions are delivered and there are ***no*** family, friends or neighbours to help?

Please contact us if there are people or areas where support is needed.

NOTE: This is not intended to replace emergency services or other support services.

We want to ensure that no one in need is left out.

If you require any support or assistance contact CWSAN or COSTA

CWSAN Tel: 073 843 56676 info@cwsan.org

or

COSTA Tel: 028 855 56880 info.costa@btconnect.com

CWSAN Rural Support Network

COSTA Community Organisations of South Tyrone & Area

CWSAN
Rural Support Network

COSTA Community Organisations of South Tyrone & Area

CWSAN / COSTA (Covid-19 Response)

"Safety Equipment and Volunteers Fuel"

Small Grant for Smaller Groups up to £150.00

THIS GRANT IS NOW CURRENTLY CLOSED

What is Northern Ireland's COVID-19 recovery plan?

On 12 May 2020, the Northern Ireland Executive released their roadmap for relaxing COVID-19 restrictions.

The 'Stay at Home' and 'Social distancing' rules are still in place.

Five steps of change identified for the following sectors: work; retail; education; travel; family and community; and sport, cultural and leisure activities.

Each sector may progress through the steps at different speeds.

No dates are given for the five steps.

The next review of rules will be on 28th of May 2020.

Think. Check. Share.

FactCheckNI

Community Development & Health Network

CORONAVIRUS WATCH
Northern Ireland

NI Executive Update

Groups of up to six people who do not share a household in Northern Ireland will be allowed to meet outdoors from 19th May

Ministers have agreed to ease more lockdown restrictions as part of the first step of their recovery plan, *so long as social distancing is followed.*

- ✓ Garden centres and recycling centres have already been allowed to reopen.
- ✓ Churches will now be able to open for private prayer
- ✓ Some sports, such as golf and tennis, can restart.
- ✓ Drive-in church services and drive-in cinemas will also be permitted.

Last week, the executive published **its five-phase blueprint for recovery** in Northern Ireland, but it does not have a timetable.

Pathway to Recovery

Step one:

- Encouragement to those unable to work from home to return to work on a phased basis.
- Large outdoor-based retail can open including garden centres, though associated cafes and restaurants can only offer takeaway or collection.
- Groups of four to six people who do not share a household can meet outdoors maintaining social distancing. With the exception of people who are shielding, visits to immediate family allowed indoors where social distancing is possible.
- Drive-through church services and churches open for private prayer, with appropriate social distancing and cleaning of shared contact hard surfaces.
- Outdoor spaces and public sport amenities to open. For example, some water activities, golf, tennis.
- Drive-in cinemas can open.

Read in full: NI Executive's Pathway to Recovery

Although some easing is now beginning to take place on certain Covid-19 restrictions – we urge everyone to remain careful to avoid catching or spreading this infection and particularly if you are shielding or coming in contact with those shielding.

The pandemic is not over and communities must work together in helping to reduce spread of Coronavirus and to protect lives.

Anyone who has been advised to shield by the NHS or their GP, including those 70 and over, should continue to do this until at least the end of June.

The R value tells us the average number of people one infected person can pass coronavirus (COVID-19) onto. For example, if a virus has an R value of 3, it means that every person with the virus will pass it on to 3 other people if we are not doing anything to stop the spread.

To beat COVID-19 we need to keep the R value as low as we can.

Click here to watch a video explaining the R value

COVID-19 A to Z Guide

Coronavirus (COVID-19) words and terms explained in plain English

The COVID-19 ID Project aims to improve people's health literacy about COVID-19 by providing accurate and up-to-date information which will increase knowledge, understanding and confidence and enable people to make good health decisions.

During the COVID-19 outbreak there are many words and terms being used regularly on news, radio, TV and online that we might never have seen, heard or used before.

To help improve everyone's understanding we have compiled an A-Z glossary of COVID-19 words and terms with plain English explanations. This glossary has been adapted (with permission) for a Northern Ireland context from National Adult Literacy Agency Coronavirus COVID-19 words and terms explained in plain English.

As COVID-19 is a new and emerging situation we will be updating our glossary as often as possible with relevant words and terms. If there are any words and terms relating to COVID-19 that you would like to see included in the glossary, please email patriciaharte@cdhn.org

The latest information on the COVID-19 and its effects in Northern Ireland can be found on the following official websites:

Official information about all aspects of Covid-19 NI Direct

Health information about Covid-19 Public Health Agency (PHA)

Impact of Covid-19 on health and social care services e.g. appointments with GP, dentist, hospital etc

- Health and Social Care Board (HSCB)
- Belfast Health and Social Care Trust (BHSCT)
- Northern Health and Social Care Trust (NHSCT)
- South Eastern Health and Social Care Trust (SEHSCT)
- Southern Health and Social Care Trust (SHSCT)
- Western Health and Social Care Trust (WHSCT)

Official Government information can be found on the Department of Health website and the Northern Ireland Executive website

COVID -19 Community Helpline

If you, or someone you know, is vulnerable and needs help please contact the helpline below. They will put you in touch with local services for help. This is not a medical advice line.

