



Your Local Rural Support Network

The Local Rural Support Networks
- Supporting rural living across Northern Ireland -

COSTA Community Newsletter 22 Jun 2022

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



COSTA AGM

&

Good Practice Visit

Thur 30th June 2022
@ Clonaneese Hall
7:00pm – 8:00pm

Enjoy a Tour of the amazing new facilities at Clonaneese Hall.

Guest Speaker – Veronica Morris – CEO of Rural Support

Fork Supper & Refreshments
Book places in advance for Catering:

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

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
Community Organisations of South Tyrone & Areas Ltd
President Grants Homestead, 45 Dergenagh Road
Dungannon, Co Tyrone, BT70 1TW
Tel: 028 855 56880 Fax: 028 855 56881
Email: info.costa@btconnect.com
Web: www.costaruralsupportnetwork.org



Thursday 30th June 2022
7:00pm - 8:00pm

COSTA AGM

Tour of Clonaneese Hall

Guest Speaker: Veronica Morris - CEO of Rural Support
Fork Supper & Refreshments

Join us for a very enjoyable evening
viewing the fabulous facilities funded under the
NI Rural Development Programme 2014 - 2020

EVERYONE WELCOME !

Please confirm attendance in advance for catering purposes:

Tel: 028 855 56880 or email: info.costa@btconnect.com

Hall Location: Beside Upper Clonaneese Presbyterian Church
4 Clontyclevin Rd, Dungannon BT70 1SE

View / Download all AGM documents here:

www.costaruralsupportnetwork.org/current-events.html

Chatty Cafes

Introduction

The Chatty Café scheme aims to reduce social isolation and loneliness by encouraging and creating opportunities for people over 18 years to interact with others through conversation.

Cafes within the Chatty Cafes scheme designate a table with signage and make it available as a 'Chatty Table' (frequency decided by each café depending on their capacity). People can join a 'Chatty Table' and engage in conversation with people they may not know. The purpose is for members of the public to connect and chat to each other, as well as café staff.

Mid Ulster Loneliness Network are linking with the Chatty Café scheme <https://thechattycafescheme.co.uk/> but are using a local approach in relation to branding and support.

Role and Purpose of Chatty Cafes

- To increase social interaction
- To reduce the risk of social isolation and loneliness
- To help promote self-worth
- To help reduce stress, anxiety and depression
- To help people feel connected to their local community
- To help reduce the pressure on GP and other health services in the long term

How a Chatty Café Works

It is entirely up to the café when a Chatty Café table is made available. Designating a table may be for as little as one hour per week to all day, every day, depending on capacity. Once cafes have decided the frequency, simply put the provided signage on the table at the chosen day/time – this will let customers know this is a Chatty Café Table and signal to other people that they welcome the opportunity to chat.

It may take time for people to understand this new concept cafes should aim to be consistent and designate a table at the correct day and time. Café staff should also be aware of the project and understand what it is. A starter pack will be provided for the café consisting of window signs, struts for the table, aprons x2 and a list of chatty cafes in the Mid Ulster Council area.

For further information contact Sandra McKenna on 079 122 98015 chair of Mid Ulster Loneliness Network

Chatty Café Practice Examples

<https://thechattycafescheme.co.uk/>

<https://takepartoldham.volunteermakers.org/get-involved/hour-or-two/chatty-cafe/147/>

<https://manchesterartgallery.org/news/the-chatty-cafe/>

<https://www.researchinpractice.org.uk/adults/news-views/2018/july/the-chatty-caf%C3%A9-promoting-the-joy-of-conversation/>

<https://www.activeluton.co.uk/news/item/active-luton-joins-the-chatty-cafe-scheme>



SERVING COOKSTOWN AND DUNGANNON

**INTERESTED IN FINDING OUT MORE ABOUT
OUR TRANSPORT SERVICES?**

DAL - Dial-a-Lift

Local Door to Door transport service for ANYONE living throughout the rural areas of Cookstown and Dungannon. You need to become a member of CDM, an annual membership fee applies, however you can travel for free or half fare if you hold a valid Bus Pass. Priority will be given to older people and people with disabilities during periods of high demand.

DATS - Disability Action Transport Services

Local Door to Door transport service for people living within Cookstown and Dungannon town boundaries, to become a member you will need to complete a Disability Action membership application form and meet the criteria for membership. Membership is free however a fare is charged based on miles travelled.

OUT OF AREA

Any member of CDM can request to be transported outside the operational area to attend hospital appointments or personal business, providing resources are available. Charges apply and will be calculated on a full cost recovery basis.

GROUP HIRE

Affordable group hire transport is available for charitable and non-profit community groups and organisations operating throughout Cookstown, Dungannon and the surrounding areas. Our vehicles are fully accessible ranging in size from 9 – 16 passenger seats. “With Driver” or “Self-Drive” options are available.

