



**Your Local Rural Support Network**

The Local Rural Support Networks

- Supporting rural living across Northern Ireland -

## **COSTA Community Newsletter**

June 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



**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](mailto: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](mailto:info.costa@btconnect.com)

Web:

[www.costaruralsupportnetwork.org](http://www.costaruralsupportnetwork.org)

Facebook: Board Costa

## **COSTA 2017**

### **AGM & Networking Lunch**

**Wednesday 28<sup>th</sup> June 2017**

**In The Bawn Hall**

**Bawn, Aughnacloy, Dungannon, BT69 6ED**

**12:00noon – 2:00pm**

**Guest Speaker:**

**Dr Jude McCann - Rural Support  
Information Leaflets & Networking  
Delicious Lunch Provided**

**EVERYONE IS VERY WELCOME!**

**PLEASE RESERVE YOUR PLACE!**

### **Future Events & Workshops**

**'Charity Registration Info Workshop'**

**'Charity Annual Returns Info Workshop'**

**'Open Door Support Day'**

**'Energy Efficiency in the Home' Event**

**To book any of the above events:**

**Tel: 028 855 56880 or**

**Email: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)**

# COSTA Newsletter

## COSTA

### Upcoming Events & Workshops

- COSTA 'Charity Registration Information Workshop' (one every 4 - 6 weeks)
- COSTA 'Charity Annual Returns Information Workshop' (one every 4 - 6 weeks)
- COSTA 'Open Door Support Day' (one Day per month)
- COSTA 'Energy Efficiency in the Home' Info Session - details TBC for Autumn 2017.

--- MORE TO FOLLOW SOON ---

COSTA is planning to deliver

## 'Energy Efficiency in the Home'

### Information Session

in Ballygawley for all the community  
in Autumn 2017

To book or for more information  
contact COSTA: Tel: 028 855 56880  
or [info.costa@btconnect.com](mailto:info.costa@btconnect.com)



**Rural Support** provides support through a **confidential helpline** which offers a listening and signposting service for farmers and rural families.

The types of issues that we address include emotional distress, suicide risk, financial problems, inheritance issues, physical and mental health, farming paperwork and bureaucracy.

The helpline is available 8am – 11pm, seven days a week on **0845 606 7 607**. (Voicemail and support options available at all other times) Or visit the website <http://www.ruralsupport.org.uk/>

**Stop & Think**  
**Farm Family Key Skills  
Health & Safety Training**

- Farm Health & Safety Workshop
- Delivered 'on-farm'
- Free to Farmers, Farm Families and Employees
- Topics include Slurry, Animals, Falls & Equipment
- Overview of the Making it Safer Tool

Register online [www.cafre.ac.uk/industry-support](http://www.cafre.ac.uk/industry-support) or for further information please contact the Farm Family Health & Safety team on Tel: 028 867 6680



#### UPCOMING DATES: (ALL WORKSHOPS START AT 7PM)

Thursday 18th May	Limavady	Tuesday 4th July	Roslea
Tuesday 23rd May	Kircubbin	Tuesday 25th July	Omagh
Thursday 25th May	Craigavon	Thursday 27th July	Lisburn
Thursday 8th June	Castleberg	Tuesday 8th August	Ballycastle
Tuesday 13th June	Dungiven	Thursday 10th August	Ballynahinch
Tuesday 20th June	Ballymena	Thursday 31st August	Coagh
Tuesday 27th June	Castlewellan		



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

**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](mailto:info.costa@btconnect.com)

# COSTA Newsletter



Community Sector Training



## SAFEGUARDING CHILDREN

Good practice training, free to community, voluntary and youth groups

Our flexible, community-focused training will support you in building a 'safeguarding sound' organisation, by equipping your volunteers and staff with the awareness they need.

- >> Delivered in your venue
- >> Local community trainers
- >> Evening, weekend or daytime sessions
- >> Free of charge to community, voluntary and youth groups in the Southern Trust area



“Trainer was experienced and confident”


“Straight to the point information”

“A very informative course, I enjoyed it from start to finish... it will benefit our organisation greatly”



Quality Care - for you, with you

## FREE safeguarding training for your community group



**Safeguarding children (full course)**  
Ideal for staff and volunteers in regular, direct contact with children and young people.

- >> Develop a clear awareness of the signs and indicators of abuse
- >> Know when and how to report concerns and how to deal with disclosures
- >> Benchmark your policies and procedures against good practice
- >> Explore how to create a safe, child-centred environment
- >> Know how to get support for children and families
- >> Explore good practice guidelines for workers (4 modules of 2½ hours)

**Designated person training**  
All groups should have a designated person (and deputy) trained to lead on child protection and safeguarding.

This course will cover:

- >> Role and responsibilities of the designated person
- >> Dealing with disclosures and concerns
- >> Reporting and recording responsibilities
- >> Legal responsibilities in recruitment and selection
- >> Good practice in training, supervision and support

\*Participants must have already completed a full safeguarding course (2 modules of 2½ hours or 1 day)

**Basic awareness raising course**  
An introduction to safeguarding for volunteers and staff who have limited contact with children.

This short course will increase your awareness of abuse and good practice in working with children.


(1 module of 3 hours)

**Refresher course**  
Keep training up to date with our refresher session - recommended every 3 years.

- >> Refresh your awareness of abuse and good practice in responding to concerns
- >> Update your knowledge of emerging issues in safeguarding and relevant legal changes

(1 module of 3 hours)

Contact: Community Sector Training  
t. 028 3756 1440 or 1441  
e. [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)  
w. [www.southerntrust.hscni.net/services/1986.htm](http://www.southerntrust.hscni.net/services/1986.htm)



Quality Care - for you, with you

Community Sector Training is a community partnership service of the Southern Health and Social Care Trust

Community Sector Training: Tel 028 3756 1440 or 1441 or Email: [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)




Peace  
Northern Ireland - Ireland  
European Regional Development Fund

## Grant Appreciation Evening & Peace IV Programme Launch

Mid Ulster Council will formally launch their Peace IV Programme alongside an information evening highlighting other Funding Opportunities including Big Lottery on **Wednesday 21st June 2017 at 6.30pm**, in the Burnavon, Burn Road, Cookstown (a more detailed invite for this event will be issued closer to the date).

Peace IV information sessions / grant advice clinics will follow enabling groups who attend to discuss their project ideas for Peace IV Applications.

### Information Sessions / Grant Advice:

The Burnavon, Cookstown	Wednesday 21st June 2017	6.30pm - 8:00pm
Magherafelt Council Office	Thursday 22nd June 2017	7.00pm - 8:30pm
Dungannon Council Office	Tuesday 27th June 2017	7.00pm - 8:30pm
Clogher Community Centre (Old School)	Thursday 29th June 2017	7.00pm - 8:30pm

To register attendance for the information sessions please contact Paula Kelly:  
Tel: 03000 132 132 Ext 24604  
or by emailing [paula.kelly@midulstercouncil.org](mailto:paula.kelly@midulstercouncil.org)

A project supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB).



Comhairle Ceantair  
**Lár Uladh**  
**Mid Ulster**  
District Council

## Small Grants Scheme



The **LIVE HERE LOVE HERE** Small Grants Scheme is open to volunteer groups who would like to complete an environmental or community improvement project in their local area. All projects must focus on improving the environment and promoting civic pride.

### DOWNLOAD AN APPLICATION PACK

[www.livehere-lovehere.org](http://www.livehere-lovehere.org)

Grants are available from £500 to £5,000 and are open to volunteer groups in the following Council areas:

- Antrim and Newtownabbey Borough Council
- Ards and North Down Borough Council
- Armagh City, Banbridge and Craigavon Borough Council
- Belfast City Council
- Derry City and Strabane District Council
- Fermanagh and Omagh District Council
- Mid and East Antrim Borough Council
- Mid Ulster District Council
- Newry, Mourne and Down District Council
- Northern Ireland Housing Executive (all Council areas)
- Northern Ireland Housing Executive (all Council areas)
- McDonald's (all Council areas)

APPLICATION DEADLINE:  
12 noon - Wednesday 21st June 2017

LIVE HERE LOVE HERE is a partnership between the Local Councils, Department of Agriculture, Environment and Rural Affairs, Choice Housing, Northern Ireland Housing Executive, McDonald's and Keep Northern Ireland Beautiful.



