CWSAN Rural Support Network

Community Organisations of South Tyrone & Area

CWSAN & COSTA *Community Newsletter* Apr (2) 2020

CWSAN & COSTA Rural Community Development Support Service

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

To keep fully up-to-date with the latest Grants, Advice, Guidance, Information go to our Coronavirus / COVID-19 Emergency Response Page:

www.costaruralsupportnetwork.org

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

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

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 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/1343316746806 98/?ref=group_header

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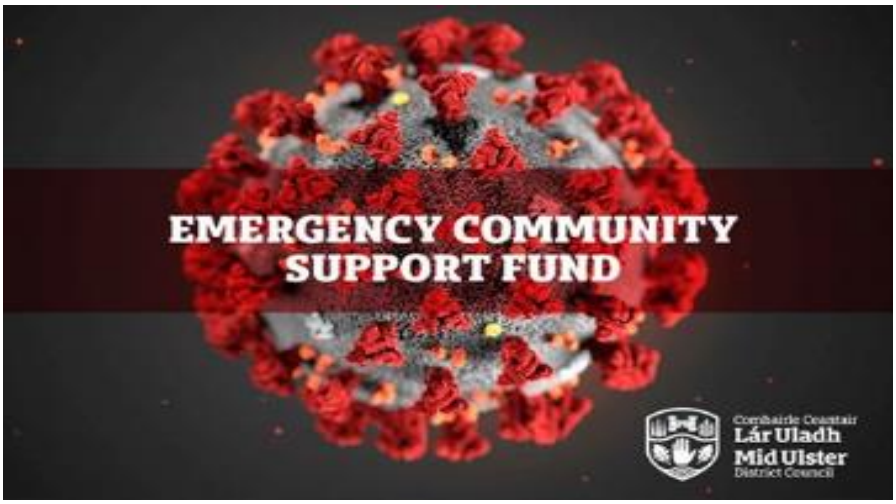


As part of our on-going support package for the voluntary and community sector, we have opened an **emergency grant programme** for the organisations which are responding to the COVID-19 pandemic in their local communities.

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.

CWSAN Rural Support Network

Community Organisations of South Tyrone & Area COSTA

CWSAN / COSTA (Covid-19 Response)

"Safety Equipment and Volunteers Fuel"

Small Grant for Smaller Groups

This small grant is for Safety Equipment and Volunteers fuel up to a maximum of **£150.**

This grant is designed for **small local emergency support groups only who are working right across their local communities**.

Larger groups and groups covering larger district villages and district towns should not apply at this time. CWSAN/COSTA reserves the right to ascertain whether your group fits this category or not.

The proposed support can be used to provide equipment or items such as **Soaps, Sanitizers, Face Masks, Bottled Water or Fuel for your Volunteers**. **It cannot be used for any other expenditure.**

Please note all groups must follow established guidelines in taking care when supporting others and in protecting your volunteers. Please find attached recommended guidelines. You should consult the PHA website daily for guidelines: https://www.publichealth.hscni.net/news/covid-19-coronavirus

To apply: mhealthproject@cwsan.org

Department of Agriculture, Environment and Rural Affairs

Comhairle Ceantair Lár Uladh Mid Ulster District Council

HSC Public Health Agency

Project supported by the PHA

Department for Communities

A weekly service will see 10,000 food boxes being delivered to the most vulnerable during the COVID-19 lockdown. If you have received a letter from your GP and you have been asked to shield during the pandemic you may be able to get a weekly food box delivered to your home. Food boxes are available for people who cannot afford food and who do not have a support network of family and friends to help them through this emergency. These boxes will also be available to those who are not shielding, but who are in critical need of food including families and older citizens.

PLEASE SHARE WITH THOSE WHO HAVE RECEIVED A SHIELDING LETTER FROM THEIR GP.

Please Encourage People With Shielding Letters to Contact a **Community Helpline being run by Advice NI 0808 802 0020. This Community Helpline is open now 7 days a week 9am-5pm**

By now, many people in your communities will have received a letter informing them that their G.P has advised that they stay indoors for 12 weeks (Shielding) as they have a medical condition that requires this isolation.

Please can you urge anyone you know has got these shielding letters to phone this number as they will then be identified to local Trust and Council call handlers who will hopefully contact them when they receive their contact details.

If you feel you may qualify for a weekly food box you can contact the COVID 19 Community helpline who will carry out an assessment to see if you are able to avail of a food box. Your details will then be passed to partners in the Health Trusts and / or local Councils who will arrange delivery of your weekly food box.

