

COUNTY DOWN NETWORK NOTES



Edition 98 December 2015

County Down Rural Community Network Ballymote Centre, 40 Killough Road,
Downpatrick
BT30 6PY
Tel: 028 4461 2311 E-mail: info@countydownrcn.com

County Down Rural Community Network

Management Board, Network Manager and Staff

would like to take this opportunity to wish all our Groups, Members and Friends

A Happy Christmas and a Happy and Prosperous 2016



FOODBANKS

How a Foodbank Works

Food is donated

Schools, churches, businesses and individuals donate non-perishable, in-date food to the foodbank. All food given out by foodbanks is donated. 'Supermarket collections' are one of the main ways that food is donated. Customers are asked to buy an extra item or two for local people in crisis.

Food is sorted and stored

Volunteers sort food to check that it's in date and pack it into boxes ready to be given to people in need.

Frontline Care Professionals Identify People in Need

Care professionals such as doctors, health visitors, social workers, CAB, and police identify people in crisis and issue them with a foodbank voucher. Other organisations who issue vouchers are social services, St Vincent de Paul, County Down Rural Community Network, HomeStart Downpatrick, The Lions' Club and SureStart.

Local Foodbanks Details

FOUNTAIN FOODBANK (Downpatrick) Fountain Street Downpatrick BT30 6AW

Fountain Foodbank operates from Downpatrick Presbyterian Church Hall ON Tuesday and Friday 10.00 – 12.00

Contact: fountainfoodbank@gmail.com or telephone 07444015883

THE PANTRY FOODBANK (Newcastle) 37 Central Promenade Newcastle BT33 0HL

The Pantry Foodbank operates on Monday and Thursday 2.00 – 4.00 pm.

Contact: thepantryfoodbank@gmail.com or telephone 07517766006

KILMORE AND INCH PARISH FOODBANK (Kilmore) Church Road Kilmore

BT30 9HJ

Kilmore and Inch Parish foodbank operates each Wednesday from 11.00 – 1.00 pm

Contact: telephone 028 4483 0245 or 028 4483 0371

MEN

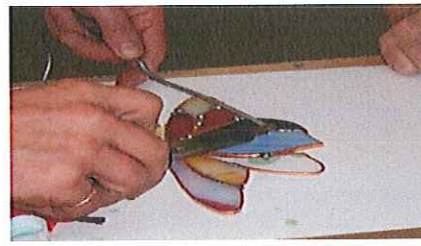
Not looking forward to the dark, dreary winter days?

If you are 60 years or over and live in the Down area, why not come along and see what is going on in the Men's Shed, Downpatrick.

Get involved in an activity, learn a new skill or just pop in for a cup of tea and meet the other men. What's more, it's free!!



Photo framing



Tiffany glass sun-catchers

The Shed is open 4 days a week (closed Wednesdays) and is situated next to East Down Running Club, 3 Ballydugan Industrial Estate.



Wood turning the old-fashioned way on the pole lathe.

For more information, contact

Hazel, Action Mental Health, on 07885 407094 or email

hwilson@amh.org.uk



Clanrye Family Foundations Programme

Now available across Newry, Mourne and Down District area

Focused on families with members aged 16 - 24 not in education, employment or training, families can also receive help to address any health, social and economic issues that impact their daily lives via a family support and referral service. Family members aged 13 to 16 years will also receive mentoring and support to address their educational needs.

Locally, Gary McLaughlin is representing the programme and you can contact him at the Ballymote Community and Business Centre at 40 Killough Road, Downpatrick, BT30 6PY,
Telephone 028 4461 2311.

FREE TRAINING

FINDING & KEEPING VOLUNTEERS

- Tuesday 24 November 2015 10.00 - 4.00 pm - Downpatrick Social Enterprise Hub
- Wednesday 27 January 2016 10.00 - 4.00 pm - Ballybot House Newry

CREATING VOLUNTEER CHAMPIONS

- Wednesday 17 February 2016 10.00 - 1.00 pm - Ballybot House Newry
- Tuesday 9 February 2016 6.00 - 9.00 - Downpatrick Social Enterprise Hub

WORLD HOST AMBASSADOR WORKSHOP

- Thursday 19 November 5.00 - 8.00 - Newry Library
- Tuesday 9 February 6.00 - 9.00 - Downpatrick Social Enterprise Hub

These courses are fully funded through Newry, Mourne and Down District Council and are available for voluntary and community groups in **this council area only**.

