



Your Local Rural Support Network



The Local Rural Support Networks

- Supporting rural living across Northern Ireland -

COSTA Community Newsletter

December 2017

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



*The COSTA Board & Staff
Wishes Everyone*



**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

'Open Door Support Day'
Wed 20th December 2017

Book now to receive a one-to-one support session – for
community groups at COSTA in President Grant's Homestead.
The following time slots are available and will be offered
on a first-come, first-serve basis.

Note that pre-booking a time slot in advance is essential:

1. 9:30am – 11:00pm
2. 11:30pm – 1:00pm
3. 2:00pm – 3:30pm
4. 3:30pm – 5:00pm
5. 5:30pm – 7:00pm
6. 7:30pm – 8:30pm

EVERYONE WELCOME!

To book any of the above events please contact the
COSTA office

Tel: 028 855 56880 or

Email: info.costa@btconnect.com

COSTA Newsletter

COSTA Upcoming Events & Workshops

- COSTA 'Charity Registration & Annual Returns' Information Workshop (every 6 weeks)
- COSTA 'Open Door Support Day' (one per month)
- COSTA 'Energy Efficiency in the Home' Info Session - details TBC.
- COSTA 'Waste & Recycling' Info Session - details TBC.

--- MORE TO FOLLOW SOON ---

Funding raised by
The National Lottery
and awarded by the Heritage Lottery Fund



PRESS RELEASE DECEMBER 2017

The Heart of Ancient Ulster Landscape Partnership Scheme (LPS) are out and about

Moira O'Rourke Development Officer for The Heart of Ancient Ulster LPS has been busy out and about during the last few months meeting with local community representatives, external agencies and statutory bodies discussing the Lower Sperrin plateau and its assets.

The Lower Sperrin plateau is situated within the heart of Mid Ulster and is known for its natural beauty with a plethora of built, natural and cultural heritage and it is this heritage that needs protected for future generations. Moira O'Rourke said; "People have been living on this landscape for over 5,000 years and their invaluable knowledge paves the way to protect the environment creating and exploring new opportunities, whilst increasing tourism to the area.

"Historic monuments scatter the land and cultural traditions have been passed down from previous generations. This is an exciting time, while the project is still in its infancy we will seek to support and encourage community groups to come together and work collectively on themes such as built, natural and cultural heritage. Local people will be able to up skill and avail of training and become Ambassadors for the land in which they live.

"As a result, community consultations have been scheduled to take place in the following venues, this is an opportunity for community groups to come together to hear more about what lies ahead and give their views on what they would like to see take place in their area."

Rowntree Centre, Pomeroy	Thursday 11 th Jan 2018	7.00/9.00pm
Broughderg Community Centre	Tuesday 16 th Jan 2018	7.00/9.00pm
Sixmilecross (Venue TBC)	Thursday 18 th Jan 2018	7.00/9.00pm
An Creagan Visitor Centre	Monday 22 nd Jan 2018	7.00/9.00pm
Galbally Community Centre	Thursday 25 th Jan 2018	7.00/9.00pm
The Patrician, Carrickmore	Tuesday 30 th Jan 2018	7.00/9.00pm
Greencastle Community Centre	Thursday 1 st Feb 2018	7.00/9.00pm

Thanks to the Heritage Lottery Fund (HLF) who have awarded Round 1 funding to the Landscape Partnership scheme. The Heart of Ancient Ulster Landscape Partnership will conserve and protect 144km² of outstanding Neolithic landscape and reconnect the local community to its unique natural, built and cultural heritage. Over the last decade, HLF's Landscape Partnership programme has provided £221million across the UK. The programme helps to forge new partnerships between public and community bodies, ensuring people are better equipped to understand and tackle the needs of their local landscapes. Grants range from £100,000 to £3million.

Thanks to National Lottery players, HLF invest money to help people across the UK explore, enjoy and protect the heritage they care about - from the archaeology under our feet to the historic parks and buildings we love, from precious memories and collections to rare wildlife. www.hlf.org.uk. You can follow HLF on [Twitter](#), [Facebook](#) and [Instagram](#) and use #HLFsupported or #NationalLottery.

For more information please contact Moira O'Rourke,
Development Officer on 028 867 634853 or email
Moira.ORourke@midulstercouncil.org



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



COSTA EVENTS December 2017



COSTA 'Open Door Day'

One-to-one support sessions
for local groups in the
Dungannon & South Tyrone Area

Wednesday 20th December 2017
At COSTA
President Grants Homestead

- Pre-booking a time slot in advance is essential -
Please advise of nature of support or information required when booking:

Timeslots:
9:30am – 11:00pm,
11:30am – 1:00pm,
2:00pm – 3:30pm,
3:30pm – 5:00pm,
5:30pm – 7:00pm,
7:00pm – 8:30pm.

To book your slot Tel: 028 855 56880
or email: info.costa@btconnect.com

COSTA is funded by
Department of Agriculture, Environment & Rural Affairs through DAERA's Rural Community Development Support Service / Tackling Rural Poverty & Social Isolation
Programme and Mid Ulster District Council
Registered Company in Northern Ireland No: NI 42052
Charity Recognised by Charity Commission No: NIC101690
ISO 9001:2008 Cert: FS 63060



COSTA Newsletter

COSTA Rural Community Development
Support Service (RCDSS)

COSTA provides a FREE

Outreach Support Service

to local Member Community /
Development Groups and Charities to
increase capacity and access to
funding throughout the Dungannon &
South Tyrone area –

To book an appointment contact
Loraine Griffin on Tel: 028 8555 6880 or
email: info.costa@btconnect.com



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



Contact COSTA for
Funding Information &
Grant Tracker Searches:
Tel: 028 855 56880

info.costa@btconnect.com

Always Farm SAFE!

STOP AND THINK

SAFE

SLURRY ANIMALS FALLS EQUIPMENT

Mid Ulster Rural Development Partnership Local Action Group



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

Mid Ulster
DISTRICT COUNCIL
www.midulstercouncil.org

RURAL SERVICES SCHEME MANDATORY PRE-APPLICATION WORKSHOPS



Rural Development Programme
funding for Service Improvement in
Rural Mid Ulster

Rural Services Scheme – Mandatory Pre Application Workshops

Mid Ulster Rural Development Partnership, through its Rural Services Scheme, is seeking support projects which explore new and innovative ways of delivering multiple services those living in rural areas of Mid Ulster District Council.

This Scheme will provide capital funding to new or existing community buildings or other facilities to serve as community hubs in order to improve and/or expand the range of services they provide.

The Scheme is open to the community/voluntary sector (inc Social Economy Enterprises where the project is a non-economic activity) Local Council, Strategic Public Bodies, or a partnership of Council and community/voluntary/private sectors where Council is the grant recipient.

Attendance at a pre application funding workshop is mandatory for all groups/organisations intending to make an application for capital support. Workshop dates are as follows:

Date	Venue and time
Thursday 7 th December	6:30 pm - Mid Ulster Council, Cookstown Office
Monday 11 th December	9:30 am - Mid Ulster Council, Magherafelt Office 6:30 pm - Mid Ulster Council, Dungannon Office
Wednesday 13 th December	9:30 am - Mid Ulster Council, Cookstown Office 6:30 pm - Mid Ulster Council, Dungannon Office
Tuesday 19 th December	6:30 pm - Mid Ulster Council, Magherafelt Office

All workshops will commence promptly at the specified times. All those planning to attend must book in advance. To book a place or to talk to a member of staff about the Rural Services Scheme please telephone: 028 8676 4714 or e-mail: rdp@midulstercouncil.org

PLEASE NOTE: The person(s) attending the pre-application workshop must be an Office Bearer of the organisation e.g. the Chair, Secretary, Committee Member of the organisation Trustee(s) or a person acting on behalf of the organisation provided that they have been previously authorised to do so by the organisation - evidence of approval must be available

Attendance at the funding workshop does not constitute an offer of funding. The application process will be competitive and not every application will be funded.



COSTA Newsletter

GOOD MORNING A. B. C. D.

COMMUNITY & VOLUNTARY SERVICES

**TELEPHONE CALLS
VOLUNTEER VISITS
SERVICES DELIVERY
365 DAYS A YEAR**



**HELPING YOU LIVE WITH
INDEPENDENCE AND
PEACE OF MIND**

WE'RE ONLY A PHONE CALL AWAY

FUNDED BY: SOUTHERN HEALTH & SOCIAL CARE TRUST • COMMUNITY VOLUNTARY SERVICES
ARMAGH • BANBRIDGE • CRAIGAVON POLICING • COMMUNITY SAFETY PARTNERSHIP

Tel: **07843 478433** Email: youcanhelp@live.co.uk

**RETIREMENT
DON'T JUST LIVE IT - ENJOY IT
VOLUNTEERS WANTED**

for

**GOOD MORNING
XTRA SERVICES**

TELEPHONE CALLERS

TELEPHONE CALLS GO 365 DAYS A YEAR
HELPING TO REDUCE ISOLATION, LONELINESS
AND FEAR PROVIDING REASSURANCE FOR
SERVICE USERS, FRIENDS AND FAMILY

XTRA SERVICES WILL PROVIDE TELEPHONE
SUPPORT HELPING TO DEAL WITH DAY TO DAY
ISSUES CAUSING CONCERN AND STRESS TO
OLDER PEOPLE AND VULNERABLE ADULTS

