COSTA *Community Newsletter*

October 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

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

CLOSING SOON!

DAERA Rural Micro Grant Scheme 2018

Fully completed applications for groups in the Mid Ulster District Council area must be returned with all required documents enclosed to COSTA or CWSAN by

4pm on Friday 5th October 2018

We advise earlier submissions so we can quick check your application in advance of submission

President Grants Homestead
45 Dergenagh Road
Dungannon
BT70 1TW

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

COSTA Newsletter

COSTA
Upcoming Events & Workshops

- **DAERA Rural Micro Capital Grant 2018 – Letter of Offer Workshops Tue 27 Nov, 10am OR Tue 4th Dec 2018 @ COSTA – For successful applicants.**
- **COSTA 'Charity Registration & Annual Returns' Information Workshops**
- **COSTA 'Open Door Support Day' (every month)**
- **'Reporting Adult Safeguarding Concerns to the Charity Commission NI' Thursday 6th December 2018 at 10am in PWB Training Room St Luke's, Armagh. -- *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).
- **'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

Mid Ulster District Council
New Multi-Sport Coach

I am the new Multi-Sport Coach from Mid Ulster District Council.

The Everybody Active 2020 Programme has a specific focus on providing opportunities for women and girls. The programmes we offer are: Womens Walking / Running Groups, Female Circuits Class, High Intensity Interval Training (HIIT) or Buggy Fit for parents and children.

We provide all equipment and a one hour session costs £15. Programmes normally last for 6 weeks. The programmes we offer are from the week beginning 24th September to week ending 4th November OR week beginning 5th November to week ending 16th December.
Currently, days and times are flexible but dates are likely to fill up quick.

Andrew Elliott
Every Body Active 2020
Multi Sports Coach

Mid Ulster Sports Arena
47 Tullywiggan Road
Cookstown
BT80 8SG

Email: andrew.elliott@midulstercouncil.org

Tel: 028 8676 7135
Mob: 07816339791

Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

COSTA Newsletter

Community Organisations of South Tyrone & Area

Rural Community Development Support Service
(Mid Ulster Zone)

Watch this Space!

To be announced soon!

Community Networking Visit

To Co Armagh / Co Down Community Groups

Community halls, environmental, social, childcare, tourism, social economy, leisure, recreation, health & Well-being, Older people and Men's Shed projects.

Transport & Lunch provided.

Maximum of 2 places from any Member Group.

Places very strictly limited.

Places booked on a first-come-first-reserved basis.

Reservations only from October as details finalised.

To book places contact COSTA:
Tel: 028 855 56880 or Email:
info.costa@btconnect.com

Department of Agriculture, Environment and Rural Affairs

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
Rural Support Confidential Helpline:
0845 606 7607
Available from: Monday to Friday
9:00am – 9:00pm & Voicemail

COSTA Newsletter

Community Organisations of South Tyrone & Area

COSTA 'Open Door Days'

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

SUPPERT ALSO TO ASSIST MICRO GRANT APPLICANTS

OCTOBER – Wednesday 17th Oct 2018

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

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 Wednesdays 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

The Southern Local Adult Safeguarding Partnership in association with the Charity Commission NI, Community Sector Training, COSTA & TADA Networks:

SOUTHERN LOCAL ADULT SAFEGUARDING PARTNERSHIP

Adult Safeguarding Champion Support Forum

"Reporting adult safeguarding concern to the Charity Commission"

Venue: PWB Training Room, St Luke's Armagh

Date: 6th December 2018

Registration: 10:00

Target group: Community and voluntary sector groups with responsibility for reporting serious incidents to the Charity Commission

For registering and booking a place RSVP By 20th November - Jill.Duffy@southerntrust.hscni.net

Places limited so book early!!!