GIVE US A CALL ON 028 8676 7766

**INTERESTED IN FINDING OUT MORE ABOUT OUR VOLUNTEER
OPPORTUNITIES?**

Ever wanted to

- ✓ Make a difference in your community?
- ✓ Meet new people and make friends?
- ✓ Increase confidence and improve wellbeing?

If you have a full clean driving licence, access to your own car and a few hours free during the week we could really use your help throughout our local community.

You will be reimbursed for mileage and out of pocket expenses and should you be receiving *any* benefits, these will not be affected.

This could be the perfect opportunity for you to move forward as we all recover from the effects the pandemic has had on us!

Why not give Rory a call on 028 867 67766 to discuss volunteering opportunities today.

New Rural Engagement Arts Programme open for applications

The Arts Council of Northern Ireland has announced a new three-year £1.5m funding programme **promoting arts projects in rural areas**, supported by The National Lottery.

Community groups, arts organisations and local authorities in rural communities across Northern Ireland can now apply to the Arts Council's new Rural Engagement Arts Programme (REAP). The programme invites online applications for grants of up to £10,000 to deliver arts projects benefitting rurally-based communities.

Applications opened on Wednesday 8th June 2022 and will **close on Thursday 28th July 2022**, with further application rounds to be announced over the three-year period.

The Rural Engagement Arts Programme aims to provide an integrated, cohesive approach to the needs of local rural communities as they emerge from the global Covid-19 pandemic. The overarching theme of the programme is to tackle isolation and loneliness, and promote social inclusion and wellbeing.

Find out more and apply: <http://artscouncil-ni.org/funding/scheme/rural-engagement-arts-programme>

Arts Council of Northern Ireland

Linen Hill House, 23 Linenhall Street, Lisburn, BT28 1FJ info@artscouncil-ni.org

Find out more and apply

Arts Council of Northern Ireland - Arts and Older People Programme

Grants are available for projects in Northern Ireland that strengthen the voice of older people and promote positive mental health and emotional well-being through the arts.

Funding body:	Arts Council of Northern Ireland
Maximum value:	£ 10,000
Application deadline:	07/07/2022

Background

The Arts and Older People Programme is jointly funded by the Arts Council of Northern Ireland (ACNI), Public Health Agency and the Baring Foundation.

Objectives of Fund

The aim of the Programme is to strengthen the voice of older people in Northern Ireland and promote positive mental health and emotional well-being through the arts.

The priority areas for this round of funding are projects being delivered within care homes, carers and people living with dementia. The proposed projects should reflect the partnership approach with the care homes and have the support from them in the delivery.

Match Funding Restrictions

Match funding is required. Applicants must be able to demonstrate minimum partnership funding of 10%, of which half must be in cash.

Who Can Apply

Applications will be considered from constituted community and voluntary groups who are working at a local level to support older people and can demonstrate strong partnership working with care homes, carers and dementia groups.

This programme is also open to non-governmental organisations, Local Authorities and arts organisations who can clearly demonstrate partnership working.

ACNI is looking for partnership or consortia based projects. Partnerships can be led by either age sector providers, arts organisations or Local Authorities, however the consortium must be made up of appropriate representatives and demonstrate a commitment to working together. Other specialists who work with older people may also be included as named partners in the consortium.

Restrictions

The following are not eligible for funding:

- Individuals.
- Broadcasters (excluding community service broadcasters).
- Central Government departments.
- Organisations with statutory obligations to provide services for older people.
- Retrospective events.
- Party political and religious activities.
- Travel outside Northern Ireland.
- Excursions.
- Tickets to attend events.
- Overhead costs (exceptional circumstances may be considered in a small number of cases).
- Activities that are not arts related.
- Fees for non-arts-based courses.
- Fees for further or higher education courses at third level.
- Ongoing building maintenance costs.
- Website design and upkeep.
- Fundraising events.
- Activities or events which duplicate what already exists.

Eligible Expenditure

Projects must meet one or more of the following strategic themes:

Isolation and Loneliness:

- Providing opportunities for social interaction via arts-led activities.
- Working with older people to combat feelings of isolation and loneliness.

Proposals should target participants from rural areas, participants that are living alone, or are carers.

Social Inclusion:

- Combating the social exclusion of older people through arts interventions that promote inclusion, free movement and sharing.
- Working to create a more peaceful, fair and inclusive community that does not discriminate against age and ethnicity.

Poverty:

- Providing opportunities for older people living in disadvantaged/marginalised rural and urban areas to access and participate in arts activities.
- Working to improve the quality of life of older people living in disadvantaged, marginalized and deprived areas of Northern Ireland.

Projects should demonstrate how they will target participants from rural areas or Neighbourhood Renewal Areas/Areas at Risk/ Disadvantaged areas.