# LIVE HERE LOVE HERE

## Live Here Love Here Small Grants Scheme

The Small Grants Scheme is open to volunteer groups who would like to complete an environmental or community improvement project in their local area. All projects must focus on improving the environment and promoting civic pride.

Click [here](#) to visit the Small Grants Scheme section of the Live Here Love Here website.

The Live Here Love Here Small Grants Scheme takes a fresh approach to improving our local environment and building a sense of pride in our local communities.

Launched by Local Councils, the Department of the Environment, Agriculture and Rural Affairs, Northern Ireland Housing Executive, Choice Housing, McDonald's and Keep Northern Beautiful, the small grants scheme provides support to volunteer projects that:

- Use innovative ways to reduce littering and dog fouling where you live.
- Improve the way your local environment is looked after, whether urban, rural or coastal.
- Contribute to the development of civic pride within a community with a focus on environmental improvement.
- To enhance or attract tourism to your community through environmental improvements.

Grants are available from **£500 to £5,000** and are open to volunteer and community groups, all school and third level education organisations, youth groups and sports clubs undertaking civic pride projects in the following Council areas:

\* Antrim and Newtownabbey Borough Council \* Ards and North Down Borough Council – Recycling Community Investment Fund \* Armagh City, Banbridge and Craigavon Borough Council \* Belfast City Council \* Derry City and Strabane District Council \* Fermanagh and Omagh District Council \* Mid and East Antrim Borough Council \* **Mid Ulster District Council** \* Newry, Mourne and Down District Council \*

The Small Grant Scheme is also open to all Housing Association and Housing Executive residents with support from **Northern Ireland Housing Executive, Choice Housing, and McDonald's** throughout all council areas in Northern Ireland.

Click [here](#) to download an application pack.

### **Closing date for applications is 12noon 21st June 2017**

This is a partnership between the Local Councils, Department of Agriculture, Environment and Rural Affairs, Choice Housing, Northern Ireland Housing Executive, McDonald's and Keep Northern Ireland Beautiful.

# COSTA Newsletter



Social Enterprise NI

## Social Enterprise NI Social Enterprise Awards 2017

The annual Awards promote and showcase some of the best examples of social enterprise across Northern Ireland.

Each year the Social Enterprise Awards attract a diverse range of applications from organisations tackling some of society's biggest challenges. The awards recognise and celebrate the excellence in social enterprise and the outstanding achievements using trade to deliver social impact.

### Scheme details

The awards are free to enter  
There are 12 categories for 2017:

1. NI Social Enterprise 2017
2. One to Watch
3. Social Impact
4. Consumer facing Social Enterprise
5. Education Training and Jobs
6. Market Builder
7. Housing Association of the Year - Community Impact
8. Credit Union of the Year – Community Impact
9. Social Enterprise – Food/Drink Product/Establishment
10. Local Council of the Year – Social Enterprise Strategy / Development
11. Social Enterprise – Employee / Volunteer of the Year
12. Social Enterprise Leader

Click this link for further information and to enter:  
<http://www.socialenterpriseni.org/social-enterprise-awards-application-form>

You can submit an application by emailing the complete Word document to  
[awards@socialenterpriseni.org](mailto:awards@socialenterpriseni.org)  
along with any supporting documentation (maximum 2 pieces\*)

**by midnight on 30 June 2017.**

## Farm Families Health Check Programme

If your group is organising a community event which will attract members of the rural community and /or farming families why not consider inviting the **farm families health check bus** along.

The Farm Families Health Checks Programme offers a means for farmers and their families to access health checks from a portable clinic and from local community settings.

The mobile unit has been hosted at local markets and community events across Northern Ireland, and offers on-the-spot health checks consisting of Blood Pressure monitoring, BMI, cholesterol check and diabetic screening. In addition, individual lifestyle advice will be given on a range of health issues, and onward referral completed to local support services as required.