Telephone the COVID 19 Community Helpline:

Tel: 0808 802 0020

Email: covid19@adviceni.net

Text: ACTION to 81025

YOUR HELP IS URGENTLY REQUIRED TO IDENTIFY THE MOST VULNERABLE IN OUR COMMUNITY

From next week around 10,000 food boxes will be delivered as part an effort between the Dept for Communities and Councils to support the most vulnerable in our community during the COVID-19 lockdown.

This vital service will ensure that those most in need who do not have a support network of family and friends to help them through this emergency, will have access to basic food supplies.

Food suppliers will provide food boxes to local councils. The packages will include items such as tinned food, dried food and soap alongside some fresh fruit and bread.

The boxes will then be delivered by local voluntary and community organisations to those people who have been identified as being most vulnerable during the COVID-19 pandemic.

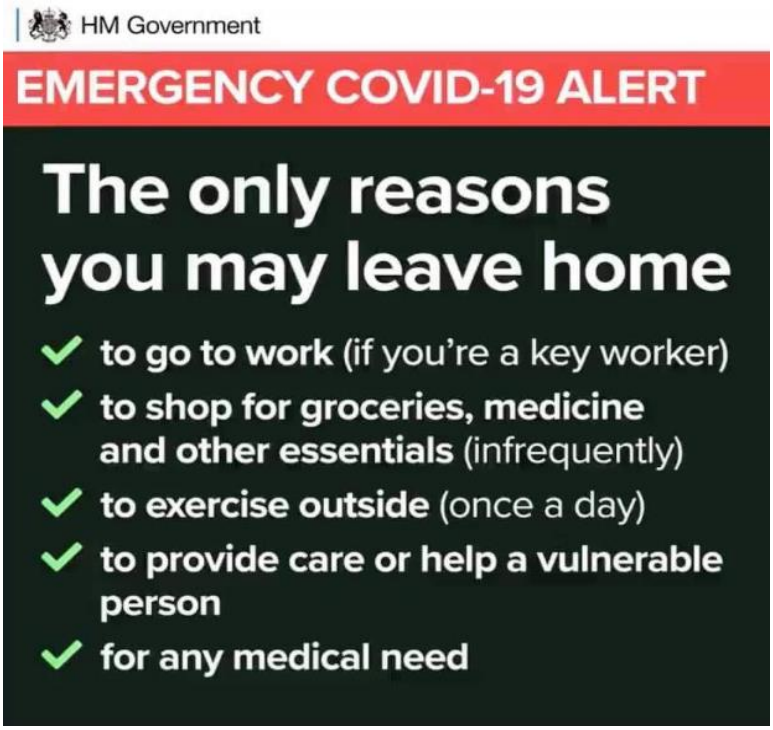
The **freephone** COVID-19 Community Helpline provides help to those in vulnerable groups to access information, advice and guidance in relation to COVID-19

PLEASE HELP US ENSURE EVERYBODY WHO QUALIFIES FOR THIS ASSISTANCE IS REGISTERED.

Please do not contact Council, but instead Telephone: 0808 802 0020 9am-5pm 7 days a week or Email: covid19@adviceni.net or Text: ACTION to 81025.

The New Laws in place from 24th March 2020 currently remain in force even over Easter

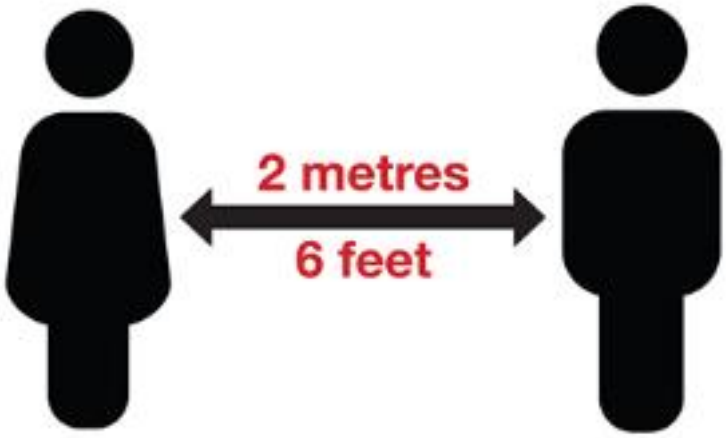
Stay away from Parks and outdoor spaces – Stay at Home



HSC Public Health Agency

COVID-19 (coronavirus)

Everyone in Northern Ireland should now be using social distancing



Stay at least 2 metres (6 feet) away from other people

The latest information and advice on coronavirus is available at www.pha.site/coronavirus

agewell

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

The Live Here Love Here Small Grants Scheme is now LIVE!