To book your free place, go to

www.volunteernow.co.uk/training-and-standards/?all=1

If you would like to discuss the content of the courses, please contact: Raquel Rodrigues Keenan or Fiona Nicol
028 3026 2037/07850851816/028 90232020 or email: Raquel.rodrigues.keenan@volunteernow.co.uk or
Fiona.nicol@volunteernow.co.uk



GREY ABBEY VILLAGE HALL

Grey Abbey Village Hall is now taking bookings for the year 2015 -16

Large Main Hall with stage (seating capacity for 200) available to rent for :

- Conferences
- Exhibitions
- Social and Fund raising Charity events
- Drama Groups
- Music and Dance
- Kids' Parties
- Sports and Fitness classes etc.
- Indoor Games

Good store room and re-furnished modern Kitchen Large Car park for Car Boot Sales etc.
Smaller Committee room for

Competitive rental charges

For anyone planning a new weekly venture, a charge of only £10 a session for the first 4 weeks to help you get established



Epilepsy Action Northern Ireland - Downpatrick Coffee & Chat Group

Are you, or someone close to you, living with epilepsy?

A local group meets at **St Patricks Centre Coffee Shop, Downpatrick** on the **last Wednesday of every month from 11.00am -12.30pm.**

If you would like to meet and talk to others affected by epilepsy please come along and find out more. Why not join us at our next meeting on **Wednesday 27th January.**

All welcome.

For more information contact Clare on 90634942.

Rural Support Helpline



0845 606 7 607

Seven days a week
8am - 11pm
365 days a year

www.ruralsupport.org.uk

Samaritans



08457 90 90 90
116 123 (ROI)

24/7
365 days a year

Jo@samaritans.org
www.samaritans.org

SandsNI Helpline



077 4099 3450

Monday to Friday
9am - 5pm

www.sandsni.org

Simon Community Central Access Point



0800 171 2222

24/7
365 days a year

www.simoncommunity.org

Tax and Benefits Service



0800 988 2377

Monday, Wednesday and Friday 9am - 5pm
Tuesday and Thursday 9am - 7pm

www.adviceNI.net



Helplines Network NI



Helplines Network NI is a membership-led organisation consisting of over 20 Helplines operating across Northern Ireland. The Helplines Network NI members provide a variety of support services including information, advice, counselling and befriending. Many of the services take place over the phone, via email, text and in some cases, with live web-chat. The Helplines are run by public, voluntary and community organisations and are non-profit making.

The Helplines Network NI membership organisation was brought together by the Public Health Agency (PHA), which has a lead role in promoting health and wellbeing in Northern Ireland. The PHA recognises the value of Helplines as they provide immediate support and information to those with a wide-range of health and wellbeing needs - often for those who are the most vulnerable in our community.

By bringing the Helplines Network NI together under one promotional brand, the Network is able to raise awareness amongst individuals, organisations, communities, health professionals and the media about how best to access the various Helplines more conveniently and meet the requirements of different service users.

Helplines are an invaluable resource that can be accessed from the privacy of home, without appointment and many can be contacted at a time that suits the person in need of support.

LISTEN. SUPPORT. INFORM.



Project supported by the PHA



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www.helplinesnetworkni.com

Adviceline



0300 1 233 233

Monday to Friday
9am - 12.30pm
1pm - 4pm

www.citizensadvice.co.uk

CAUSE:
Helpline



0845 60 30 29 1

Monday, Wednesday &
Friday: 10 am - 4 pm
Tuesday & Thursdays:
12 pm - 8 pm

www.cause.org.uk

Learning Disability
Helpline



0808 808 1111

Monday to Friday
9am - 5pm

www.mencap.org.uk/northern-ireland

Advice and
Advocacy Service



0808 808 7575

Seven days a week
8am - 7pm
365 days a year

www.ageni.org.uk/advice

ChildLine



0800 1111

24/7

Online 1-2-1 &
Email Service Available at
www.childline.org.uk

Crisis Telephone &
Counselling Service



0808 808 8000

24/7
365 days a year

www.lifelinehelpline.info

Alzheimer's Society
National Dementia
Helpline



0300 222 11 22

Monday to Wednesday
9.00am - 8.00pm,
Thursday & Friday
9.00am - 5.00pm,
Saturday & Sunday
10.00am - 4.00pm