Freephone COVID-19 Community Helpline can be accessed by

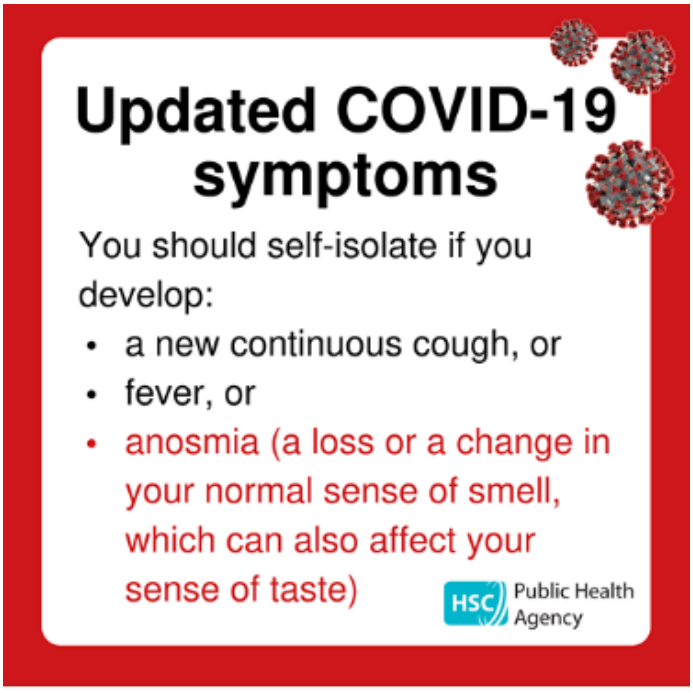
Tel: 0808 802 0020

covid19@adviceni.net

Text ACTION to 81025.

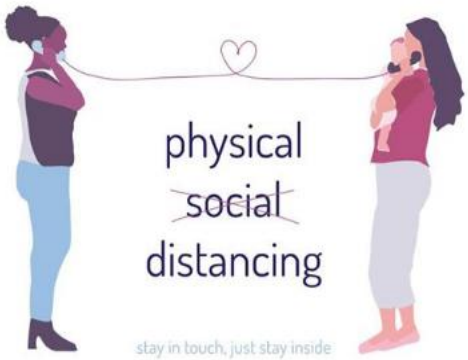
It is available 7 days a week, 9am to 5pm.

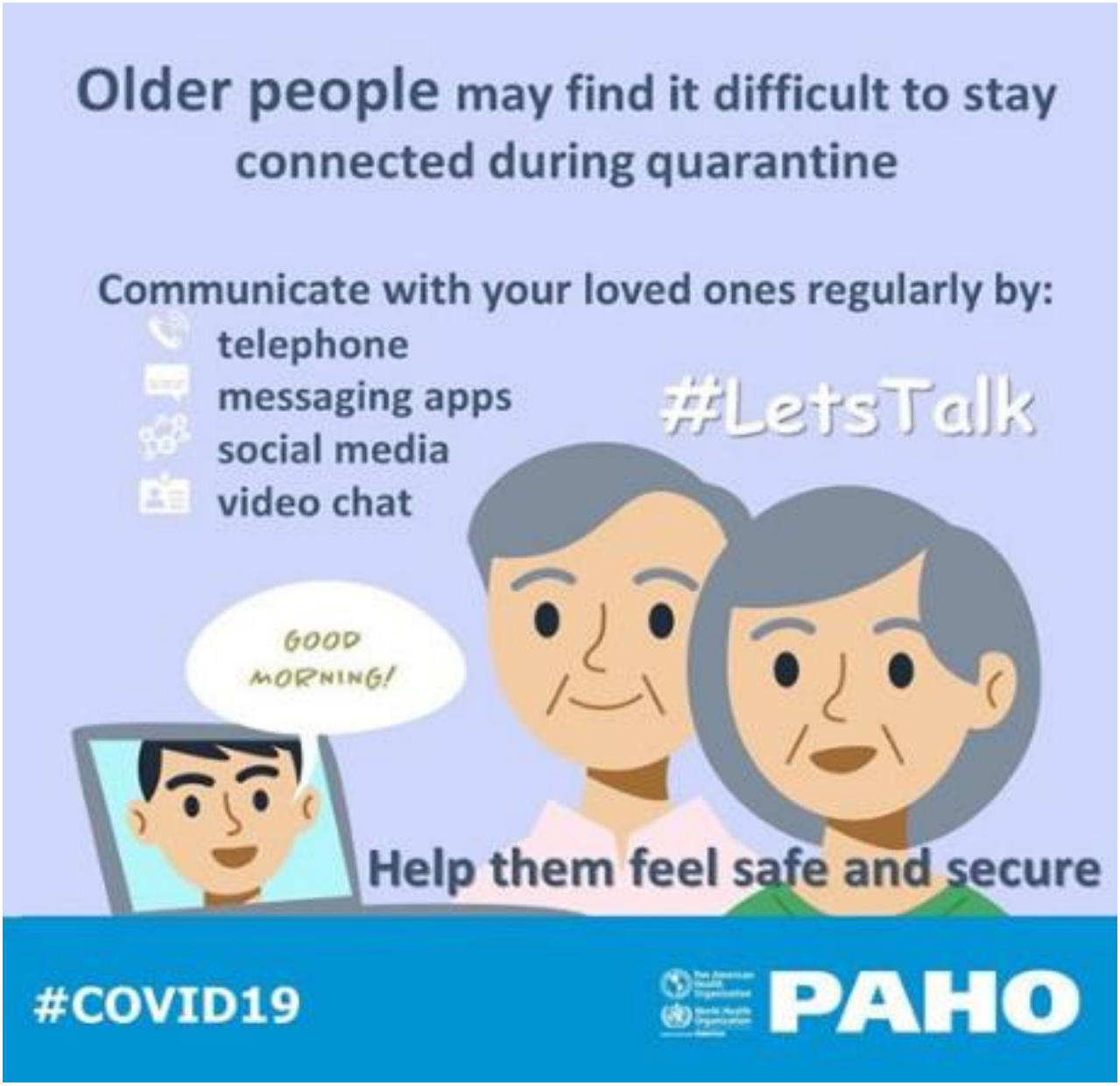
For urgent medical problems call 111 open 24/7 or visit 111.nhs.uk

