

NETWORK NOTES

April - May 2021

Ballymote Centre, 40 Killough Road, Downpatrick,
BT30 6PY

Tel: 02844612311 Email: info@countydownrcn.com

Chronic Pain Support



County Down Rural Community Network is proud to be a member of the Healthy Living Centre Alliance

One of the most successful programmes run by the HLCA is the **Better Days Pain Support Programme.**

County Down Rural Community Network has been successfully facilitating this programme from its inception and we have just completed our second remote course via Zoom.

Around 450,000 in N Ireland live with long-term, persistent pain. Our Pain Support Programmes are designed to improve the mental health of those who suffer from pain, enhance their social inclusion, facilitate routine gentle movement, encourage people to own their pain while advocating caution and self-care with regard to using pain medication.

A team of 4 staff from County Down RCN have co facilitated 4 Pain Management courses which consists of 9 consecutive weekly sessions covering topics such as nutrition, physiotherapy, mindfulness and gentle movement alongside medication management. Over 50 individuals living with chronic pain have benefited from our courses.

Our next Better Days Pain Support Programme will take place in September 2021

If interested contact:
patricia@countydownrcn.com or heather@countydownrcn.com

Warm, Well & Connected



CORONAVIRUS (COVID-19)



20,000 People Impacted by WWC

Over 20,000 people participated in 105 Warm Well and Connected Projects since Christmas 2020 with County Down Rural Community Network.

The biggest project ever undertaken by CDRCN in co-operation with a wide range of community partners has made living with COVID19 during the dark winter months much more bearable. See some statistics below:

Direct beneficiaries - 7,390.

Indirect beneficiaries (via livestreams, youtube, facebook) - 13637

Older People—2268

Those who suffered loss of income—593

Clinically vulnerable—638

Disabled/carers—635

Ethnic Minorities— 193

Children & Young People—3352

Others - 217

2910 Tree Saplings and 240 Seed Growing Kits have been distributed and planted by dozens of volunteers

A Big Thank you to all our Volunteers across the Community

It is important that we acknowledge the support and dedication of our volunteers whose support has been invaluable



County Down
Rural Community
Network



Beginners Chi Me Class

- Feeling the effects of stress?
- Need gentle movement to loosen your joints and improve your circulation?
- Need to improve your balance?

Join our FREE Chi Me Class every Thursday from 11.15 am to 12 pm.

For more information or to book a place , contact :

Patricia.martin@countydownrcn.com or info@countydownrcn.com

April 30th @ 11am
Rare Disease Community
Social Cafe



Join us for an informal
chat



NORTHERN IRELAND
RARE DISEASE
PARTNERSHIP

Join us for our "Living Well With..." Programme

Suitable for patients, carers & friends of rare disease

All sessions delivered via Zoom -

To sign up Email info@nirdp.org.uk

#StrongerTogether

Funded by the Rank Foundation

Caring for your Mental
Health

May 13th @11am



Empowerment/Advocacy
session

June 17th @11am





24 Hour Domestic and Sexual Abuse Helpline

Our Helpline is still operating 24/7 and can provide support to anyone who needs it.

We know that this is a stressful & difficult time for a lot of people.

You can call 0808 802 1414 or email help@dsahelpline.org or click on link

<https://nexusni.org/helplines/>



OTHER HELPLINES THAT ARE AVAILABLE

[Lifeline](#) Suicide Prevention 24/7 **0808 808 8000**

[NSPCC](#) Helpline for concerned adults **0808 800 5000**

[The Rowan](#) (Sexual Assault Referral Centre for Northern Ireland) **0800 389 4424** (for all ages who have been sexually abused, assaulted or raped)

[The Samaritans](#) **116 123**

[Stop it Now](#) **0808 100 0900** (for individuals concerned about their own thoughts and behaviours towards children)

[Towards Healing](#) **0800 096 3315** (Helpline for survivors of clerical sexual abuse)

