



Community  
Organisations of  
South  
Tyrone &  
Area



The Local Rural Support Networks

- Supporting rural living across Northern Ireland -

**Your Local Rural Support Network**

# COSTA Community Newsletter

15 Sept 2020

COSTA

Local Rural Support Network

**Rural Community  
Development Support  
Service**

(Mid Ulster Zone)



Department of  
Agriculture, Environment  
and Rural Affairs



**COSTA**

**Rural Community  
Development Support  
Service**



Community  
Organisations of  
South  
Tyrone &  
Area

**Would your Group  
like any assistance?**

Does your group have any Skills, Training,  
Support, Funding or Information needs?

**Outreach Service available**

Please contact COSTA

Tel: 028 855 56880

Email: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)

**We are delivering all our  
services – contact us for  
assistance any time.**

**Contact us today for any  
on-line Meetings and  
Training Sessions your  
Group may require**

The COSTA office remains largely  
closed to the public (due to current  
restrictions in place).

Anyone displaying symptoms of illness must  
always self-isolate from the office.

Contact us at any time:

**Tel: 028 855 56880**

Email: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)

Community Organisations of South Tyrone  
& Areas Ltd  
President Grants Homestead  
45 Dergenagh Road  
Dungannon BT77 0DE

Tel: 028 855 56880 Fax: 028 855 56881

Email: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)

Web:

[www.costaruralsupportnetwork.org](http://www.costaruralsupportnetwork.org)

Facebook: Board Costa



**COSTA**  
**Community Organisations of South Tyrone & Areas**  
President Grants Homestead, 45 Dergenagh Road  
Dungannon, Co Tyrone, BT70 1TW  
**Tel: 028 855 56880 Email: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)**  
**Facebook: [www.facebook.com/costa.network](http://www.facebook.com/costa.network)**  
**Web: [www.costaruralsupportnetwork.org](http://www.costaruralsupportnetwork.org)**



**COSTA**  
**Rural Community Development Support Service**  
**Training & Information Workshops**

**September 2020**

**Reopening Your Community Facility - A Practical Guide**  
**Thursday 17<sup>th</sup> Sept @ 10:00am via Zoom**

<https://us02web.zoom.us/j/7379331902?pwd=YURaTzZPUWtNanQvVFfEQVM2eFhJZz09>

**Reopening Your Community Facility - A Practical Guide**  
**Wednesday 23<sup>rd</sup> Sept @ 7:00pm via Zoom**

<https://us02web.zoom.us/j/7379331902?pwd=YURaTzZPUWtNanQvVFfEQVM2eFhJZz09>

**October 2020**

**Charity Commission Annual Returns**  
**Wednesday 14<sup>th</sup> October 2020 @ 7:00pm via Zoom**  
<https://us02web.zoom.us/j/7379331902>

***More being planned very soon!***

**To join a Webinar via Zoom on your lap top / tablet / desk top or smart phone click on the relevant Workshop link above at the scheduled time.**

*You need to have Zoom downloaded on your device in advance – Very easy-to-follow instructions - link to download Zoom: <https://zoom.us/download>*

**All Workshops are free and open to all interested participants.**

Workshops can also be requested specifically for your own Group / organisation. If your group requires any training or capacity building please contact us any time.

**We can also develop and / or facilitate other training needs:**  
**Tel: 028 855 56880 or Email: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)**

**DAERA**  
**RURAL MICRO CAPITAL GRANT**  
**SCHEME 2020**  
**NOW OPEN!**

The DAERA Rural Micro Capital Grant Scheme 2020 opens on **Monday 7<sup>th</sup> September 2020** and closes on **Friday 2nd October 2020 at 12noon**.

**Only rural constituted Community groups** can apply for funding of up to **£1,500 (at max 85% of project costs)**.

The aim of the programme is to tackle rural poverty and social isolation in the heart of the community.

Due to Covid 19 circumstances this year **all applications must be submitted online** so it is imperative that you get your application right from the start. We are running a number of Zoom workshops to assist you prepare your application.

Previously funded items have included capital items such as hall tables, chairs, white goods such dishwashers, new windows, security doors, gazebos, sports equipment, bowling mats, boxing mats, computers, laptops, printers, projectors, Safety equipment etc. This year we expect also to fund sanitiser units and related minor Covid 19 equipment.

**For groups in the Mid Ulster District Council area the Local Rural Support Networks, CWSAN and COSTA continue to deliver the Scheme.**

Application Forms and Guidance Notes are available (attached above) and also for download from **Monday 7<sup>th</sup> September 2020** at: [www.costaruralsupportnetwork.org](http://www.costaruralsupportnetwork.org) **This link will take you directly to the page: <https://www.costaruralsupportnetwork.org/funding-rural-micro-capital-grant-programme.html> or [www.cwsan.org](http://www.cwsan.org)**

**Information Workshops (using ZOOM) for potential applicants are scheduled as follows (click on the relevant link below to access a workshop at scheduled time):**

**Wednesday 16<sup>th</sup> Sept 2020      7:30pm                      via Zoom**  
<https://us02web.zoom.us/j/7379331902>  
**OR**  
**Wednesday 23<sup>rd</sup> Sept 2020      11:00am                      via Zoom**  
<https://us02web.zoom.us/j/7379331902>

The grant **closes on Friday 2nd October 2020 at 12noon** by which **ALL documentation must be submitted by email (all in one email)** to CWSAN/COSTA: [microgrants@cwsan.org](mailto:microgrants@cwsan.org)

*(N.B. Please read guidance notes carefully before commencing application – N.B. all documents must be enclosed in your application email in Word or pdf format).*

Contact COSTA if you have any queries or require any assistance: Tel: 028 855 56880 Email: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)

## Useful Links



### NICVA

**Link to NICVA's Funding information Page:**

<https://www.nicva.org/covid19/funding-and-fundraising-covid19>



### NI Direct

Extremely comprehensive information website for all citizens on all NI Government Services: <https://www.nidirect.gov.uk>

**If your finances are affected by the outbreak visit:**

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-and-benefits>



Department of  
Agriculture, Environment  
and Rural Affairs

For the latest news and guidance from DAERA in relation to COVID-19 please visit <https://www.daera-ni.gov.uk/landing-pages/daera-and-covid-19>



