



**Your Local Rural Support Network**

The Local Rural Support Networks  
- Supporting rural living across Northern Ireland -

## **COSTA Community Newsletter**

March 2018

**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**

**'Open Door Support Day'**

**Wed 28<sup>th</sup> March 2018**

**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:**

**Remaining Slots available:**

1. 9:30am – 11:00am
2. 11:30pm – 1:00pm
3. 2:00pm – 3:30pm
4. 3:30pm – 4:30pm

***EVERYONE WELCOME!***

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

**Tel: 028 855 56880 or**

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

## **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).
- 'Introduction to Social Economy & Preparing to Tender' Workshop – Available to groups on request. (For groups new to the public tendering process and how to start preparing for Tendering).
- '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).
- 'Human Rights' / 'Human Rights Act (1998)' – Available to groups on request (suitable for all).
- 'Diversity Inclusion & Anti-Racism' – Available to groups on request (suitable for all groups / orgs).
- 'Equality, Inclusion & Good / Community Relations' – Available to groups on request (suitable for all).

**Can be held in out in rural locations**

**Contact COSTA**  
**Tel: 028 855 56880**

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



## **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 12 groups across mid Ulster rural areas to work on a partnership project.**

**The official launch of the project took place on 1<sup>st</sup> 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](mailto:jennifer@cwsan.org)**



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

# 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  
Lorraine Griffin on Tel: 028 8555 6880 or  
email: [info.costa@btconnect.com](mailto:info.costa@btconnect.com)



**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](mailto:info@ruralsupport.org.uk)**

**Website: [www.ruralsupport.org.uk](http://www.ruralsupport.org.uk)**



**Confidential Helpline:  
0845 606 7607**

*Helpline Hours have recently been  
amended - please see the below  
details:*

**Rural Support Confidential Helpline  
0845 606 7607**

**Available from: Monday to Friday  
9:00am – 9:00pm**

**Always FarmSAFE!**

**STOP AND THINK**



**SLURRY ANIMALS FALLS EQUIPMENT**

**Open Day Experience  
@ SWC Dungannon Campus  
Tuesday 27th March 2018  
12:00pm – 8:00pm**



Come along to South West College, Dungannon  
Campus Open Day on Tuesday 27th March 2018  
12-8pm. Meet with the lecturers, talk to current  
students and view the brilliant facilities and  
equipment on site plus much more....

**What's on?**

- Attend course talks
- See exhibitions, stand & demonstrations
- Discover real career options
- Link to industry professionals
- Talk to current students
- Guided tours of the campus
- Check out our virtual learning academy



**Click here for Video:**

# COSTA Newsletter



Community Sector  
Training

## Adult Safeguarding Awareness for Community Groups

**Are you aware of your responsibilities when it comes to preventing, recognising and responding to adult abuse?**

**All community and voluntary groups working with adults are expected to meet minimum safeguarding standards.**

**This includes:**

- **Recognising that adult harm is wrong**
- **Being aware of the signs of harm from abuse**
- **Reducing opportunities for harm to occur**
- **Knowing when and how to report.**

By building up this awareness at community level, we are all better able to prevent abuse and get support at an early stage, reducing the risk of someone experiencing serious harm.

### ***So what does this mean for community groups?***

In practical terms, this can mean accessing training and sharing information so that everyone involved with your group knows what behaviour is unacceptable and how to recognise it. It also means looking at practices within your organisation, in areas such as recruitment and risk management, to reduce opportunities for harm in your setting. *Some groups will need to put more robust practices in place.*

Under the new regional adult safeguarding policy, introduced in 2015, groups providing services targeted at adults who may be more at risk of harm must meet higher governance standards. This could include, for example, a good neighbour service for local elderly residents, a homelessness outreach project or running sports activities for adults with learning disabilities. These groups will have volunteers or staff who are required to be vetted under the Safeguarding Vulnerable Groups (NI) Order 2007.