Go to www.liveherelovehere.org/smallgrantsscheme for more information and to start your application. We've also got case studies, FAQs, guidance notes and our webinar for you to have watch and read through.

This year given the current situation, we are open to any creative application that can help tackle the issues of social isolation and improving people's health and well-being where possible, with a link to the environment. This is certainly a different year but we will be here as support throughout the application process as always! Please take a look through our guidance notes for more advice on this.

The Prince's Trust and NatWest Enterprise Relief Fund

The £5million Enterprise Relief Fund will offer grants to 18 to 30-year olds across the UK who are self-employed and/or running their own business. In conjunction with cash grants, the initiative will offer one-to-one support and guidance to anyone who needs it and who may be worried about their future.

Grants can be used to maintain core business operations during the crisis, as well as meet any existing financial commitments, such as paying for essential equipment or settling invoices from suppliers. Additionally, grants will also support young people to diversify their business to respond to opportunities created by the crises. In conjunction with grants, the initiative will offer one-to-one support and guidance to any applicants who need it.

To be eligible to apply, you must be a business owner aged 18 to 30, who set up their business in the last four years and don't have any other source of income during the crisis.

If you set up your business with support from The Prince's Trust in the last four years, you are still eligible for the fund if you were aged 18-30 at the time you received this support.

Entrepreneurs aged 18-30 who are not eligible for the fund but find their businesses to be affected by coronavirus can contact The Prince's Trust for support. Every young person who gets in touch will be offered personalised one to one support to connect with mentors or build their skills.

HM Government

£750 million
coronavirus funding
for frontline charities

Coronavirus: Chancellor announces aid for charities

Chancellor Rishi Sunak has announced a £750m package to keep struggling charities afloat during the coronavirus pandemic.

The move follows concern that some charities are facing collapse, with income shrinking because of enforced shop closures. Bigger charities such as Oxfam and Age UK have furloughed two-thirds of staff.

The measures involve cash grants direct to charities providing key services during the crisis. As part of the scheme, £360m will be directly allocated by government departments to those charities.

Another £370m will go to small local charities, including those delivering food and essential medicines and providing financial advice. https://www.gov.uk/government/news/chancellor-sets-out-extra-750-million-coronavirus-funding-for-frontline-charities

CDM Community Transport

COVID-19 Update - CDM Community Transport is offering a free service to both members and non-members in order to support those “shielding” and “isolating” **within the Cookstown and Dungannon areas**.

- Contacting members for a wee chat.
- Collection and delivery to your doorstep of pre-paid groceries and prescriptions.

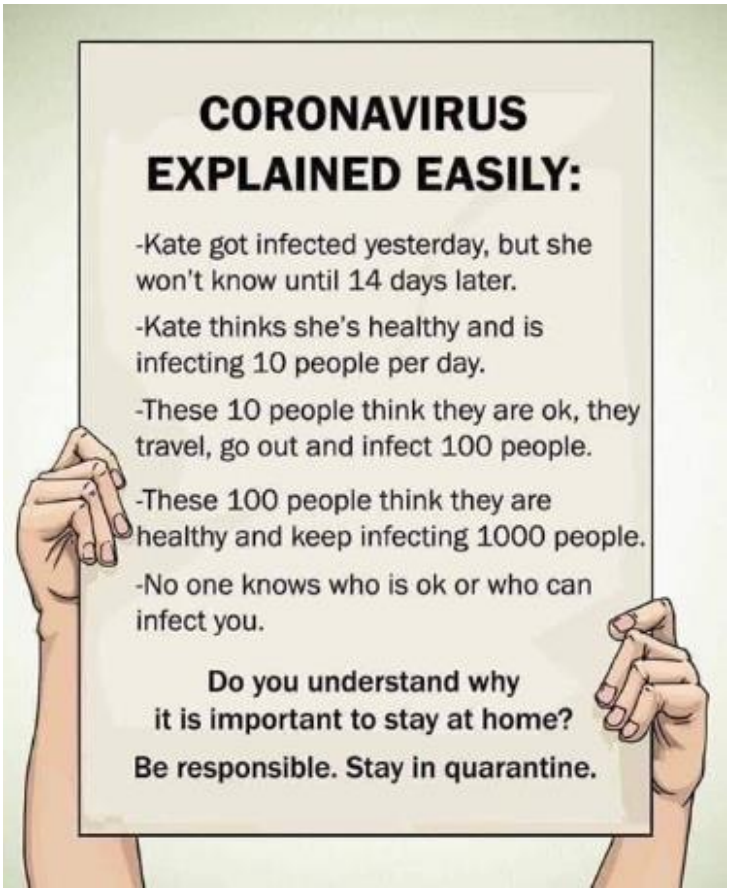
In the light of the Corona Virus pandemic we are still providing services to our members. If anyone wishes to cancel their transport can we please ask for you to contact the office on **028 867 67766.** We understand that some our members are vulnerable, and with underlying Health problems. We want to protect our users and staff at all times. We will continue to seek guidance and advise later.