Health Issues/Dementia including Mental Health and Emotional Well-being:

- Provide opportunities for older people to participate in arts led activities which may help improve physical, mental and social wellbeing.
- Working to promote positive mental health and wellbeing and provide opportunities for active ageing through participation in arts activities.

Strengthening the Voice of Older People:

- Provide opportunities for older people to develop skills which will strengthen their voice on issues that affect them. Providing artistic, professional and personal development skills.
- Working to strengthen and develop the voice of older people particularly on issues that directly affect this section of society on a day-to-day basis.

ACNI is seeking projects that are:

- Developed in partnership with care homes
- Developed with people living with dementia
- Developed with carers
- Developed through consultation with older people
- Based upon a partnership approach
- Support best practice in working with older people through creative activities
- Consider legacy and sustainability
- Consider scale of impact with a strong advocacy element at the end of the project which could be in the form of a showcase event, exhibition, performance, publication, etc

The funding can be used for a number of things including, but not limited to:

- Venue hire for workshops
- Projects and events
- Volunteer travel expenses
- Materials and equipment
- Artists' fees up to £35 per hour or a maximum of £150 per day
- Artists' travel expenses of 25.7p per mile
- Equipment hire
- Publicity and marketing costs
- Community Consultation costs
- Co-ordination costs
- Tickets to attend events (events to be agreed with the Arts Council)
- Essential travel costs within Northern Ireland
- Food or refreshments (maximum request £250).

How To Apply

This is an annual grants programme with applications usually accepted in late spring to early summer. The 2022 deadline for applications is 7 July 2022 (12noon) with decisions made by 16 September 2022. Guidance notes and the online application form can be found on the Arts Council of Northern Ireland website.

Useful links

[Arts Council of Northern Ireland - Arts and Older People Programme](http://artscouncil-ni.org/funding/scheme/arts-and-older-people-programme)

<http://artscouncil-ni.org/funding/scheme/arts-and-older-people-programme>

[Arts Council of Northern Ireland - Funding for Organisations](http://artscouncil-ni.org/funding/for-organisations)

<http://artscouncil-ni.org/funding/for-organisations>

For further information on how to obtain this grant locally, please contact the following:

Tel: 028 9262 3555 E-Mail: artgrants@artscouncil-ni.org

Education, Training & Support Services

September 2022 - June 2023



Education & Training



Wellbeing



Support Services

"Supporting women's professional and personal development through education and training"

Tel: 028 8772 7648

www.firststepswomenscentre.org/apply

Courses for September 2022 - June 2023

LIFESKILLS

ESOL (English for Speakers of Other Languages) - various levels

Pre-ESOL

Improve Your English
Employability **GOALS** =
Gaining Opportunities and Living Skills

IT

Computing Programming

ANCILLARY CLASSES

Photography
First Aid Level 1
Food Safety Level 1

ADDITIONAL SUPPORT SERVICES

Childcare
Transport
Benefit Checker

Benefit Checker - contact:
fswc.gillian@gmail.com

HEALTH & WELLBEING

Walk & Talk
Mindfulness
Meditation & Journalling
Creative Writing
Dancing Your Way
to Health & Happiness
Stretch & Tone
Pilates / Yoga / Chi Me
Confidence & Assertiveness
Ditch the Pyjamas
Holistic Therapies Tasters
Relax & Unwind / Managing Stress
Menopause Awareness
African Drumming
Food & Nutrition -
Flavours of the World
Living Life To The Full

COMMUNITY ENGAGEMENT

Pictures of My World
Cultural Awareness

STUDENTS

"It's the small apparently frivolous items of self care (on a budget) that can be the beginning of a journey to improving confidence, self worth, creating and owning our own space."

"We were all respected at our own speed."

"It was a wonderful introduction to the art of creative writing. The tasks were fun and homework's delightful challenges. Feedback from the tutor was gentle and you learned a lot from it."

TUTOR

"Thanks so much for giving me the honour, pleasure and opportunity to work at First Steps. It's a special place with wonderful people and I enjoyed my time there."

For an application form contact
FIRST STEPS WOMEN'S CENTRE
21a William Street,
Dungannon BT70 1DX
Tel: 028 8772 7648



Email: fswc.enquiries@gmail.com

Apply online: www.firststepswomenscentre.org/apply

This project is part funded through the Northern Ireland European Social Fund Programme 2014 - 2020 and the Department for the Economy





Unemployed,

*Living in the Magherafelt or
Dungannon areas*

Struggling to make money go further



MONEY TALK with AIDAN

Its time to CUT COSTS:
plus get a Lv 1 Qualification in Money Management

Book your 1:1 money review appointment
June 2022

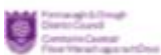
SUSE+ Office
Magherafelt & Dungannon

Contact Alison
SUSE+ 077 1809 7520

Make
your
money
work
for you



Heating,
Food,
Rates,
Fuel,
Oil,
School Uniforms



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

HEALTH & WELLBEING SESSIONS



Kinesiology Reflexology Reiki Sessions

Personal Health & Wellbeing Taster Sessions

SUSE+ are now offering Free Holistic Therapy Taster sessions. If you would like to improve your Health & Wellbeing Contact:

Enniskillen: Kathleen.green@swc.ac.uk
 Omagh: patricia.cairns@swc.ac.uk
 Cookstown: helen.mccausland@swc.ac.uk
 Magherafelt: alison.farquhar@swc.ac.uk
 Dungannon: bronagh.obrien@swc.ac.uk
 Eligibility Criteria Applies.