### Consumer Council NI

Coronavirus: Consumer and Scams Advice for Northern Ireland Consumers:  
[www.consumerCouncil.org.uk/coronavirus](http://www.consumerCouncil.org.uk/coronavirus)



### MUDC Community Response Hub & Interactive Map

MUDC Residents can now access community support near them with the click of a button, via Mid Ulster District Council's 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. Access the community response hub here: <https://mid-ulster-council-covid-19-response-midulster.hub.....>

### JobCentre Online NI

Vacancies Notified To The *Northern Ireland*  
Employment Service

### Job Centre On-line

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

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



### NI Business Info

For very comprehensive information on the full range of support and grants for Businesses under Covid-19:

<https://www.nibusinessinfo.co.uk/campaign/coronavirus-updates-support-your-business>



# COVID-19 UPDATE



## Pathways for citizens requiring support to access food

### NOW UNTIL 23 SEPTEMBER:

Covid-19 Community Helpline, delivered by Advice NI, will signpost to appropriate support options, which may include one or more of the below, depending on the individual's needs.



Local frontline advice service will triage each case and alongside advice services (benefits advice/debt advice) may signpost to the nearest local free food centre / foodbank.



Online shopping options with the larger supermarkets.

- Tesco
- Sainsbury's
- Asda
- Iceland



Local deliveries from Convenience stores. Retailers including Spar/Eurospar/ Vivo, SuperValu/ Centra/Mace are participating.



Local frontline advice can try to match you with a volunteer to do your shopping for you.

COVID-19 Community Helpline 0808 802 0020

**advice<sup>ni</sup>**  
the independent  
advice network



**DfC**  
Department  
for Communities  
[www.communities-ni.gov.uk](http://www.communities-ni.gov.uk)

# **Members of the public are urged to remain vigilant**

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**Continue to practice social distancing, and wear a face covering where this cannot be undertaken effectively – within 2 metres of non-household members, in enclosed spaces.**

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**Observe hand and respiratory hygiene – wash hands with soap and water regularly and catch coughs/sneezes in a tissue, bin and wash hands.**

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**Download and activate the StopCOVID NI app from Apple or Google Play to your smartphone.**

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**If you develop symptoms of COVID-19 – fever over 38 degrees C, a new or continuous cough, or lose the sense of smell/taste – immediately self-isolate and stay at home, and seek testing – self isolation is for a period of 10 days irrespective of the results of the COVID-19 test.**

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**The household members of a symptomatic person should also self-isolate at home for 14 days.**

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**If you are identified as a close contact of a case, either via the app or the Contact Tracing Service, self-isolate at home for 14 days.**

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**If, while self-isolating as a household/close contact, you develop COVID-19 symptoms, get tested and follow the advice for symptomatic people above.**

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# StopCOVID NI

## DOWNLOAD THE APP NOW

Download on the App Store GET IT ON Google Play

Learn more at [nidirect.gov.uk/coronavirus](https://nidirect.gov.uk/coronavirus)

**WE ALL MUST DO IT TO GET THROUGH IT** STAY SAFE SAVE LIVES

<p>1</p> <p><b>SPOT THE SYMPTOMS</b></p>	<p>2</p> <p><b>REQUEST A TEST NOW</b></p>	<p>3</p> <p><b>ISOLATE</b></p>
<p>4</p> <p><b>GET TESTED</b></p>	<p>5</p> <p><b>GET RESULTS</b></p>	<p>6</p> <p><b>PROVIDE DETAILS</b></p>
<p>7</p> <p><b>PHA INFORMS CONTACTS</b></p>	<p>8</p> <p><b>CLOSE CONTACTS ASKED TO ISOLATE</b></p>	<div style="background-color: #00838f; color: white; padding: 10px;"> <p><b>Test ✓</b></p> <p><b>Trace ✓</b></p> <p><b>Protect ✓</b></p> <p> Health and Social Care</p> </div>

### TEST TRACE PROTECT A STEP-BY-STEP GUIDE

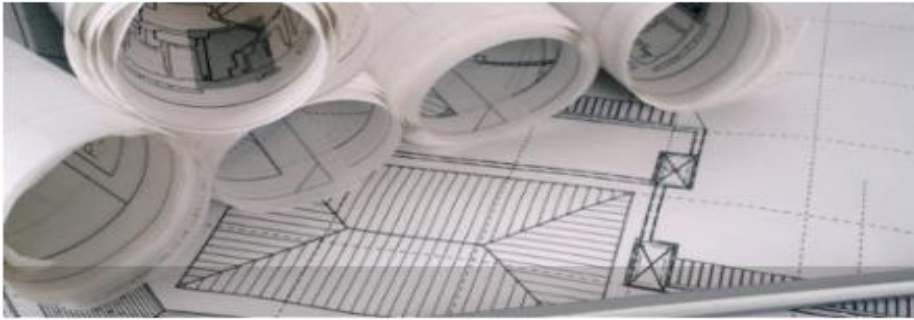
You can spread the virus even if you don't have symptoms.

**WE ALL MUST DO IT TO GET THROUGH IT** STAY SAFE SAVE LIVES

***It is very important everyone downloads and uses this App***  
**You can download the FREE app now from:**  
[Google Play Store - StopCOVID NI](https://play.google.com/store/apps/details?id=uk.nidirect.stopcovidni) [Apple App Store - StopCOVID NI](https://apps.apple.com/gb/app/stopcovid-ni/id1505111111)

Link: web resource with animation explaining all about the app:  
<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-stopcovid-ni-proximity-app>

# COALISLAND TRAINING SERVICES LTD



51 Dungannon Road  
Coalisland  
County Tyrone  
BT71 4HP

t: (028) 8774 8512 / (028) 8774 8502  
e: [info@coalislandtrainingservices.co.uk](mailto:info@coalislandtrainingservices.co.uk)  
f: Facebook



## Training For Success

Trainee allowance  
£40 per week  
benefits not affected

Bonus payment  
every 13 weeks

## Apprenticeships Available

Help to secure a work  
placement

1-1 support if required  
in all areas of training.