For more information and to book:
Tel: 028 855 56880
or email: info.costa@btconnect.com

SAVE THE DATE

COMMUNITY PLANNING CONVENTION

Monday 22nd October from 7.00pm – 9.30pm

Burnavon Arts Centre, Cookstown

MID ULSTER COMMUNITY PLANNING

Would like to invite you to an evening to present progress on the Mid Ulster Community Plan

The evening will allow for an update on the 10 year Plan and Short Term Delivery Plan 2017 – 2020

And an opportunity for community engagement

To provide for light refreshments could you please confirm your attendance with Richard Dean on Tel: 03000 132 132 or email by Wednesday 10th October Richard.dean@midulstercouncil.org

Community
Planning
Mid Ulster

Local group can meet with the Big Lottery in Mid Ulster one-to-one

Groups in Mid Ulster and discuss their project ideas on the dates listed below:

Mid Ulster Volunteer Centre, Magherafelt	**Torrent Complex Donaghmore**
Tuesday 2nd October Tuesday 6th November Tuesday 4th December	**Tuesday 9th October** **Tuesday 20th November** **Tuesday 21st December**

Contact Colin Howells in Big Lottery who can arrange an appointment and have a chat through your options.

Colin Howells
Funding Officer (Mon - Thurs) T: 028 9055 1434
1 Cromac Quay, Cromac Wood, Gasworks, Belfast, BT7 2JD
028 9055 1455
www.biglotteryfund.org.uk/northernireland | Blog |

Come along to The Mid Ulster Volunteer Recruitment Fair

Cookstown Leisure Centre

4 October 2018, 11am-2pm, FREE Admission- just turn up.

If you're considering volunteering, this is a fantastic opportunity to meet face to face with over 50 organisations currently looking for volunteers locally, plus access to supporting organisations such as careers service, recruitment agencies and organisations to support those unemployed, all under one roof.

Last year our volunteer recruitment fair helped around 500+ people in their search for volunteering opportunities and to make connections with the local organisations. Make sure you're one of them this year.

The Volunteer Recruitment Fair will feature:
• more than 50 organisations looking for volunteers that you can speak to directly
• volunteering, employment specialists and local advice services
• light refreshments
• access to hundreds of volunteering opportunities across Mid Ulster and NI wide

We know that amongst the many benefits of volunteering, trying out different kinds of work and building experience towards employment is often an important factor in thinking about volunteering options. Because of this we have various organisations on hand to support you such as Network Personnel, Careers service, USEL, Clarity and also local advice services Advice NI and Citizens Advice Mid Ulster.

For further information contact Megan in our Cookstown Office 028 8676 1122, Barbara in Magherafelt office 028 7930 1862.

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libraries ni
Connect with us

Free Wi-Fi is available in Libraries. The service is free and easy to use.

You can log onto the internet using your Wi-Fi enabled device, such as a laptop, iPad or smartphone.

All you need is your membership card number and personal identification number (PIN) to log on.

If you are not already a member of the library please ask a member of staff about joining.

Southern Health and Social Care Trust

Quality Care - for you, with you

PROMOTING WELLBEING TEAM

Chair Based Activity – Level 1 (OCN Level 2)

Date of course:	**2 day training (Full attendance on both days is essential)**
Time:	**TBC**
Venue:	**TBC**
Follow up workshop:	**TBC**
Time:	
Venue:	**TBC**

The LifeDock Chair Based Activity programme is a fully accredited course (through the Northern Ireland Open College Network) and has been designed for those who understand the value and rewards of bringing physical activity to frail, older people and those with physical and/or learning disabilities

Essential Criteria:
No previous experience is required; however an interest in the promotion and delivery of physical activity is beneficial.

Who should attend:
This course is designed for those who are currently working with older people and those with limited mobility, mental and physical disabilities, and learning disabilities. This may be in a variety of settings in which the potential student is employed or volunteering.

By the end of the two day course participants will be able to:

- Deliver a safe and effective Chair Based Activity session
- Understand the implications and benefits of physical activity
- Understand how to adapt the session according to the needs/ability of the group
- Employ motivation techniques and leadership skills
- Understand how to adapt exercises to suit the needs of the group
- Understand and address Health and Safety issues

Contact Clare Drmmy for more information:
Clare.Drummy@southerntrust.hscni.net

COSTA Newsletter

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 Farm Family Health Checks Bus will be at:

Fivemiletown Mart – Fri 19th October 2018

Dungannon Mart – Wed 24th October 2018

For more information, including the schedule of where the screening van will be visiting please contact Tel: 028 2563 5573, Email: health.promotion2@northerntrust.hscni.net

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).***
- ***Assist to complete applications and 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)
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