COSTA *Community Newsletter*

18 August 2020

COSTA
Local Rural Support Network

Rural Community Development Support Service
(Mid Ulster Zone)

Department of Agriculture, Environment and Rural Affairs
Comhairle Ceantair Lár Uladh Mid Ulster District Council

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

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*
Web:
www.costaruralsupportnetwork.org
Facebook: Board Costa

COSTA Rural Community Development Support Service

KEEP CALM AND CALL US

Community Organisations of South Tyrone & Area
COSTA

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

Community Organisations of South Tyrone & Area

COSTA

COSTA
Local Rural Support Network
Rural Community Development Support Service
(Mid Ulster Zone)

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

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

Community Organisations of South Tyrone & Area

COSTA

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

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.***

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.

THE INSTITUTE OF LEADERSHIP & MANAGEMENT
Fellow
FInstLM

Contact COSTA
for more information or to book:

Tel: 028 855 56880

or email: info.costa@btconnect.com

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

- ✓ **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

Follow our FaceBook Pages
important information posted daily:

Costa Costa
https://www.facebook.com/costa.network/

&

COSTA Community Organisations of South Tyrone & Areas

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

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

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

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

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.….

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 ni the independent advice network

DfC Department for Communities www.communities-ni.gov.uk

Members of the public are urged to remain vigilant

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.

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

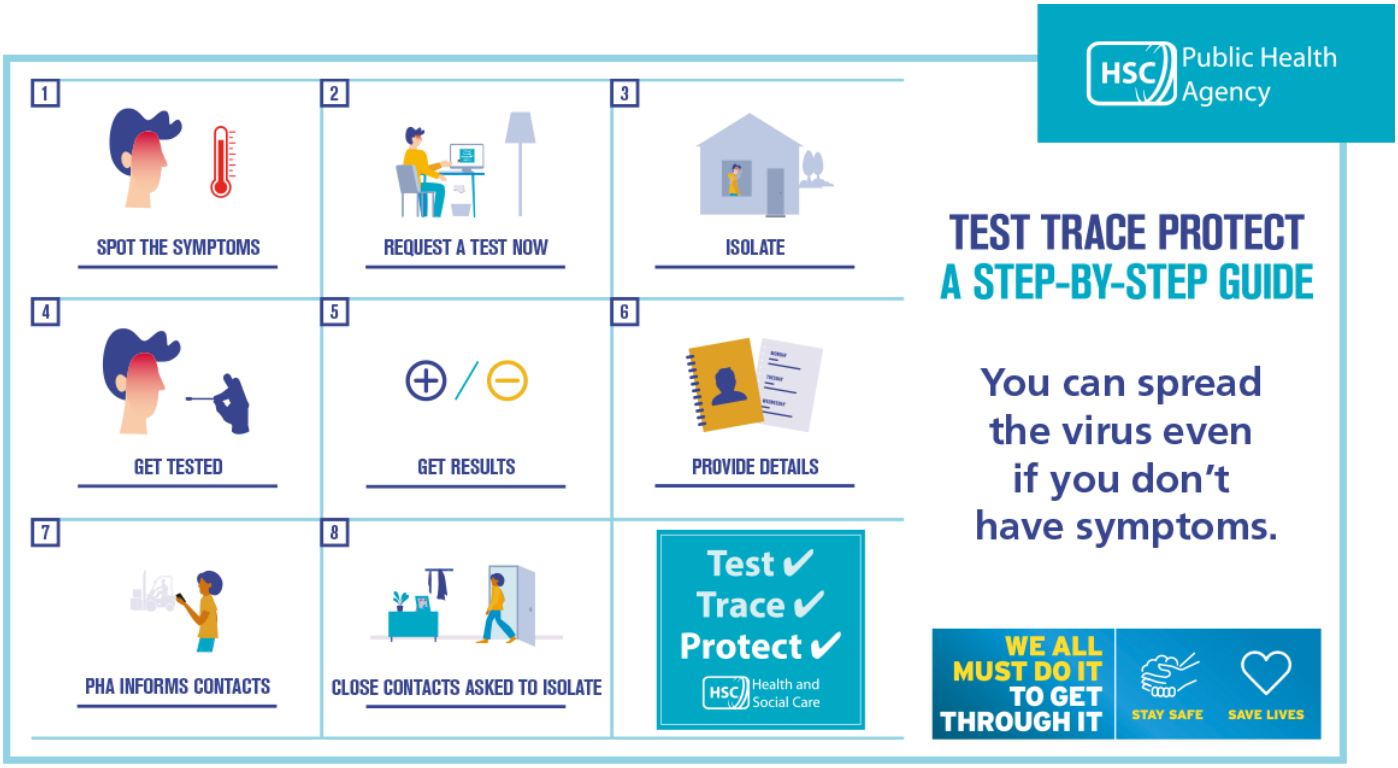
Download and activate the StopCOVID NI app from Apple or Google Play to your smartphone.