Telephone:  
02887748512

Email:

[info@coalislandtrainingservices.co.uk](mailto:info@coalislandtrainingservices.co.uk)



## DIPLOMA COURSES AVAILABLE

### CHILDCARE LEVELS 1, 2 & 3



### HEALTH & SOCIALCARE LEVELS 1 & 2



### JOINERY LEVELS 1, 2 & 3



### HAIRDRESSING LEVELS 1,2 &3

"Family  
orientated  
centre"

### BRICKLAYING LEVELS 1, 2 & 3



**SKILLS**  
TO SUCCEED

TRAINING  
FOR SUCCESS

# Networks Involving Communities in Health Improvement (NICHI) Training Programme Sept – Nov 2020

## Social Model of Health

Facilitated by Anna Clarke, Prospect Awards CIC

**Tuesday 15 Sept: 7 - 9 pm via Zoom**

To book your place, please contact Anita:

[healthalliance@cwsan.org](mailto:healthalliance@cwsan.org) 078 4063 5862

Topics covered will include:

- Social Determinants of Health
- Education
- Employment
- Income
- Housing
- Childhood Experiences
- Family & Social Support
- Community Safety • Access to Health Services
- Health Inequalities
- Asset Mapping

## Join Zoom Meeting

<https://us02web.zoom.us/j/86816861962?pwd=bFNQNVRBL0lUekxKMxdUeSS9jRWnuQT09>

Meeting ID: 868 1686 1962 Passcode: 136321

## Health Literacy

Facilitated by Anne McCusker, Belfast Healthy Cities

**Thursday 8 Oct: 2 - 3 pm** – Amanda [pamela@impactnetworkni.org](mailto:pamela@impactnetworkni.org) 028 9447 8645

**Tuesday 20 Oct: 7 - 8 pm** – Anita [healthalliance@cwsan.org](mailto:healthalliance@cwsan.org) 075 4063 5862

Health literacy is about people having enough knowledge, understanding, skills and confidence to use health information, to make informed decisions about their health

Service Users would like you to: Take Time to Explain, Listen & Make It Simple

Topics include:

- Use simple language • Chuck & check • Teach Back • Pictures & Visuals
- Encourage Questions Eg Ask Me 3 • Paperwork

These courses are designed for members of the NICHI Model Groups and / or Health Alliance.

If you need help with using Zoom, please contact us beforehand, and we may be able to have a practice run to make sure you can access it 😊

The NICHI project is supported by PHA and managed by the Community Support Networks (Northern Area)

NICHI Project Officer (Networks Involving Communities in Health Improvement)  
(Cookstown, Magherafelt and Coleraine areas)

**Mob: 075 4063 5862** [www.healthallianceni.com](http://www.healthallianceni.com) [www.cwsan.org](http://www.cwsan.org) [www.crun.org](http://www.crun.org)

Join up free today get all the latest health news and opportunities in your area and receive a regular e-zine <http://healthallianceni.com/membership-registration/>

**Online Training Using Zoom**

**Health Alliance**  
Connecting & Involving Communities  
Supported by the Northern Area Community Support Networks & Health Improvement (NICHI)

**NICHI COMMUNITIES IMPROVING HEALTH PROGRAMME**

**Community Development Workshop**  
Facilitator: Anna Clarke Prospect Awards CIC  
**Monday 7th September, 2.00 - 4.00pm**  
Registration: [registration@nacn.org](mailto:registration@nacn.org) / 02821772100

**Monday 28th September: 7 - 9 pm**  
Registration: [pamela@impactnetworkni.org](mailto:pamela@impactnetworkni.org) / 028 94478645

**Social Model of Health Workshop**  
Facilitator: Anna Clarke Prospect Awards CIC  
**Tuesday 15 September, 7 - 9pm**  
Registration: [healthalliance@cwsan.org](mailto:healthalliance@cwsan.org) / 0754063 5862

**Monday 16th November 2 - 4pm**  
Registration: [registration@nacn.org](mailto:registration@nacn.org) / 02821772100

**Health Literacy Workshop**  
Facilitator: Anne McCusker, Belfast Healthy Cities  
**Thursday 8th October, 2 - 3pm**  
Registration: [pamela@impactnetworkni.org](mailto:pamela@impactnetworkni.org) / 028 94478645  
**Tuesday 20th October, 7 - 8pm**  
Registration: [healthalliance@cwsan.org](mailto:healthalliance@cwsan.org) / 07540635862

**CFUN** **CWSAN** **Impact Network NI** **HSC Public Health Agency**



Fund Raising through clothing re-use for schools, sports and groups etc.

Find out more:  
+44 (0)28 276 38300  
www.alltexrecyclers.com



# Join us to celebrate Good Relations Week! 14th -18th September

**Daily Online Reading Rooms  
Sessions via ZOOM @ 3pm**

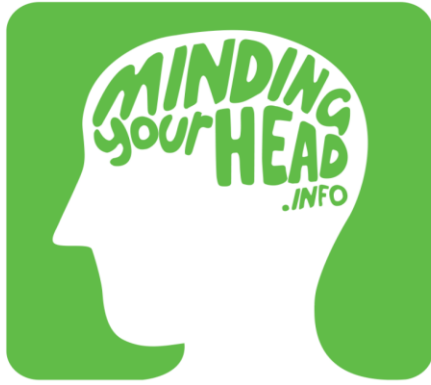
Mon 14th - 'The Fairy Goose'  
Tue 15th - 'Gentrification'  
Wed 16th- 'The Old Man of The Sea'  
Thurs 17th- 'The Fairy Goose'  
Fri 18th- 'The Old Man Of The Sea'  
(Age 18+)



## Want to join?

Request ZOOM link via email;  
[lscbelfast@theverbal.co](mailto:lscbelfast@theverbal.co)  
or book @ [www.theverbal.co](http://www.theverbal.co)





[www.mindingyourhead.info](http://www.mindingyourhead.info)



**0808 808 8000**

The coronavirus pandemic is undoubtedly having an impact on people's mental health, so it is important to recognise if we or those close to us are experiencing stress, depression or other mental health issues, and seek support. The PHA's website [www.mindingyourhead.info](http://www.mindingyourhead.info) has information and advice on looking after your mental health, as well as information on a range of services available to provide support.

