COSTA *Community Newsletter*

January 2019

COSTA
Local Rural Support Network

Rural Community Development Support Service
(Mid Ulster Zone)

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

Would your Group like any assistance?

Does your group have any Skills, Training, Support, Funding or Information needs?

Outreach Service available

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

Community Organisations of South Tyrone & Areas Ltd
President Grants Homestead
45 Dergenagh Road
Dungannon BT77 0DE

Tel: 028 855 56880 Fax: 028 855 56881
Email: *info.costa@btconnect.com*
Web:
www.costaruralsupportnetwork.org
Facebook: Board Costa

COSTA
'Open Door Day'

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

Wednesday 30th January 2019

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 – 11:00am,
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 Newsletter

COSTA
Upcoming Events & Workshops

- **COSTA 'Open Door Support Day' – Wednesday 30th January 2019 @ COSTA.**
- **'Basic Finance for Small Charities' Wednesday 13th February 2019, 7:00pm - 9:30pm at The Crieve Centre in Stewartstown.**
- **COSTA 'Charity Registration & Annual Returns' Information Workshops – *TBC for 2019.***

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).
- **'Committee Skills & Roles'** – 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

Rural Community Network
SUPPORTING RURAL COMMUNITIES

BIG LOTTERY FUND

Big Lottery Fund Information Session for Rural Community Groups

Tuesday 29th January 2019
10:00am – 12:00pm
Rural Community Network
38a Oldtown Street, Cookstown.

Rural Community Network are hosting an informal workshop with the BIG Lottery Fund in our offices on Tuesday 29th January from 10am to 12 noon.

Michael Liggett, BIG Lottery Head of Knowledge and Learning will be there to speak about:

- **The range of grant programmes available to groups from BIG**
- **General tips and advice on what makes an application more likely to be successful and**
- **Geographical areas from where Big Lottery Fund NI have encourage groups to apply as they have had low numbers of applications to BIG programmes.**

The workshop will also discuss the strengths of communities in rural areas that BIG Lottery can develop or learn from.

This event is for Rural groups specifically and

numbers are limited to 2 per organisation.

Places are limited and will be allocated on a first come first served basis.

To register to attend email:
teresa@ruralcommunitynetwork.org
or Tel: 028 8676 6670.

COSTA Newsletter

Youth Action NI Amplify Programme

Amplify is for young people aged 16-24 who can commit to up to 18 hours per week for a 6 month period. Participants can receive incentive payments of £8 per day as well as free travel and lunch. Training is focused around personal development, good relations and citizenship, accredited qualifications are included in the training.

Contact: Brenda McElroy – Youth Action NI

Tel: 028 663 285 34 **brenda@youthaction.org**

A project supported by the European Union's Peace IV PROGRAME managed by the Special EU Programmes Body (SEUPB)

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

Rural Support
listening · guiding · connecting

FREE Confidential Helpline: 0800 138 1678 *(new number)*

Helpline Hours have recently been amended

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

COSTA Newsletter

Community Organisations of South Tyrone & Area

COSTA 'Open Door Day'

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COSTA Newsletter

ENGAGING RURAL COMMUNITIES (ERC) PROGRAMME

This is a new and exciting project being delivered by local Rural Support Networks CWSAN & COSTA. **This project is supported by the European Union's PEACE IV Programme and is managed by the Special EU programmes Body (SEUPB) in partnership with Mid Ulster District Council.**

Community groups within the Mid Ulster District Council are being invited to contact Community Engagement Officer Jennifer for potential inclusion in this project. The project has been developed for those groups at early stages of development who are interested in developing their capacities to undertake cross community activities and develop shared projects in the same area, neighbouring area or with a group of similar interest.

A small grant will be available for up to 20 groups across mid Ulster rural areas to work on a partnership project.

The official launch of the project took place on 1st March and local groups are being encouraged to apply for inclusion in the project.

The Rural Communities Programme will be run over a period of 2.5 years and will take groups through 4 phases of development, providing training sessions, facilitation and mentoring throughout. Groups are most welcome to speak directly to Jennifer Hamilton, the projects new Community Engagement Officer, who will assist you ascertain how and if you might fit the projects criteria. It is expected that there will be huge interest from rural community organisations and thus there will be a process of selection at early stages. Those groups who are from marginalised sectors within the council area will be prioritised in selection.

Jennifer has been appointed as the Community Engagement Officer and has a wide range of experience in single identity and cross community work, working with a wide range of groups and funding bodies.

Jennifer can be contacted from Wednesday to Fridays only in the Crieve Centre, Stewartstown on 028 87 738845 or via email at jennifer@cwsan.org

Peace Northern Ireland - Ireland European Regional Development Fund

Comhairle Ceantair Lár Uladh Mid Ulster District Council

Directory of services to help improve mental health and emotional wellbeing

Southern area 2019

HSC Health and Social Care

Updated Directory of services Mental Health & Emotional Wellbeing (Z Cards)

Please find below the link for the 2019 Directory of services to help improve mental health and emotional wellbeing (Z cards) for your information.

I would appreciate it if you would pass on this information to others:

Southern Area:
http://www.publichealth.hscni.net/sites/default/files/2019-01/Southern%20card%202019%20final.pdf

This will take you the main page for all the areas:
Directory of services to help improve mental health and emotional wellbeing | HSC Public Health Agency

www.publichealth.hscni.net

Janice E Armstrong
Public Health Agency
Health and Social Wellbeing Improvement Senior Officer (Northern Area)

HSC Public Health Agency

Basic Finance for Small Charities

Wednesday 13th February 2019
7:00pm to 9:30pm
Crieve Centre in Stewartstown

Offered by CWSAN & COSTA and delivered via NICVA, this is a free practical workshop for groups in the Mid Ulster Council area.

Ideal for treasurers or those that keep the financial records, of small charities, this Workshop will help establish appropriate financial systems to keep organisations safe.

Good financial management is an integral part of ensuring good governance as it not only helps charity trustees to fulfil their legal duties but also helps to protect the charity from mismanagement of funds. Having robust financial procedures in place will help to improve organisational capacity and effectiveness.

The focus of this workshop will be on basic recording keeping and financial management including setting up and maintaining the books (income and expenditure ledger, petty cash); cash handling, understanding charity funds (restricted and unrestricted) and accounts and the role of the Treasurer.

As we're expecting a lot of demand for this training, we're limiting places to one per organisation in the first instance and holding a waiting list for other interested members of the organisation.

Venue
The Crieve Centre
2 Hillhead
Stewartstown
Co. Tyrone
BT71 5HY

You can book a place via the simple on-line form by using this link:

http://www.nicva.org/event/basic-finance-for-small-charities-stewartstown

Or contact COSTA Tel: 028 855 56880 or info.costa@btconnect.com

Construction & Procurement Delivery
Seachadadh Foirgníochta agus Soláthair

CPD Supplier Engagement Event

22 Jan 2019

Clare House, 303 Airport Road West

Do you want to find out how to compete for government contracts?

Construction & Procurement Delivery (CPD) carries out a wide range of procurements on behalf of NI central government departments and arm's length bodies each year.

CPD is hosting a **Supplier Engagement Event on 22 January 2019**. The event is targeted at micro enterprises who lack experience in competing for public sector opportunities and want to know more about the tendering process, including how to use the eTendersNI portal.

The event will take place in **Clare House, 303 Airport Road West, Harbour Estate, Belfast.** Each supplier attending will be allocated a time to attend for a 15 min slot with a procurement advisor.

Meetings will be allocated on a first come, first served basis. Once fully booked, names will be taken for the waiting list for the next event in April 2019.

If you wish to attend, please email procure.info@finance-ni.gov.uk and provide the following information:

- ✓ Names of supplier representatives wishing to attend (maximum three).
- ✓ Name of the organisation.
- ✓ Short summary of the products / services / works your organisation is interesting to supplying to the public sector.
- ✓ Are you interested in meeting a construction advisor; or a supplies and services advisor?
- ✓ Do you wish to also meet an eTendersNI advisor for advice on your Supplier Profile?

Community Development & Health Network

Building the Community-Pharmacy Partnership

NEXT ROUND OF BCPP FUNDING

IS NOW OPEN!

CDHN is pleased to announce that the next round of Building Community-Pharmacy Partnership (BCPP) Level 2 funding has just opened with a **closing date of 28 February 2019.**

Grants of up to £10,000 are available and applications must be from a partnership between a constituted community/voluntary organisation and a community pharmacy in Northern Ireland. The projects can last up to one year and must seek to address the social determinants of health using a community development approach.

The BCPP programme supports communities and community pharmacists to work in partnership to address locally defined needs so that people make connections, listen to and understand each other better and work together to address health inequalities.

Kathy Martin, Strategic Impact Manager, said 'The BCPP Programme has been running for 17 years, during this time we have seen so many interesting projects. We continue to support a diverse range of organisations e.g. young mums, men's sheds, local community organisations and youth clubs supporting people on a range of social and mental health issues such as isolation, anxiety and depression, addictions and homelessness.'

Level 1 Application Forms will be available this month and we are delighted that the grant amount has been increased to £2,500. Full details on the BCPP Programme are available from **https://cdhn.org/bcpp**

If you would like to chat to a member of the BCPP team, please call us on 028 3026 4606 or email bcpp@cdhn.org

Community Development and Health Network
30a Mill Street, Newry, BT34 1EY.

CoH-Sync Project

Connected Health is delighted to be working with the Southern Health and Social Care Trust to deliver this project.

CoH-Sync is short for Community Health Synchronisation and this project aims to have a positive impact on the Health and well-being of individuals and communities.

What We Do

Help you live a healthier lifestyle by providing you with:

- A free, confidential and personal health & well-being plan.
- One-to-one support from a Community Health Facilitator/Trainer.
- Connect you to your local community.
- Provide you with encouragement and support to keep you on track with your health goals.

Who is CoH-Sync for?

Open to anyone in the Armagh/Dungannon area aged 16 years and over.

Get in Touch

- Sinead Donnelly – Senior Health Facilitator | Sinead.Donnelly@connected-health.co.uk
- Frances Quinn – Health Facilitator | Frances.Quinn@connected-health.co.uk
- Laura Winter – Health Facilitator | Laura.Winter@connected-health.co.uk

"Hear to Inform & Connect" NI Project

The aim of this project is to ensure older people feel better informed about how to manage their hearing loss or Tinnitus, and where to access further support in their local area.

Our team are delivering presentations to community groups/senior citizens groups on the following:

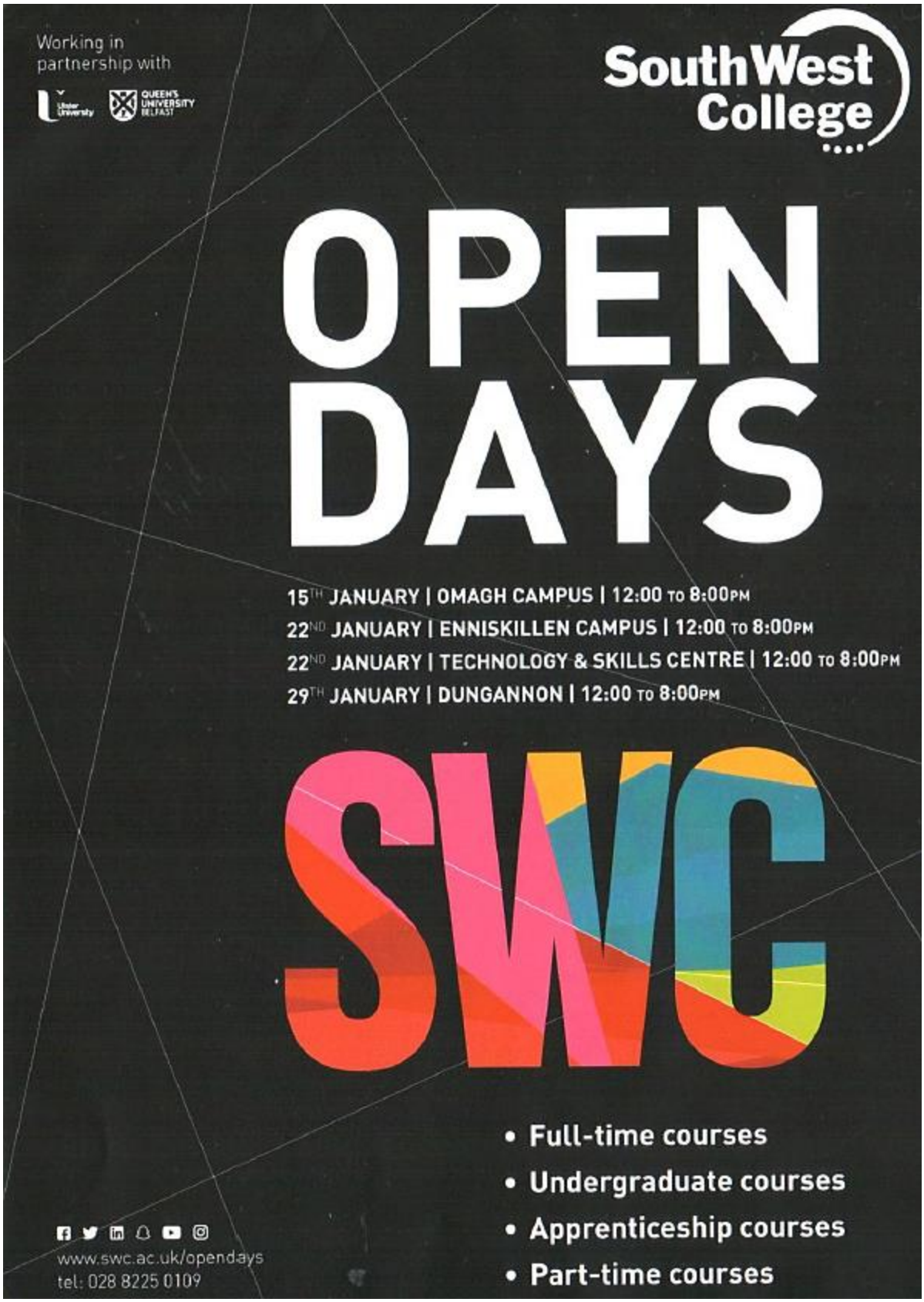
- Introduction to Action on Hearing Loss
- **FREE** hearing checks
- Services and support we provide locally
- How to improve communication
- About hearing aids
- Equipment to help with everyday living

ACTION ON HEARING LOSS
NORTHERN IRELAND
A national charity since 1911

We would be delighted to come and make a presentation of our project and services to your organisation/group on any or all of the above.

Please contact us if you require any further information or wish to make a booking.
Geraldine Keys - Regional Information Officer, Mobile: 07 393 232 833.

Hear to Inform and Connect NI
3rd Floor Omagh Community House, 2 Drumragh Avenue, Omagh, BT78 1DP.


Working in
partnership with
Ulster University
QUEEN'S UNIVERSITY BELFAST
South West College
OPEN DAYS
15TH JANUARY | OMAGH CAMPUS | 12:00 TO 8:00PM
22ND JANUARY | ENNISKILLEN CAMPUS | 12:00 TO 8:00PM
22ND JANUARY | TECHNOLOGY & SKILLS CENTRE | 12:00 TO 8:00PM
29TH JANUARY | DUNGANNON | 12:00 TO 8:00PM
SWC
• Full-time courses
• Undergraduate courses
• Apprenticeship courses
• Part-time courses
www.swc.ac.uk/opendays
tel: 028 8225 0109

COSTA Newsletter

The Committee on the Administration of Justice (CAJ) requires an Equality Duty Enforcement Project Co-ordinator.

The purpose of this post is to coordinate the CAJ Equality Duty Enforcement Project. The project involves scrutinising public authority policy decisions impacting on economic, social and cultural rights for compliance with the statutory equality duty provided for in Section 75 of the Northern Ireland Act 1998. The project is to promote the enforcement of the equality duty, taking forward challenges when it is not complied with and capacity building member groups of the (CAJ-UNISON co-convened) Equality Coalition and others to assist them in doing so.

The person appointed will have a relevant degree (or 3 years' equivalent experience), experience and knowledge of equality law and issues in Northern Ireland and relevant research and advocacy skills.
This post is for a fixed term until end February 2021 (remaining two years of a three-year project).
The post holder will be required to work 35 hours per week and will be based at the CAJ office in Belfast.

The salary scale for this position is (from 1 April 2019) New NJC Point 28, £31,371 to New NJC Point 29 £32,029 (from 1 April 2020) – any period worked before 1 April 2019 will be paid at Old NJC Point 34 £30,756 pro rata. Employer's pension contribution is 8%.

Deadline for the receipt of completed application forms is 5pm on Wednesday 30 January 2019.

Interviews are likely to be held in the week beginning 11 February 2019.

For more information and application forms contact Liz McAleer on liz@caj.org.uk. Details are also posted on the CAJ Website: https://t.co/JUovqCNUg1

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