



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

2 Nov 2022

COSTA
Local Rural Support Network

Rural Community Development Support Service
(Mid Ulster Zone)

Cost of Living Support available to individuals and Community Sector.
Contact COSTA for Grant Information
Tel: 028 855 56880
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

UK Government

Help for Households

£400
off energy bills
for households

This will be paid automatically.

Be aware of scams. You don't need to apply. You won't be asked for your bank details to receive the discount.

Find out more: gov.uk/helpforhouseholds

This winter households will get **£400 off energy bills.**

You don't need to do anything to access this support. Your supplier will automatically deduct it from your bill.

More information:

<https://helpforhouseholds.campaign.gov.uk>



Many groups are now receiving emails from the Charity Commission asking them to submit Annual Returns now falling due.
COSTA is assisting groups to Register with the CCNI and to submit their Annual Returns.
If you need any advice or assistance contact COSTA Tel: 028 855 56880
or email: info.costa@btconnect.com



Eligibility for access to free lateral flow testing has changed. Find out all you need to know about who can access these tests at www.NIdirect.gov.uk/testing



The vaccine toolkit which is a central point of access to materials and resources for individuals and organisations seeking to promote COVID-19 vaccination uptake within their local communities is available at www.pha.site/COVID19info/materials

Find out more at www.nidirect.gov.uk/wintervaccines



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

Welcoming Places

Mid Ulster District Council operates at the heart of our community. In doing so, we're working with our local partners to promote a network of places where our residents can come together in a warm welcoming environment, somewhere where they can connect with others or simply read a newspaper and enjoy a cup of tea or coffee.

We've listed all the places available to our residents across the public, private, health and voluntary sectors across the district. To see the list please follow the link to our website: <https://www.midulstercouncil.org/welcomingplaces>

We'll add to this list as we become aware of more places that come up across our district. If you wish to add your organisation please email: communitydevelopment@midulstercouncil.org



COSTA is currently seeking funding to hopefully become a warm and accessible place for everyone this Winter – we will keep you updated.

CYPSP's Resource Pack for Children & Young People

has been refreshed and updated to include more resources and activities on disability, mental health, education plus much more. Also included are some activities to help keep the kids entertained over the Halloween holidays, including colouring and activity sheets and play, craft and snack ideas.



Resources and activities are free and in the public domain. We will continue to update the resource pack periodically, so keep an eye out on our website <https://cypsp.hscni.net/> and social media platforms.

Download your free copy at:

<https://cypsp.hscni.net/children-young-peoples-resource-pack/>

Make a weekly meal plan

Make a shopping list and stick to it!

Try supermarket own brands



Shop

Cook

Save!

Tips to Save Money

on Your Food Shop



Look for items with a yellow "reduced" sticker

Check use by dates!

Look for special offers on canned or dried food

Shop after you have eaten

Shop

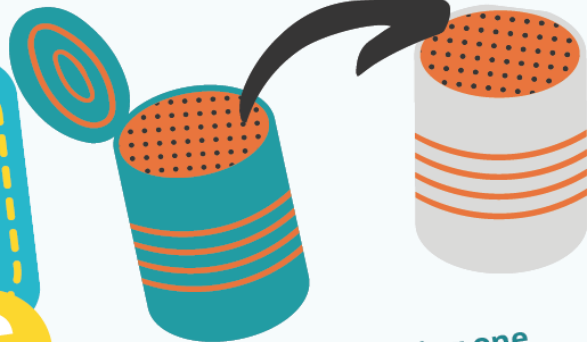
Cook

Save!

Brand Swap and Save!

More people than ever are using supermarket own brand products. Often you won't notice the difference.

Swap and save up to 30% on your weekly food bill



Try swapping one item each week

Our Dietitians say supermarket own brand foods are...

Cheaper



Equally nutritious




Taste just as good



Worth a try!