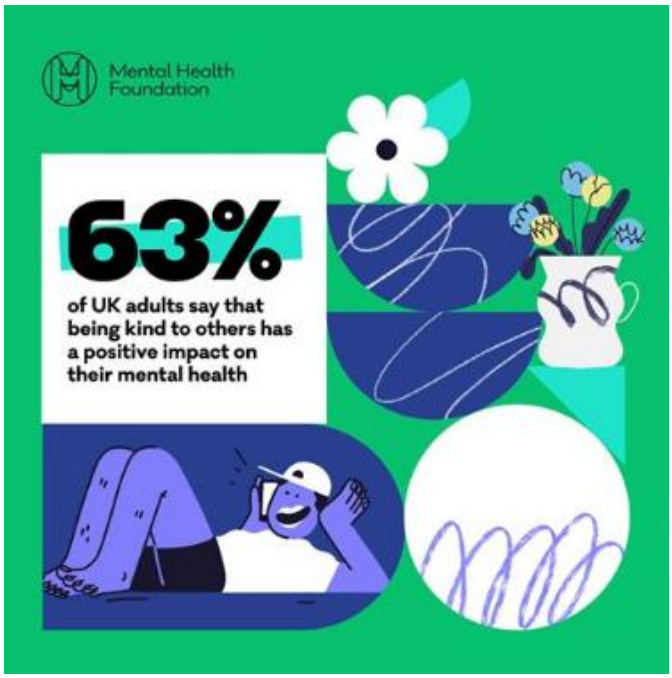


WEARING FACE COVERINGS: NEW ADVICE

- public should consider wearing face coverings on public transport or while shopping
- but face coverings are not a replacement for social distancing and regular handwashing
- do not buy medical grade masks, save them for frontline health and care workers




Older people may find it difficult to stay connected during quarantine
Communicate with your loved ones regularly by:
telephone
messaging apps
social media
video chat
#LetsTalk
GOOD MORNING!
Help them feel safe and secure
#COVID19
PAHO


Mental Health Foundation
63%
of UK adults say that being kind to others has a positive impact on their mental health

Prevent food allergy reactions
Always use soap and water or wipes to clean hands or surfaces. Hand sanitizers do not remove food proteins.
#FoodAllergyAwarenessWeek

IMPORTANT NOTICE

I wanted to make people aware.... guide dogs haven't been trained in social distancing and queuing to get in a shop. If you see a guide dog heading straight for the shop door and not joining the queue, that is what they have been trained to do. They're not being rude or intentionally queue jumping. Also, if you see them walking down the street, remember, they haven't been trained to social distance, so it is up to us, the sighted people, to give them the space. Hope that helps my many guide dog owner friends in these really difficult and challenging times.

COMMUNITY ACTION RESPONSE

BE KIND, CONSIDERATE AND THINK OF OTHERS

CONNECT AND REACH OUT TO YOUR COMMUNITY

SUPPORT EACH OTHER AND BE NEIGHBOURLY

SHARE RESOURCES, ADVICE AND ACCURATE INFORMATION

Produced in association with Community Action Response partner organisations to encourage and support community action

eden project COMMUNITIES

COMMUNITY FUND

Resources for community responses to COVID-19

Items that may be useful for community groups responding to COVID-19.

Some may be helpful for staff and volunteers for their own wellbeing, and others may be helpful for them in carrying out their role during COVID-19.

Each item has been selected by Public Health Agency. Not all have been authored by PHA. The original author for each item is responsible for its content, advice, production and maintenance (including all required updates).

- General Helpline Training (Advice NI) - a series of short (10-20 minute), concise modules covering key helpline skills - quickly identify routine enquiries, priorities, quick fixes and emergencies. Assign resources that best fit the client's needs.
  Free until the end of June 2020 - log in as a guest.
- Helplines NI website – now includes all new COVID -19 related helplines, both national and local
- Psychological First Aid interim guidelines and a short E-Learning module course
- Suicide prevention e-learning – to explain some of the warning signs and helps the learner to feel more equipped when dealing with difficult conversations around suicide.
- Stress Control online classes. The sessions are effective in helping to reduce symptoms of stress, anxiety, and depression and they include techniques to get a good night's sleep!
- Health Protection and Health and Wellbeing guidance and resources. These include translated versions and adaptations for various groups and the PHA website offers Browsealoud (90 languages)
- Healthcare Apps to support health and social wellbeing, eg. manage stress, improve wellbeing, stay fit, eat well, improve sleep.
- Directories of local mental health and emotional wellbeing services (local to each health and social care trust area)

Anyone in crisis should contact their GP or call Lifeline 0808 808 8000
If in immediate danger, they should call 999

Following on from Maternal Mental Health Awareness Week (last week), see below a number of articles and links that might be of interest to you and to families, including tips for new parents to help getting through the early years.

