

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**

Affordable Warmth Scheme

A warmer home that saves you energy!



Many 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. Contact us to find out more about the Affordable Warmth Scheme or download our leaflet from the 'related documents' section below.

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. Please note in order for private rented properties to avail of this scheme the landlord must be registered with the Landlord Registration Scheme.

You are eligible for the Affordable Warmth Scheme if:

- 1. you own your own home or you rent from a private sector landlord;**
- 2. you have a total gross annual household income, including all benefits, of less than £20,000.**

you are in a 'targeted area' (you will receive a letter if you are in a targeted area and can also check by using the contact details at the bottom of the page **If you are eligible**, a member of the Council's staff will call at your home to complete a short survey. If you're not in, they'll leave a card and you can call to make an appointment. (All staff have identification badges and if you would like to check their identity, you can use the contact details at the bottom of the page). Once completed, the survey is sent to the Northern Ireland Housing Executive (NIHE). In 6-8 weeks, the NIHE will be in touch with you to complete an assessment of what energy efficiency measures are most appropriate for your home.

What energy efficient measures are available?

Priority 1: Insulation, Ventilation, Draught Proofing

- Installation or topping up of Loft Insulation to 275mm Roof / Loft / Eaves ventilation
- Provision of hot water cylinder jacket Draught proofing of **doors / windows**
- Installation of cavity wall insulation Removal and replacement of ineffective cavity wall insulation.

Priority 2: Heating

Provision of natural gas or oil central heating where no central heating exists Conversion of solid fuel / LPG / economy 7 to natural gas or oil. Conversion of economy 7 to high efficiency electrical storage system Boiler replacement / system upgrade for householders over 65, or who have a child under 16 years of age, or who receive disability living allowance and where an existing central heating boiler is at least 15 years old.

Priority 3: Windows

Replacement of single glazed windows Repair or replacement of double glazed windows that are defective.

Priority 4: Solid Walls

Provision of solid wall (internal/external) insulation.

Contact: Therese Kelly Affordable Warmth Coordinator
E: affordablewarmth@midulstercouncil.org

Tel: 03000 132 132

West Grants

NIHE Home Improvement Services

Home Improvement Grants currently available:

Mandatory Grants:

Disabled Facilities Grants: Maximum £25,000 (can be topped up to £50,000):
For Owner Occupiers, Landlords and certain Tenants where the local Occupational Therapist has made recommendations for adaptations to be carried out for a person with disability to make their home suitable for their needs.

Repair Grants: Maximum £7,500 in any 3 year period.
For landlords & certain tenants where a Statutory Notice has been issued.

Discretionary Grants:

Discretionary Grants such as Renovation, Replacement and Home Repair Assistance Grants are only available in exceptional circumstances where the condition of property is considered to be causing a serious, imminent and significant risk to the occupiers.

Boiler Replacement:

A Boiler Replacement Scheme is available for owner occupiers whose gross income is less than £40,000 to replace space heating boilers which are over 15 years old. A grant of £400, £500, £700 or £1,000 is available depending on gross household income and if controls are fitted. **If you think you are eligible call now on [03448 920 900](tel:03448920900). You can also register by email at energyefficiency.psis@nihe.gov.uk**

Affordable Warmth Scheme:

An Affordable Warmth Scheme is available to targeted vulnerable owner occupied and private rented sector households using an area based approach (in partnership with the local Councils and the Department of Social Development) to install a range of energy efficiency measures.

West Grants covers the following areas: **Mid Ulster: Cookstown, Dungannon, Magherafelt and also Fermanagh & Omagh.**

For further information contact: The Grants Manager, West Grants, Home Improvement Services: Tel: 03448 920 900 E-mail: west.grants@nihe.gov.uk

West Grants Main Office: McAllister House, Woodside Avenue, Omagh, Co Tyrone BT79 7BP or **West Grants Sub Office:** Riverview House, Head Street, Enniskillen, Co Fermanagh BT74 7DB.

NIHE Website: <https://www.nihe.gov.uk/Housing-Help/Grants>

Mid Ulster District Council

Health and Wellbeing & Energy Efficiency 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 Email: health.wellbeing@midulstercouncil.org

Mid Ulster Home Safety Scheme

Mid Ulster Home Safety Scheme helps those over 65, families with children under 5 and vulnerable adults / 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)

What do I need to do?

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: 03000 132 132.**
Email: environmentalhealth@midulstercouncil.org



The Recovery College

Mental illness can affect all of us. In fact, around one in four people will experience a mental illness at some point in their lives. The Recovery College takes an educational approach to equip you with the knowledge and skills to get on with your life, despite mental illness.

Recovery College information can be found here:

<http://www.thementalhealthforum.co.uk/recovery-resources/southern-trust/recovery-college/>

Telephone: 028 3834 7537 or Email: recovery.college@southerntrust.hscni.net

The Northern Region Recovery College information and prospectus are available here:
<http://www.mentalhealthrecoverystories.hscni.net/recovery-college/>

Tel: 028 944 13449 or Email: recovery.college@northerntrust.hscni.net

MUDC Fuel Stamp Saving Scheme

Joining the Mid Ulster fuel stamp scheme can help you save to meet your fuel costs.

How does it work?



- Simply pick up a free collection card from any participating retailer.
- Buy £5 fuel stamps when you can and stick them into your card.
- When your card is full, you will have saved £200 towards your next order of fuel.
- Don't worry if you need oil and your card is not full. You can use a partly completed card towards the cost of paying.
- When you need fuel, simply contact any of the participating suppliers to agree the price and delivery.

Remember to tell the supplier you are paying or part-paying with a fuel stamp card.

If you already have a Cookstown, Dungannon or Magherafelt collection card and stamps, you can continue to use them along with the new Mid Ulster stamps when they become available.

Click to find a list of our [participating fuel stamp suppliers](#) and [fuel stamp retailers](#).

For more information, help or advice contact our Environmental Health Service on 03000 132 132 or email environmentalhealth@midulstercouncil.org

 [Oil Stamp Saving Scheme Retailers \[101KB\]](#)

 [Oil Stamp Saving Scheme Supplier List \[101KB\]](#)

MUDC 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 our Environmental Health Team on Tel: 03000 132 132.

Affordable Warmth for home owners and private tenants



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 Website: www.midulstercouncil.org/affordablewarmth