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Cost of Living Crisis

A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis

This is a live document and will be updates on a regular basis
Updated 1 November 2022

The information in this guide has been provided by services.
If you would like to include information about your service
please email: una.casey@hscni.net

The Cost of Living Crisis

Guide to resources and supports

Filled with really useful information and regularly updated.

Click here to download the Directory of Services:

<https://cypsp.hscni.net/download/390/lpg/39049/cost-of-living-crisis-resource.pdf>

South West College



SKILL UP

FREE COURSES

For further details contact:
Rachel.Duncan@swc.ac.uk

www.swc.ac.uk/skillup

SWC

FREE SHORT-TERM COURSES TO IMPROVE SKILLS

The Department for Economy funded Flexible Skills Programme has been established to help upskill and reskill individuals to meet the needs of the economy as we emerge from the pandemic and continue to grow the Economy beyond it.

To see what is on offer: [APPLY NOW](#)

PART-TIME PROSPECTUS - OUT NOW

Find out about the latest courses on offer a SWC. With a wide range of Full-Time and Part-Time courses available, now is the time for a new challenge that can progress your career.

[FIND OUT MORE](#)



INVEST IN YOU

SWC
SOUTH WEST COLLEGE

PART-TIME COURSES

APPLY NOW!

www.swc.ac.uk

Dungannon | Enniskillen | Omagh



Department of
**Agriculture, Environment
and Rural Affairs**
www.daera-ni.gov.uk

*Sustainability at the heart of a
living, working, active landscape
valued by everyone.*

DAERA

Rural Social Enterprise Investment Scheme Phase 2 Pilot

DAERA has now released a phase 2 pilot Rural Social Enterprise Investment Scheme.

The scheme aims to provide investment that will allow established Social Enterprises to increase their capacity, potential profitability and sustainability whilst supporting those who live in rural areas.

Grants of between £50k to £100k will be available to Social Enterprises who meet the qualifying criteria and are successful in a competitive process.

The application process will be in two stages:

The first stage is the completion of an online Expression of Interest (EOI) application which will be used by DAERA to determine eligibility of the applicant and project.

The second stage is the completion of an online full application. Only those applicants whose EOI has been deemed eligible will be invited to submit a full application.

Full details about the scheme, and associated documentation are available on the DAERA website: [Rural Development Grants | Department of Agriculture, Environment and Rural Affairs \(daera-ni.gov.uk\)](http://www.daera-ni.gov.uk)

If you require any further information, please contact:
ruralsocialeconomy@daera-ni.gov.uk

£5,000 up for grabs for small businesses through the Rural Start-Up Fund



Forest Holidays and The Prince's Countryside Fund are inviting applications to their Rural Start-Up Fund, which supports entrepreneurs and start-up businesses based in the British countryside.

Founded by HM King Charles III in 2010 while he was The Prince of Wales, The Prince's Countryside Fund aims to support small family farms and empower sustainable rural communities and economies. This is why Forest Holidays teamed up with The Prince's Countryside Fund to create the Rural Start-Up Fund, an exciting opportunity for rural businesses to receive financial support as they embark on a new business venture. Now open for a third year, a total of £5,000 is available in the Rural Start-Up Fund in 2022, to be awarded to one winning business or shared between a number of rural start-ups.

Gemma Wren of NaturesGems Tours, one of 2021's winners said: "A little bit of faith from someone else goes a long way – it's all great to have a business idea and plan to move it forward but when someone believes in it enough to invest in you then that's a huge boost. It's given me the confidence to go out and talk to people as a serious small business with a clear mission and a little bit of cash to kick-start and test things."

Charlotte Thorogood, Strategic Partnerships Manager at Forest Holidays said: "We love supporting Britain's rural start-ups. As a company, we enjoy being involved and seeing winners grow their brands and develop their business. It's important for us to play an active part in the life of the villages and towns surrounding our locations. We're glad we've taken it a step further to give entrepreneurs and start-up businesses the help required to overcome the initial challenges to grow their business locally."