For people who work or volunteer with children or support families:

- We've just released a recording of a webinar in which colleagues from the NSPCC who develop and deliver services in our service centres **talk about the steps they've taken to adapt the way we work so we can still be here for expectant and new mums**. You'll also hear from our colleagues who are calling on the government to improve perinatal mental health provisions across the four nations. https://rb.gy/6plpvt

- We've also published an article on NSPCC Learning, our website for adults who work or volunteer with children, about the **ways we've adapted our services to ensure we can continue to support mums and dads during the perinatal period and signposting to resource that can help professionals and families**. You can find the news article here: https://rb.gy/xl1vhk

- Last year we recorded a podcast to celebrate Maternal Mental Health Awareness Week 2019. In it, NSPCC colleagues Tori and Louise talk about why parents might be referred to our perinatal programmes, Pregnancy in Mind and Baby Steps, **how these services engage with families and the benefits of the perinatal programmes**. https://rb.gy/g2bz5m

For parents

- **Our website has available new tips and advice to help new parents through the early years. From getting babies to sleep, to managing stress, and how to look after parents' own mental health.**

NSPCC

Child protection training and safeguarding resources for anyone working or volunteering with children.
nspcc.org.uk/learning

Me You & Them – Dungannon Befriending Service

✸ We are excited to launch our new Befriending Service in conjunction with Mental Health Awareness Week 2020 ✸

This service will benefit so many and certainly in our current climate there is a huge demand to have someone to listen. The service is run by volunteers with lived experiences. We accept referrals from GPs Agencies and self-referrals. We offer a listening ear. The benefits of a Befriending Service have shown to ease anxiety and stress, along with promote self- esteem and confidence. Don't feel alone. We will provide a warm handover to other services if needed. The service will take the form of an online support until such times restrictions are lifted.

Accessing Food

There are a range of measures in place if you need help accessing food during the Coronavirus pandemic. If you already have support to get food for example from friends, family or neighbours then you should continue to avail of this support if you can.

FOOD DELIVERIES

If you don't have support in place but you are able to afford food, there are several options available.

Asda, Iceland, Sainsbury's and Tesco have now confirmed they will allocate a proportion of online delivery slots to people who have shielding letters. This is for primarily for people who do not have arrangements in place with family or friends or wider support to get food.

To register for an online delivery slot you need to complete a form on NI Direct **which can be accessed with this link.**

Over 200 Spar and Vivo shops across Northern Ireland are now offering a home delivery service for vulnerable people. You can find the full list and contact details of each store by **clicking this link.**

Many Centra stores are also now operating a delivery service and **you can find their details here.**

Who is Delivering? is a Facebook page with a directory of local businesses who are delivering fresh food, groceries and pre made meals to people in Northern Ireland. You can also **use the interactive map.**

Volunteers may also be able to pick up your shopping from a local shop. You can search the **Community and Voluntary Directory** for local organisations who are providing this support or contact the COVID-19 Community Helpline on 0808 802 0020 who will be able to make a referral to your local Council for help from a volunteer.

FOOD SUPPORT

Additional support is available if you are unable to afford food and don't have a support network in place to help you (for example, help from family or friends).

This support can include a referral to a local foodbank if you are unable to afford food but you are able to leave your home.

If you are unable to afford food and have been notified to shield for 12 weeks by your GP, local Council Hubs may be able to provide a food box for you.

It is important that people are aware that the number of food parcels available is limited.

You can contact the COVID-19 Community Helpline on 0808 802 0020 for support or **complete this form.**

FIND AN ADVICE NI MEMBER
Our members can provide advice and help with accessing food in your local area.

To view our members as a list, visit this link -
https://www.adviceni.net/advice/get/local/list

'10 Ways to Feel Better Now' Youtube: https://youtu.be/u-oBEgk4nzM

Facebook: https://www.facebook.com/AwareNI/videos/764144557450978/

In celebration of Mental Health Awareness Week, we are launching an online version of our Living Life to the Full well-being programme as well as launching further dates for our popular Mindfulness sessions!

Living Life to the Full (18+)

The six-session programme uses Cognitive Behavioural Therapy (CBT) concepts to help you manage your feelings when you are stressed, worried, or depressed. It teaches you simple, practical skills to help you cope with life's challenges. The session will be delivered in short video sessions on YouTube.

For more info and to register, go to https://www.aware-ni.org/booking-living-life-to-the-full/

Mindfulness (18+)

These sessions will last one hour and will consist of meditation practices, some teaching about mindfulness and how mindfulness can be helpful in reducing stress and anxiety.

For more info and to register, go to https://www.aware-ni.org/intro-to-mindfulness

Southern Health and Social Care Trust

The Southern Health and Social Care Trust's Staff Health and Wellbeing Support Site has recently been opened to the public during COVID-19, providing a range of resources and advice on **staying healthy, mental health and wellbeing,** HERE https://u-matter.org.uk/

Useful information for parents & families, in particular, can be found HERE https://u-matter.org.uk/lifestyle-categories/covid-19-family-health/useful-information-parents-and-families-children-and

Service provided by ORCHA

Department of Health
An Roinn Sláinte
Männystrie O Poustie
www.health-ni.gov.uk
Health and Social Care

MENTAL HEALTH AWARENESS WEEK
18th - 22nd May

FREE Mindfulness Challenge

An introduction to mindfulness. Support your mental health and resilience by learning new skills for lasting change.

Extra sessions included for Mental Health Awareness week.

catch yerself on!