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.

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

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.

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



You can download the FREE app now from:

Google Play Store - StopCOVID NI

Apple App Store - StopCOVID NI

CORONAVIRUS WATCH
Northern Ireland

The Executive Office

Date published: 10 Aug 2020

COVID-19 UPDATE

Northern Ireland Executive Covid-19 Update

Executive urge public to 'Wear one for Everyone' as face coverings become mandatory

Shoppers are legally required to wear face coverings from 10th August 2020.

The legislation applies to certain indoor settings, including shops.

In a joint statement, the Executive said: *"The use of face coverings is a vital defence in our battle against Covid-19. That's why we have taken the step to make this mandatory in certain settings from today. "This is about looking after each other and doing everything we can to stay on top of this virus. It will help to save lives. "As the slogan of our public information campaign puts it – 'Wear one for everyone'.*

"Our citizens have made great sacrifices during this pandemic, staying at home to stop Covid-19 spreading. "Now that the lockdown has been eased, we must keep following public health advice, whether that be wearing face coverings, maintaining social distancing or washing our hands. "We need to maintain the collective spirit that got us through the first surge of the virus.

"We want face coverings in shops and other enclosed settings to increasingly become the norm in our society. But it also has to be remembered that some people cannot wear face coverings, due to a disability or health condition. "There should be no stigma attached to anyone in these circumstances. If those of us who can cover up do so, then it will help keep everyone safe. "It is expected that businesses will encourage and promote compliance – to help protect customers and staff. We are grateful to retailers for their constructive work on promoting the benefits of face coverings.

"We are confident most people will comply, but those who do not wear a face covering without a reasonable excuse risk being issued with a fixed penalty notice by the police."

The legislation does not apply to children under 13, or those who cannot wear a mask because of health or disability reasons. Further information is available at www.nidirect.gov.uk/face-coverings(external link opens in a new window / tab).

Click to go to NI Executive Website:
https://www.executiveoffice-ni.gov.uk/news/executive-urge-public-wear-one-everyone-face-coverings-become-mandatory

Click link to: Read in full: NI Executive's Pathway to Recovery

Remember always to maintain social distancing and uphold good hygiene practices.

Guidance Document
Coronavirus Restrictions and Public Health Advice in NI

Guidance on the coronavirus restrictions and public health advice 327.03 KB

This guidance produced by the Department of Health, sets out in one document what the coronavirus restrictions mean for individuals, for businesses and for other bodies including faith-based organisations.

The restrictions imposed by government have affected every part of people's lives and they are complex and ever changing.

In order for communities to abide by these restrictions it's important that people can easily access in one place, a clear and authoritative guide to what is required, both in law and by way of guidance to limit the spread of COVID-19. The guidance does this and also sets out the current public health advice.

The guidance covers:

Face Coverings Regulations

Guidance for Individuals

- Gatherings in private dwellings
- Indoor and Outdoor Gatherings
- Gatherings operated or organised by a responsible person
- Risk Assessments

Guidance for Business including Self Employed People

- Businesses that must stay closed
- Theatres & Concert Halls

Public Health Advice

- Social distancing
- Shielding
- Hand hygiene
- Respiratory hygiene
- Indoor Visits
- Work
- Travel, transport and holidays
- Exercise and outdoor activity

Download the document attached to read the full guidance.

This guidance will change frequently to reflect changes in the Regulations. This version of the guidance reflects the Regulations as they stand on **8 August 2020**.

The Department of Education has established the **Education Restart Programme**, which, working alongside a wide range of stakeholders, will put in place the detailed measures and guidance which will enable a safe reopening of educational settings.

The start of term will be 24 August 2020 for Primary 7, Year 12 and Year 14 pupils and for vulnerable children across all year groups. Schools will return on 17 August 2020 for preparation purposes.