Applicants must be 18 or over, and embarking on a rural business venture. They must be able to demonstrate how their business will, in some manner, support rural communities, promote conservation of the countryside, or support rural sustainability.

To find out more and apply, please visit:
www.princescountrysidefund.org.uk/startupfund

Applications close at **midday on Wednesday, 9th November.**

RURAL ACTION LAUNCHES NEW AWARDS SCHEME



To mark their third birthday, Rural Action will celebrate with the launch of the Rural Action Awards Scheme, aimed at supporting rural communities celebrate their own achievements.

The scheme is designed to support up to 12 volunteer led community action projects. Rural community-based organisations in Northern Ireland, or the border region of Ireland will have the opportunity to apply for and be in with a chance of securing £1000 or €1000 towards their project.

The scheme is open to constituted rural community-based organisations including charities, not for profit community groups, sporting and cultural organisations, heritage groups, Parent Teacher Associations, youth groups/clubs and social enterprises. The scheme seeks to support practical, tangible and timebound projects where the project must complete within 12 weeks.

Teresa Canavan, Rural Action Chief Executive, explained, *“As we celebrated our third birthday this year and also secured charitable status, we were keen to give something back to rural communities and hence we are delighted to announce the launch of the Rural Action Awards Scheme for 2022/2023.”*

“We realise communities have faced and are facing many challenges and we hope this scheme in some small way offers encouragement to celebrate community activity. We are not prescriptive of the type of project we will support. The only stipulation we have is that the project is volunteer led and supports wider community engagement and celebration.”

Groups wishing to enter must complete a simple online form available at www.ruralaction.co.

The successful groups will then be contacted and following a simple verification process, can avail of the £1000/€1000 to use for their community action project. Full terms and conditions are available on our website.

“We wish the best of luck to all those groups that enter, and we look forward to sharing their stories.”



Is Your Flock Registered ???

ATTENTION ALL BIRD KEEPERS - HAVE YOU REGISTERED YOUR FLOCK??

Register NOW to ensure you receive the latest information from DAERA.

Subscribe to the Avian Influenza text service by texting BIRDS OPT IN to 07860 098672. More info: <https://comms.daera-ni.gov.uk/AcB->



Farm Families Health Checks Advertising Schedule – November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Armoy Mart	15	16	17	18 Fivemiletown Mart	19 Donemana Mart
20	21	22	23	24	25	26 Crossmaglen Mart
27	28	29	30			

Excellent Website full of useful information and access to organisations out there that can help: [Cost-of-living pressures | Community Wellbeing NI](#)



Want help to cut down or stop drinking or using drugs?

Phone:
028 90 392 547

Email:
Step2Partnership@Dunlewey.org

Visit
<http://services.drugsandalcoholni.info/node/142>

The Public Health Agency funds a free service for people living in Armagh, Banbridge, Craigavon, Dungannon and Newry & Mourne.

Step 2 Drug and Alcohol Service

(Armagh, Banbridge, Craigavon, Dungannon, Newry & Mourne)

The Step2 service is for people 18+ who wish to tackle their drinking or use of drugs. It aims to ensure the right treatment at the right time. There is no charge.

It can also support family members, whether or not their relative is accessing treatment for their use of alcohol or drugs.

How it works

We (the Step2 Partnership) discuss all referrals received.

We look at the information provided and make contact. We arrange an assessment, discuss needs and ensure that our service is suitable.

Then one of the partnership members gets in touch to give the help needed, for example, advice, support and/or therapy. Interpreting services are available.