5 day challenge : 30 minutes each day

Morning sessions
Monday - Friday
10am - 10.30am

Evening sessions
Monday - Friday
7pm - 7.30pm

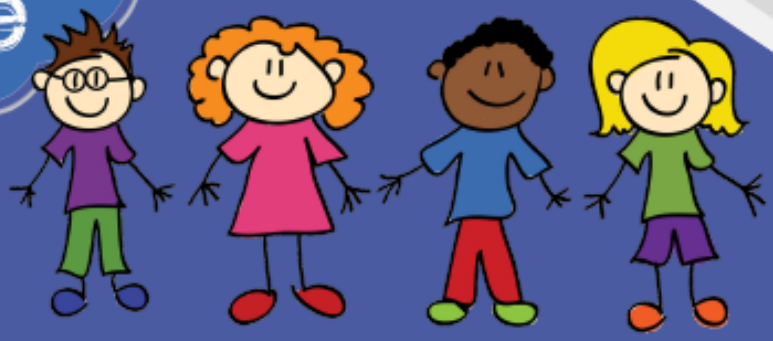
Subscribe for Zoom access details here:
https://www.indigolifecoaching.com/catch-yerself-on-free-mindfulness-sessions/

For more details contact Helen
07719302988 | Helen@indigolifecoaching.com

indigolife
LIFE COACHING

action mental health

healthy me



HEALTHY ME ZOOM SESSION FOR PARENTS & CARERS

In recognition of Mental Health Awareness week, 18th – 24th May 2020, the AMH MensSana team have developed a bitesize session based on our 'Healthy Me' programme for parents and carers around this year's theme of 'Kindness'.

This session aims to:

- **Identify the issues you are facing during lockdown**
- **Raise awareness about mental health**
- **Highlight self-care techniques for building resilience and confidence**
- **Show how and where to access support**

3 sessions will be delivered online each day via Zoom and will last 30 minutes, so you can choose a day and time that suits you best.

Monday 18th – Friday 22nd May 2020
10:30am, 3:30pm & 8:00pm

If you are interested in attending, please register HERE via Eventbrite where further details are available

amh menssana

RC PSYCH
ROYAL COLLEGE OF PSYCHIATRISTS

CAMHS
Child & Adolescent Mental Health Services

Southern Health and Social Care Trust

Quality Care - for you, with you

Working together · Excellence · Openness & Honesty · Compassion

We know that support, connection and comfort when someone is bereaved is really important. We also know that during this COVID-19 pandemic, the restrictions around our mourning and funeral rituals can add to our sense of loss and isolation. In response to this we are offering a dedicated telephone listening service.

"Bereavement Helpline"

This service is available from Monday—Friday, 9am—5pm

028 375 67990

Professionals with knowledge, experience and insight into grief and loss will answer or return your call and offer a compassionate, listening ear.
There may also be information we can help with or direct you to.

If you live in the Southern Trust and have been bereaved you can get in touch.

Action Mental Health (AMH) Menssana are running 3 x 30min online sessions each day aimed at Parents and Carers based on our 'Healthy Me' Programme. Tickets can be booked via Eventbrite.

We are also running online Mindset Sessions up to 31st July 2020.

mindset

The Mindset programme from Action Mental Health is moving to online delivery!

Mindset is funded by the Public Health Agency. In response to Government guidance the programme will not be available for face to face delivery but will be **delivered online** and is open to youth and community groups across the Northern, Western, Belfast and South Eastern Trust areas for groups of 6 to 12 people.

The online programme can be delivered in a format to suit participant needs and will be agreed prior to booking confirmation:

1. **A one-off interactive workshop** – the full Mindset programme
   Duration: 3 hours (with breaks)
2. **Mindset sessions** – The full Mindset programme in bite size
   Duration: 2 or 3 sessions over separate days

Aims

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Well-being
- Raise awareness of signs and symptoms of mental ill health
- Promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and well-being
- Promote self-care
- Information and/or resources on mental health support organisations available (locally and regionally)

For more information or to register your interest contact:

nimenssana@amh.org.uk
or tel: 07740403724

action mental health

HSC Public Health Agency
Project supported by the PHA

www.amh.org.uk
@amhNI

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relate ni
the relationship people

Supporting Relationships

Keeping Your Relationships Healthy During Lockdown

Healthy relationships have never been more important than they are right now. Lockdown means that families are spending more time together than ever before; physical distancing limits our opportunities to spend time with our wider families and friends; and families & communities are experiencing a host of unique challenges, financial and other, which have arisen over the last number of weeks.

With the aim of providing a source of support to families at this time, Relate NI have developed an information book which offers a range of strategies and resources to reduce the impact lockdown is having on individuals and their families.

The 'Supporting Relationships' booklet, from Relate NI, is available to download HERE.

Stay safe and stay connected!

Southern Area Locality Planning Team

inspire workplaces

Sleep & Wellbeing

Exercise

A moderate workout can tire us out and therefore ready for sleep.

Caffeine

Reduce your caffeine intake in the evenings – as a stimulant it can keep you awake.

Alcohol

Consuming alcohol may lead to poor quality, shallow sleep, not the deep sleep we need.

Evening Routine

Consider what you do in the evening before bedtime and whether this might affect your sleep.

Associations

Aim to connect bed with sleeping and not activities that stimulate the brain.

Laughter Yoga Well-being Session

CWSAN are providing a laughter yoga well-being session on **Wednesday 20th May 2.00 p.m. - 3.00 p.m.,** delivered by Michelle Major, Sunshine Project using Zoom. This session is free and is being funded by the PHA.

To book your place, email denise@cwsan.org and you will be forwarded a link to join.