COVID-19 update - Dial-a-Lift services have been restricted to essential journeys only until further notice. Essential journeys are to be in line with Government advice which is currently for food, health reasons or work (where this absolutely cannot be done from home).

Emergency numbers

You should note the following numbers in case of emergency:

- Emergency services – 999 or 112
- Northern Ireland Electricity Networks – 03457 643 643
- NI Gas Emergency Service – 0800 002 001
- Northern Ireland Water Waterline – 03457 440 088
- Flooding Incident Line – 0300 2000 100
- Housing Executive – 03448 920 901



age NI
Love later life
Community Navigator
Connecting older people in the community

My Name is Eugene O'Goan, I am the new Age Ni Community Navigator for Mid-Ulster. This is the post formally held by Anita Kelly.

As a response to the Covid-19 virus outbreak Age Ni has made it easier to refer to our service. All we now need for a referral is the client's name and phone number and we will then contact the client directly. We understand that this is a very frightening time for many people.

If you know/work someone over the age of 50 then the Age NI Community Navigator in Mid-Ulster is here to offer help and support. I can organise the following;

- ✓ Good Morning Calls or Good Afternoon Calls
- ✓ We can also refer clients for benefits and other subsistence available.
- ✓ We can give details about meals available for delivery.
- ✓ We can also advise them on other support available during this Covid-19 outbreak, in relation to shopping.
- ✓ We can advise of agencies assisting with pharmacy collections.
- ✓ We can advise on agencies such as Age Ni where you can just ring up to have a chat.
- ✓ We hope this service is of benefit to your practice at this time.

If you have any questions please feel free to contact me:

07814 196 935

Eugene O Goan
Community Navigator for Mid Ulster Locality **(Cookstown & Magherafelt)**
c/o Positive Steps Community Centre
2a Park Ave COOKSTOWN BT80 5AJ
Tel: 078 1419 6935
Facebook: @comnavmu

The payment limit on contactless transactions has now increased.

From today you can now spend **up to £45 in a single transaction** using contactless payment.

Please use contactless payment if you are able to do so.

Diabetes Helpline Launched for Covid-19

A new Diabetes helpline and email support service has been launched in response to Coronavirus (Covid-19) by the Diabetes Network for NI.

There are over 100,000 people living with diabetes across Northern Ireland and are at an increased risk of severe illness from Coronavirus.

The helpline and email support facility will provide additional clinical support and advice.

People living with diabetes with concerns about Covid-19 can contact the service through the following:

Helpline Number: 028 9536 0600
Helpline Email: diabetic.helpline@hscni.net

A region wide service is already provided through individual Health and Social Care Trusts' diabetes teams from Monday to Friday. However, this additional new helpline service will run seven days a week including bank holidays from 9am until 3pm and operate for 12 weeks initially staffed by clinical specialists.

Like us

Policing & Community Safety Partnership
making Mid Ulster safer

Comhairle Ceantair Lár Uladh Mid Ulster District Council

Mid Ulster District Council Befriending Call

Due to the Coronavirus a large number of our more vulnerable residents are now housebound and may be experiencing loneliness.

Mid Ulster Council has started a befriending scheme to help residents with a regular call to check on their wellbeing.

If you would like to refer someone to receive a befriending call please email pcsp@midulstercouncil.org