To refer yourself, or refer someone else (with their consent):

Tel: Katrina 07591 834 468

or Christine 028 9039 2547

Email: step2partnership@dunlewey.org

Referral forms: <https://bit.ly/3KOZ3Xo>

Members of the Partnership



Project supported by the PHA

DRUG AND ALCOHOL SUPPORT SERVICES

SOUTHERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: 2022

Disclaimer: Whilst every effort has been made to ensure the accuracy of the information provided in this directory at time of print, we do not accept any responsibility or liability for any errors. It is recommended that you always check directly with providers that their service or organisation meets your requirements. Where any specific organisation or service is mentioned by name or otherwise this does not necessarily constitute an implied endorsement or recommendation by HSCA or PHA of that organisation or service.

This publication can also be downloaded from www.drugsandalcoholni.info



Services for Adults

Drug and Alcohol Harm Reduction Service

Aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers & injecting drug users).

Open Access/Self Referrals Accepted

Extern (Southern Trust Drug & Alcohol Harm Reduction Service)

- ☐ Lauren 07710113825
- ☐ Pauline 07484014288
- ☐ Glynis 07483146160

DePaul NI (Harm Reduction Floating Support Service for Chronic Alcohol and Drug Users)

- ☐ Tel: 028 8772 5860

Aftercare Addiction Service

Offering one to one counselling, 6-12 week (non-residential) treatment programmes, relapse prevention and family support.

Open Access/Self Referrals Accepted

Davina's Ark

- ☐ Tel: 028 3027 9407

Adult Step 2 Service

One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

Ascert, Dunlewey, Extern, Inspire

- ☐ Tel: 07591 834 468
- ☐ Tel: Christine 028 9039 2547
- ✉ Step2Partnership@dunlewey.org

Statutory Addiction Service

Provided by a range of specialist teams within community and hospital settings.

GP/Health Professional Referrals

SHSCT

- ☐ Tel: 028 3756 4513

Residential treatment is accessible through the statutory addiction service.

Young People/Family

Newry Youth Engagement Service (YES)

A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

Open Access

Magnet Centre

- ☐ Tel: 028 3026 9070

Banbridge Youth Engagement Service (YES)

A youth friendly, holistic health and well-being service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

Open Access

FutureProof

- ☐ Tel: 028 4062 4511
- ✉ info@futureproofni.org

Targeted Lifeskills Service

Groupwork programmes for young people, aged 11-25, focussed on lifeskills and harm reduction.

Targeted at At-Risk/Vulnerable Groups

Start 360

- ☐ Tel: 028 3832 2714

Steps to Cope/ Hidden Harm

For young people aged 11-25 who have been impacted by parental substance use and mental health problems.

Open Access/Self Referrals Accepted

ASCERT

- ☐ Tel: 0800 2545123
- 🌐 www.stepstocope.co.uk
- ✉ stc@ascert.biz

DA-FACTS Youth Treatment & Support Service

For children and young people aged 11 - 25. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

Dunlewey Addiction Services

- ☐ 078 0341 3049

Pharos

Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.

Social Services/Addiction Services Referrals

Barnardos

- ☐ Tel: 028 4062 3872
- 🌐 www.barnardos.org.uk/what-we-do/services/pharos-southern-board

DAMHS (Drug and Alcohol Mental Health Service)

Range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

GP/CAMHS Referrals

SHSCT

- ☐ Tel: 028 3839 2112

Specific Groups

Needle & Syringe Exchange Sites

Northern Pharmacies

- 📍 Brownlow Health Centre, Craigavon
- ☐ Tel: 028 3834 1462

Boots

- 📍 Scotch Street, Armagh
- ☐ Tel: 028 3752 3199/5910

McKeagney Chemists

- 📍 5 John Mitchel Place, Newry
- ☐ Tel: 028 2606 2606

Group Support

Call or go online to find a meeting near you:

Alcoholics Anonymous

- 12 Step Programme/Group Meetings
- ☐ Tel: 028 9035 1222
- 🌐 www.alcoholicsanonymous.ie

AlAnon

- Group Support for Family Members
- ☐ Tel: 028 9068 2368
- 🌐 www.al-anonuk.org.uk

Alateen

- Group Support for Teenagers
- ☐ Tel: 028 9068 2368
- 🌐 www.al-anonuk.org.uk/alateen

Narcotics Anonymous

- 12 Step Programme/Group Meetings
- ☐ Tel: 0300 365 1010
- 🌐 www.na-northernireland.org

Community/Stakeholder Support

Southern Drug and Alcohol Coordination Team/Connections Service (SDACT Connections)

The DACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.