Please find below the current list of health, wellbeing and funding updates available on the Health Alliance website:

- https://healthallianceni.com/healthcare-apps-to-help-you-during-covid-19/
- https://healthallianceni.com/autism-ni-helpline/
- https://healthallianceni.com/free-stress-control-classes-online/
- https://healthallianceni.com/health-and-wellbeing-online-resources/
- https://healthallianceni.com/dying-matters-week-online-event/
- https://healthallianceni.com/funding_schemes/comic-relief-no-child-goes-hungry-community-support-programme/

For further information, please go to the Health Alliance website.

Just a reminder to visit the Health Alliance website for up to date health and well-being information, funding opportunities, events/activities and to avail of programmes & training in the **Northern Area.**

Anita Kelly - Project Officer
Networks Involving Communities in Health Improvement (NICHI Project)
(Cookstown, Magherafelt and Coleraine areas) Like us on facebook: CWSAN Mid Ulster Causeway-Rural-Urban-Network

Project supported by the PHA

Linking Generations
Northern Ireland

Linking Generations Northern Ireland have been working out how we can best support intergenerational work and our Networks during the current Covid-19 crisis.

Now more than ever we all need to feel connected and engaged.

Unfortunately, at this time we are unable to physically bring generations together however, that doesn't mean that we cannot stay connected to other generations and our community.

We have produced a number of resources to help generations stay connected during COVID 19, please find attached.

These can be also downloaded from our website:

- We have gathered together some ideas of how you can stay connected to different generations within your family and community in our **Intergenerational Ideas for COVID 19**

- Our **Intergenerational Postcard of Kindness**, is the perfect sneaky educational task to get children involved with and spread some love and cheer to an older friend or relative.

- Our **Family History** Resource is a great activity for the whole family to get involved with and use this time of forced separation to have the conversations we don't always have time to.

We would love it if you could share these with your contacts and on your Social Media. Make sure to tag us @LinkGenNI

LGNI can provide advice and support on any aspects of intergenerational work. Just drop us an email Infolgni@bjf.org.uk and we can give you a call!

Take5

steps to wellbeing

Looking after your mental health while you stay at home

Connect

Connect with the people around you. We are all in this together. Keep in touch with family, friends, colleagues or neighbours through calls, text or video links like FaceTime, WhatsApp, Messenger or Skype. Arrange a daily telephone call, especially with those who may be at home alone.

Be active

Exercising makes us feel good mentally and physically. We have to be a little creative in our new situation. Gardening or housework count as physical activity. Maybe try an online exercise video. The NHS website http://pha.site/workout has a range of options, or there are a number of fun videos available free on YouTube for all ages and different levels of ability.

Take notice

Stop, pause and take a moment to be still and look around you. Reduce your time watching the news and browsing social media. Let go of what none of us can control right now and focus on what you can control. Acknowledge your thoughts and feelings and be kind to yourself. It is normal not to feel 'normal' during this time. Listen to gentle music or try relaxation apps and videos. Know that this is temporary and things will get better. Take notice of your habits. Avoid smoking or drugs, and try not to drink too much alcohol. It can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

Keep learning

We are all learning how to do things differently for now; learning new ways of doing things and how to enjoy ourselves. Use this time for some discovery. Learning new things gives us a sense of achievement, increased confidence and enjoyment. Use this as an opportunity to teach your children new skills or maybe sign up to an online course.

Give

We are all helping our community and our health service by staying at home. This is the greatest gift you can give right now.

HSC Public Health Agency

Public Health Agency

A new course of FREE online Stress Control classes.

For more details and to register, please visit www.stresscontrol.org

Course topics and times of classes below:

If you are in distress or despair, you can call Lifeline on 0808 808 8000 where you can speak to a trained counsellor. This service is available 24/7 and is free from all NI landlines and mobiles.

Lifeline

COMMUNITY FAMILY SUPPORT PROGRAMME:

'TURNING CHALLENGES INTO CHANCES'

DURING THESE DIFFICULT TIMES WE HAVE SPECIALIST MENTORS AVAILABLE TO SUPPORT YOU AND YOUR FAMILY!

network personnel
Together Towards Employment

Some of the support we offer includes:

- Exploring funding/grants/access to local services that can help with essentials
- Guidance on self-care, tips to maintain motivation, good physical and mental health and info on specialist support available to you
- Help and advice to access free online training and prepare for future education or employment opportunities

FOR MORE INFORMATION CONTACT MAXINE ON 07872838680

Calling School Leavers!

Are you thinking of a career in Construction?

Free Online course!!

SUSE+ can prepare you for a career in Construction?

LEVEL 1 HEALTH & SAFETY CONSTRUCTION

- Dedicated 1:1 mentoring,
- Progression path into employment or further education.

Contact: Tinashe 077 9934 8375
Angela: 077 3995 1970

suse

ONLINE ESSENTIAL SKILLS SUPPORT & TRAINING

About Classes

We offer exercises, quizzes, and tests so students can practice and master skills, as well as instructional videos to help students learn or review material. Courses are LOCAL & FREE & lead to recognised QUALIFICATIONS!

Personalized Learning

Trusted Content

Tools to participants

Contact: Tinashe: 077 9934 8375
Angela: 077 3995 1970

This Programme is part financed by the European Social Fund and the Department for the Economy

Made with PosterMyWall.com

Online Support

Calling All School Leavers 2020!

We are all social distancing but we can work with you remotely:

1. **The Dungannon team can help you update your CV,**
2. **Progress to college,**
3. **We have pathways in Business Admin, Construction, Customer Service, Care Works, Welding, First Aid Training & many more**
4. **We provide 1:1 Mentoring,**
5. **We can secure placements,**
6. **We will help you with job searching & secure your first job!**

HURRY!