The farming community is particularly susceptible to poor health and wellbeing, partly driven by the wide demands impacting on farmers across a range of social and economic factors. They often work long and anti-social hours which can lead to social isolation and often difficulty accessing traditional health care services.

For more information, including the schedule of where the screening van will be visiting please contact  
Elaine Catterson, Tel: 028 2563 5573, Email:  
[health.promotion2@northerntrust.hsni.net](mailto:health.promotion2@northerntrust.hsni.net)



**All Farmers please remember  
to always FarmSAFE**

**STOP AND THINK**  
**SAFE**  
**SLURRY ANIMALS FALLS EQUIPMENT**

Farm SAFE aims to increase awareness of farm safety and to reduce work related fatalities and injuries on the farm.

We advise farmers to stop and think about  
**the 4 main farm hazards:**  
**Slurry, Animals, Falls, Equipment (SAFE).**  
For Confidential advice on workplace health and safety call our

Freephone Number: Tel: 0800 0320 121  
Web: <http://farmsafe.hseni.gov.uk>

# COSTA Newsletter



Comhairle Ceantair  
**Lár Uladh**  
**Mid Ulster**  
District Council

## Health and Wellbeing Schemes

### Make A Change

**Are you aged 50 or over? Do you live in the Mid Ulster District Council area? Are you interested in making a small change for your health and getting support to do so?**

Make A Change works in partnership with the Public Health Agency which offers one-to-one support to help you 'make a change'. Whether you want to improve your diet or get more active, Make A Change could be for you.

The dedicated Health Support Officer will work closely with you over a period of weeks or months, to help you along the way. You don't have to do it alone!

**You decide what you want to change - We provide you with help and support to change it.**

This service is confidential and **FREE** of charge.

Please contact the **Health Support Officer**

Tel: **03000 132 132**



### Mid Ulster Home Safety Scheme

Mid Ulster Home Safety Scheme helps those over 65, families with children under 5 and vulnerable adults and children avoid serious accidents within the home.

The scheme includes:

- Free Home Safety Visits**
- Home Safety equipment (where criteria is met)**
- Home Safety talks to groups (open to all age groups)**

If you would like to receive a home safety visit, would like further information or to arrange a Home Safety talk for a group, simply contact your local

**Home Safety Officer: Call: 3000 132 132 or Email: [environmentalhealth@midulstercouncil.org](mailto:environmentalhealth@midulstercouncil.org)**



**Affordable Warmth**  
for home owners and private tenants

### Affordable Warmth

A lot of people pay for home energy that's wasted because their home is not as energy efficient as it could be.

You could be eligible for help with a range of energy efficiency measures. The Affordable Warmth Scheme is free of charge for eligible owner-occupiers. Landlords will be required to contribute 50% of the total cost of installation of energy efficiency improvements in their property in private tenant/landlord situations.

To find out more about the Affordable Warmth Scheme contact your **Affordable Warmth Team on 03000 132 132** Email us at [affordablewarmth@midulstercouncil.org](mailto:affordablewarmth@midulstercouncil.org) or visit [www.midulstercouncil.org/affordablewarmth](http://www.midulstercouncil.org/affordablewarmth)

### Energy Efficiency Advisory Service

The energy advice service is a 1-1 personal approach to manage the energy efficiency of domestic properties.

The advisor assesses energy consumption in a household and encourages energy saving behaviour.

The programme targets vulnerable older people, those with underlying health conditions or the working poor.

The advisor will:

- Signpost to other sources of fuel poverty/ poverty support such as oil clubs, fuel stamps schemes, Keep Warm packs or Power NI energy saving packs.
- Signpost clients to appropriate schemes e.g. Affordable Warmth, NISEP, boiler replacement etc.
- Make links with other potential partners for referral and / or signposting purposes – e. g. health professionals, Housing Executive.

**If you would like further information please contact Environmental Health Team at Mid Ulster District Council on: 03000 132 132**

**DISCLAIMER: The views and opinions expressed in this Newsletter are not necessarily in accordance with the views of COSTA / COSTA Board or Staff. Every care is taken to ensure accuracy of the information presented at time of print.**

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Tackling Rural Poverty & Social Isolation Programme  
Mid Ulster District Council

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