All pupils will return to school from the week commencing 31 August 2020. This return will be on a full time basis of five days a week for every pupil, including those pupils who attend Special Schools.

Education Restart information is available for educational settings, parents and carers, and children and young people.

Due to the changing public health position in respect of Covid-19, the information on these pages is subject to change.

Information and Guidance for Educational Settings
Information and Guidance for pre-schools, primary schools, post-primary schools, special schools and other settings... more

Information for Parents and Carers
Information and resources for parents and carers... more

Information for Children and Young People
Information and resources for children and young people to support their return to school ... more

To access the page: https://www.education-ni.gov.uk/landing-pages/education-restart

Agriculture Minister Outlines £25m COVID-19 Fund

Agriculture Minister Edwin Poots has outlined the sectors eligible for a £25m COVID-19 financial support package today in a Written Statement to the Assembly.

In the statement, the Minister confirmed that businesses in the beef, dairy, sheep, potato and ornamental horticulture sectors are able to avail of the funding, to help them offset the losses incurred as a result of short term market disturbance.

Speaking about the announcement, the Minister said: **"COVID-19 was a shock to the agri-food industry and caused a significant downturn in the trading ability of the sector. I made the case that the industry should be supported by the NI Executive during this difficult period and on 19 May, the NI Executive agreed a support package to help alleviate the emerging threat to Northern Ireland farm incomes.**

"Since then, I have met with numerous industry representatives and stakeholders to examine the nature and extent of the financial losses that are being incurred. I have decided to target £21.4m of the £25m support package towards those businesses in the beef, dairy, sheep, potato and ornamental horticulture sectors that have been hardest hit financially and those in most immediate need as a direct result of the Covid-19 pandemic. Since other support measures are available to agricultural and horticultural businesses, rates of compensation for losses incurred have been set at 100% or 80% - depending on the nature of the business and other support already available."

Breakdown of the £21.4m (indicative figures) is as follows:

- **Support for the Beef Sector - £7m (100% losses covered)**
- **Support for the Dairy Sector - £11m (80% losses covered)**
- **Support for the Sheep Sector - £232k (100% losses covered)**
- **Support for the Potato Sector - £1.2 – 1.6m (80% losses covered)**
- **Support for the Ornamental Horticulture Sector – £1.2m - £1.6m (80% losses covered)**

The Minister continued: "**The financial interventions that I am proposing to make will go a long way in helping these businesses survive the current crisis. However, I want to be prudent at this stage with the funding as we cannot rule out the possibility of further market disturbance as a result of this pandemic and the need for additional farmer support.**

"For that reason, I want to retain a budget of just over £7m based on the residual funding of £3.6m (from the £25m) and £3.6m that has been reprioritised internally within my Department. This would allow me to address additional issues and challenges Covid-19 may present in the weeks and months ahead. As far as I am aware, this is the most comprehensive support scheme for our primary producers available anywhere within the EU.

"It is vitally important that we recognise the hard work of our farmers and those working within the wider agri-food sector who have, through these extraordinary times, ensured we have food on our tables.

"I would like to take this opportunity to thank my Executive colleagues for their support thus far in my endeavours to support our vitally important agri-food industry and support our local economy during these extremely challenging times."

The Current 'R Number' Estimate

The Department of Health continues to publish the Covid-19 reproduction number on a weekly basis.

As of 13th August, the current estimate of R is 1.2 – 2. This means R is highly likely to be around 1.6 at present.

R represents the number of individuals who, on average, will be infected by a single person with the infection. R does not have a fixed value but varies with time, and is likely to be different every day.

When community transmission of the virus is very low, R will show a high degree of volatility and be heavily influenced by small local clusters. It will therefore no longer be the most informative or important number for the purpose of policy decisions. In these circumstances, the number of positive tests per day is likely to be a more important parameter.

Click here to continue reading.