- ☐ Tel: 028 3832 2714 (Start 360)
- 🌐 www.drugsandalcoholni.info
- ✉ connections@sdact.info

Workforce Development Training Programmes

A range of drug and alcohol training courses for those working with adults, children and young people.

ASCERT

- ☐ Tel: 0800 254 5123

For more detailed information on services available in your HSCA area visit www.drugsandalcoholni.info



"Addressing drugs and alcohol together"

In Crisis? Call **Lifeline**

FREE 24/7 HELPLINE
0808 808 8000

The Art of Children's Face Painting

Ranfurly House Arts & Visitor Centre



Join Multi Award Winning Makeup Artist Stacey Kilpatrick of S.A.K. Makeup, Northern Ireland leading face painting tutor with 20+ years' experience and learn the art of face painting.

Saturday 12th November 10:00am – 1:00pm
£40.00 + Face painting Kit - £25.00

Venue: Ranfurly House Arts & Visitor Centre, Tower Room

In this workshop participants will focus on the essential key skills to develop as a professional face painter including health and safety, base and sponge work, line work and blending.

Observe demos by Stacey as well as gaining hands on practical experience.

A minimum of three faces will be taught on the day with universal skills to translate into other popular designs.

All materials required are included in the kit. Participants will be required to self-paint and work with another participant during the practical elements of the workshop.

This workshop is not suitable for participants with an allergy to face paint.
A face painting kit can be shared between two participants, for example 2 friends attending the course.

Booking essential:

Tel: 028 877 28600 option 3

Online booking:

<https://dungannon.ticketsolve.com/ticketbooth/shows/873637489>



Forest Park Enhancement and Community Trails Development Scheme Survey

An independent evaluation of the Forest Park Enhancement and Community Trails Development Scheme is underway to help establish the need and shape of any future Scheme proposed under TRPSI or the Department's new Rural Policy Framework.

A key part of the evaluation will be for the appointed consultants to demonstrate;

- **how effective the Scheme is in contributing to improving the lives of rural people (beneficiaries) and how it contributes to the TRPSI Framework objectives;**
- **Identify how the Scheme supported its aims;**
 - i. to develop sustainable family orientated outdoor experiences in Forest Parks / Community Trails;**
 - ii. Increase the provision of integrated trail networks (walking, running, cycling, equestrian) in Forest Parks;**
 - iii. Provide an environment that is inclusive and that will aid the well-being of all who visit;**
 - iv. Increase opportunities for social engagement and interaction with the aim of reducing social isolation;**

DAERA are hoping for engagement across the widest cross section of the rural community as possible and thus have asked that you please share this short survey across your contact list

<https://www.surveymonkey.co.uk/r/X2ZB3C7>

It would be greatly appreciated if you would please ask they take 5 minutes and complete the survey

Make the Call Community Clinics



libraries NI **make the call**

Make the Call Community Clinics

Talk to a Make the Call advisor about accessing benefits,
supports and services

Visit this free event in your local library.

Make the Call is the service that makes sure you're getting all the benefits, services and supports you're entitled to. See dates and locations below.

- Omagh Library - Tuesday 15 November
- Coalisland Library – Tuesday 22 November

Contact Make the Call to book time with an advisor:

makethecall@dfcni.gov.uk



KITH & KIN FINANCIAL WELLBEING

Clear Emotional well-being & Mental health

HSC Public Health Agency
Project supported by the PHA
Supported by the Public Health Agency through the Clear Project

Managing Money & Cost of Living Advice.