If you or someone you know is in distress or despair, contact Lifeline on **0808 808 8000**.



Please:

- time your visit to 60 minutes
- keep a social distance in the library
- use hand sanitiser (even on gloves)
- follow the one-way system
- limit use on computers (60 minutes)
- wear a face covering if you can (13+ years)
- be accompanied with an adult if you are under 12

Remember, anyone who feels unwell should stay at home.



We cannot offer access to toilet facilities



We cannot offer access to study space

## Libraries Re-Opening

The remaining branch libraries across Northern Ireland have begun to reopen and they have some new operational measures in place to help keep everyone safe.

Please make yourself aware of these new guidelines before you visit your local library.

Click [here](#) for further information

# SEPTEMBER TRAINING COURSES

- Personal Success & Wellbeing
- Health Awareness
- Award in Employability Skills
- Money Management
- Health & Safety
- Social Media

CONTACT US FOR MORE INFORMATION, ELIGIBILITY CRITERIA, OR TO REGISTER



**MY SEPTEMBER GOALS**

- to start each day fresh
- to nourish my body with healthy foods
- to move my body daily
- to treat myself with love + respect
- to think positive thoughts
- to simply do my best



“  
YOU HAVE BRAINS IN YOUR HEAD.  
YOU HAVE FEET IN YOUR SHOES.  
TO U CAN STEER YOURSELF ANY  
DIRECTION YOU CHOOSE.  
Dr. Seuss

Good luck to all parents and students preparing for 'back to school' in these changing, uncertain times. We will all get through this together ✨

📞 028 7963 1032

✉️ [info@networkpersonnel.org.uk](mailto:info@networkpersonnel.org.uk)



[www.networkpersonnel.org.uk](http://www.networkpersonnel.org.uk)

FIRST STEPS

**First Steps**  
*Women's Centre*

# WE ARE BACK!

## Education, Training & Support Services



Literacy / Numeracy /ESOL



WELLBEING

### Re-Opening — Monday 21st September 2020

Apply online—[www.firststepswomenscentre.org/education/application-form](http://www.firststepswomenscentre.org/education/application-form)

Tel: (028) 8772 7648 Email: [fswc.enquiries@gmail.com](mailto:fswc.enquiries@gmail.com)



THIS PROJECT IS PART FUNDED THROUGH THE NORTHERN IRELAND EUROPEAN SOCIAL FUND PROGRAMME 2014-2020 AND THE DEPARTMENT FOR THE ECONOMY

Enrollment is open for the following  
**Art Therapy** programs

- 1 - Bereavement Support
- 2 - Mental Health & Wellbeing

**Eco Art Therapy @ our outdoor studio**  
**Brackaville Golf Course Coalisland**

‘when we are connected to our natural environment  
we are healthier and happier’

**Art Therapy @ our indoor studio**  
**Barrack Street Coalisland**

To apply contact Anne **07762866826**  
E-mail **info@lilaccancer.org**

Art Therapy is a form of Psychotherapy using art media as its primary mode of expression and communication, it is not an art class although it maybe enjoyable and creative, no art experience is required.



[Community Development BSc \(Hons\) Part-time at Jordanstown 2020/21 | Ulster University](https://www.ulster.ac.uk/courses/2020/21/community-development-bsc-hons)

About. You will be introduced to a core body of knowledge and debate on issues relating to inequality and social injustice. You will have an opportunity to explore local and international contexts, in order to gain critical awareness of the role which community development can play in tackling inequality, socio-economic disadvantage and marginalisation across the world. [www.ulster.ac.uk](http://www.ulster.ac.uk)

# Community Development BSc (Hons)

2020/21 Part-time Undergraduate course

<b>Award:</b>	Bachelor of Science with Honours
<b>Faculty:</b>	Faculty of Arts, Humanities and Social Sciences
<b>School:</b>	School of Applied Social and Policy Sciences
<b>Campus:</b>	Jordanstown campus
<b>Start date:</b>	September 2020

[APPLY NOW >](#)

[GET YOUR PROSPECTUS >](#)

[APPLY FOR 2021/22 >](#)

**Are you working with marginalised / disadvantaged communities?**

**Would you like to gain a professionally recognised qualification in Community Development?**

**Further information can be found at:**

<https://www.ulster.ac.uk/courses/2020/21/community-development-20973>

# Joint Community and Public Sector Forum

**COSTA – Community Organisations of South Tyrone & Areas** has been selected to sit on the Joint Community and Public Sector Forum for a second and final 3-year term.

The Joint Forum is made up of representatives from central and local Government (Public Sector Group) and the Voluntary and Community Sector (Voluntary and Community Group), and provides a mechanism to facilitate open discussion of key issues which shape the relationship between the voluntary and community and the public sectors.

If your organisation would like the COSTA to raise any relevant strategic level issues on your behalf, please get in touch with the COSTA Manager: Loraine Griffin at: Tel: 028 855 56880 or Email: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)

For more information go to: <https://www.nicva.org/groups/joint-forum>

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## Housing Executive's Draft Older People's Housing Strategy 2020/2021 – 2025/2026

On Wednesday 26<sup>th</sup> February, the Housing Executive's Board approved the draft Older People's Housing Strategy 2020/21 – 2025/26. The Housing Executive will now undertake a 12 week external consultation exercise to seek feedback on the strategic direction the organisation has set out in the document.

The Strategy strongly supports our commitment to continue to work with existing partners and stakeholders to maximise and complement our contribution to improving housing related services for older people. This includes statutory and voluntary organisations, health and social care trusts, local councils and community planning partners.

The Strategy also seeks to knit together the range of existing activities that we currently deliver for older people and outlines our plans to develop and deliver new services and initiatives under four broad strategic themes.

We would welcome responses relating in particular to the four strategic themes set out in the strategy and the accompanying high level action plans.

The four high level themes are:

1. Planning for the future;
2. Promoting and maintaining people's dignity;
3. Providing housing advice for older people; and
4. Promoting participation.