www.alzheimers.org.uk

Debt Action NI



0800 917 4607

Monday to Friday
8am - 9pm
Saturday 9am - 3pm

Text 'Action' to 81025
www.debtaction-ni.net

LGBT Switchboard
Cara-Friend



0808 8000 390

Tuesday, Wednesday,
Thursday
6pm - 9pm

Live online chat via Website
www.cara-friend.org.uk

Aware Defeat
Depression



08451 20 29 61

Monday to Friday
9am to 1pm

www.aware-ni.org

24 Hour Domestic
& Sexual Violence
Helpline

Open to all women and men
affected by domestic and
sexual violence

0808 802 1414

24/7
365 days a year

Text 'Support' to 07797805839
24hrsupport@dvhelpline.org

NSPCC Helpline

NSPCC

0808 800 5000

24/7
365 days a year

help@nspcc.org.uk
www.nspcc.org.uk

Business Debtline



0800 0838 018

Monday to Friday
9.30am - 5.30pm

www.adviceni.net
www.businessdebtline.org

Family Planning
Association
Sexual Health Helpline



0845 122 8687

Monday to Friday
9.00am - 5.00pm

www.fpa.org.uk/northern-ireland

Parents Helpline



Parenting NI

0808 8010 722

Monday to Thursday
9am - 8pm
Friday 9am - 5pm

www.parentingni.org

Christians Against
Poverty Debt Help



0800 328 0006

Monday to Friday
9am - 5pm

www.capuk.org

Housing Rights
Service



028 9024 5640

Monday to Friday
9.30am - 1.30 pm

www.housingadviceni.org

HIV & Sexual Health
Helpline NI



0800 137 437

Monday to Friday
10am - 4pm

www.positivelife.com

THE MORNING AFTER THE NIGHT BEFORE: YOU COULD STILL BE OVER THE LIMIT

This could mean

- 6 months imprisonment.
- minimum 12 month driving ban.
- up to £5000 fine.

HAVE YOU THOUGHT ABOUT THAT?



ALCOHOL
and you

www.ALCOHOLANDYOUUNI.com
0800 2545 123



2016 Membership

Membership for 2016 *is now due* from January 2016

Please fill in the enclosed membership application form and return along with £10.00 to County Down Rural Community Network at your earliest convenience.

Thank You

Membership Offers you:

- On-going support and advice to help groups in their development
- Create networking opportunities for groups to meet and share experiences
- Support in accessing and managing funding
- Provide and arrange training opportunities tailored to your group's need
- Office Services - FREE or cost price to member groups i.e. photocopying, fax, word processing, email, scanning, report writing and binding
- Equipment Loan e.g. data projector, PA System, Display Boards etc.
- Support in arranging community activities, i.e. Fund days, press launches etc.
- Research and advice on issues affecting rural communities
- Regular news bulletins for Down, South Down and Ards detailing local regional opportunities available to your group

*Please note that for your Membership to be valid, as required by the Charities Act we need to have a signed membership sheet renewed every year.



FREE ADVERTISING FOR COMMUNITY GROUPS

If you would like to advertise events or place a poster in this newsletter please contact

Mary McKeown

County Down Rural Community Network

Ballymote Centre

40 Killough Road

DOWNPATRICK

BT30 6PY

Tel: 028 4461 2311

Email: mary@countydownrcn.com



2016



County Down Rural Community Network

Ballymote Centre, 40 Killough Road, Downpatrick BT30 6PY
Tel: 4461 2311
Web: www.countydownruralcommunitynetwork.com

Membership Application

Please complete and return to above address with annual membership fee of **£10.00**
Please give us the two main contacts for your group for all future correspondence.

Primary Contact

Second Contact

Organisation Name: _____

Organisation Name: _____

Contact Name: _____

Contact Name: _____

Title in Organisation: _____

Title in Organisation: _____

Address: _____

Address: _____

Tel: _____

Tel: _____

E-mail address: _____

E-mail address: _____

Please choose type of membership:

ORDINARY: - Community Associations in County Down (Please Attach a copy of your groups Constitution or Governing Document and your most recent annual accounts)

ASSOCIATE: - Any individuals or larger voluntary or public sector organisation

Briefly describe what your organisation does:

Please Note:

- 1 I understand that my/our names and addresses may be passed on to other community organisations and agencies with a constructive interest in community development in County Down. If you DO NOT wish your name to be shared please tick this box
- 2 Membership entitles your group to the assistance, information and resources of the Network Offices and staff. (Full membership benefits are available on our website)
- 3 The Network reserves the right to negotiate additional fees based on resource requirements of the member group.

Signature of Primary Contact: