





C O S T A

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

Feb 2020 (2)

COSTA
Local Rural Support Network

**Rural Community
Development Support
Service**
(Mid Ulster Zone)



Mid Ulster District Council 2020/2021 Grants Now Open



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

New round of Grant Aid Programmes
are open and will
close on Monday 16th March 2020

A number of *Rolling Grants Programmes*
(you can apply to throughout the year)
will remain open:
Good Relations
Community Festivals
Sports Representative

**To access grant guidance and to make the
online application please visit:**
www.midulstercouncil.org/grants
**Tel: 03000 132 132 to seek advice from
Community development Officer**

**COSTA can assist local groups
to make applications:**
To book Tel: 028 855 56880 or 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 Newsletter

COSTA **Upcoming Events & Workshops**

- COSTA 'Open Door Support Day' Thur 19th Mar 2020 - TBC.
- Wide variety of FREE COSTA Governance & Information Workshops – Available on request: info.costa@btconnect.com

FREE COSTA WORKSHOPS **AVAILABLE TO LOCAL GROUPS**

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

Can be held in out in rural locations

Contact COSTA

Tel: 028 855 56880

info.costa@btconnect.com

Central Good Relations Fund (CGRF) is NOW OPEN for 2020/21 online applications

Central Good Relations Fund 2020/21 is now open for groups who wish to apply online for a project funding grant. **The closing date is midnight on Thursday 12 March 2020. However, you must register your organisation by 2.00pm on Thursday 12 March 2020 to enable access to the online application system. Any registrations submitted after that time will not be approved.**

If you have not already done so, please register your organisation now at:

<https://dttselfserve.digitalni.gov.uk/ExecutiveOffice/TEOPortal/#/>

You should read the step-by-step registration guide attached before you start.

To register, you will need:

- Your contact information as the admin user (can be changed later);
- Details of your organisation, including address and organisation type;
- A copy of your organisation's constitution (Word or PDF); and
- A default password (used as the initial login for all of your organisation users).

Online Application - Please read the step-by-step online application guidance notes attached before you start.

To apply online you will need:

- The login link you will have received via e-mail when your registration was approved;
- The e-mail address you used to register;
- Your password;
- Details of your proposed project including projected activities and costings; and
- Copies of job descriptions (for any salary being claimed).

Click your individual 'login now' link, login, and follow the steps in the guidance notes attached.

Got questions? Contact our team using the link below
www.executiveoffice-ni.gov.uk/contacts/central-good-relations-funding-programme-team

Find out more information about CGRF at:
www.executiveoffice-ni.gov.uk/cgrf



COSTA

**Rural Community Development
Support Service (RCDSS)**

COSTA provides a FREE

Outreach Support Service

**for 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
Lorraine Griffin on Tel: 028 8555 6880
or email:
info.costa@btconnect.com**



FREE Capacity Building Workshops for Local Groups

1. *Charity Registration.*
2. *Charity Annual Returns.*
3. *Good Governance.*
4. *Committee Skills & Roles.*
5. *Limited Company & Directors Responsibilities.*
6. *Introduction to Social Economy & Sustainability.*
7. *Preparing to Tender.*
8. *Being Grant Ready.*
9. *Human Rights / Human Rights Act (1998).*
10. *Diversity Inclusion & Anti-Racism.*
11. *Leadership & Mentoring.*
12. *Equality, Inclusion & Good Community Relations.*
13. *Building Community Development Practice.*
14. *Personal Development and Health & Wellbeing.*

**Tel: 028 8555 6880 or email:
info.costa@btconnect.com**



Community Foundation NI

Micro Grant Programme

This has been established in recognition and celebration of the contribution of voluntary groups and people to our society and the need for a simple application process for small amounts of funding.

You do not have to have a constitution to apply to this fund.

Established groups should have maximum annual income level of £30,000 with the Community Foundation having a preference for applications that are eligible for an award where annual income is less than £10k.

Grants available: Up to £1,000

Closing Date: Feb 28, 2020 13:00

<https://communityfoundationni.org/grants/the-micro-grant>

Please find below the link to other grants and for further details:

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

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

***Always
Farm SAFE!***

STOP AND THINK

SAFE

SLURRY ANIMALS FALLS EQUIPMENT



Got an idea for a project in and around Dungannon?

Come and chat about your idea with
Colin Howells from our funding team. He will be
at The Junction on the following dates:

Monday 9th March

Wednesday 22nd April

Monday 8th June

Book a 30 minute appointment at
www.ticketsource.co.uk/the-national-lottery-community-fund-ni

#NationalLottery



TENDER

Supporting Our Families Together Project



Supporting Our Families Together (SOFT) Project, Cookstown wishes to appoint an experienced agency or consultant(s) to conclude an external evaluation of the implementation and impact of the project.

The SOFT Project is funded by The National Lottery, Reaching Out Supporting Families Fund from 2016-2021.

SOFT is an early intervention family support programme (Tier 2) with schools, families and community partners. It aims to improve children's educational outcomes by encouraging and supporting parental engagement in their education. It provides learning and support programmes to children (4-12yrs), parents and families. It works in 17 schools in the Cookstown catchment area. To date 1,300 families have availed of its services.

The Speedwell Trust is the managing agent for SOFT, accountable to the partnership Management Committee and the funder. A 3-year review was undertaken, and a two-year strategic plan approved. An additional 2 years of funding may be available for SOFT by competitive application in June 2020. The Management Committee wishes to appoint consultant(s) to carry out a summative evaluation that will supplement existing monitoring and reporting to the funder against the agreed indicators and outcomes. It will draw on evaluation data from programme participants and needs to engage partners, stakeholders and parents.

The evaluation report will be used to:

- Collate and contribute to the evidence base, evidencing the effectiveness and limitations of SOFT as a pilot programme
- Improve internal and sectoral learning on project design, governance and effectiveness
- Inform decision making on the future development of SOFT
- Share learning with partners, communities, stakeholders, public and voluntary sector bodies locally and regionally

The Evaluation report needs to be completed by 24th of April 2020.

For a tender application pack please contact: tara@softprojectcookstown.org

Closing date for submissions is Friday 28th February 2020 @ 12.00 noon

FREE Computer Courses

Lisburn company **Ignite IT** is working with **BT** to offer you FREE computer and tablet courses to help you get the most out of being online. These courses are specially suited for beginners!



Buying and Selling



Using your computer



Being Safe Online

and lots more....

You don't even need a computer or tablet...We'll lend you one!

Course Duration: 2 hours per week for 4 weeks

Venue: Ignite IT, Lisburn Enterprise Park, Lisburn BT28 2BY
(Beside the MOT Centre)

Come along to our training room and learn at your own place with all the help you need from our experienced team.

*We also have **Free Car Parking** and **Free Tea/Coffee** (and biscuits!)*

Places are limited so to find out more phone **IGNITE IT (free)** on

08000 488 638

Facilitated by



In association with



Supported by



INTERNATIONAL BIG BREAKFAST



SATURDAY 22ND FEBRUARY

10.30am - 1.00pm

The Junction,

12 Beachvalley Way, Dungannon,
BT70 1BS

For more information please contact
Geraldine Dougan, Communities Officer, on
07483328455


Rate Rebate Factsheet

This factsheet has been developed to answer some of the questions you might have about the Rate Rebate Scheme.



A Rate Rebate Scheme administered by the Department of Finance replaces Housing Benefit for rates only, for home owners and tenants of working age who are entitled to Universal Credit.

The Scheme is legislated for under the **Rate Relief Regulations (NI) 2017**.

 Find out more about Universal Credit at: www.nidirect.gov.uk/universalcredit

Who is eligible

The Rate Rebate Scheme will only apply to working age home owners and tenants.

Eligibility to claim

- You must be entitled to Universal Credit.
- You or your landlord must be liable for payment of rates to Land & Property Services.
- You must occupy the property as your home.

Those eligible to claim will not be entitled to Housing Benefit for rates or Low Income Rate Relief.*


If you do not currently meet the eligibility criteria to claim Rate Rebate and you need help with your rates, contact the Housing Benefit Helpline for advice on: 0300 200 7802.

Who is not eligible

- Persons who aren't entitled to Universal Credit.
- Pensioners are excluded and will remain on Housing Benefit and/or Low Income Rate Relief.
- People living in Supported Accommodation or temporary accommodation provided in relation to homelessness are excluded and will remain on Housing Benefit and/or Low Income Rate Relief*

*Some exceptions may apply.



 Find out more about help with paying your rates at: www.nidirect.gov.uk/help-paying-your-rates and www.nidirect.gov.uk/rates-housing-benefit

How do I claim Rate Rebate

You should only claim for Rate Rebate once you receive your Universal Credit Award. Rate Rebate is a digital only application and you will first need to use your email address to register for a Rate Rebate account online at: www.nidirect.gov.uk/rate-rebate-scheme

You will be prompted to create a password. Please make a note of this password as you will need it each time you wish to access the online account to view your claim.

A verification email will be sent and once registered, you will then be invited to complete the online application.

You will need the following information:

- Your date of birth; **and**
- Your National Insurance number.

If you are:

- **A private tenant** you will also need your landlord's or landlord's agent's name, telephone number and email address.
- **An NIHE tenant or Housing Association tenant** you will be prompted to select the NIHE/Housing Association from a drop down menu.

If you require this information in a different language or format, please dial **0300 200 7802** (calls charged at local rate). Dial **18001 0300 200 7802** for text relay.

Need Help

Help and assistance to get online is available at:
www.nidirect.gov.uk/go-on-ni

If you have access to the internet but are unsure about making a digital application, you could ask a family member, friend or support worker to help you to complete your Rate Rebate claim online.

If you don't have access to the internet or wish to improve your internet skills, there are a number of places where you can request assistance to access online services free. For example, you can contact:

Advice NI

Welfare Reform Helpline: 0808 802 0020
www.adviceni.net

Citizens Advice

Welfare Reform Helpline: 0808 802 0020
www.citizensadvice.co.uk

Housing Rights

(028) 9024 5640
www.housingrights.org.uk

Libraries NI

0345 4504 580
www.librariesni.org.uk

Some people may need further help with claiming Rate Rebate and wish to nominate someone else to act on their behalf. Another person (who must be over 18 years old) can be given permission to act for you. This person can complete the online application as an 'Appointee' to receive emails and provide information on your behalf.

You can obtain further guidance on Appointees and completing a Rate Rebate application at:

www.nidirect.gov.uk/rate-rebate-scheme



When Can I Claim Rate Rebate

You should make a claim for Rate Rebate as soon as possible after you are awarded Universal Credit.

Failure to do so within three months may mean you lose some of your Rate Rebate Award.

Notifying Changes

You **must** notify LPS of any changes relevant to your claim immediately, by logging onto your online account. Failure to notify a change of circumstance may result in an overpayment which will need to be repaid. Information on changes that need to be reported can be found at:

www.nidirect.gov.uk/rate-rebate-scheme



Job Advertisement

Cookstown and Western Shores Area Network (CWSAN)

Cookstown and Western Shores Area Network works with and for community based organisations based in the Mid Ulster Area. We have recently secured funding from the National Lottery Community Fund for the following position:

Position: Social Prescriber

Responsible for working closely with community partners, GP practices and other healthcare professionals, the Social Prescriber will provide a pathway for patients from the health service to Community and Voluntary Provision.

The successful candidate will have:

- An appropriate third level qualification in a health / community / social sciences subject;
AND
- 24 months experience implementing programmes in community or health / leisure / management / rural development.
OR
- Minimum of 3 years experience of working in community or health / leisure / management / rural development.

Part-time: 16 hours (excl. mealtimes) per week to May 2021

Salary: NJC SCP pt 17: £23,836 p.a. (pro rata).

Location: CWSAN offices based in Stewartstown & Magherafelt with outreach across Mid Ulster area.

- Form of transport: For this post a current full driving license (valid for use in NI) and access to a car on appointment. These criteria will be waived in the case of applicants whose disability prohibits driving but who have access to a form of transport approved by the Board which will permit full duties of the post.

An application pack can be obtained from **Cookstown and Western Shores Area Network:**

The Crieve Centre, Stewartstown, Co. Tyrone, BT71 5HY

E-mail info@cwsan.org or Tel: 028 8873 8845.

Closing date: Thursday 12th March at 3:00pm.

Please note: Late applications will not be considered.

NB: Interviews will take place on Thursday 19th March 2020

CWSAN strives towards Equal Opportunities Employment and welcomes applications from everyone regardless of religious belief, political opinion, gender or disability.

This post is funded by The National Lottery Community Fund



Changes to The CSR Card

Withdrawal of Construction Site Visitor Card

- From 29 February 2020 CSR will no longer issue any new or renewal Construction Site Visitor cards.
- Visitor cards issued up to this date will continue to be valid for 4 years from the date of the health and safety training.
- Candidates who previously applied for a Visitor card can apply for a Health & Safety Trained card, if appropriate. This will meet the Buildsafe Initiative requirements for “appropriate health and safety training”.
- Please note the Health and Safety Trained card is accepted in Northern Ireland and the Republic of Ireland but not in GB.
- Other options available are the Professionally Qualified Person (PQP) or Academically Qualified Person (AQP) card.

Transition process to bring all existing cardholders up to the minimum standard

- CSR removed occupational assessments on 1 September 2019 and from this date all new skilled cardholders must have an NVQ Level 2 qualification or higher.
- CSR is required to have a plan in place to bring all existing skilled cardholders up to the minimum standard (NVQ Level 2).
- From 31 December 2020 all skilled cards, or above, being renewed that were originally issued on the basis of an occupational assessment and Industry Accreditation will expire on 31 December 2024, for example a blue joiner card renewed in February 2022 will expire on 31 December 2024. Cards will begin to be short dated and will not last for the normal full duration of 4 years.
- Existing skilled cardholders, or above, will therefore have 5 years notice from now that they must register on, or achieve, an NVQ level 2 qualification or above applicable to the role they carry out.
- Please note that Labourers are not required to have an NVQ qualification.

For more information contact:

Michael Daly

Coalisland Training Services Ltd

51 Dungannon Road, Coalisland, Co. Tyrone, BT71 4HP.

T: 028 8774 8512 F: 028 8774 8695 www.coalislandtrainingservices.co.uk



COOK IT! FACILITATOR TRAINING INFORMATION

Cook it! is a Community Nutrition Education Programme that promotes healthy eating, good food hygiene and enhances cooking skills. It has been produced by the Public Health Agency for use in Northern Ireland and is aimed at groups where 'cost is a consideration'.

Cook it! promotes locally sourced, seasonal produce, which is much cheaper to buy than processed and imported foods. It can be used with a wide range of groups e.g. Community Groups, Family Organisations, Healthy Living Centres, Disability Groups, Ethnic minorities, Young people, Senior citizens, Men's groups etc.

There has always been migration to Northern Ireland but this has greatly increased since 2000. The Cook it! materials were revised in 2016 and now include a full section of nutrition information and recipes from some of our black and minority ethnic (BME) population groups to reflect our changing population. Ethnic Groups currently included in the Cook it! manual are:

Bulgarian, Chinese, East Timorese, Lithuanian, Polish and South Asian.

The recipes and resource sheets have also been translated into seven languages.

Cook it! is delivered by Facilitators who are recruited from community and voluntary organisations and trained by the Cook it! Dietitians.

Cook it! Facilitator Training is informal, interactive and practical and covers Food hygiene, Principles of healthy eating, Using the Eatwell Guide, Using the Cook it! Pack, Cook it! Activities and displays, and Experiencing a Cook it! Session.

To become a Cook it! Facilitator you must complete **both** days of the training

Cook it! Facilitator Training

Day 1 Tuesday 31st March 2020

Time 9.30am - 4.30pm

Venue Haven Close, St Luke's Hospital Site, Armagh

Day 2 Tuesday 7th April 2020

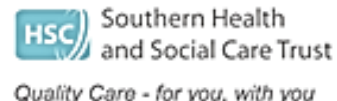
Time 9.30am - 4.30pm

Venue: Haven Close, St Luke's Hospital Site, Armagh

PLEASE NOTE PLACES LIMITED TO 16

To apply for a place, please complete enclosed application form and return via email to cookit@southerntrust.hscni.net or by post to **Cook it! PWB Team, Ward 1, St Lukes Hospital, Armagh, BT61 7NQ**

PLEASE NOTE Confirmation of a place will be sent via email prior to the course commencing



COSTA Newsletter

PEACE PLUS Programme

Deadline Extension Notification

The deadline for all responses to the recent stakeholder engagement process for the new EU PEACE PLUS Programme has been extended until **28 February 2020**.

We cannot accept responses beyond this date.

More information on how to submit a response can be found at the below weblink.

<https://seupb.eu/peaceplus>

You can respond directly online at <https://www.surveymonkey.co.uk/r/PEACEPLUS>



Glenavon House Hotel, Cookstown BT80 8JQ

Saturday 4 April 2020, 10am to 2pm

Join us at our information event and learn about the latest developments in epilepsy

- Dr John Craig, Chair of Neurology Review Team, will discuss the future of neurology services in Northern Ireland
- Hear Dr Sara Simblett from Kings College, London, discuss new ways of monitoring and managing epilepsy using smartphone technology
- Find out if dogs can predict seizures and possibly save lives with Neil Powell, Queens University, Belfast
- Sam Mountney from Epilepsy Action will be discussing the charity's work on cannabis-based medicines for epilepsy

Booking is essential as places are limited. To book your **free** place visit epilepsy.org.uk/Nl-conference or contact local services on 0113 210 8885

The venue has full disabled access and free parking. A buffet lunch is provided.

This event is sponsored by Epilepsy Action's Mid Ulster Branch

Save the date:

Sunday 14 June 2020 Epilepsy Action family event at Jungle NI – bookings open in March

Epilepsy Action Helpline: freephone 0800 800 5050 text 0753 741 0044
email helpline@epilepsy.org.uk epilepsy.org.uk

Epilepsy Action is a working name of British Epilepsy Association

A company limited by guarantee (registered in England No. 79797) Registered charity in England (No. 234343)



Human Rights Consortium

WE ARE HIRING!

Human Rights Officer PT & Human Rights Officer FT

The Human Rights Consortium wish to recruit for the following positions:

1. **P/T Human Rights Officer (17.5 HRS a week £12,399 - £14,392 per annum) pensionable.** Contracted to March 2022.
2. **F/T Human Rights Officer (35 hours a week £24,799 - £28,785 per annum) pensionable.** Fixed Term to October 2020 with possibility of extension.

The Job Description, Person Specification, Application form and Monitoring Form for each post is available for download [here](#).

**Closing date for applications:
12pm on Monday 9th March 2020.**

Interviews will be held on Thursday 12th March 2020

All posts will be located at the Human Rights Consortium, Community House, 6A Albert Street, Belfast BT12 4HQ.

For alternative formats or any other information please call the Human Rights Consortium on **02890313780** or e-mail: kevin@humanrightsconsortium.org

COSTA Newsletter

Shopmobility
MID ULSTER

Want to join

OUR

TEAM?

Project Assistant - Gobility Project
For more info email -
mark@shopmobilitymidulster.org



Always Farm SAFE!

STOP AND THINK

SAFE

SLURRY ANIMALS FALLS EQUIPMENT

Rural Support

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.

Email: info@ruralsupport.org.uk
Website: www.ruralsupport.org.uk



FREE Confidential Helpline:
0800 138 1678 (new number)

Helpline Hours have recently been amended

Available from: Monday to Friday
9:00am – 9:00pm & Voicemail



Carers come and join our 3-week
ON YOUR FEET PROGRAMME!
Get Fit and improve mobility at
Your own pace – whatever your age.
Meet new friends and enjoy the craic!

DATE: Thursday 27th Feb 12th & 19th March 2020

Venue: Dobbin Community Centre
Dobbin Street
Armagh,
BT 61 7QQ

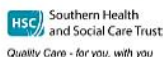
Time: 11.00am - 12:30pm

This **FREE** programme is very informal and available to carers of people living in the Southern Health Trust area, however places are limited so registration is required



How do I register?

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



COSTA Newsletter



Community
Organisations of
South
Tyrone &
Area

If your Group would like any assistance with any of the following:

- ✓ Grant Tracker Funding Searches
- ✓ Request an Outreach Meeting
- ✓ Charity Registration
- ✓ Charity Annual Returns
- ✓ Training e.g. Company Limited or Committee Roles & Skills etc.
- ✓ Information / Signposting etc.

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

Contact COSTA
Tel: 028 855 56880

or

Email: info.costa@btconnect.com



Contact COSTA for
Funding Information &
Grant Tracker Searches

Tel: 028 855 56880

info.costa@btconnect.com

COSTA Assists local groups to Register & complete Annual Returns to the Charity Commission NI

COSTA is available to provide local groups with FREE:

- Support & guidance regarding the processes and preparing in advance.
- Information Workshops and one-to-one support sessions.
- Assist with all documentation required.
- Scanning of all necessary documents (pdf).
- Assistance to complete Charity registration applications and Charity Annual Returns.

We run Charity Registration & Annual Returns Information Workshops and 'Open Door Support Days' (one-to-one support sessions) to provide support for groups right across the Dungannon and South Tyrone area of Mid Ulster.

Contact COSTA for more information or to book: Tel: 028 855 56880 or email: info.costa@btconnect.com

COSTA is funded by
Department of Agriculture, Environment & Rural Affairs through DAERA's Local Rural Community Development Support Service
Tackling Rural Poverty & Social Isolation Programme and Mid Ulster District Council
The European Union's PEACE IV Programme managed by the Special EU Programmes Body (SEUPB)

Registered Company in Northern Ireland No: NI 42832

Charity Registration in NI: NIC101598

ISO 9001:2008 Cert: FS 536859