[Cruse Bereavement](#): **0844 477 9400** helpline@cruse.org.uk

PSNI Rape Crime Units Emergency **0845 600 8000, 101, 028 9065 0222**

For other information on Mental Health visit:

[Mental Health Forum - The voice of service users \(thementalhealthforum.co.uk\)](http://thementalhealthforum.co.uk)

FREE WORKSHOPS



County Down
Rural Community
Network



Healthy Living Centre Alliance



Public Health
Agency



South Eastern Health
and Social Care Trust



SPRING
Social Prescribing

Stress Control

As the HSCNI can't deliver Stress Control classes in the community just now, Dr Jim White will, instead, live-stream the classes until December, free-of-charge.

Description of course

Classes will live stream at 2pm and 8:30pm on Mondays and Thursdays with a live interactive chat where you can talk to your fellow participants and a member of the Stress Control team (there is no requirement to participate). The 8:30pm class will then remain on demand on YouTube for 48 hours.

Learning outcomes

Stress control uses CBT techniques to help us manage stress effectively.

Target group

General Population - those experiencing stress, anxiety or depression.

Cost

Free

Find out more information at :

<https://ni.stresscontrol.org/>

If interested in other courses around mental health email: Eileen.young@setrust.hscni.net



Do you support someone living with dementia?

Join our free Carers Information Support Programme (CrISP)

for people who provide unpaid care and support for someone living with dementia in the South Eastern trust area.

Topics in CrISP 1 include understanding dementia, providing support and care, legal and financial matters, and coping day to day.

CrISP 2 is for those that have been caring for someone with dementia for some time. CrISP 2 is the second part of the programme is three weeks long and covers understanding change, living with change as more help is needed, and living well as dementia progresses.

CrISP 1 Dates

<u>May 2021</u>	<u>June 2021</u>
<p>4 sessions</p> <p>Wednesday 5th, 12th, 19th and 26th May, 10am-11.30am</p> <p>Thursday 6th, 13th, 20th and 27th May, 10am-11.30am</p> <p><i>Half day options – 2 sessions covered each half day</i></p> <p>Monday 17th and 24th May, 9.15am-1.00pm</p>	<p>2 sessions</p> <p>Friday 4th, 11th, 18th and 25th June, 10am-11.30am</p> <p><i>Half day options – 2 sessions covered each half day</i></p> <p>Monday 14th and 21st June, 9.15am-1pm</p> <p>Wednesday 9th and 16th June, 1pm-4.30pm</p>

CrISP 2 Dates

<u>May 2021</u>	<u>June 2021</u>
<p>3 sessions</p> <p>Tuesday 11th, 18th and 25th May, 6.30pm-8pm</p>	<p>2 sessions</p> <p>Saturday 5th and 12th June, 10am-12.30pm</p>

For further information about the programme, please contact:

Roisin Coulter (Dementia Support Worker)

07860258814;

crispseni@alzheimers.org.uk

**Do you or your loved ones need Hearing Aids looked at ?
See below**

DOWNPATRICK HEARING AID USER SUPPORT SERVICE

**We can provide new batteries, cleaning and
retubing of earmoulds for NHS hearing aids**

**This is a socially distanced drop off and pick up service. Please
follow the instructions below to help us keep everyone safe.**

Hearing aids must be placed in a labelled envelope with name and contact
details. They will be collected at the entrance and brought inside for
maintenance.

Users can wait in their car or return later to collect hearing aids. Hearing aids
can be dropped off by friends or family members.

1st Thursday Each Month
6 May, 3 Jun, 1 July, 5 Aug
2 Sep, 7 Oct
1.30pm - 3.30pm

**Ballymote Community Centre (Next
to Supervalu)**
40 Killough Road
Downpatrick BT30 6PY

**RN
I:D**



South Eastern Health
and Social Care Trust

✉ Hazel.wilson@rnid.org.uk

☎ 07342 994453

🌐 rnid.org.uk

Have you booked your Covid-19 vaccination ?