Contact: Tinashe 077 9934 8375
Angela 077 3995 1970

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suse

JOB CLUB TUESDAYS

VIRTUAL CLASSROOM

Tuesdays 10AM

Work with mentors from the comfort of your own home

Contact our mentors:

Patricia	077 1809 7463
Tracy	074 3653 3475
Aidan	077 3428 1029
Theresa	077 9934 8858

GAIN AN ACCREDITED QUALIFICATION
OCN LEVEL 1 IN EMPLOYABILITY

- CV Building
- Interview Prep
- Job Search
- Money Management
- 1:1 Mentoring
- Work Placements
- Find Employment
- Confidence and Motivation

Radius

South West College

NORTHERN Regional College

The Department for the Economy's Careers Service provides an impartial, all-age careers information, advice and guidance service, to help young people and adults make informed choices about their future career paths.

This service is available to everyone, whether employed or unemployed, temporarily laid-off, made redundant, in training or studying.

The web-link below provides information on contacting a professionally qualified careers adviser by telephone, email or webchat.
https://www.nidirect.gov.uk/contacts/contacts-az/careers-service

Guidance, advice and information about the services on offer are also available at:
https://www.nidirect.gov.uk/campaigns/careers

Including:
- A range of interactive tools to help match career options with skills, interests and values.
- Help and advice on how to apply for jobs, including a free CV Builder.
- Tips for parents on how to help young people with career choices.
- Career planning for those with special educational needs.
- Guidance for 11 to 19 year olds on considering subject choices, learning and career options.
- Information on Further and Higher Education courses, apprenticeships and other training programmes.

COVID-19 Support
The Careers Service continues to deliver advice and guidance to both adults and young people through webchat, telephony and email at this difficult time. Help is available to support young people making decisions about education, training and employment, including apprenticeships. Careers advisers are also available to support those furloughed, made redundant or unemployed to access temporary or permanent employment.

The Department has linked up with online education and training providers to promote resources that individuals can use to access free courses that will improve their employment skills. Whether these are in the current role or to assist them in seeking new employment in the future. Those who need advice and guidance about which course would best suit their specific circumstances and improve their chances of progressing in existing or future employment can contact one of the Department's Careers Advisers.

For more information on free online training courses see:
https://www.nidirect.gov.uk/articles/online-training-support

Social Media Contacts Facebook (Skills to Succeed) https://facebook.com/SkillstoSucceedni/

The Careers service has also recently updated a career matching tool for adults hosted on NIDirect called Kudos.

Kudos includes labour market information taken from the NI Skills Barometer and a CV Builder. Whether changing career, unemployed, or just finished studying/training, the KUDOS tool enables adults to explore career and training opportunities by encouraging them to evaluate and plan their futures.

Link to Kudos https://www.nidirect.gov.uk/services/career-matching-tools-adults

Link to careers webchat: https://www.nidirect.gov.uk/services/chat-with-a-careers-adviser

The adult guide: https://www.nidirect.gov.uk/sites/default/files/publications/careers-service-an-adult%27s-guide.pdf

Link to Facebook https://www.facebook.com/SkillstoSucceedni

Video clip explaining the work of Careers Service: https://youtu.be/mOPirwrw7zI

Web: www.economy-ni.gov.uk

Social Enterprise NI

The voice for Social Enterprises & Social Entrepreneurs in Northern Ireland

Connecting, supporting, developing and sustaining vibrant businesses to create social change

SEARCH

028 9046 1810

info@socialenterpriseni.org

Please see link to survey from Social Enterprise NI (SENI) for organisations the Social Enterprise Sector.

Please fill in if you feel appropriate:
https://www.surveymonkey.co.uk/r/H759BVG

There are many job opportunities out there at present with many employers urgently seeking workers

https://www.jobcentreonline.com/JCOLFront/Home.aspx

NI Direct has a very comprehensive website for all NI Government Services and information:
https://www.nidirect.gov.uk/

Comhairle Ceantair Lár Uladh Mid Ulster District Council

03000 132 132

Business Events

Looking for Business events in Mid Ulster and beyond?

We'll keep you updated with upcoming events. You'll also find links for business related training, workshops, networking, seminars and more from a variety of organisations across Northern Ireland.

Event	Date	Time	Location
Building Psychological Resilience Speaker: Julie Allen, Julie Allen Consulting Never before have we lived in a more difficult and uncertain time. Life has changed for us all and we know there will be many challenges ahead. We all have so many questions and frustrations about Coronavirus, the lockdown, the economy and jobs yet so few definitive answers because so much is unknown about the virus and how the future will look. The webinar will help participants understand both human behaviour and how to become psychologically flexible, allowing them to practice skills that will enable them to respond more flexibly to thoughts and feelings and live a rich, full and meaningful life.	Thursday 21 May	10am	Online Register Here!
BIZMERANG DUNGANNON - ONLINE NETWORKING EVENT Calling all business owners and entrepreneurs in the Dungannon area. Bizmerang are resuming their FREE monthly networking events online and want to work with local businesses to grow an effective Business2Business network in the area. These events will provide an opportunity to learn from each other, make new connections and refresh older connections whilst enabling discussion of current problems facing businesses during the COVID-19 lockdown and pool knowledge and contacts.	Thursday 21 May	9.30am - 11.30am	For more information or to register for the event **click here**.