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libraries ni

Zoom Timetable – August 2020

Introduction to the iPad Part 3	In Session 3 you'll discover more about how to set up your iPad to suit you: we'll look at display and brightness, wallpaper, accessibility settings, and the Control Centre.	Wednesday 19 August	11:00am - 11:30am	t: 07912296790 During Office Hours Monday-Friday
eMagazines	Learn how to use Libraries NI free eMagazine service and gain access over 300+ eMagazine	Wednesday 19 August	2:00pm - 2:30pm	t: 07912296830 During Office Hours Monday-Thursday
More on the iPad Part 3	Here, we give you tips and tricks for browsing the internet on your iPad. Find out how to access your favourite websites, bookmark them, and put links on your Home screen. Learn about Libraries NI virtual services.	Thursday 20 August	11:00am - 11:30am	t: 07912296792 During Office Hours Monday-Friday
Introduction to the iPad 4	Meet Siri, your virtual assistant, get up to speed with your privacy settings and location services, and find out how to multitask.	Tuesday 25 August	11:00am - 11:30am	t: 07912296811 During Office Hours Monday-Friday

Go ON NI makes getting online easy

https://www.nidirect.gov.uk/articles/training-and-resources

Training and resources

Go ON NI works in partnership with other organisations to provide free digital training and events. This page has a list of the organisations involved, what they offer and contact details for more information.

- DIGITALHELP 67300
- Activities for older people and children
- Health information and support networks
- Libraries NI
- Supporting Communities
- Business in the Community (BITC)
- Linking Generations NI (LGNI)
- Advice NI
- Royal National Institute for Blind People (RNIB)
- Public Record Office of Northern Ireland
- Digital Unite
- Learn My Way
- More useful links

DIGITALHELP 67300

Business in the Community, in partnership with Go ON NI and NI Direct are offering free digital help for anyone who needs it. If you have a tablet, laptop or phone and need help with a problem, digital volunteers will help you. Text the word DIGITAL or DIGITALHELP (one word) to 67300* with a short description of what you need help with. Or, telephone: 075 5185 2684 and leave your name, number and short message about your digital issue on the voicemail.

A volunteer will then phone you within 48 hours with free advice on topics such as:

- email
- attachments
- staying safe online
- online payments
- shopping online
- saving and sharing photos
- computer settings
- Skype/Facetime/Facebook

*All text messages will be charged at your network operator's standard rate. Information is held securely and is non-identifiable and not shared with a third party. Information will be used by digital partners for this service only. There is no charge for receiving texts from this service while in the UK.

- Digital Assist Text Help

Activities for older people and children

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.

- Check in and chat(external link opens in a new window / tab)
- Free telephone advice service: 0808 808 7575

Support for parents and pupils

The Department of Education has a list of resources that you may find useful as you help your child with learning during the period of school closures. Other organisations also offer help, advice and support.

- Support for parents and pupils(external link opens in a new window / tab)

The Consumer Council has some themed games and quizzes in age categories and online quizzes

- Educational Family Activities & Games To Play At Home(external link opens in a new window / tab)

Joe Wicks (AKA The Body Coach)(external link opens in a new window / tab) will be doing online PE lessons every weekday morning at 9:00am. Or workouts for yourself.

Libraries NI

There are more than 90 libraries in Northern Ireland and they're free to join. Library members can benefit from the following free IT training programmes and facilities:

- **wi-fi in all libraries**
- **computer use and internet access**
- **GOT IT programme(external link opens in a new window / tab)**
- **Go ON courses(external link opens in a new window / tab)**
- **e-books and online magazines(external link opens in a new window / tab)**
- **talking books on CD, big key keyboards and large tracker balls for people with visual impairments**
- **Libraries NI contact page**
- **Libraries NI digital help sheets(external link opens in a new window / tab)**

Business in the Community (BITC)

BITC links businesses with the voluntary sector and local communities to provide support and encourage local engagement. They can provide volunteers for IT events or IT related training sessions and can either assist the trainer or provide one-to-one support.

- telephone: 028 9046 0606
- email: info@bitcni.org.uk
- BITC website(external link opens in a new window / tab)

Linking Generations NI (LGNI)

LGNI offers a range of free services, advice and guidance including projects, training and event support. LGNI leads the The Digital Age Project which:

- supports the use of technology as a way of linking generations
- promotes digital and social inclusion of older people through various IT programmes.

These programmes show how technology can:

- enhance lives through improved communication
- provide access to information and services - hobbies and interests to reduce social isolation and promote a better quality of life

The Digital Age Toolkit also has learner cards to “enhance your life online” - learn yourself to teach someone else how to access information, shop online, keep in touch via email and social media, make better use of finances and pursue hobbies and interest.