The PHA is urging everyone who is eligible to book their COVID-19 vaccine now; you don't need to be invited.

Appointments are currently available at the regional vaccination centres and participating community pharmacists. You can book via:

- * **Regional vaccination centre – book online at: [covid-19.hscni.net/get-vaccinated](https://hscni.net/get-vaccinated)** <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=530ec9a91a&e=5e8571f164>> or If you are eligible for a vaccination centre appointment and cannot make an online booking, you can book your vaccination by telephone on **0300 200 7813**. The telephone booking service is available from every day from 8.00am to 8.00pm.
- * **Community Pharmacy** – to find out which community pharmacies are participating click on the map: [pha.site/pharmacy-covid-vaccinations](https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=bc5d052123&e=5e8571f164) <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=bc5d052123&e=5e8571f164>> or if you don't have online access phone your local pharmacy directly.
- At certain times there may be a rush for appointments. Do not be put off if you can't get booked immediately. Keep trying. Everyone who wants a vaccine and is eligible will get one.
- <<https://mcusercontent.com/59903efc545a060a69b3decf5/images/2d595c99-48d2-48d5-b93c-514bdcf62383.png>>
- It's important to be informed about the COVID-19 vaccine. To find out more information about vaccine safety and effectiveness see [pha.site/vaccineinformation](https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=8d4ef3ee6d&e=5e8571f164) <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=8d4ef3ee6d&e=5e8571f164>>
-
- To find out who is currently eligible for the COVID-19 vaccine see: www.nidirect.gov.uk/articles/get-covid-19-vaccination-northern-ireland <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=3531c9dbf8&e=5e8571f164>>

A range of information on the COVID-19 vaccination programme is available on the PHA website;

- * Simple Guide - The PHA has published a simple guide to the COVID-19 vaccine and its available to download here: [pha.site/covid19simpleguide](https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=72bba722ad&e=5e8571f164) <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=72bba722ad&e=5e8571f164>>
- * Leaflets - Information leaflets on the COVID-19 Vaccination Programme are available for download here - [pha.site/vaccineinformation](https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=9c69d00961&e=5e8571f164) <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=9c69d00961&e=5e8571f164>>
- * Q&A's - COVID-19 Vaccination Programme questions and answers are available at [pha.site/vaccination-questions-and-answers](https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=93eab73710&e=5e8571f164) <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=93eab73710&e=5e8571f164>>



Link below is map of pharmacies who are now giving the vaccine across N Ireland.

http://www.healthandcareni.net/pharmacy_rota/Covid_Vaccination_Pharmacies.html

[COVID-19 Vaccination Programme information materials | HSC Public Health Agency \(hscni.net\)](#)

Looking for ways to improve your nutrition?

Regional Nutrition Webinars - May

Food and Mood

This webinar looks at healthy eating and explores the links between food and mood.

Thur 13th
May
11-12pm

Link:

<https://tinyurl.com/foodandmood-May>



Tues 18th
May
6.30-7.30pm

Nutrition for Your Teenager

Find out more about nutrition for teens if you are a parent/carer of a young person or someone who works with this age group.

Link:

<https://tinyurl.com/Teenagers-May>
Meeting ID: 850 7082 4031
Passcode: 40029581



Healthier diet, healthier you

This webinar is for anyone who wants to find out more about healthy eating.



Tue 25th
May
11-12pm

Link:

<https://tinyurl.com/HDHY-May>
Meeting ID: 875 0424 4529
Passcode: 24815705

Wed 26th
May
11-12pm

Feeding Under Fives

This webinar is for anyone interested in finding out more about nutrition for toddlers and children under 5 years old.

Link:

<https://tinyurl.com/HHK-May>
Webinar ID: 874 7791 4233
Passcode: 300947



April is Bowel Cancer Awareness Month



The PHA is using this opportunity to raise awareness of signs and symptoms and encourage people to take part in the screening programme when invited.

