

Tackling Rural Poverty & Social Isolation (TRPSI) Programme



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. **Confidential Helpline: 0800 138 1678. Tel: 028 8676 0040 Email: info@ruralsupport.org.uk Website:**

www.ruralsupport.org.uk



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 or the Main Office in Cookstown Tel: 028 8676 7766. Web: <http://www.ctonline.org.uk/providers/dungannon-and-district-community-transport-partnership/>**



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 **contact Adrian - 028 2563 5573, Email: Farm.Families6@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, membership is free and it is free to borrow books, eMagazines and use computers. There are 98 public libraries and mobile stops across NI so there is 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 that all participants are fully equipped to meet the demands of today's labour market. For information contact: **Marie Skelton Tel: 0744 253 1665 or Una McAleer 028 8225 0109 una.mcaleer@swc.ac.uk Web: <http://www.swc.ac.uk/learn/training-programmes/step-up-to-sustainable-employment.aspx>**



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 Advice Service (MIDAS)

MIDAS is a new integrated advice service delivered across Mid Ulster to those in need. It is free, confidential, independent and provided by qualified, experienced and empathetic advisors. The service provides information & advice on general rights and entitlement to public support services; social benefit & consumer rights and support in securing them, including help in understanding and completing forms and referral to appropriate specialist expertise. It also **provides specialist advice on: Welfare Reform, Universal Credit, PIP - Assessments, Challenges & Appeals, Money and Debt, Homelessness, Immigration, Equality of Access & Opportunity.** There are three community advice and support centres:

Dungannon	The Junction, 12 Beechvalley Way, Dungannon, BT70 1BS Mon- Fri: (9am - 5pm) and Sat: (9.30am - 12.30pm)
Cookstown	14 Union Street BT 80 8NN Mon – Friday (9am - 5pm)
Magherafelt	13 Queen St, BT45 5AJ Mon – Friday (9am - 5pm)

We will also be providing outreach advice across the Mid Ulster area, including weekly face-face-face clinics in Augher, Coalisland and Maghera. There will also be an additional outreach service for the scattered rural community.

If you live in Mid-Ulster and need advice you can call into one of the support centres or: Telephone 028 8775 0211 (Mon – Fri 9am – 5pm) Email: advice@stepni.org

Other 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**



agewell is a Local Partnership aimed at improving **services for the Older People 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 marie.devlin@agewellpartnership.org Tel: 028 7963 2170**



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: 078 434 784 33 or Email: youcanhelp@live.co.uk Web www.youcanhelp.org**