- telephone: 028 9181 3022
- email: info@lgni.org.uk
- LGNI website(external link opens in a new window / tab)
- Digital Age Toolkit(external link opens in a new window / tab)

Advice NI

Advice NI offers IT training and information sessions to organisations . As well as general information, Advice NI can provide specific advice about its web portal POP NI.

The POP NI web portal(external link opens in a new window / tab) is aimed at older people and provides information and news on upcoming events, seminars and topics of interest.

- Advice NI website(external link opens in a new window / tab)

Royal National Institute for Blind People (RNIB)

RNIB provides free digital skills training for people with sight loss across Northern Ireland. Its ’introductory’ and ’progressive’ courses are delivered on a one-to-one basis so they can be adapted to suit people’s interests and lifestyles.

- Royal National Institute of Blind People (RNIB)

Public Record Office of Northern Ireland

Research your family tree and local history online:

- Public Record Office of Northern Ireland (PRONI)

Digital Unite

Digital Unite online guides cover topics such as computer basics, creating documents, email and Skype, using the internet, hobbies and interests, music and audio, smartphones and tablets, social networking, digital photography, internet security, shopping and banking .

- Digital Unite guides(external link opens in a new window / tab)

Learn My Way

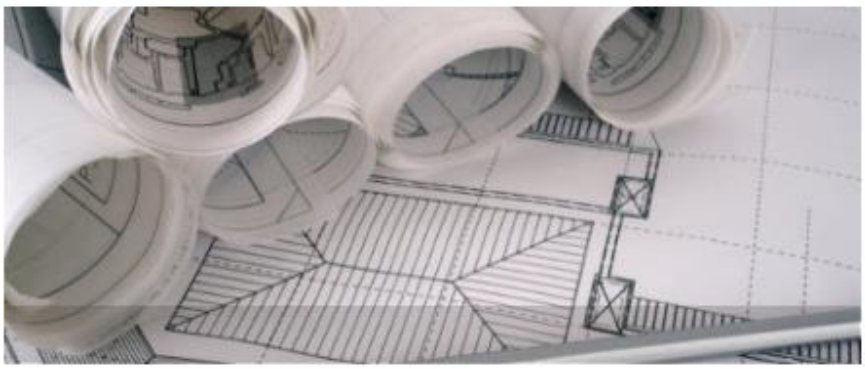
The Tinder Foundation’s Learn My Way website is built to make getting online easy. Courses are designed to help people follow a logical path in developing their digital skills.

- Learn My Way(external link opens in a new window / tab)

More useful links

- Discover the internet
- Events and training
- Improving digital skills to help people get online

COALISLAND TRAINING SERVICES LTD



51 Dungannon Road
Coalisland
County Tyrone
BT71 4HP

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

UPCOMING COURSES

CSR:

AUG Sat 15th, Sat 22nd, Sat 29th
SEP Sat 5th, Sat 12th, Sat 19th, Sat 26th

Building Site Supervisor 1 Day Refresher:

- Monday 17th August

Emergency First Aid at Work

- Monday 7th Sept &
- Tuesday 8th Sept

OR

- Monday 28th Sept &
- Tuesday 29th Sept

Course is 6 hours & candidates must attend both evenings 6.00pm - 9.00pm

Saturday 29th August

MANUAL HANDLING (Starting @ 8:30am)
ABRASIVE WHEELS (Starting @ 11:00am)
CONFINED SPACES AWARENESS (Starting @ 1:30pm)

Check the website for update and other opportunities: www.coalislandtrainingservices.co.uk

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Michael Daly
Coalisland Training Services Ltd
51 Dungannon Road
Coalisland
Co. Tyrone
BT71 4HP
T: 028 8774 8512
F: 028 8774 8695
www.coalislandtrainingservices.co.uk

CARERS TRUST NORTHERN IRELAND

make carers count 213,980 reasons to care Northern Ireland

Bring Your Own Health Packed Lunch!

Catch up with old friends, make new ones!

DATE: Wed 2nd September 2020
Time: 1.00pm – 2.00pm
Venue: Dungannon Park

Our FREE programme is very informal and available to carers of people living in the Southern Health Trust area. Social Distance and other COVID19 restrictions will apply, places must be booked.

How do I register?

Contact: Ruth Allen
E: rallen@carers.org
M:07702 819112

Please dress to suit the weather and bring a brolly and hopefully we will need it to protect us from the sun Lol!