Should you wish to participate in the consultation process, a copy of the Strategy is available on the Housing Executive's website: <https://www.nihe.gov.uk/Working-With-Us/Partners/Consultations> or can be made available in alternative formats on request.

The Housing Executive will publish a summary of responses following completion of the consultation process, in line with the Freedom of Information Act 2000 Confidentiality of Consultations.

I would be grateful if you could forward your response to this strategy via email to [business.performance@nihe.gov.uk](mailto:business.performance@nihe.gov.uk) by 5pm on Friday 25<sup>th</sup> September 2020.

Alternatively if you wish to submit a response in writing please send this to: John Goudy Corporate Business Planning & Performance 5<sup>th</sup> Floor Housing Centre 2 Adelaide Street Belfast BT1 8PB Tel: 028 959 82498

**Are you interested in a **FREE** programme about women empowering women?**

**Would you like to feel more confident, meet new friends and develop new skills?**

**Are you based in the Mid Ulster District Council area? If yes, then this is the programme for you.**

NIRWN is offering you the opportunity to engage in a programme with an additional best practice visit and a residential.

It will start week beginning 21st September 2020 in both **Cookstown** (Thursday 24<sup>th</sup> Sept) and **Magherafelt** (Tuesday 22<sup>nd</sup> Sept).

The programme will be fun and include social activities, health and wellbeing workshops, inspirational guest speakers, exploration of good relations and leadership skills. All social distancing guidance and government advice will be facilitated and adhered to for the duration.

An expression of interest must be completed prior to confirmation of a place on the programme.

To register your interest for **#Selfie @ Cookstown** click [here](#)

To register your interest for **#Selfie @ Magherafelt** click [here](#)

**Are you interested in a programme about women empowering women?**

Would you like to feel more confident, meet new friends and develop new skills?  
If yes, then this is the programme for you.

**#SELFIE** SELF ESTEEM LEADERSHIP  
FRIENDSHIP INFLUENCE  
AND EMPOWERMENT

NIRWN is offering you the opportunity to engage in a programme with an additional best practice visit and a residential.

The programme will be fun and include social activities, a range of workshops on building confidence, living the life you want, exploration of good relations, feminism and leadership skills.

**It will start on Tuesday 22nd September in Magherafelt & Thursday 24th September in Cookstown.**

**If you are interested please contact NIRWN**  
T: 02887753389  
E:Info@nirwn.org

An expression of interest must be completed prior to confirmation of a place on the programme.  
To register your interest go to; [www.nirwn.org/SELFIE](http://www.nirwn.org/SELFIE)

A project supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB) and match-funded by the Department of Rural and Community Development in Ireland and The Executive Office in Northern Ireland.

\*Preference will be given to those living in rural areas      \*An expression of interest form does not guarantee you will secure a place on the programme as spaces are limited

**Social Distancing Guidelines must be adhered to at all times.**

www.gortraaghprinting.co.uk 028 8476 3377

**Participants must be reside in the Mid Ulster District Council area.**

## ROSPA Child Safety in the Home



6 October 2020

Two 2 hour sessions

10am-12 noon

1.30-3.30pm

via Webex Digital  
Platform

Facilitator: ROSPA's Jim Oran

To book a place please  
request an application form  
from

**email:**

pwb.training@southerntrust  
.hscni.net

**Closing date for  
applications: 25 September  
2020**

**Once registered a pre-  
course information will be  
shared.**

This course will provide an overview of home accidents and an insight into injury prevention in critical areas.

It is aimed at those who play a role in the prevention of childhood accidents in the home:-

- People caring for families and their children.
- Community groups, health professionals and statutory organisations

**Delegates will develop skills in:**

- Promoting safer home environments
- The importance and need for home safety
- Recognising who is most at risk from home accidents and why
- The causes, consequences and related costs of home accidents
- Accident prevention measures and methods of assessing, prioritising and controlling risk
- Effective interventions and how to evaluate them

All delegates will receive a RoSPA certificate on completion of training.

This course qualifies for Continuing Professional Development points.

# Southern Trust Rebuild Plan

Do you have an interest in supporting the Southern Trust in planning the rebuilding of services following Covid-19?



If so we need YOU to become involved!

We particularly welcome expressions of interest in the following service areas:

- Emergency Care
- Acute Care at Home



## WHAT SHOULD I DO IF I'M INTERESTED?

If you would like to express an interest or find out more about what this would involve, and the support available please contact PPI Team:

Tel: 028 37 564469 / 564472 / 564471

Email: [ppi.team@southerntrust.hscni.net](mailto:ppi.team@southerntrust.hscni.net)

In line with the Department's of Health's Strategic Framework for Rebuilding Health and Social Care Services, June 2020 the Southern Health and Social Care Trust has developed a framework to support implementation of its plans to rebuild services on a phased basis.



We are pleased to send you the attached resource, which includes research, multi-media information and links to work carried out with regards to screen time.

The aim of this compilation document, which has been prepared by the CYPSP Southern Trust Area Locality Development Team, is to help raise awareness of existing information, so please share with colleagues and family members, if relevant.

All information collated is in the public domain and is only a sample of the plethora of information and research available. We simply aim to raise awareness of key material and further reading.

**This new Compilation of Screen Time Resources is available to view on the CYPSP website, [HERE](#).**

If you wish to discuss any of the information contained or submit any links, for when the resource is updated at a later stage, please contact us via e-mail ([localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)).

Southern Area Locality Planning Team

#SupportingFamilies #CYPSP #ChildreninNI #HereForYou



**CARERS TRUST - LIVE WORKSHOP -  
CRAFT WITH WENDY**

**Tues 29<sup>th</sup> Sept 20 @11.00AM-12.30pm**

**ALL CARERS in the SOUTHERN TRUST  
AREA ARE WELCOME!**

**POP ON FOR OUR LIVE WORKSHOP  
and A BIT OF CRAIC!**



**Keeping Connected - Keeping in Touch!**

**Please email [rallen@carers.org](mailto:rallen@carers.org) to receive your  
link to Join Us for our Live Workshop!**

**Looking forward to meeting YOU!**

**You will receive by email a list of items required for the workshop**



### **What can SDACT Connections do for you?**

- Provide guidance and signposting to local/regional Alcohol and Drugs Support Services.
- Educate workforce on the Support Services available to clients.
- Provide awareness raising sessions for young people, parents, professionals and community groups.
- Offer support in any Alcohol or Drug Initiatives and events.