HOME VISITORS

VOLUNTEERS RESPOND TO ISSUES IDENTIFIED
BY STAFF VISITING OLDER AND VULNERABLE
ADULTS AT HOME OR PLACE OF RESIDENCE TO
HELP WITH ISSUES SUCH AS COLD CALLERS,
TELEPHONE SCAMS, FIRE ALARM TESTING,
CARBON MONOXIDE ALARMS AND OTHER HOME
AND PERSONAL SAFETY ISSUES

**FULL TRAINING FOR BOTH ROLES
PROVIDED AND ALL EXPENSES PAID**

**NOTE: HOME VISITOR ROLE REQUIRES
AN ENHANCED ACCESS NI CHECK**

Email: youcanhelp@live.co.uk Web: www.youcanhelp.org

tel: 07843 478433



*Putting the voice of older people
at the heart of nursing care*

Northern Ireland is facing a significant shortage in nursing staff across the five Health and Social Care Trusts. This is presenting real challenges for nurse recruitment and retention, especially in the care of older people.

Project Retain aims to support nurse recruitment and retention in care of older people by embedding a culture of 'open and transparent communication across all bands and disciplines of staff'. At its core is a drive to achieve a truly person-centred service where older people, carers, the public and staff are engaged in a partnership approach to achieving nurse retention in NI. **Age NI is now recruiting volunteer facilitators to participate in Project Retain.**

The volunteer role

As an Age NI Peer Facilitator, your role will be to assist with the facilitation of focus groups involving a range of bands and disciplines of nursing staff across the five Health Trusts. Supported by Age NI, you will talk about what really matters to older people who are receiving health and social care services.

What skills and qualities do I need?

If you have a keen interest in older people's issues, then we would love to hear from you. **Other qualities:** Empathy and understanding, good listening and communication skills, and the ability to facilitate conversations from an impartial position.

What's in it for me?

The opportunity to make a real difference in shaping the future of nursing in the care of older people

- Bespoke training in listening and facilitation skills provided by Age NI
- A chance to meet and engage with like-minded people
- Flexible participation - we work with what suits you!
- Out of pocket expenses reimbursed

**For more information contact:
Age NI, 3 Lower Crescent, Belfast, BT7 1NR
Tel: 028 9024 5729
Email: projectretain@ageni.org**

COSTA Newsletter

SERVICES FOR COMMUNITIES



Rural Support offers a listening and signposting service for farmers and rural families across NI via face to face support, information and advice about business finance and debt, single farm payments, benefits, mental health assistance and many other issues. **Tel: 028 8676 0040** **Email: info@ruralsupport.org.uk** **Website: www.ruralsupport.org.uk** **Confidential Helpline: 0845 606 7 607**



RYE Connect - Rural Youth Entrepreneurship Programme (RYE) is an entrepreneurship and developmental programme for young people aged between 16–30 yrs. We offer outreach activities to engage young people in rural areas to consider the potential of enterprise development and self-employment through a series of workshops, networking events and interactive online tools. Contact Gail Lees, Programme Officer **Tel: 028 867 66980** **Email: grees@rdc.org.uk** **Web: www.rdc.org**



CDM Community Transport offers flexible, affordable community transport services for individuals and community groups. CDM offers access to vital local services: post offices, shops, doctors, local health services. CDM also offers **Assisted Rural Travel Scheme (ARTS)** - only available to rural dwellers who have a valid Smart pass on CDM's Dial a lift. **For further information contact the Dungannon Branch Office: Tel: 028 877 29714.**



The Farm Families Health Checks Programme consists of a mobile screening bus which will visit local farmers' markets and rural community events to offer on-the-spot health checks consisting of blood pressure monitoring, BMI, cholesterol and diabetic screening. In addition, individual lifestyle advice will be given on a range of health issues and onward referral to local support services as required. For further information Contact Elaine Catterson: **Tel: 028 2563 5573** **Email: elaine.catterson@northerntrust.hscni.net**



Farm SAFE aims to increase awareness of farm safety and to reduce work related fatalities and injuries on farms. We advise farmers to stop and think about the **four main farm hazards Slurry, Animals, Falls and Equipment (SAFE)**. For Confidential advice on workplace health and safety call our **Freephone Number: Tel: 0800 0320 121** **Web: <http://farmsafe.hseni.gov.uk>**



Libraries NI has a host of fabulous services and exciting events that will lead you on a journey of discovery. You can join the library at any age and membership is free. It is free to borrow books, eMagazines and use computers. There 98 public libraries and mobile stops across NI so you will be sure to find one near you. **For all general enquiries call the Customer Support Line: 0345 4504 580** **Web: www.librariesni.org.uk**



SUSE+ Employability Programme provides support, guidance and qualifications to unemployed and economically inactive adults (aged 16+) to progress into sustainable employment. SUSE+ provides intensive 1:1 mentoring support, qualifications and specialised training to ensure all participants are fully equipped to meet the demands of today's labour market. Contact: **Marie Skelton Tel: 0744 253 1665** **Web: <http://www.swc.ac.uk>**



Social Enterprise NI (SENI) is the voice for Social Enterprises and Social Entrepreneurs in Northern Ireland, connecting, supporting, developing and sustaining vibrant businesses to create social change. **Tel: 028 9046 1810** **Email: info@socialenterpriseni.org** **Web: www.socialenterpriseni.org**

Mid Ulster to Benefit from £8m in Rural Development Funding via Mid Ulster Rural Development Partnership Local Action Group



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

Mid Ulster
DISTRICT COUNCIL
www.midulstercouncil.org

With two thirds of our residents living in rural areas, Mid Ulster has a focus on supporting its rural communities and rural enterprise.