1 Hour Workshop in Financial & Mental Wellbeing.

Free Workshop by Qualified Money Advisors

Running October 2022 to February 2023

Available to Belfast, Northern, Southern & South Eastern Trusts

Sign up for Free
today on our website.

www.kithandkinwellbeing.org

Making Money & Cost of Living Advice is supported by the [Public Health Agency](#) through the [Clear Project](#). The opportunity is available to individuals living across 4 Trust Areas – Northern, Belfast, Southern & South Eastern. [Find out more](#)

Attend our virtual Dementia Information Programme on Zoom

A series of free online talks and information sessions for anyone who cares for someone with dementia, has a family member or friend with dementia or anyone who has questions about dementia.

What is Dementia?

Delivered by Dr John McIlvenna, Consultant Psychiatrist, NHSCT

**Wednesday 2nd November 2022
6.30pm – 7.30pm**

Legal and financial Issues

Delivered by Nicola Lowry, Solicitor

**Wednesday 9th November 2022
6.30pm – 7.30pm**

Dementia Occupational Therapy Service

Delivered by Caroline Abbott, Occupational Therapist, NHSCT

**Wednesday 16th November 2022
6.30pm – 7.30pm**

Carer Health and Wellbeing

Denise Bermingham, Dementia Navigator, Memory Service, NHSCT

**Wednesday 23rd November 2022
6.30pm – 7.30pm**



**To register or to find out more, please phone 07710119366
or email eastantrim@alzheimers.org.uk**

Advocacy for All

Advocacy For All supports people over 18 with mild/moderate mental health issues to find the right support and have their voice heard



The Advocacy for All service will provide:

- An opportunity to discuss options and rights around issues that are impacting your mental health with a trained Mental Health Advocate
- Empower you to understand what choices are available to resolve issues impacting your mental health
- Information and signposting in relation to mental health support in your local area, and support you to access these services
- Support you to become more confident to speak up for yourself in relation to your mental health/wellbeing
- Access to i-Connect a unique digital wellbeing platform enabling you to monitor and improve your mental health and wellbeing
- Opportunities to engage in training to develop self-advocacy skills

Telephone – 0808 189 0036

Web chat – www.inspirewellbeing.org

Email – hello@inspirewellbeing.org

Availability:

Monday – Friday 10:00am – 4:00pm

This is a free and confidential service

Funded by the Department of Health's Mental Health Support Fund administered by the Community Foundation for Northern Ireland

The advocacy for all service will not:

- Provide counselling or befriending
- Give any legal or benefit advice
- Make any decisions for you
- Tell you what to do



For more information on our Advocacy Service, visit www.inspirewellbeing.org/advocacy-for-all

FREE ONLINE STRESS CONTROL COURSE

Course covers:

- What is stress

Controlling :

- Your body
- Your thoughts
- Your actions
- Panicky feelings
- Getting a good night's sleep
- Boosting your wellbeing



#StressControlNI

**6 Sessions
90 minutes
per session**

**For course information and dates
visit www.ni.stresscontrol.org**



Public Health
Agency

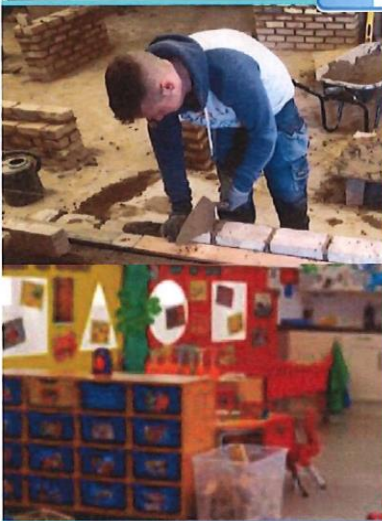
www.ni.stresscontrol.org

Coalisland Training Services

Tel: 028 8774 8512 Fax: 028 8774 8695

Upcoming Course Listing available at:

www.coalislandtrainingservices.co.uk



Skills for Life and Work

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



Apprenticeships

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

Skills for Life & Work Courses

Childcare Bricklaying

Health & Social Care

Hairdressing Joinery

Retail Engineering

Telephone: 02887748512

Email:

info@coalislandtrainingservices.co.uk



Department for the
Economy
www.economy-ni.gov.uk

SKILLS
TO SUCCEED



Useful Cost of Living Schemes

The Affordable Warmth Scheme addresses the effects of fuel poverty and energy inefficiency. The scheme is directed at low income households with an annual gross income of less than £23,000.

<https://www.nihe.gov.uk/Housing-Help/Affordable-Warmth-Boiler-Replacement/Affordable-Warmth-Scheme>

The NI Consumer Council has a Cost of Living section to help provide support on a range of topics including your food shop, home energy bills, transport and more. <https://www.consumercouncil.org.uk/costofliving#section-4131>

Advice NI is an independent advice network, providing advice to those who need it most. They have a Freephone advice helpline and can be contacted via email. Click here: [Welcome to Advice NI | Advice NI](#)

Helplines NI is a membership-led organisation consisting of over 30 different helplines and support services operating across Northern Ireland. [Click here to visit the Helplines NI website.](#)

National Energy Action is the national fuel poverty charity, working to ensure that everyone in England, Wales and Northern Ireland is warm and safe at home. [Click here to visit National Energy Action's website.](#)

Make the Call to make sure you are getting the benefits, services and support you're entitled to.

To 'Make the Call' you can phone 0800 232 1271; text ADVICE to 079 8440 5248
<https://www.nidirect.gov.uk/campaigns/unclaimed-benefits>

Scams

If you receive a suspicious text or email, or see a suspicious online ad, you can report these for free to help others.

Forward texts to **7726**

Forward emails to report@phishing.gov.uk

Report ads to @ASA_UK

More information at <https://www.consumercouncil.org.uk/scams/how-to-report-a-scam>

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](#)



Community Foundation NI

Currently have a number of funds
OPEN FOR APPLICATIONS:

Diversity, Equity & Inclusion Fund

Telecommunity Fund

Micro Community Investment Fund

Pressure Group Fund

6 X Wind Farm Funds

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))



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



The Libraries NI **November 2022** Zoom Programme is available on the Libraries NI website:

[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 \(daera-ni.gov.uk\)](#)



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](#)



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 security and disability benefits.	Debt & Money Advice An icon showing several stacks of coins and a single Euro coin, representing financial advice and debt management.	Business Debt An icon of a bar chart with a red arrow pointing downwards, indicating business debt and financial challenges.
Tax Credits & HMRC Products An icon of a calculator with "HMRC" on the display, representing tax credits and HMRC-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.

-  Discover the internet >
-  Events and training >
-  Free internet access >



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 / 2023

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

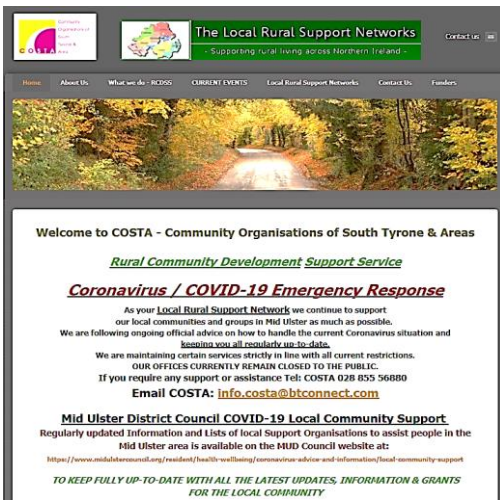
Bespoke & other Sessions can also be offered

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)

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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



www.communities-ni.gov.uk

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Bopaí
 na h-Éireann

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