### **For more information please contact the relevant SDACT Connections worker below:**

#### **Lucinda McGinnis**

*Connections Service Key Worker | SDACT Connections*

[lucinda.mcginnis@start360.org](mailto:lucinda.mcginnis@start360.org)

T: 028 3832 2714 M: 07553367359

Start360, Mount Zion House Flat 9, Edward Street Lurgan BT66 6DB

#### **Ciara Doris**

*Connections Service Key Worker | SDACT Connections*

[ciara.doris@start360.org](mailto:ciara.doris@start360.org)

T: 028 3832 2714 M: 07814641312

Start360, Mount Zion House Flat 9, Edward Street Lurgan BT66 6DB

#### **Sherene Livingstone**

*Connections Service Key Worker | SDACT Connections*

[sherene.livingstone@start360.org](mailto:sherene.livingstone@start360.org)

T: 028 3832 2714 M: 07545929274

Start360, Mount Zion House Flat 9, Edward Street Lurgan BT66 6DB

# HEALTH TRAINER ONE TO ONE HEALTH AND WELLNESS COACHING

SUPPORTING YOU TO MAKE HEALTHY CHOICES...



Supporting you to  
**become more active**



Supporting you to look  
after your **mental and  
emotional wellbeing**



Supporting you to assess **how  
much alcohol is too much**



Supporting you to **connect to  
services and activities**



Supporting you to **make  
healthy eating choices**



Motivational support available by phone  
or face to face. Self-referrals welcome to  
this **FREE** service.

 Southern Health  
and Social Care Trust  
Quality Care - for you, with you

 Department for  
Communities  
[www.communities.gov.uk](http://www.communities.gov.uk)

Contact the Community Health Trainer Service  
by telephone T: **028 3756 3952/3946** or  
email E: **[verve.network@southerntrust.hscni.net](mailto:verve.network@southerntrust.hscni.net)**

## HELP SUPPORT OUR MENTAL WELLBEING CAMPAIGN

10<sup>TH</sup> September – 10<sup>TH</sup> October 2020

### **Theme: Working Together To Promote Positive Mental Wellbeing**

**#mentalwellbeing2020**

This year has been a challenging time for many people. The coronavirus (COVID-19) outbreak is having an impact on everyone's daily lives. During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. These are all common reactions to the difficult situation we face. Now more than ever it's important that you take care of your mind as well as your body (NI direct 2020).

In these challenging times the Public Health Agency along with the five Health and Social Care Trusts have collaborated to develop a joint campaign to raise awareness of the importance of looking after our mental health and wellbeing.

The campaign starts on World Suicide Prevention Day, the 10<sup>th</sup> September and runs through to World Mental Health Day on 10<sup>th</sup> October.

We are inviting your group to take part. Further information will follow - along with an information pack, there will a social media pack for you to download and share.

We are keen to hear what you are planning for **#mentalwellbeing2020**

Please complete the attached template so we can promote your event in Southern area Calendar of Events.

Completed templates should be forwarded to:

[karen.mccombe@southerntrust.hscni.net](mailto:karen.mccombe@southerntrust.hscni.net)

before Friday 21<sup>st</sup> August 2020

Thank you for your support



# Online Course Timetable

SEPTEMBER 2020

Courses Delivered Via **zoom**



Practicing Self-Care Daily Maintenance Planning	Wed 16th	10.30am - 11.00am 7.00pm - 7.30pm
The Wellness Toolbox Write to Recovery Week 1	17th Sept	11.00am - 11.30am 2.00pm - 3.00pm
Mindfulness	Fri 18th	11.00am - 12.00am
Elevenes Coffee Morning Hope & Optimism	Mon 21st	11.00am 2.30pm - 3.00pm
The Wellness Toolbox 5 Ways to Well-Being	Tues 22nd	10.30am - 11.00am 2.30pm - 3.00pm
Top Tips for Anxiety Finding Joy Through Gratitude	Wed 23rd	10.30am - 11.00am 7.00pm - 7.30pm
Write to Recovery Week 2	Thurs 24th	2.00pm - 3.00pm
Physical Activity for Wellbeing	Fri 25th	11.00am - 11.30am
Elevenes Coffee Morning The Wellness Toolbox	Mon 28th	11.00am 2.30pm - 3.00pm
5 Ways to Well-Being	Tues 29th	2.30pm - 3.00pm
Top Tips for Self-motivation Recognising and Strengthening Your Resilience	Wed 30th	10.30am - 11.00am 7.00pm - 7.30pm

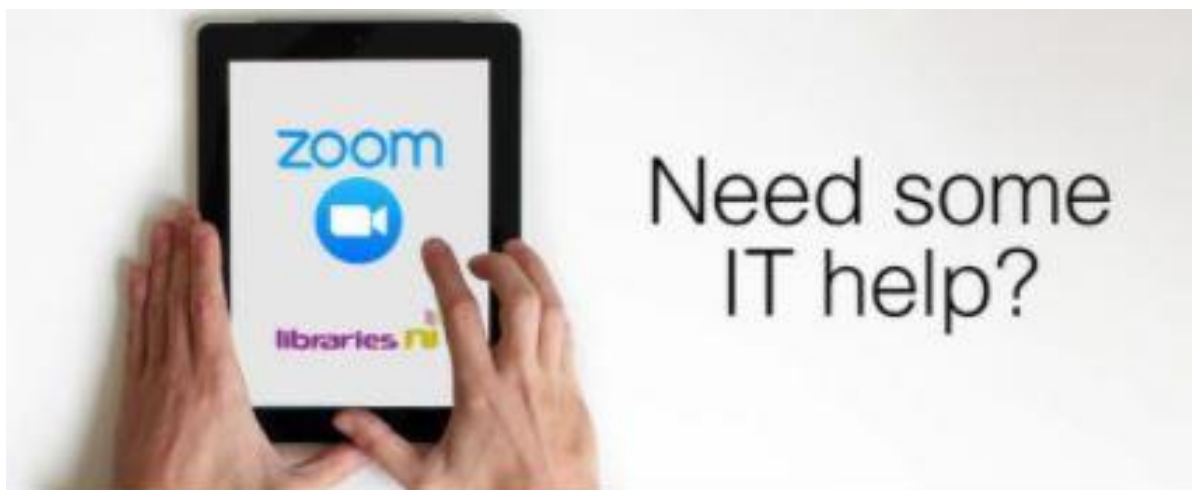
**Interested in a course?  
Get in touch to register today -**



**NI (028) 7186 5149 or ROI (086) 606 9480**



**recoverycollegewest@westerntrust.hscni.net**



Sign up for a free Zoom session on any of the following topics:

- iPads
- Emails
- Messenger
- Androids
- Scams
- WhatsApp
- Kindle
- eBooks
- eMagazines
- Skype

See our Zoom programme for more details or visit [librariesni.org.uk](http://librariesni.org.uk)



**Sign up for a Zoom workshop! From the comfort of your armchair sign up for a session - they range from learning how to download eBooks with Libby, finding out how to make better use of your iPad / Kindle / Android, and even how to make your money go further by exploring price comparison sites, and learning more about discount / cashback websites – find out more here <https://bit.ly/358EbH>**

# PPE Supplies - BuySupplyNI

Northern Ireland companies are now able to source a number of supplies of PPE and social distancing products from the BuySupplyNI portal. The existing site which services the manufacturing industry has been adapted, to provide a means to match buyers with local suppliers throughout Northern Ireland to access the products needed to return to work safely.

BuySupplyNI now features a dedicated Covid-19 Supplies section for suppliers and buyers across all industry sectors to register for free and upload the products they can supply or detail the products they require. This is a NI-wide initiative and with participation from Northern Ireland companies it can be developed to fill the current and growing need for PPE and other social distancing supplies during the pandemic.

The link to register for the Covid-19 Supplies section is: [www.buysupplyni.com/covid-19-supplies-register](http://www.buysupplyni.com/covid-19-supplies-register)

If you have any queries or questions please contact the team at:  
T: 028 2563 3562 or E: [buysupplyni@midandeantrim.gov.uk](mailto:buysupplyni@midandeantrim.gov.uk)

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## RNIB & Guide Dogs NI Guidance on Social Distancing for Blind & Partially Sighted people in Northern Ireland

The guidelines have been produced in conjunction with colleagues in the Public Health Agency, Health and Social Care Board and Trust Sensory Support Teams. They are underpinned by current public health advice and Government guidance on Covid-19 and relevant infection prevention measures.

Two documents have been developed. One addresses the needs of blind and partially sighted people specifically. It covers a range of issues including guiding and mask wearing. The second, is aimed at raising awareness among the wider public and service providers and offers tips on how to support blind and partially sighted people, to resume their everyday activities, as society begins to emerge from lockdown. The documents are available to view online via the [RNIB website](#)

You can also download the documents directly via the links below:

1. [NI Guidance on Social Distancing if you are Blind or Partially Sighted](#) (APDF)
2. [NI Guidance on Social Distancing if you are Blind or Partially Sighted](#) (Word)
3. [NI Social Distancing Guidelines - how you can support Blind and Partially Sighted people](#) (APDF)
4. [NI Social Distancing Guidelines - how you can support Blind and Partially Sighted people](#) (Word)

Colum Delaney - Research and Policy Officer, RNIB NI Tel: 07712044282

Website: <https://www.rnib.org.uk>



# Helplines NI

listen. support. inform

## CORONAVIRUS (COVID-19) UPDATE

All of the helplines listed on this website are still operational unless otherwise stated and are continuing to provide information, advice and guidance on a wide-range of health and wellbeing needs. Please use the search box below to find a helpline and to speak to someone today.

A number of new helplines have been established in response to the Coronavirus (COVID-19) global pandemic and are providing topic specific information and advice in relation to COVID-19

View list of  
Coronavirus  
(Covid-19)  
helplines



Click here to access the Helplines NI Website:

<https://helplinesni.com/>

covidwellbeing  
ni.info

A number of helplines have been established in response to coronavirus and are providing topic specific information and advice in relation to COVID-19, e.g. befriending helplines, COVID-19 Community Helpline.

Click here to access Covid-19 specific Helplines:

<https://covidwellbeingni.info/helplines.html>



## Re-opening of Community Halls & Venues

**COSTA in conjunction with CWSAN and the Mid Ulster Rural Community Development Support Service (RCDSS) have developed information packs to help community venues reopen.**

We are aware that for many people government rules on social distancing, as well as the activities that are permitted to take place in our community buildings are complicated, frequently changing and can be hard to interpret for venues, many of whom are run by local volunteers.

**COSTA has developed a number of information sheets and resources in conjunction with the other Rural Networks. If you would like to receive a copy and / or would like any assistance please contact us at [info.costa@btconnect.com](mailto:info.costa@btconnect.com)**

We hope this information will prove useful to you in ensuring a safe return to operation by your group.





## **FREE COSTA WORKSHOPS** **AVAILABLE TO LOCAL GROUPS**

- **‘Planning & Holding an AGM & Meetings during Covid-19’** Information Workshop (practical support also available on request).
- **‘Charity Registration & Annual Returns’** Information Workshop (practical support also available on request).
- **‘Good Ltd Company & Director Governance’** – Available to groups on request (particularly suitable for Directors & Ltd Companies).
- **‘Good Governance & Committee Skills’** – Available to groups on request (particularly suitable for newer / grass roots groups).
- **‘Funding Readiness’** – Available to groups on request (suitable for all).
- **‘Promoting Social Inclusion’** – Available to groups on request (suitable for all groups / orgs).
- **‘Preparing for Sustainability’ Workshop’** – Available to groups on request. (Helpful guidance for groups and halls aiming for greater future sustainability).
- **‘Ensuring GDPR Good Practice’** Workshop – Available to groups on request. (Helping small groups to ensure compliance and good practice in Data Protection).