A new Local Action Group for Mid Ulster has now been formed. Mid Ulster Rural Development Partnership will take forward the delivery of Priority 6 funding under the new 2014-2020 Rural Development Programme in partnership with Council.

A range of Support Measures are available including support for capital investments in creation and development of non-agricultural activities in rural areas for all micro and small enterprises.

Capital grants are available for start-up or expansion of rural business, including farm diversification and private tourism businesses.

For information on **LEADER NI Rural Development Programme** funding and the application process, contact the **Rural Development Team** at Mid Ulster District Council on **Tel: 028 8676 4714** **Email: eamon.gallogly@midulstercouncil.org** **Website: www.midulsterrdp.org**



COSTA Newsletter

Services for Older People



Age NI is the leading charity for older people in N.I. They deliver care services, provide advice and advocacy, fundraise and influence our decision-makers to improve later life for us all. The Age NI Advice and Advocacy Service offers free, independent and confidential support to older people, their families and carers on a range of issues including: Welfare benefits, Community care, Residential and nursing care, Housing and health. **Age NI Advice Service: call Freephone 0808 808 7575**



Mid Ulster Seniors Network (an Age NI Sub-Regional local Network) motto is "Together we are Stronger". **Contact: Elaine Simpson Telephone: 028 9024 5729 or Email: musn.olderpeoplesnetwork@gmail.com or Anita Kelly Tel: 078 141 96935 anita.kelly@ageni.org**



Agewell is a Local Partnership aimed at improving services for the Older People in the Community in the Mid Ulster Area Services: Good Morning Call – a free telephone care service for the over 50 and vulnerable five mornings a week, Monday to Friday to contact members for a social chat and to check on their wellbeing, Advice, Information and Signposting, Home Maintenance Worker, Training, Social Events, Access to Benefits, Fuel poverty, Intergenerational Work, Volunteering opportunities. **Contact: Marie Devlin Email: shauna.kehoe@agewellpartnership.org**



GMN Good Morning Neighbour is a FREE 365 Day a Year telephone call and befriending service for older and vulnerable adults in the Armagh City & District and Dungannon & South Tyrone Borough Council areas run by Community & Voluntary Services / Armagh & Dungannon Voluntary Bureau. If you or someone you know would like to benefit from these services and live within the catchment area, or would like more information call Siobhan on Tel: **028 8772 9690** or Email: gmnproject@live.co.uk Web: www.youcanhelp.org



Computer classes



Go ON is an exciting support/training programme for people who want to find out more about technology and computers in a relaxed environment and at their own pace. These computer courses are held in local libraries with experienced staff on hand to help. Go ON allows people to enhance their computer skills by offering help to do lots of everyday tasks on the computer. Go ON sessions are free but you must be a library member to participate. Library membership is free for everyone. To join all you need to do is bring a form of identification with proof of address.

Contact the library directly to book your place.

Interested in signing up to one of these free courses?

Call into or contact your local library. For details of a library near you, contact -

Customer Support Line t: 0345 4504 580

(Monday - Thursday 9:00am - 8:00pm Friday 9:00am - 5:00pm

Saturday 10:00am - 4:00pm)

or go to the Libraries NI website - www.librariesni.org.uk

Library Services

From books and magazines to local history resources, Libraries NI has a host of fabulous services and exciting events that will lead you on a journey of discovery.

You can [join the library](#) at any age and membership is free. It is free to borrow books, eMagazines and use computers. Some charges apply for other items and services such as requests for books - [view charges information](#).

With 98 public libraries and mobile stops across Northern Ireland you will be sure to find one near you. You can use your library card at any public library in Northern Ireland. This means you can borrow items from one library and return them to another. **Click link below to watch video of FREE services: <https://www.youtube.com/watch?v=xwqymf2iY3I>**



COSTA is funded by
Department of Agriculture, Environment & Rural Affairs through DAERA's Rural Community Development Support Service
Tackling Rural Poverty & Social Isolation Programme and Mid Ulster District Council

Registered Company in Northern Ireland No: NI 42832

Charity Registration in NI: NIC101598

ISO 9001:2008 Cert: FS 536859