Tourism & Hospitality Forum Events

Any business interested in joining one or more of the events below should contact the Council's Business Engagement Officer on: 07867 520681 or via email: mary.mcgee@midulstercouncil.org.

Event	Speaker	Date & time
Scenario Planning and Pivot Mind-set **Promoting to your Local Markets**	Tina O'Dwyer, The Tourism Space Online coach, mentor and networking for tourism businesses. Maura Bell, Tourism Manager The Irish National Heritage Park, Wexford	Wednesday 27 May 11am

Mid Ulster District Council
@MidUlsterDC

Mid Ulster District Council

Residents can now access community support near them with the click of a button, via the Council's new **interactive online map and community response hub.**

The online hub provides details of the many local groups and organisations offering help including community groups, food banks, pharmacies delivering prescriptions and local shops offering food delivery services.

To access the community response hub please visit: https://mid-ulster-council-covid-19-response-midulster.hub.….

To read more about this new resource visit: https://bit.ly/2y2UO9G.

Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

03000 132 132

Mid Ulster District Council

COVID - 19 Local Community Support

As more people become affected by COVID-19, many local organisations are offering help and support for local communities.

Please note that these services are intended to support the most vulnerable in our community, including those who are at risk or self-isolating. If you are able to do your own shopping, please do so, observing the latest advice about the frequency of shopping and the **need to maintain social-distancing**.

A regularly updated List of local Support Organisations at:
https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information/local-community-support

If you'd like to add your organisation's details, please let us know by emailing communications@midulstercouncil.org

Mid-Ulster Corona Virus Community Support Network Facebook Page:
https://www.facebook.com/groups/134331674680698/?ref=group_header

Information for the Public and Residents can be found at:
https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information

COVID-19 Counselling and Advice Services:
https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information/covid19-community-help/covid-19-counselling-and-advice-services

COVID-19 Food Box Scheme & Food Banks can be found at:
https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information/covid-19-food-banks

COVID-19 Advice & Support for Businesses can be found at:
https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information/coronavirus-business-advice-and-support

COVID-19 Consumer Advice:

Click here for Advice for NI consumers who may be affected by the Coronavirus outbreak.

A regularly updated List of local Support Organisations to assist people in the Mid Ulster area is available on the MUD Council website at:
https://www.midulstercouncil.org/resident/health-wellbeing/coronavirus-advice-and-information/local-community-support

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Facebook **A new Face Book page has been set up to assist people in the Mid-Ulster community response to Covid-19:**
https://www.facebook.com/groups/134331674680698/?ref=group_header

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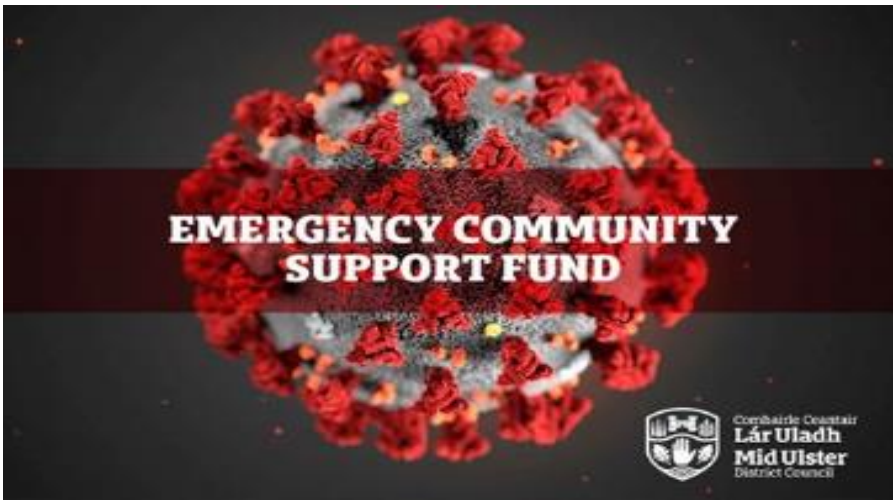
Mid Ulster District Council
@MidUlsterDC



As part of our on-going support package for the voluntary and community sector, we have opened an **emergency grant programme** for the organisations which are responding to the COVID-19 pandemic in their local communities.

The programme offers financial support to assist constituted groups which are working in their local communities to:

➡Deliver food and essential items

➡Link to pharmacies to deliver prescriptions

➡Other emergency crisis community support.

If your group would benefit from funding support, please visit: www.midulstercouncil.org/emergencyfundcovid19 to download the application form and contact details.

Department of
Agriculture, Environment and Rural Affairs

DAERA fisheries are starting to reopen from today for recreational use, however car parks will remain closed until 27 May. Anglers should only go to their nearest or local fishery. You can purchase fishing permits and licences at www.nidirect.gov.uk/angling
UlsterProvincialCouncil IFSA nidirect

DAREA have extended the opening hours of the Cattle Registration Telephony System on Wednesdays until 8pm. This will remain in place until 15th July 2020 to assist farmers with the notification of calf births & cattle movements during covid19 **Tel 0300 200 7855**

You can now purchase fishing permits and licences at www.nidirect.gov.uk/angling

The latest advice for DAERA stakeholders can be found at
www.daera-ni.gov.uk/landing-pages/daera-and-covid-19 #covid19 #coronavirus
and @nidirect https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19

Remember social distancing and rules when outdoors

STOP AND THINK
SAFE
SLURRY ANIMALS FALLS EQUIPMENT

Always Farm SAFE!

Kind regards and stay safe everyone ;)