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

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FREE

Register Your Interest

ConnectedHealth

Community Health Sync Project

Connected Health Facilitators are offering support through the *Community Health Sync Project* during the Covid-19 Lockdown.

Online

Strength & Balance
Chair Exercises
Chi-Me

Limited Spaces Available

To secure a FREE place on the course, send your name, email and telephone number to one of our facilitators

Sinead Donnelly	Tel: 07778432972
Nicola Mitchell	Tel: 07766922593
Faye Chisnall	Tel: 07778432979

Interreg Northern Ireland - Ireland - Scotland

CAWT cooperation and working together

**All members Access NI checked

HSC Southern Health and Social Care Trust

A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body

ARE YOU AGED 16-24? LOOKING FOR SOME DIRECTION? DO YOU WANT TO FIND YOUR FUTURE?

Futures Project ONLINE

FUTURES IS A PERSONAL DEVELOPMENT SUMMER PROGRAMME FOR YOUNG PEOPLE:

- EARN UP TO £40 PER WEEK & KEEP YOUR BENEFITS!
- GAIN NEW SKILLS & QUALIFICATIONS (OCN LEVEL 2)
- YOU'LL HAVE A MENTOR TO SUPPORT YOU
- WEEKLY CHECK-IS WITH FACILITATORS/KEYWORKER
- TAKE PART IN FUN ACTIVITIES WITH WEEKLY TASKS
- DAILY HEALTHY HOUR FOR SELF CARE
- CREATIVE JOURNALING, RELAXATION, BOOK CLUB & MORE
- BELFAST MET STUDENT ID THROUGH UNIDAYS APP

YOU'LL NEED:

- INTERNET ACCESS
- SMARTPHONE OR TABLET
- FACEBOOK ACCOUNT

STARTS 14TH SEPT 2020

INTERESTED? TO JOIN CONTACT:

FUTURES@BELFASTMET.AC.UK
TEL: 02890265212 | 07920518125/07920832130

belfast met | START360 | Housing Executive | Peace Northern Ireland - Ireland

FIRST AID

Lifesaver Training

Tuesday 22 September, 2020
9:30am - 1:00pm

at ABC Community Network, 82 Thomas Street, BT62 3NU

COVID-19: We've added some additional safety measures so we can assure participants that we're following guidelines to reduce the chance of infection. These include reducing participant numbers to 6 people, safety briefing, temperature and questionnaire, social distancing, sanitising system, track and trace.

For further information and to book a place please contact ABC Community Network on 028 3839 2777 or email info@abccommunitynetwork.com

ABC COMMUNITY NETWORK
ARMAGH BANBRIDGE CRAIGAVON

KISS FIRST AID NI
For all your First Aid training needs

HALIFAX FOUNDATION for Northern Ireland

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 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**.

Verve Chronic Pain Support Programme

Join us every Wednesday at 7pm on zoom this autumn/winter for a series of workshops on managing chronic pain.

16th SEPTEMBER
Understanding pain and connecting with others

23rd SEPTEMBER
Conversations with a pharmacist on managing chronic pain

30th SEPTEMBER
Conversations with a pharmacist on opioid use and overuse

7th OCTOBER
Let's get active for pain management & an introduction to Chi Me

14th OCTOBER
The importance of sleep and techniques to support relaxation

21st OCTOBER
Food and Mood

28th OCTOBER
Distraction techniques using craft

4th NOVEMBER
Pacing and Planning

11th NOVEMBER
Problem Solving

18th NOVEMBER
Over-coming barriers and setbacks

25th NOVEMBER
Planning your personal self-care calendar

2ND DECEMBER
Celebrating your self care journey

verve
promoting healthy communities

Healthy Living Centre Alliance

HSC Public Health Agency

Please register by **10th September 2020** by
E: verve.network@southerntrust.hscni.net T:028 3756 3946

JUST A CLICK AWAY

Living with or after a cancer diagnosis?

Do you want to enhance your resilience, rediscover strengths and increase your ability to cope?

Join our online self-management programme called iHOPE. The programme focuses on topics including:

Smarter goal setting, priorities and values, managing stress, coping with fatigue, living positively with fears for the future, finding things to be thankful for, character strengths, eating well, physical activity

Start dates: 21st September and 19th October

The course lasts 6 weeks. We ask that you commit a minimum of 2 hours per week, at a time to suit you, and have access to the internet via smartphone, tablet or PC.