In addition to reviewing internal policies and practices, these groups must appoint an Adult Safeguarding Champion, who will be responsible for leading on safeguarding issues within the organisation and is also required to report annually on these, producing an Annual Position Report and submitting data to the HSC Trust. →

## ***Local support and training is available.***

The minimum standards are covered in a new awareness course, now available to community groups in the Southern Trust area from Community Sector Training. Delivered through video clips, discussion and activities, the 2 hour training helps participants to know how to recognise abuse and respond where they have concerns. Training can be requested free of charge for delivery in your own venue.

Ruth Allen, Coordinator of Community Sector Training, explains:

*"It doesn't matter if you are organising social activities, running a sports club or you are a faith group – safeguarding is everyone's responsibility. All of us need this basic awareness of how adults in our community may be harmed and how to get the support they need."*

Community Sector Training also offers training to community development workers, to enable them to support local community and voluntary groups and networks to understand their responsibilities under the adult safeguarding policy and procedures.

More advanced training is available to groups who are working with adults at risk. This is provided through Volunteer Now and includes more detailed training for staff and volunteers, as well as training tailored for Adult Safeguarding Champions and those in management roles. A number of courses are delivered across the Southern Trust area each year, with free places available.

**To find out more or request training for your group contact:**

**Ruth Allen - Community Sector Training**  
**Tel. 028 3756 1441**

[cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)  
[www.southerntrust.hscni.net/livewell/1986.htm](http://www.southerntrust.hscni.net/livewell/1986.htm)

OR

**Volunteer Now**

**Tel. 028 9023 2020**

[info@volunteernow.co.uk](mailto:info@volunteernow.co.uk)  
[www.volunteernow.co.uk](http://www.volunteernow.co.uk)

# 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](mailto:info@ruralsupport.org.uk)** **Website: [www.ruralsupport.org.uk](http://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: [glees@rdc.org.uk](mailto:glees@rdc.org.uk)** **Web: [www.rdc.org](http://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](mailto: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](http://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](mailto:info@socialenterpriseni.org)** **Web: [www.socialenterpriseni.org](http://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](http://www.midulstercouncil.org)

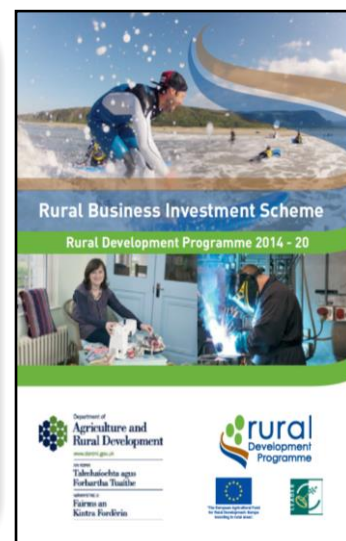
With two thirds of our residents living in rural areas, Mid Ulster has a focus on supporting its rural communities and rural enterprise.

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](mailto:eamon.gallogly@midulstercouncil.org)** **Website: [www.midulsterrdp.org](http://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](mailto:musn.olderpeoplesnetwork@gmail.com) or Anita Kelly Tel: 078 141 96935 [anita.kelly@ageni.org](mailto: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](mailto: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](mailto:gmnproject@live.co.uk) Web: [www.youcanhelp.org](http://www.youcanhelp.org)



Mid Ulster  
**Social Enterprise  
Programme**



The Mid Ulster Social Enterprise Programme offers a FREE package of specialist one-to-one support to local charities, community, voluntary and development groups, by helping them to start-up a new social enterprise or to grow an existing social enterprise.

What's involved?

- Our dedicated Social Enterprise Advisor will meet with individuals/ groups to explain the programme and develop an Action Plan
- One to one mentoring support, tailored to the needs of your group
- Opportunity to attend social enterprise workshops

What will I get out of it?

- Support and guidance to develop a social enterprise idea
- Advice and guidance on growing and developing an existing social enterprise
- Support to identify funding opportunities such as The Rural Development Programme, Big Lottery Fund and Lloyds TSB



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

This programme is funded by Mid Ulster District Council

**Call us today on Tel: 028 7962 8113**  
**or email:**  
[info@theworkspacegroup.org](mailto:info@theworkspacegroup.org)

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  
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