In Northern Ireland, bowel cancer screening is offered to everyone aged 60–74. The screening test is posted out with step-by-step instructions on how to complete it. Once completed, you return the kit in the supplied return envelope in the post.

A new test kit, which is easier to complete and has the potential to detect more bowel cancers and adenomas (lesions that may develop into cancer if not treated), was recently introduced into the bowel cancer screening programme in Northern Ireland. This Faecal Immunochemical Test (FIT) has replaced the Faecal Occult Blood (FOB) test.

The FIT test is better at detecting traces of blood, which is how the screening programme identifies people who need further tests.

Find out more about bowel screening here <<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=5c5357c889&e=5e8571f164>> .

<<https://mcusercontent.com/59903efc545a060a69b3decf5/images/02f57841-c8e4-4711-bc6b-8363cdca6add.png>>

Bowel cancer is the second most common cause of cancer death among people in Northern Ireland. About 1 in 20 people will develop bowel cancer in their lifetime and it is more common in older people, particularly men. It is important that people are aware of the signs and symptoms of bowel cancer.

Possible symptoms of bowel cancer can include:

- blood in your poo;
- looser poo, pooing more often and/or constipation;
- a pain or lump in your tummy;
- feeling more tired than usual for some time;
- losing weight for no obvious reason.

It is important if anyone experiences any of these symptoms for **three weeks or more** that they make an appointment with their GP. **These symptoms do not mean that someone has bowel cancer but it is important that these are investigated to try to find the cause.**

Chris Wright, from Banbridge, shares his experience of bowel cancer.

<<https://hscni.us8.list-manage.com/track/click?u=59903efc545a060a69b3decf5&id=824fef175c&e=5e8571f164>>



Formerly Citizens Advice

**Advocacy, Benefits, Consumer,
Debt, Employment, Housing**

Call us for free independent advice

0300 30 30 306



County Down
Rural Community
Network



Tai Chi for Men

Wednesday mornings 11:00 – 11:45am

Starting 12th May for 6 weeks

FREE and from the safety of your own home via Zoom

Tai chi is a slow balanced art form to regulate the mind body and breath. Learn how to relax, strengthen and coordinate the body so you feel energised and stressless all day long.

Tutor: Mike Bean

lise@countydowncrn.com



Men's Health Week 14th – 20th June 2021

Theme – 'Make the Connections'

Check in, Check- up, Check it out

The Men's Health Forum in Ireland (MHFI) works on an all- Ireland basis to enhance the health and wellbeing of boys and men. One way MHFI achieves this is through the celebration of 'Men's Health Week'. The Forum recognises the right of all men to good health regardless of age, gender, sexual orientation, disability, race, and culture, religious or political affiliations

This year's theme of '**Make the Connections**' encourages everyone to:

- **Check in-** Check your own health and wellbeing –How are you feeling?
- **Check- up-**On family, friends and colleagues – How are they keeping?
- **Check it out-** Seek help and support if there is anything worrying you

The local SEHSCT Men's Health Forum would like to mark this year's 'Men's Health Week' by working in partnership with you or your organisation to raise awareness of the good work already being carried out locally regarding men and their health and wellbeing. This may be an event, sharing of information or social media posts

How we can help? Let us know about your event.

We can share the resources available from MHFI

We can also raise the profile of your event through our Calendar of Events

Please complete the Men's Health Week Form on next page and email it to brien.frazer@setrust.hscni.net

[Help us to celebrate this important week. Please ensure all events adhere to current Covid-19 Guidelines](#)



South Eastern Health
and Social Care Trust

Men's Health Week – 14th – 20th June 2021

Registration Form

Name of Event

Activity

Contact details for organiser (please supply email address)

Date/Time/ Venue

Please circle:

Open to all

Closed event – members only

Promotional materials – It is hoped to have a number of online resources to share.
Please indicate if you would like a copy. Please circle

Yes

No



Disability Action is a Northern Ireland charity working to bring about positive change to the lives of people with disabilities.

Disability Action works to ensure that people with disabilities attain their full rights as citizens, by supporting inclusion, influencing Government policy and changing attitudes in partnership with disabled people.

Disability Action is unique in its work, as it is the only Northern Ireland wide pan disability organisation working with disabled people with various disabilities; physical, mental, sensory, learning and hidden.

Our work is important

One in five people in Northern Ireland has a disability

As a campaigning body, Disability Action represents the views of our 100 member groups, working to bring about positive change to the social, economic and cultural life of people with disabilities and consequently to our entire community.

We offer a range of services including Information ; Policy, Employment and Training Support, Capacity Building, Training on Disability & Diversity Issues, Transport and Mobility Assessment, all aimed at improving the quality of life of people with disabilities in Northern Ireland.

For more information see link below:

[Disability Action Transport Scheme | Disability Action Northern Ireland](#)

Are you aged 16-22 and have a disability

**Do you want to start training for success or explore apprenticeships?
If so see below:**



- Aged 16-22?
- Starting Training for Success or Apprenticeship NI training in N.Ireland?
- Have a disability?

Our Training and Learning Support Officers can support you throughout the 3 years of your Training for Success or Apprenticeship NI programme.

For more information contact:
Lisa McVeigh 028 9029 7880
lisamcveigh@disabilityaction.org



Housing Executive



Get talking about money

**Become more confident in dealing with your finances
Build a budget**

Our Financial Inclusion Managers are here to offer you impartial advice, so you can make the decisions that will help you become better off.

They can do a free benefits check, help you make a budget, and give you tips to make the most out of your income.

To make a telephone appointment with one of our Financial Inclusion Managers, you can drop us a message on My Housing Executive, our tenant portal, or call our General Enquiries Line on 03448 920 900.

See link below:

<https://www.nihe.gov.uk/Home/News/Making-Your-Money-Work?fbclid=IwAR07XALvITwpW4whvM5XKmVQqRHpTibh0w3Vo6U3MNUP57WpRkWzItRbInQ>



Welcome to Supporting Communities 165th Edition of E-Zine see link below:

<https://ezine.blob.core.windows.net/ezine/Ezine%20165/E-zine%20165th%20Ed%20-%2028th%20April%20%202021.pdf>

Links to organisations - Click on links below

[Rural Community Network - Publications - Overview](#)

<https://www.nipolicingboard.org.uk/publication/policing-matters-april-2021>

Please note: we cannot guarantee places that are not booked at least 24 hours in advance. If you have any difficulty, please contact our Help Line on 028 9039 5989 during office hours and Library Staff will respond within 48 hours.

ZOOM SESSION TITLE	ZOOM SESSION DESCRIPTION	DATE	TIME	BOOKING ESSENTIAL Please ring or email
Libby – eBooks & Audiobooks (Class delivered on Zoom)	If you haven't yet discovered the amazing FREE audio and eBook offer from Libraries NI, then this is the Zoom session for you! Learn how to download the Libby app and sign up for the opportunity to borrow over 17,000 eBooks and audiobooks. Explore the app and discover features like search, place hold, bookmarks and reading settings.	Tuesday 4 May	11:00am - 12 noon	t: 07912296792 e: Sheila.Mclean@librariesni.org.uk During Office Hours Monday-Friday
Practice using Zoom (Class delivered on Zoom)	Have you used Zoom yet? Would you like to familiarise yourself with the tools and tricks of Zoom in a safe learning environment? Join our Zoom meeting where we explain the various settings and give you a chance to practice some of its features. We will also talk you through how to set up your own Zoom meeting.	Tuesday 4 May	2:00pm - 3:00pm	t: 07843 339159 e: Joanne.Brown@librariesni.org.uk During Office Hours Monday-Thursday

Please note: one-to-one sessions are available by arrangement

For more information on all your library offers Click the link below:

[Home \(librariesni.org.uk\)](http://librariesni.org.uk)

Well Time for Me 6 Week Online Sessions - **FREE**



Choose one of the sessions below and take time for yourself

Course will cover topics such as mindfulness, coping techniques to manage stress, meditation and understanding stress.