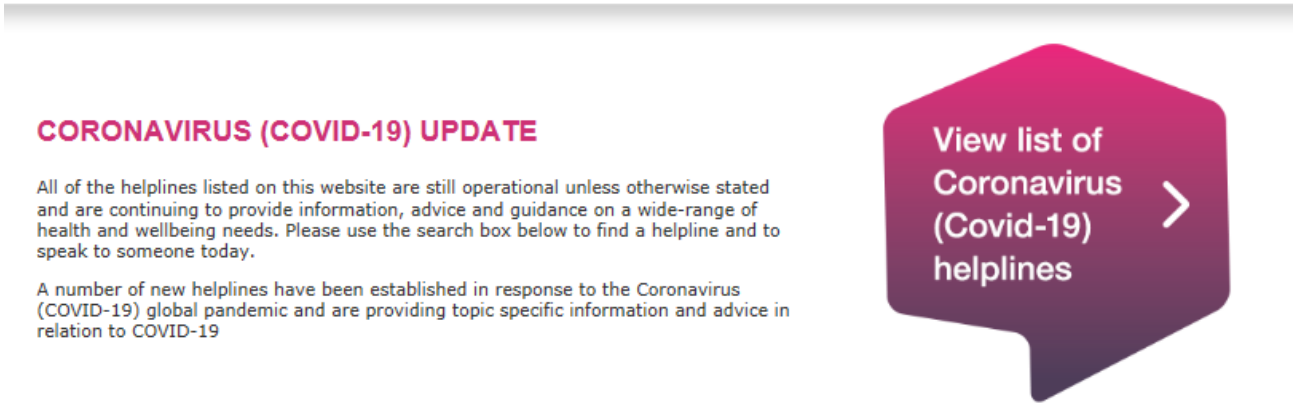
MACMILLAN CANCER SUPPORT

In partnership with

hope for the community

Helplines NI

listen. support. inform



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

Mid Ulster District Council

Mid Ulster District Council has a dedicated Covid-19 Business Support Section established on its website providing up to date information to our business community as the situation unfolds and to aid in the recovery stages. The webpage is updated on a regular basis to ensure all key support measures are included as they become available. **Click here** to view webpage. Additionally the **Covid-19 Digital Business Toolkit** has a range of downloadable resources to help your business in the coming days and weeks.

Council's Reconnect with Confidence window stickers initiative has been launched and is geared towards boosting customer confidence to return to our towns and villages in the knowledge that businesses are taking positive steps to keep their customers safe. If your business has implemented control measures you can display the #ReconnectWithConfidence window sticker. If you have not received a window sticker **click here**.

MID ULSTER COVID-19 BUSINESS RECOVERY GRANTS

Mid Ulster District Council wishes to support the immediate needs of Mid Ulster businesses to ensure that their business premises and employees are safeguarded and adhere to social distancing regulations as a result of the Covid-19 pandemic.

This is a new £562K grant scheme to support the economic recovery of local businesses in Mid Ulster. **Application forms will be available for download from 10th August when the scheme opens.**

Commercial premises will be able to apply for grants of between £500 and £3,000 to support their work to help provide a safe environment for their customers and staff, from creating outdoor seating or adding coverings and awnings to modifying buildings internally to aid social distancing.

Funding of £429K has been awarded by the Department for Communities (DfC) for towns and by the Department of Agriculture, Environment and Rural Affairs (DAERA) for the rural areas, with a further £133K invested by Mid Ulster District Council, which is also coordinating the grant scheme.

Please note applications must be completed online. This is a rolling programme and limited funds are available therefore it may not be possible to fund all applications.

To view the Scheme Guidance Notes and check eligibility visit www.midulstercouncil.org/covidbusinessgrant or contact the Council's Economic Development Team on 03000 132 132 or Email: business@midulstercouncil.org

RURAL BUSINESS GRANTS

Do you operate a micro business? *(i.e. you employ less than 10 employees)*

Is your business based in a rural area? *(a rural area is defined as an area with a population of less than 5,000 residents and outside designated urban areas of Magherafelt, Dungannon, Cookstown and Coalisland).*

If so you may be eligible to apply for funding under **one** or other of the following funding Schemes:

The Rural Business Development Grants Scheme

This Scheme aims to sustain and support the development of micro rural businesses across Northern Ireland by providing a small capital grant of up to £4,999 for the business. This Scheme is being administered across all rural areas by local Councils.