07799348396

kathleen.green@swc.ac.uk



Free CSR Training

Need a CSR card to help you find
work?

Are you unemployed, working less
than 16hrs per week and not in
education?

If the answer is yes, then you may be
eligible for SUSE+ free CSR Training.

WHEN: 21ST JULY 2022



Contact Bronagh now on
0783 1122 687 or bronagh.obrien@swc.ac.uk
to find out more.

FREE

WELDING

OCN LEVEL 1 QUALIFICATION

Fast Track Course



ARE YOU UNEMPLOYED OR WORKING LESS THAN 16 HRS PER WEEK? THEN THIS MAY BE THE OPPORTUNITY FOR YOU!

- ✓ When: Monday 25th - Friday 29th July 2022
- ✓ Time: 9am-5pm
- ✓ Where: Kilcronagh Business Park, Cookstown
- ✓ Travel expenses reimbursed
- ✓ Jobs Available Upon Completion
- ✓ Act now to secure your place!



Call Bronagh
078-3112-2687

bronagh.obrien@swc.ac.uk



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



Community
Organisations of
South
Tyrone &
Area

Call COSTA for any Funding information or assistance with Policies, Procedures, Training or information your group may require. We can come out to you too: Tel: 028 855 56880 or email: info.costa@btconnect.com

Please join us and spread the word

Northern Ireland Committee Irish Congress of Trade Unions

Trade Union Rally – 25 June, 12 noon, main gates, Stormont

Speaking today Owen Reidy Assistant General Secretary of the ICTU said: Workers and their families can no longer endure inaction on the cost of living crisis. Inflation is now at 9% and predicted by some to increase to 11%.

Workers make no apologies for seeking to protect their living standards. Many of these workers who are hard pressed and struggling with in work poverty are the very same workers who guided society through the pandemic.

We are calling on all workers and unions to join us at this rally at Stormont on 25th June to add their voice to the call for Westminster to provide the necessary supports to working families and for a return of a NI Executive to roll out the necessary policies and actions to seek to address this cost of living crisis now

TRADE UNION DEMO

STRONGER TOGETHER
CONGRESS
Northern Ireland Committee
Irish Congress of Trade Unions

**COST OF LIVING
CRISIS**

**GET STORMONT
BACK TO WORK**

WORKERS DEMAND ACTION!

**Saturday 25th June, Assemble 12 noon,
Main Gate, Stormont, Newtownards Road**

IRISH CONGRESS OF TRADE UNIONS

Summer Reading Challenge 2022

GADGETEERS

Presented by The Reading Agency.
Delivered in partnership with libraries.

SCIENCE
MUSEUM
GROUP

IGNITING
IMAGINATION
INSPIRING
INNOVATORS

20 YEARS
THE
READING
AGENCY

To Keep Up To Date
With Dungannon Library's
Summer Events, follow us on
Facebook

Lego
Storytime & Colouring
Crafts



libraries **ni**

Connect with us
www.librariesni.org.uk

Illustrations by Julian Beresford and © The Reading Agency 2022



Charity Bill 2021 regulation update

The Charities Bill 2021 has progressed through the various stages of the Assembly and is now waiting Royal Assent.

This new legislation will effectively reinstate the register of charities and the annual reporting obligations for charities registered before May 2019, [see more on the NICVA website](#)

Annual reporting requirements for registered charities

This Annual reporting obligations for charities registered prior to May 2019 will soon be reinstated when the Charities Bill receives Royal Assent and becomes legislation. Charities which were registered after May 2019 are currently required to comply with the annual reporting requirements.

For information and links to useful guidance to support charity trustees to comply with their requirements, [see more on the NICVA website](#)

For a Charity Commission NI Information Pack:

[The Charities Act \(Northern Ireland\) 2022: information pack | The Charity Commission for Northern Ireland \(charitycommissionni.org.uk\)](#)

**COSTA is assisting groups to Register with the CCNI
and to submit Annual Returns.**

Contact Loraine Tel: 028 855 56880

or email: info.costa@btconnect.com



How can your connections team help?

We can deliver FREE awareness sessions on drug and alcohol related topics. If you want to move more in depth we can signpost you. All of our sessions include details of local support and how to access them.

