

## **NORTH DOWN COMMUNITY NETWORK – NEWS 28.04.17**

- **29 Apr: X Factor – It Could Be You!** Auditions are being held at Castlecourt Shopping Centre in Belfast between 11am and 6pm. You must be 16 years old and over only. Under 18s must be accompanied by a parent or guardian and have valid ID. Contact [Darren.hill@thames.tv](mailto:Darren.hill@thames.tv) for more info. Poster at <http://ndcn.co.uk/29-apr-x-factor/>.
- **1 May: Mencap and Belfast City Marathon** – want to run the marathon and raise some money for Mencap, the official partner of this year’s marathon, to help even more children and young people with a learning disability in NI? Just click on <http://mencapbigstepforward.org/>. Your kind help in nominating additional runners of all levels would be greatly appreciated. More info from Parool Patel 9069 0166, mobile 07913 663981 or email [parool.patel@mencap.org.uk](mailto:parool.patel@mencap.org.uk).
- **To 5 May: Vote for NDDO!** The North Down Development Organisation is one of seven finalists in the Ulster Bank Skills and Opportunities Fund. Please go to <http://skillsandopportunitiesfund.ulsterbank.com/vote> and register your vote.
- **10 May: Free SafeTALK Workshop** – @ Ards Community Network from 9.30am to 1pm. SafeTALK is for everyone over 16 years who wants to help prevent suicide: front line workers, clergy, volunteers, parents, youth, teachers, law enforcement ..... anyone who wants to help prevent suicide. To book a place or for info on this training, please contact Carol Brown on 028 9151 0275 between 9am and 1pm, or email [carol.brown@setrust.hscni.net](mailto:carol.brown@setrust.hscni.net).
- **16 May: Job Fair – Ards and North Down Job Fair 2017** is FREE from 10am to 4pm in the Marine Court Hotel. If you are an employer and have a vacancy to advertise, we can help by providing you with an opportunity to meet potential candidates to fill existing vacancies. Interview facilities will be available on the day. Lots more info/posters at <http://ndcn.co.uk/10-may-safetalk-suicide-awareness-training-free-ards-community-network/>.
- **10 June: NI Hospice & Children’s Hospice 2017 Walk** – Go The Distance – Make A Difference! To find out more about the local walk in North Down, go to [www.nihospice.org](http://www.nihospice.org) or phone 028 9077 7123.
- **Include Youth:** message from Nicola Thompson, youth worker with Include Youth, a regional NGO: Include Youth work with young people aged 16-24 to improve their employability. Recent funding has allowed IY to develop its work, and provide an outreach service in the community. Specifically, we are based in Newtownards, and cover the South Eastern Health Trust area (we are part funded by SEHSCT). Our Outreach programme is completely free of charge. **Give & Take: Outreach** - employability programme, delivered in small groups (either in IY office in Newtownards, or in premises where young people engage), 1 session per week, and incorporating Level 1 Employability qualification, vocational training (e.g. First Aid, H&S), a work experience, and 1-1 support in terms of identifying move on opportunities (education, training, employment), and supporting the young person in this transition. The support can continue for up to one year after the young person progresses into ETE. Poster at <http://ndcn.co.uk/include-youth-working-16-24-yrs-improve-employability/>.
- **Action on Hearing Loss: Speak Easy Campaign “I Didn’t Hear That”** – Make restaurants a welcoming environment for all. A message from Megan Gibbs: “Dining out should be an enjoyable experience but noisy restaurants are forcing many people like me to avoid it. Will I hear the waiters? Will they think I’m ditsy? How many times can I ask for something to be repeated? Why should they bother? Why should I bother?” Join the Speak Easy Campaign and find out ways to raise awareness in your local area, and order a campaign pack at <https://ididnthearthat.wordpress.com>. (Megan is a volunteer with Action on Hearing Loss and a hearing aid user.
- **DOE Road to Zero: 40 Seconds to Save a Life** - Do you know any young drivers? How about your sons, daughters, brothers or sisters? Do they go out as passengers with their young friends? [Watch this 40 second video](#) and share it with them before they next head out in the car – you could save their life. Just click on <https://www.sharetheroadtozero.com/video-campaign/friends-short-version/>.

- **CommunityNI Jobs** – in the community and voluntary sector. All the latest including Communications and Events Officer with RSPB; Policy Development Officer with NICVA; Early Years Supervisor with Action for Children; and lots more. Just click on <https://www.communityni.org/jobs>.
- **Coastal Rowing – New Members Wanted! Donaghadee & South Briggs Coastal Rowing Clubs** are community-based and are keen to get people involved. Coastal rowing is suitable for people of all ages and abilities, although children taking part must be a least 12 years old. All necessary safety equipment is supplied. To find out more email [donaghadeecrc@hotmail.com](mailto:donaghadeecrc@hotmail.com), check out Facebook: [Donaghadee Coastal Rowing](#), and Twitter [@donaghadeecrc](#). Poster and more info at <http://ndcn.co.uk/coastal-rowing-new-members-wanted/>
- **Jobs: Customer Service & Sales Advisors:** a variety of hours and shifts with great training and progression opportunities, go to <http://teleperformanceukcareers.co.uk/> or call 0800 100 180. Poster at .....
- **Check Your Wage:** Want to check if you are getting the National Minimum Wage or the National Living Wage, or if an employer owes you past payments (before April 2017)?? Just go to <https://www.gov.uk/am-i-getting-minimum-wage/y>.
- **POPNI Community Guide for Seniors:** please go to [www.popni.net](http://www.popni.net) to read more about the online community guide for seniors 'POPNI' which now hosts the directory of services for older people living in the South East area. If your organisation or service are not already included please follow the simple registration process, manage your own account and promote the work that you do. This is a brilliant resource for everyone living and working in the south east area, I hope you find it useful! Please cascade as widely as possible. Many thanks! From Jeff Scroggie, SET. Tel: 028 9064 5919 Email: [popni@adviceni.net](mailto:popni@adviceni.net).
- **How Many Units of Alcohol?** To access an easy-to-understand poster on how many units the NHS recommend, please go to <http://ndcn.co.uk/many-units-alcohol-nhs-poster/>.
- **Win Tickets to the Sunflower Festival with Culture NI:** Win a pair of weekend camping tickets to the new-look County Down festival, featuring three days of live music, arts and interactive family fun. Just go to <http://www.culturenorthernireland.org/competition/sunflowerfest-1>.

Regards, Cheryal

**On behalf of the North Down Community Network**

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Check out NDCN's Facebook page at: <https://www.facebook.com/pages/North-Down-Community-Network/555017917858696>

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