Michael McCrory – Manager - Mid Ulster Policing and Community Safety Partnership

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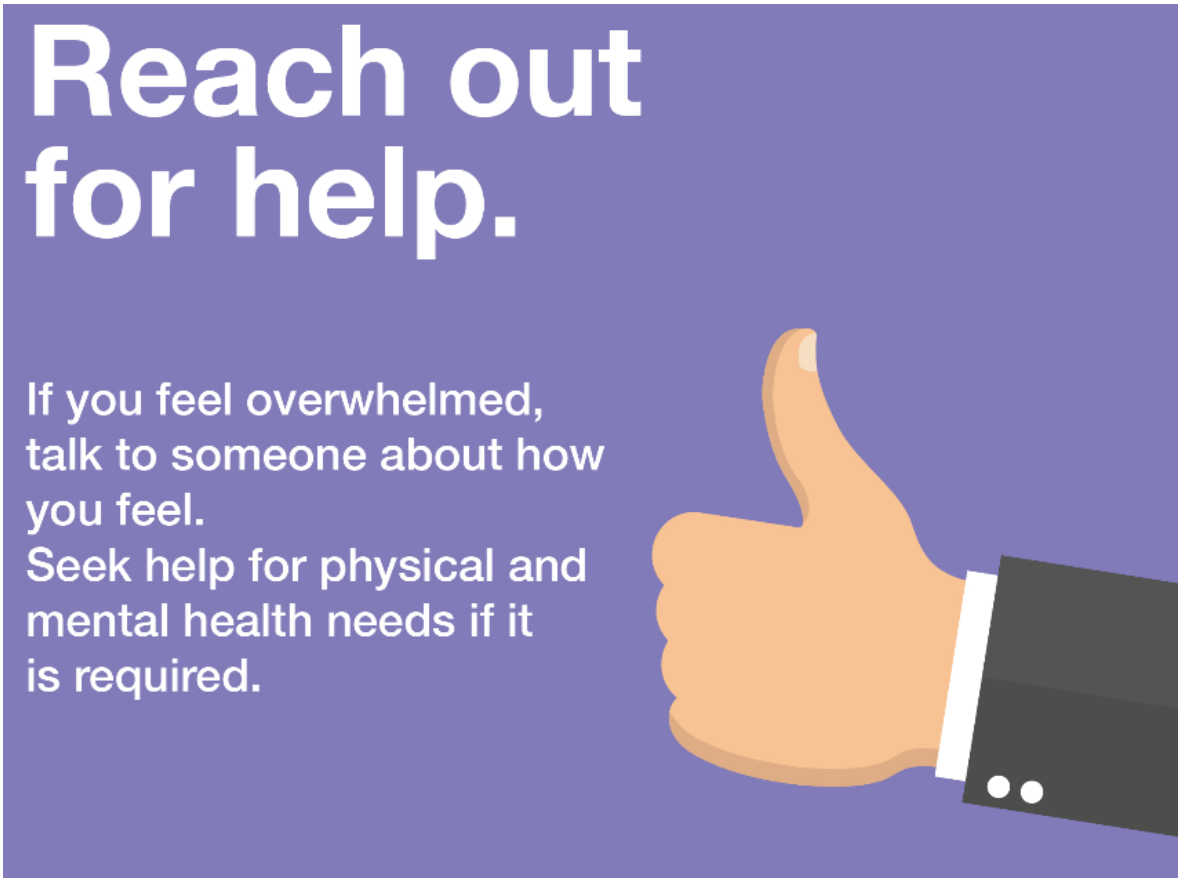

Spar Shops – Doing Local Deliveries

We're there for you, just down the road when you need us.

If you're in a vulnerable group and can't get to store for your essentials, please let us lend a hand.

Many stores are now offering a home delivery service to help shield you from the virus.

To see if your local store offers this service, please click on the list below

https://www.spar-ni.co.uk/home-delivery

NOTE: Many local Food Shops and Chemists are now doing home deliveries check with your local suppliers