Contact:
connections@sdact.info



Awareness sessions

Signposting to services

Respond to local drug & alcohol incidents

Early warning system

Stakeholder forums

Campaigns & initiatives

Call for Expressions of Interest

for Mid Ulster PEACE Partnership

Mid Ulster District Council, as part of the requirement to deliver on the new PEACEPLUS programme, is establishing a PEACE Partnership for the period 2022-2027. The PEACE Partnership will advise Council on the design and implementation of a co-designed PEACEPLUS Action Plan for the Mid Ulster area.

The Partnership make up requires Council members, statutory partners and community/social partners. Council is seeking expressions of interest from social/community partners for the new PEACE Partnership.

The PEACEPLUS programme, led by central government, and managed by the Special European Union Programme Body, will incorporate projects which include health and wellbeing initiatives; children and young people; community regeneration including redevelopment of space for shared usage. All supported projects will be designed to address issues of racism and sectarianism, and increase social inclusion.

Expressions of Interest are now welcomed for social partners.

Expressions of Interest are being sought from community groups/organisations within Mid Ulster. This will include individuals nominated by specific groups/local organisations such as rural development and agriculture; trade union; environment; business; arts; sports but with an interest in peace building.

The **closing date** for receipt of Expressions of Interest is 5pm on the Wednesday 29 June 2022. Please contact Deirdre McCann, Peace and Good Relations Officer to request and Expression of Interest Pack. 03000 132132 or deirdre.mccann@midulstercouncil.org

This project will be funded by the European Union's PEACEPLUS Programme, managed by the Special EU Programmes Body



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

Peace
Northern Ireland - Ireland
European Regional Development Fund

No one should be disadvantaged because of the rarity of their condition!



NIRDP is an umbrella group working to raise awareness, connect, educate and innovate on behalf of the entire rare disease community!

Comments from the community

"They helped me out, so get in touch if you need support. Took 35 years to find out what my rare disease actually was!"

"I appreciate your help, it's so frustrating to be at this end, wondering what is happening..."

Contact
info@nirdp.org.uk
www.nirdp.org.uk

Find us on:



CONTACT US FOR

Information, support, guidance and signposting.

Who - we support any individuals, family member, carer, friend or even health care professionals living or working with a rare condition in NI.

How - we accept referrals or self referrals through social media or our website, by email or phone.

We Can Provide:

- Information to support diagnosis
- Emotional support/a listening ear
- Connections to support organisation in the rare disease community
- Benefit advice
- Access to mental health services
- Practical support

Don't struggle alone... we're here to help!



Mid Ulster Age Friendly Survey

As part of developing our new strategy and action plan, we are carrying out research with stakeholders, support groups and service users locally between April and June 2022.

Older people have a wealth of lived experience. It is important that we listen to and learn from their experiences, hopes and concerns so that the strategy and action plan can make a meaningful difference.



We are asking people aged over 50 years old to complete a short survey to gather their views on what it's like to live in Mid Ulster. Responses from the survey will be used to help shape and inform the development of the strategy and action plan.

It should take no more than 15 minutes of your time to complete and you will need to answer all questions. The information gathered in the survey will be in the strictest confidence and will not be used for any other purposes.

Open until Friday 24 June at 12 noon, you can complete the survey online at <https://www.midulstercouncil.org/agefriendlysurvey> or you can ask for a hard copy to complete by contacting myself on the details below

There are eight sections in the survey that ask your views on:

- Outdoor Spaces and Buildings
- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Civic participation and Employment
- Communication and Information
- Community and Health Services



I would be grateful if you could complete the survey if over 50, and/or share with your contacts and service users

Raisa Donnelly - Age Friendly Co-ordinator

Tel: 03000 132 132 Mob: 07 5533 797 21

Coalisland Training Services

Tel: 028 8774 8512 Fax: 028 8774 8695

Upcoming Course Listing available at:

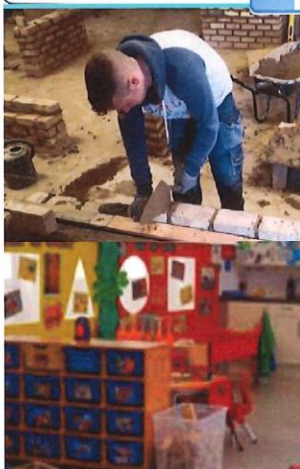
www.coalislandtrainingservices.co.uk



Follow us on
Instagram



Follow us on
Facebook



Skills for Life and Work

Trainee allowance
£40 per week with
bonus payment
(benefits not affected)

Skills for Life & Work Courses

Childcare Bricklaying

Health & Social Care

Hairdressing Joinery

Retail Engineering

Telephone: 02887748512

Email:

info@coalislandtrainingservices.co.uk



Apprenticeships

Level 2 & 3 Diplomas
Hairdressing, Joinery,
Childcare,
Bricklaying,
Health and Social Care
1-1 support if required
in all areas
of training



Upcoming Training Courses

REF: NEW Building Site Supervisor CSR Cards and Site Supervisor NVQ Level 4

All new Gold Supervisor cardholders must hold a Site Supervisor NVQ Level 4 and all Gold Supervisor cards being renewed will expire on 31 December 2024, unless they also hold a Supervisor NVQ Level 4

CTS will be running both courses in September 2022 on:

- Wednesday 7th Sept
- Wednesday 14th Sept
- Wednesday 21st Sept
- Wednesday 28th Sept

9.00am: NEW Building Site Supervisor 4 day CSR Card (£550)

4.30pm: Level 4 NVQ Diploma in Construction Site Supervision (£1200)

Each day the first session will be for the New CSR supervisor course, and then from approx. 4.30pm-6.00pm will be spent on NVQ 4.

Candidates can do either course individually or do both.

CTS do not charge or add VAT

Let us know if you would like to book in:
Tel: 028 8774 8512



Coalisland Training Services Ltd, 51 Dungannon Road, Coalisland, Co. Tyrone, BT71 4HP

Coalisland Training Services

CSR Supervisor Gold Card

CSR removed occupational assessments on 1st September 2019 and from this date all new Gold Supervisor cardholders must hold a Supervisor NVQ Level 3 or 4. All gold cards being renewed that were originally issued on the basis of an occupational assessment, will expire on 31 December 2024, e.g., a Gold Supervisor card renewed in February 2022 will still expire on 31 December 2024, unless they hold a Supervisor NVQ Level 3 or 4

LEVEL 4 NVQ DIPLOMA IN CONSTRUCTION SITE SUPERVISION (CONSTRUCTION)

Qualification No.: 603/7902/9

Qualification Overview

The NOCN Cskills Awards Level 4 NVQ Diploma in Construction Site Supervision (Construction) - Building and Civil Engineering qualification/pathway has been developed for achievement in a real workplace environment which means the learner must be employed to undertake this qualification.

This qualification/pathway enables the learner, to recognise their skills, knowledge and understanding as well as demonstrating their competence in the workplace when carrying out the role of a Site Supervisor.

Topics Covered In This Qualification

This NOCN Cskills Awards Level 4 NVQ Diploma in Construction Site Supervision (Construction) - Building and Civil Engineering qualification/pathway supports the learner to attain enabling, fundamental and transferable practical skills with associated underpinning knowledge.

The learner will learn key practical skills and knowledge in these mandatory and optional units.

Programme Outcomes:

- Achieve an NVQ Level 4 in Construction Site Supervision
- Recognised route to CSR/CSCS Supervisors Gold Card
- Develop technical skills and knowledge in Site Supervision techniques
- Keep updated with current management knowledge and processes

Programme Content:

- Planning & managing work
- Managing people in the workplace
- Managing resources in the workplace
- Maintaining legalities, standards and quality of workmanship

Programme Outline:

- 4 x half day workshops
- On-site NVQ Assessments & Observation
- Toolkit, practical templates and learning resources
- Witness Testimonies
- Job Knowledge Questions
- Professional Discussion (Recorded)
- RPL previous qualifications

CTS are now offering **NVQ LEVEL 4 DIPLOMA IN CONSTRUCTION SITE SUPERVISION**

Total cost is £1200 and CTS do not charge VAT. This course is relevant for anyone with a CSR Gold Site Supervisor card, or who requires certification for their supervisory experience.

Units:

To achieve this qualification a minimum of 15 units need to be attained. This comprises of 14 mandatory units and a minimum of 1 optional unit.

CSR Supervisor Card:

- CSR removed occupational assessments on 1 September 2019 and from this date all new Gold Supervisor cardholders must hold a Supervisor NVQ Level 3 or 4
- From 31 December 2020 all gold cards being renewed that were originally issued on the basis of an occupational assessment, will expire on 31 December 2024, e.g., a Gold Supervisor card renewed in February 2022 will still expire on 31 December 2024, unless they hold a Supervisor NVQ Level 3 or 4

Cost:

Total cost is **£1200** and CTS do not charge VAT

Contact:

For more information and/or to book a place, please contact CTS Ltd:

Coalisland Training Services Ltd

51 Dungannon Road

Coalisland

Co. Tyrone

BT71 4HP

T: 028 8774 8512 / 028 8774 8502

E: info@coalislandtrainingservices.co.uk

W: www.coalislandtrainingservices.co.uk

For your information:

CITB NI Levy Payer Grants

The NVQ Level 4 grant currently is £1000, and the 4 days SSS course is eligible for £100 per person per day, or should the grant exceed the net training cost the net cost will be paid. Please note that grant claims must be received by CITB NI within three months of commencement of training.