***Many more – ask us any time if you have a need or request.***

**Contact Loraine Griffin @ COSTA** - if we are not in the office leave a message or email us and we will get back to you as soon as possible

**Tel: 028 855 56880 or E-mail: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)**

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**COSTA**  
**Charity Registration**  
**&**  
**Annual Returns Service**

***COSTA is available to provide local groups with very practical and FREE:***

- *Support & guidance regarding the processes.*
- *Helping you fully prepare in advance.*
- *Assisting with all documentation required.*
- *Scanning and uploading of all documents (pdf).*
- *Assistance to fully complete Charity Registration applications and Annual Returns.*
- *Information Workshops and One-to One support sessions to build capacity of your group.*

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**Virtual COSTA 'Open Door Support Days'**

COSTA will also **soon be running our new virtual 'Open Door Support Days'**. These will be on-line one-to-one support sessions via **zoom** or on the phone to provide our services and supports to groups right across the Dungannon and South Tyrone area of Mid Ulster.

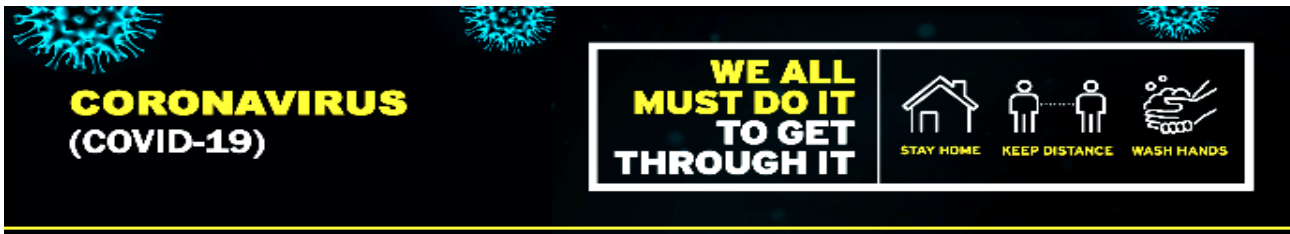


**Contact COSTA  
for more information or to book:**

**Tel: 028 855 56880**

**or email: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)**

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## COSTA Covid-19 Recovery to a New Normal

COSTA will be continuing to assist local groups to work towards 'normality' via provision of templates, guidance, information, funding information, on-line training sessions, virtual 'Open Door Days', and we are always available via phone 028 855 56880 and email [info.costa@btconnect.com](mailto:info.costa@btconnect.com)

- ✓ Covid 'Recovery Packs' for Groups / Community Venues / Halls
- ✓ Risk Assessments, Covid Plans & Templates
- ✓ Assistance with Zoom Meetings / Getting On-line
- ✓ Grant Tracker / Funding Searches
- ✓ Funding Application support
- ✓ CCNI Charity Registration
- ✓ CCNI Charity Annual Returns
- ✓ Information & Updates
- ✓ Guidance
- ✓ Signposting
- ✓ Training / Info Sessions & Governance *(very wide variety of topics)*
- ✓ *Much more on request .....*



Costa Costa  
[@costa.network](https://www.facebook.com/costa.network/)

Follow our FaceBook Pages  
important information posted daily:

**Costa Costa**

<https://www.facebook.com/costa.network/>

&

**COSTA Community Organisations of South Tyrone  
& Areas**

<https://www.facebook.com/COSTA-Community-Organisations-of-South-Tyrone-Areas-595993680543963/>



COSTA Community  
Organisations of  
South Tyrone &  
Areas

Welcome to COSTA - Community Organisations of South Tyrone & Areas

[Rural Community Development Support Service](#)

**Coronavirus / COVID-19 Emergency Response**

As your **Local Rural Support Network** we continue to support our local communities and groups in Mid Ulster as much as possible. We are following ongoing official advice on how to handle the current Coronavirus situation and **keeping you all regularly up-to-date.**

We are maintaining certain services strictly in line with all current restrictions. **OUR OFFICES CURRENTLY REMAIN CLOSED TO THE PUBLIC.**

If you require any support or assistance Tel: COSTA 028 855 56880  
**Email COSTA: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)**

**Mid Ulster District Council COVID-19 Local Community Support**  
 Regularly updated Information and Lists 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>

**TO KEEP FULLY UP-TO-DATE WITH ALL THE LATEST UPDATES, INFORMATION & GRANTS FOR THE LOCAL COMMUNITY**

**To keep fully up-to-date with the latest Newsletters, Funding Bulletins, Grants, Guidance, Information and Events go to our**

**[Coronavirus / COVID-19 Response & Recovery Hub:](#)**

**[www.costaruralsupportnetwork.org](http://www.costaruralsupportnetwork.org)**

Test ✓ Trace ✓ Protect ✓

If you receive a **positive COVID-19 test result** you will be contacted by the PHA's Contact Tracing Service on **(028) 9536 8888.**

It is really important that you answer this call to help us identify close contacts and reduce further spread.

# Stay Safe at Work & in Halls / Public Spaces



The government, in consultation with industry, has produced guidance to help make sure **workplaces and public spaces – including Community Halls** - are as safe as possible.

Read the guidance and listen to the webinar recordings to make sure that you're working safely.

You can also watch safer workplace case studies to see how a range of workplace settings are returning to work safely.



Department of  
**Agriculture, Environment  
and Rural Affairs**

For the latest news and guidance from DAERA in relation to COVID-19 please visit: <https://www.daera-ni.gov.uk/landing-pages/daera-and-covid-19>

## STOP AND THINK

# SAFE

SLURRY ANIMALS FALLS EQUIPMENT

*Remember  
social distancing*

*Always  
Farm  
Safe!*

*Kind regards and stay safe everyone ; )*

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)

Registered Company in Northern Ireland No: NI 42832

Registered with the Charity Commission for Northern Ireland NIC101598



Department of  
**Agriculture, Environment  
and Rural Affairs**



Comhairle Ceantair  
**Lár Uladh  
Mid Ulster  
District Council**

**Peace**   
Northern Ireland - Ireland  
European Regional Development Fund