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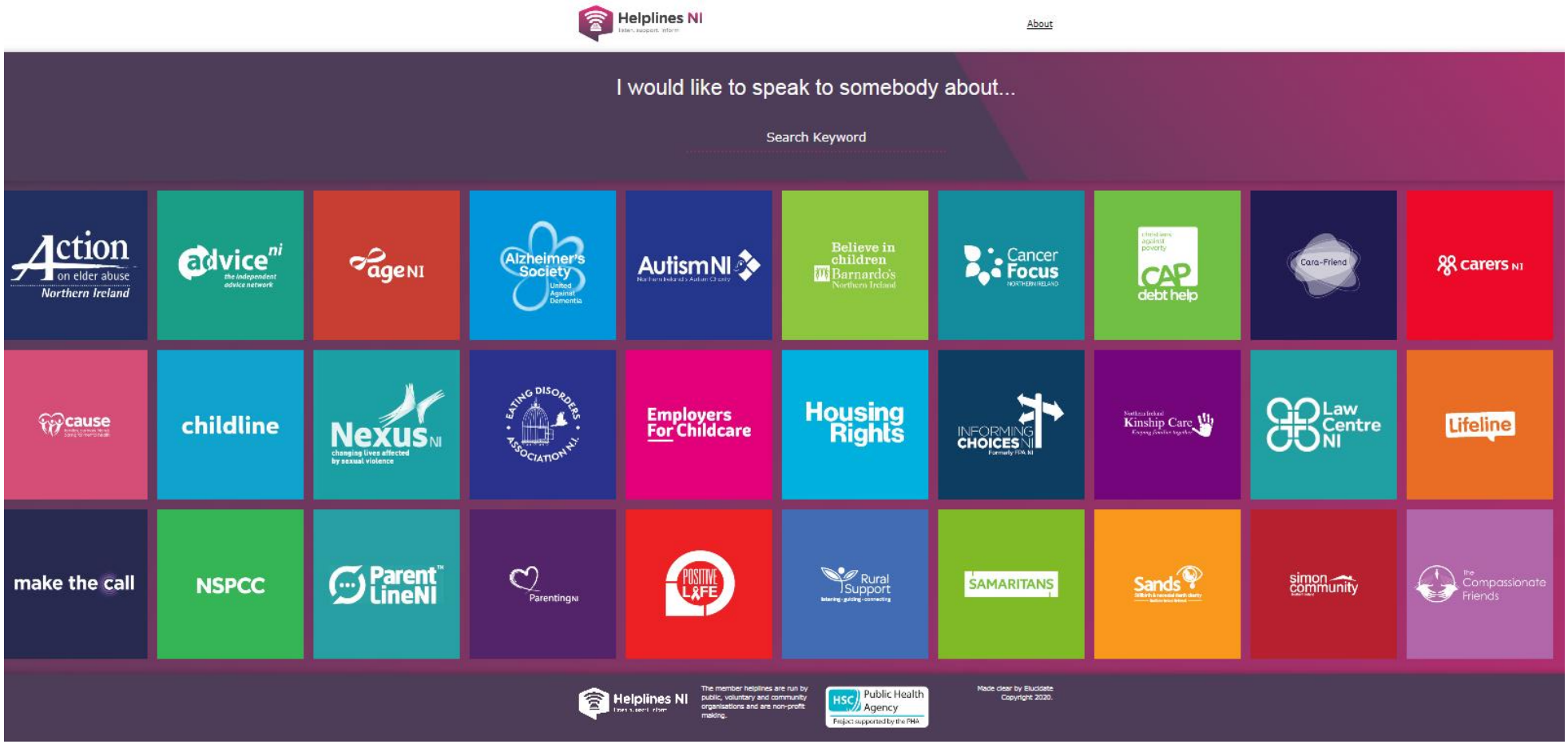
COVID-19 (Coronavirus) Translations

The *Coronavirus Isolate your household* poster has been **translated into 11 languages** and these translations are available to download from our website. Posters for GPs and pharmacies have also been translated into 11 languages. More translations will be added when they become available.

Other languages may be available upon request by contacting us.

If you need information in a language that is not yet available here, you can use the Browsealoud facility on this website. This option can translate and/or read aloud over 90 other languages. The full list of languages available is here and instructions for how to use the Browsealoud option are available to download here.



https://helplinesni.com/

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/

suse

Steps up to Sustainable employment

ARE YOU AT HOME RIGHT NOW THINKING.....

"THIS WOULD BE A GOOD TIME TO UPDATE MY CV"?

WE ARE HERE TO HELP WITH ALL YOUR CV NEEDS!

Give our Mentors a call:

PATRICIA 07718097463
AIDAN 07734281029
TRACY 07436533475
THERESA 07799348858

NORTHERN

suse

Step-up to Sustainable employment

Weekly Job Opportunities

Jobs in the Mid Ulster Area Today

General Operatives	Steel Erectors	Production Operatives
Care Assistants	Nurses	Laundry Staff
Cook/Chef	Senior Care Assistants	Kitchen Assistants

Contact our SUSE+ Mentoring Team to find out more:

Magherafelt: **Alison: 077 1809 7520 Laura: 078 7027 6912**

Cookstown: **Helen: 077 1809 7464** **Rhiannon: 078 3412 9213**

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

COPNI

age NI
Love later life

Age NI, with the support of the Commissioner for Older People for Northern Ireland, is offering a 'Check in and chat' telephone service for everyone who is over 60 in Northern Ireland, who may feel isolated or lonely during this time.

Anyone over 60 in Northern Ireland can register free of charge, to receive a regular telephone call from us. All you need to do is:

Call Age NI Advice on 0808 808 7575
OR
Email us info@ageni.org

Please ensure you include the following information in your email. This will help us deal with your registration more efficiently.

Name
Address
Telephone number
Please let us know if you're over 60
An emergency contact - who do you want us to contact in an emergency
Password – our volunteer or staff member will say your chosen password at the start of every call. This is to give you peace of mind so you know you're speaking to an Age NI volunteer or staff member.

See less

Libraries NI are reminding everyone that even though branches are closed, you can still access over 17,000 books and 160 magazines for free online! Escape to new worlds, travel the globe or take five to flip through a magazine. It's also a great resource for #homeschooling with plenty of non-fiction, historical and current affairs resources to access.

You can keep reading with our **FREE eBook, audiobook and eMag service.**

Titles are available to download to a tablet or mobile device: https://www.librariesni.org.uk/Pages/LNIeBooksandeMagazines.aspx

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women's aid
Mid-Ulster

FREEPHONE
24 Hour Domestic & Sexual Violence Helpline
0808 802 1414
Open to all women & men affected by domestic & sexual violence

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Advice NI

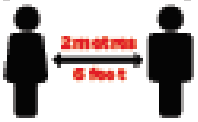
We now deliver both live-streamed sessions and pre-recorded videos allowing you to complete your training at a time that suits you. Visit our website www.adviceni.net/training for up-to-date course information. The site will be updated regularly.

Southern Health and Social Care Trust

Quality Care - for you, with you

COVID-19 (CORONAVIRUS)

Everyone in Northern Ireland should now be using social distancing



Stay at least 2 metres away from other people

Visit www.gov.uk/coronavirus for latest information and advice on coronavirus

STAY ACTIVE @ HOME!

Now more than ever we need to be active at home to look after both our physical and mental health.

Go outside to walk, jog and run

(following current government guidelines)

Strength and balance exercises

Break up sitting time

(stand during advert breaks, stand when talking on the phone)

Walk more around the house

Gardening

Use the stairs

Housework

(hoovering/ironing/dusting)

#Stayactiveathome

Every movement counts!

There is a real shortage of hospital scrubs , laundry bags etc

We need your help

We are all in this together

These can be made out of old cotton sheets and duvet covers.
In the Richmount Centre we have 5 sewing machines, cutting boards and rotary cutters so we are ideally equipped to produce these

Scrubs NI is coordinating the production and distribution of this equipment but it needs your help

What could you do to help ?

Sewing – **could you sew scrubs, scrub hats, laundry bags or masks?**
If you can help out with making any of the above please contact us with details of what you can make, and Scrubs NI will try and get you sorted with patterns and fabric but the donation of sheets etc would be most welcome.

Cutting – **not keen on sewing but willing to cut patterns? Volunteers are desperately needed to cut out fabric patterns to help free up sewers.**

Deliveries / collections – **Scrubs NI need drivers in the Portadown / Lurgan / Craigavon areas to help deliver materials and pick up finished products and also to help distribute scrubs to where they are needed.**

If you are able to come to our community centre we have personal protection equipment - social distancing rules would apply , however, we have plenty of space

If you can help please text 07934186635 or email joegar@hotmail.co.uk or send PM

Richmount Rural Community Association

2 Derrylettiff Road , Portadown , Co Armagh. BT62 41QU Tel: 07934186635

Email : joegar@hotmail www.richmountruralcommunityassoc.btck.co.uk

Working together for all in our community

The Queen's Award for Voluntary Service

Clinical Workforce Appeal

We urgently need doctors, nurses, social care workers and allied health professionals including physiotherapists to register for our HSC Workforce Appeal. Thank you to the thousands that have already registered, but we need more.
Register today at https://www.hscworkforceappeal.co.uk #NINeedsYou

To Register click here:
https://www.facebook.com/1447244589/posts/10223119629486255/

Farmers - Single Application Forms
MUST be submitted by 15th May 2020 as normal.

STOP AND THINK
SAFE
SLURRY ANIMALS FALLS EQUIPMENT

Always Farm SAFE!

STAY ON YOUR FARM

ARE YOU A COMMUNITY GROUP WITH ACCESS NI CHECKED VOLUNTEERS?

We need your help...

CDHN

CDHN IS RESOURCING AND SUPPORTING COMMUNITY GROUPS WHO CAN OFFER HELP TO PHARMACIES DURING THIS WORRYING TIME

- GROUPS MUST BE CONSTITUTED
- GROUPS MUST BE REGISTERED WITH CDHN
- VOLUNTEERS MUST BE ACCESS NI CHECKED (PLEASE CONTACT CDHN FOR INFORMATION)

PLEASE NOTE GROUPS ARE ADVISED NOT TO CONTACT PHARMACIES DIRECTLY

EMAIL KATHYMARTIN@CDHN.ORG OR TELEPHONE 028 3026 4606 FOR MORE INFORMATION OR TO REGISTER

COVID-19 Coronavirus

HELP AROUND

If you are a person in need or a volunteer who can help JOIN US: https://sites.google.com/view/helparound/home

Help Around

www.helparound.co.uk

What is HelpAround.co.uk?