For more information on grants contact:

Lynn Booth, CITBNI Grants Manager, grants@citbni.org.uk

Nutts Corner Training Centre, 17 Dundrod Road, Crumlin, BT29 4SR, Tel: 028 9082 5466,

Mid Ulster District Council Useful information & Support for Winter

<https://www.midulstercouncil.org/resident/health-wellbeing/blind-cord-safety>

To access information on the schemes click the relevant links below:

- ✓ [Fuel Stamps](#)
- ✓ [Energy Efficiency Scheme](#)
- ✓ [Home Safety Scheme](#)
- ✓ [Make A Change](#)
- ✓ [Blind Cord Safety](#)
- ✓ [Community Life Saving](#)
- ✓ [Mid Ulster Macmillan Move More](#)
- ✓ [PARS Scheme](#)
- ✓ [Affordable Warmth](#)
- ✓ [Mental Health Support Services](#)
- ✓ [Get Out Get Active Programme](#)



The 
Community
Foundation

Community Foundation NI

Currently have a number of funds
OPEN FOR APPLICATIONS:

Please find below the link to our grants page for further details:

<https://communityfoundationni.org/achieving-impact/available-grants/>

<http://www.communityfoundationni.org/apply>



Services for Older People

Agewell Mid Ulster has a new Webpage:

[Agewell | Mid Ulster AgeWell \(agewellpartnership.org\)](http://Agewell | Mid Ulster AgeWell (agewellpartnership.org))



The Libraries NI
**June Zoom
Programme**
is available on the
Libraries NI
website:

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

[Go On virtual events
\(librariesni.org.uk\)](http://librariesni.org.uk)



SUSE+ South West College

For the latest information you can
view at

[SUSE+ Mid Ulster | Facebook](#)

Directory of services to help
improve mental health and
emotional wellbeing

Southern area 2020



[CLICK HERE to view the Services Directory for Southern Trust area](#)

[CLICK HERE to view the 'Minding your head' wellbeing resource](#)

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 personal finances are affected visit:

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



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

For the latest news and funding information from DAERA please visit [Grants and funding | Department of Agriculture, Environment and Rural Affairs \(daera-ni.gov.uk\)](https://www.daera-ni.gov.uk/grants-and-funding)



Consumer Council NI

Coronavirus: Consumer and Scams Advice for Northern Ireland

Consumers: www.consumercouncil.org.uk/coronavirus



MUD Council 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>

NI Business Grants Finder: [Northern Ireland business support finder | nibusinessinfo.co.uk](https://www.nibusinessinfo.co.uk/campaign/coronavirus-updates-support-your-business)



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/>



Home About **Find Help Near Me** Guide Me Inspire Me Young Hub Urgent Help

Find **HELP NEAR YOU**

Category

Search for

Near



Get connected to support services & helpful organisations in your area using our digital directory. We're in the process of expanding to include all regions across NI!

Find help locally

[Home](#) » [Find Help NI](#) » [Find the right help at the right time.](#)

STEP: Mid Ulster Advice Service



STEP Advice and Support Services Offices are now closed to the public,
Our Dungannon, Magherafelt and Cookstown offices are still responding to phone calls.
We will be providing telephone advice services will be available during the following times.

Phone Line is operational from 9am -5pm

To contact STEP by phone call:

Dungannon - 02887750211 Cookstown - 02886761875 Magherafelt – 02879633079



Do you need advice?

Benefits An icon representing a family of four and a person in a wheelchair, symbolizing social benefits.	Debt & Money Advice An icon showing several stacks of coins and a single gold coin, representing financial matters.	Business Debt An icon of a bar chart with a red arrow pointing downwards, indicating business debt or financial decline.
Tax Credits & HMRC Products An icon of a calculator with "HMRC" on the display, representing tax-related services.	EU Settlement Scheme An icon of a hand pointing at a screen displaying the European Union flag, representing the EU Settlement Scheme.	Covid-19 Community Helpline An icon of a coronavirus particle, representing the COVID-19 community helpline.

FREEPHONE

0800 915 4604

www.adviceni.net

make the call

Benefits and Financial Support
December results

During the last month there were...

3026 people who Made the Call

1260 potential new entitlements to
benefits and other supports/services

Get in touch to find out if we can help you

Call 0800 232 1271

Northern Ireland only. Calls are free from landlines and mobiles when calling from within the UK.



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

An Roinn
Pobal

Department for
Commonities

HSC Health and
Social Care

Free online stress control classes



www.ni.stresscontrol.org

<https://ni.stresscontrol.org/stress-control/>

Contact the Carers NI
Adviceline on 028 9043 9843
from Monday to Thursday,
9am-1pm



Want to Get On-line?