Each weekly session will be delivered by Wellbeing NI via a live Zoom video link

Course 1	Monday Evenings	7pm – 8pm	Commencing
3rd May x 6 weeks			
Course 2	Wednesday Mornings	10.45am – 11.45am	Commencing
5th May x 6 weeks			
Course 3	Thursday Mornings	10am - 11am	Commencing
6th May x 6 weeks			
Course 4	Thursday Evenings	6pm – 7pm	Commencing
6th May x 6 weeks			

Pre-Booking is essential – Limited spaces available

Please Email: ccbookings@nmandd.org

Indicate which course you wish to take part in.



Be Active Free Exercise Classes



OUTDOOR CLASSES

Beginning week of 26th April

TUESDAY

1PM Chair Based Exercise (Newry & Down Leisure Centres)

WEDNESDAY

11.30AM Chi Me (Newry & Down Leisure Centres)

1PM Chi Me (Slieve Gullion Walled Garden)

7.15PM Couch 2 5KM Group 1 (St. Colman's Track)

THURSDAY

10AM Crossgar Walking Group

11.30AM Downpatrick Walking Group

12PM Strangford Walking Group

2PM Chair Based Exercise (Kilkeel Leisure Centre)

7.15PM Couch 2 5KM Group 2 (St. Colman's Track)

FRIDAY

10AM Newry Walking Group

12.30PM Chi Me (Kilkeel Leisure Centre)

1PM Kilkeel Walking Group

ONLINE EXERCISE CLASSES

Available to book now!

Tuesday 7PM Beginners Yoga

Friday 12PM Movement & Stretching

Wednesday 3PM Chi Me

Saturday 11AM Love to Move (Chair Based)

Thursday Pilates (Pre Recorded)

Sign up on www.clanryegroup.com/book-now

Contact us on 028 3089 8119





The Small Grants Scheme is back for another Year!

The Small Grants Scheme launched on 12 April

Grants available: £500 to £3,000

Closing date: 10 May 2021

Launched by 10 of the 11 Local Councils, Northern Ireland Housing Executive and Keep Northern Ireland Beautiful, the Small Grants Scheme provides support to volunteer projects that:

- Contribute to the development of civic pride within a community with a focus on environmental improvement.
- Encourage actions and projects that enable Pollution Solutions, Biodiversity Recovery and Climate Action.
- Enhance the environmental management of a local area.
- Improve the health and wellbeing of communities whilst helping to improve and/or maintain public spaces.
- Improve the quality of their local environment by reducing littering and dog fouling through community Action.
- Support environmentally focused actions that help support people impacted through reduced contact with society.
- Community food growing initiatives.

For more information including guidance notes visit:

<https://www.liveherelovehere.org/cgi-bin/generic?instanceID=30>



See link below for more information:

[Police Property Fund Grant Schemes | Northern Ireland Policing Board](#)

Community Foundation NI is a Website worth exploring as it contains News and Events for Community Organisations. For funding opportunities see link below

<https://communityfoundationni.org/>



Fueling Tech for SOCIAL IMPACT

Thurs 20th May
11am – 1.15pm
Online Event

Our Techies in Residence programme focuses on creating powerful change within communities through digital technology. We're supporting the VCSE sector to develop new innovative solutions to address community challenges and issues.

Join us for our Techies in Residence showcase.

See **seven** tech for good projects pitch for a share of **£67,000** Cast your vote to determine the outcome.

Panel Discussion

The Impact of Covid & Digital Transformation in Third Sector

Join our team of experts working across the digital and charitable industries as we explore and discuss the impact of Covid19 and the digital transformation of 2020 -2021. What this means for the future of the sector and how the role of 'tech for good' programmes is helping prepare the sector for this transition and what more can they do in future.



In Partnership with