Further detail on eligibility for this Scheme is available within the Scheme guidance notes by visiting ***www.midulstercouncil.org/businessgrowth***

The application form for this scheme is also available from this link from 3rd August 2020.

Rural Micro Business Growth Scheme

The Rural Micro Business Growth Scheme is a pilot Scheme which will provide a grant of between £5000 - £40,000 to existing micro businesses to invest in innovation and new technologies which improve efficiency and productivity, create growth in the rural economy and make a positive climate related contribution. The Scheme will also fund new business start-ups that introduce new products or services to the market place.

This Scheme will be administered directly by DAERA. For more information, visit www.daera-ni.gov.uk/topics/grants-and-funding-rural-development/rural-development-grants

Or email RBCI.programme@daera-ni.gov.uk

PLEASE NOTE: Business can only apply to one of these Schemes, not both – please read the guidance notes for each to determine which best suits your business needs.

HMRC CUSTOMS GRANT SCHEME

Businesses can apply for 3 grants to help your business complete customs declarations:

Recruitment Grant

Businesses must use the funding to cover the recruitment and salary costs of new employees, where the new employee started on or after 12 June 2020, who will help your business complete customs declarations.

Businesses can also use the funding to cover the salary costs of employees who are redeployed from another part of their business in order to undertake customs declarations. These employees new roles must increase the capacity of the company to deal with customs declarations.

Training Grant

The training must give your business or your employees the skills to: complete customs declarations and/or carry out customs processes – this can include relevant training in safety and security.

The training does not have to lead to a formal qualification.

If the business wants to arrange the training internally, they can use the funding for the cost of delivering the training, like related stationery, room hire, catering and travel and subsistence costs.

IT Improvements

Businesses must use the funding to buy software that will help their business to complete customs declarations more efficiently.

It must be a ready-made solution – businesses cannot use the funding to commission bespoke software.

Businesses can also use the funding to: buy hardware that's needed for the software to run; install and configure the software and hardware; buy the first year licence; train employees to use the software

You cannot use the funding for unrelated networking costs.

Eligibility:
To be eligible to apply your business must:

- have been established in the UK for at least 12 months before the submission of your application and when the grant is paid
- not have previously failed to meet its tax obligations – we'll check our records to decide if we can offer your business a grant

In addition, your business must meet one of the descriptions below:

- complete or intend to complete customs declarations on behalf of your clients
- be an importer or exporter and complete or intend to complete declarations internally for your own goods
- be an organisation which recruits, trains and places apprentices in businesses to undertake customs declarations.

For more information or to check eligibility **click here**.

Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

Things to Do in Mid Ulster

Whether it's history and heritage, adventure and activity, sports and fitness, arts classes, or music concerts, there's no shortage of things to do in Mid Ulster Visit: https://www.midulstercouncil.org/Things-To-Do

Mid Ulster Policing & Community Safety Partnership

PCSP staff are available to deliver short DVD presentations on Scams and Bogus Callers to community & voluntary groups on request. Tel: 03000 132 132 E: pcsp@midulstercouncil.org

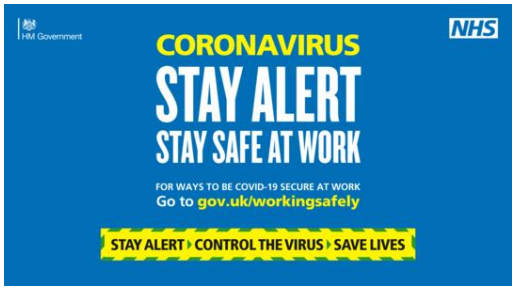
Mid Ulster Recycling Presentations Available

The Mid Ulster Council Recycling Officers are available to deliver presentations advice on recycling and waste reduction to community/voluntary groups /people on request. For further information please contact the Recycling Officers on 03000 132 132 or E: recycling@midulstercouncil.org

Defibrillator Registration with NI Ambulance Service

Register your Public Accessible Defibrillator with the Ambulance Service scheme for Defibrillators. This will allow the 999 operator to provide information on the location of the nearest Defibrillator to an emergency call Visit: http://www.nias.hscni.net/our-services/aed/

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 **A**NIMALS **F**ALLS **E**QUIPMENT

Remember social distancing

Always Farm Safe!

Kind regards and stay safe everyone ;)

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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