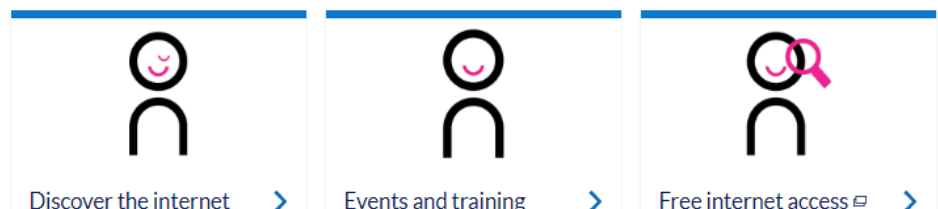
For more
information on
**Events, Training
and free internet
access via Libraries**

NI:
[Go ON NI |
nidirect](http://GoONNI.nidirect)



Go ON NI makes getting online easy

Go ON NI highlights the benefits of being online. It brings together all the wonderful initiatives, places and tools to help and encourage off-liners to become internet beginners.





Looking forward to seeing local Groups ...

If your Group requires Grant Tracker / Funding Search, help completing Funding Applications / Returns, support or information on Charity Registration, Charity Annual Returns, Policies & Procedures, Governance, Meeting & Committee Skills, Project Development, Training, Hall & Organisational Sustainability, Village Development, Ideas Generation, Action Plans, Community Planning, Guidance or any other practical assistance ...

We are assisting groups on a one-to-one basis in the South Tyrone area via Outreach and at our Office in President Grants.

All services are FREE

Contact Loraine Griffin in COSTA

Tel: 028 855 56880

Email: info.costa@btconnect.com

COSTA

FREE

Training & Information Workshops 2022

1. **A Quick Whizz around Zoom** – A quick guide to using Zoom / online meetings and events made simple.
2. **Planning & Running (Online) Meetings & AGMs** - Helpful guidance for on-line and face-to-face meetings.
3. **Reopening Your Community Facility - A Practical Guide** - Practical Covid-19 guidance for Halls.
4. **A Quick Guide to GDPR (Data Protection)** – Preparing your group / organisation for and understanding new Data Protection requirements.
5. **Charity Registration Information Workshop** - Helpful practical guidance for the Charity Commission Registration process – *direct practical assistance also available to all groups on request.*
6. **Charity Annual Returns Information Workshop** – Helpful practical guidance for the Charity Annual Returns Process – *direct practical assistance also available to all groups on request.*
7. **Funding Readiness / Be Funding Ready** – Preparing for and securing Funding for your group / organisation.
8. **Good Group / Organisational Governance** - Update on *newly revised Code of Good Governance.*
9. **Committee Member Roles & Skills** – Handy information on roles and duties and how to be more effective.
10. **Running Effective Meetings** – Handy tips on running effective, productive meetings and ensure good governance.
11. **Limited Company Governance & Director Responsibilities** – Useful Updates on Legislation and requirements for Directors & Ltd Co's.

11. **Ltd Company Director Responsibilities During Covid-19** - Legal Requirements for Ltd Companies and Directors during Covid-19.
13. **Promoting Group / Hall Sustainability** – Helpful hints for groups and halls aiming for greater future sustainability.
14. **Introduction to Social Economy & Preparing to Tender Workshop** – For groups new to the public tendering process and how to start preparing for Tendering.
15. **Social Economy & Sustainability** – Ideal for groups to think about / plan for sustainability.
16. **Grants Vs Tenders** – The differences and how to be more effective in securing appropriate funding.
17. **Human Rights / Human Rights Act (1998)** – A handy Guide and introduction.
18. **Diversity Inclusion & Anti-Racism** – Myth busting, enjoyable and challenging - good for all groups / organisations.
19. **Equality, Inclusion & Good / Community Relations** - Suitable for all groups / organisations.

Many more on offer ...

Free for local Community organisations

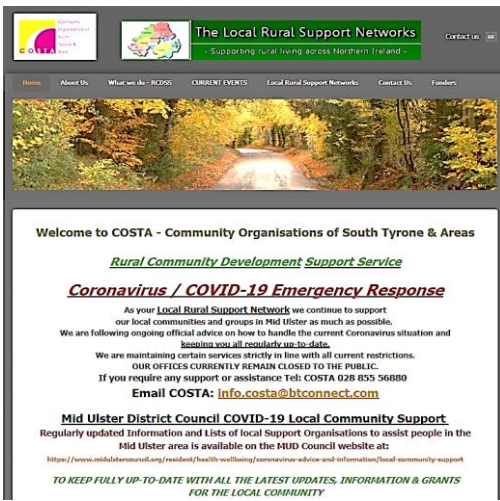
Bespoke & other Sessions can also be offered

Tel: 028 855 56880 or email: info.costa@btconnect.com

Contact COSTA if your group would like any training or practical assistance

To book or express interest contact COSTA:

Tel: 028 855 56880 or email: info.costa@btconnect.com



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



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

**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)

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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



Department for
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www.communities-ni.gov.uk

An Roinn
Pobal

Mánnystrie o
Communities