HelpAround is a live directory for Volunteer Responders in Northern Ireland, that matches willing volunteers with people in need, designed specifically with the COVID-19 outbreak in mind. Our mission is to facilitate sustainable, efficient assistance in this stressful time:

- The service is available to all, including independent, isolating people who do not want to register with a helping organisation.
- The service is accessible to all, free from most of the barriers of complex technology and is available through SMS text on your mobile.

FREE ONLINE SAFEGUARDING TRAINING

Volunteer Now Enterprises Ltd recently launched their free online safeguarding training, which is supported by the Health & Social Care Board and the Department of Health. The online training acts as an introduction only and does not replace face to face training, which should be attended following completion of any of the sessions below.

Keeping Adults Safe: See Something, Say Something – This session is suitable for staff and volunteers who may have some interface with adults at risk of harm but who do not work closely with them, to introduce them to adult safeguarding issues.

Adult Safeguarding Champion: Meeting the Requirements – This taster session is suitable for managers, supervisors and management committee members in organisations which deliver services and/or activities for adults, to find out about the role of the Adult Safeguarding Champion (ASC) and provide guidance on how this role should be implemented within their organisation.

Keeping Children and Adults Safe: An Introduction for Management Committee Members – This session is suitable for management committee members in organisations which deliver services or activities to children, young people and/or adults and provides a brief overview of their responsibilities in relation to safeguarding.

Click here to register for any of the above online courses.

Rural Support

Rural Support offers a listening and signposting service for farmers and rural families across NI via face to face support, information and advice about business finance and debt, single farm payments, benefits, mental health assistance and many other issues.

Email: info@ruralsupport.org.uk Website: www.ruralsupport.org.uk

FREE Confidential Helpline:
0800 138 1678 *(new number)*

Helpline Hours have recently been amended

Available from: Monday to Friday
9:00am – 9:00pm & Voicemail

NICVA Launches new COVID-19 Website Hub

NICVA - COVID-19 Website Hub: https://www.nicva.org/covid19

Regular updates, resources, advice and funding schemes:
https://www.nicva.org/covid19/#hubindex

Free webinars - the first one is this **Thursday 2 April on Involving volunteers delivered by Volunteer Now.** To book go to the link below: https://www.nicva.org/event/involving-volunteers-in-response-to-covid-19-online

Other training: https://www.nicva.org/training

Coming up - **CommunityNI** is being adapted to be used as a source for all COVID 19 support and services across NI and should be available to use over the next couple of days.

CommunityAPI is an Open Data community resource directory of voluntary and charitable organisations and the services they provide.

If you have any questions or would like support please do not hesitate to contact NICVA or complete the online support form: https://www.nicva.org/support-form

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Department for Communities (DfC)

During the COVID-19 Pandemic

Check their website and nidirect regularly for the latest information on the impact of COVID-19 on services.

Minister ensures sports sector supported

Housing support crucial during crisis

Support for artists performers and creative producers

Ministers take action in relation to free school meals payment

Minister announces further support those affected by COVID-19

Minister introduces further measures protect most vulnerable and their families

Minister releases £200,000 towards coronavirus community fund

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For that essential journey
make sure your vehicle is roadworthy

Even if you have your MOT Exemption Certificate in place, as a driver, you're responsible for the roadworthiness of your vehicle – that it is safe to be driven on the road.

To avoid putting more strain on essential services if you have a breakdown, it's a good idea to familiarise yourself with basic car maintenance.

In many modern cars, many of the mechanical parts are sealed and can only be checked by a qualified mechanic but there are some checks that you must do. Look at your vehicle's handbook to see which checks you can make and how to do them.

Ensure that lights, brakes, steering, exhaust system, seat belts, demisters, wipers and washers are all working and that tyres have sufficient tread, there must be at least the legal minimum 1.6 mm of tread and preferably more than 2 mm.

Do not ignore warning signs on the dashboard; they could indicate a dangerous fault developing.

Take care to check all around your car for anything that could make it less safe on the road. It doesn't take long and it's usually easier to fix a problem when you spot it early.

Find out what The Highway Code advises on vehicle maintenance.

Go to NI Direct for more information on Motoring: https://www.nidirect.gov.uk/

Kind regards and stay safe everyone ;)