



Community Matters

CACD Helping People to Help Themselves

Issue 205

January 2023

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Community Matters –
If you wish have an item printed in the next edition, please email
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by 25th January 2023

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<https://twitter.com/CoArmaghCommDev>

Printed copies of the News Sheet
can be collected from the office

When planning to visit our office please arrange a time in advance as we have limited space to accommodate visitors. Our Development Workers can still liaise with you on a one to one basis in the office (prearranged), via Zoom or telephone. Follow us on Facebook: <https://www.facebook.com/County-Armagh-Community-Development-323174921059420/>
Website: www.cacd.org.uk

As we enter a New Year with its hopes and challenges we at CACD want to take a moment to express our thanks and appreciation to the countless volunteers involved in community groups. We have busy lives and for you to give of your time voluntarily to serve your community shows amazing generosity of spirit and dedication. Casey Stengel said ***“There are three kinds of people: Those who make things happen, those who watch things happen, and those who say, ‘what happened?’”*** So to those amazing people who make things happen in their local communities – thank you.



Meeting Others

Tuesday 17th January at 2.00pm

Matthew Warwick from the Ulster Scots Community Networking
“Common words / Ulster Scots phrases used,
tell a few yarns and maybe some music”

Courtrooms, Markethill - Upstairs

Tuesday 24th January at 2.00pm

Tour and talk in Armagh County Museum
Everyone to make their own way to the Museum



Contact David on 07587 130704
Or admin@cacd.org.uk to book

Supported by



OUR UPDATED WEBSITE

We have recently spent time redesigning our website and the newly updated version is now online: www.cacd.org.uk

Our goal with the updated website is to provide visitors with an easier way to learn about CACD's services and to browse information useful to their community group. It will still be very much in keeping with our strap line, “Helping People Help Themselves” and the website will be updated regularly to keep everyone informed of current and rolling funding, consultations and with the latest copy of Community Matters. Please keep checking back for more useful content as we continue to increase the resources on an ongoing basis.



Information



The last few months of 2022 have been busy for us delivering our **safe food project**, as part of the Community Food Initiatives 2022-2024, programme. During the year we held a Family Health Fair, a Christmas themed Cookery Demonstration and "Making the most of your slow cooker" workshops.



For the workshops, we delivered 4 sessions via zoom to 17 families. The course is a practical nutrition education programme to empower participants to use a slow cooker, shop smarter and make healthier food choices. Topics covered included: Eatwell guide, Basic Food Safety, Batch cooking, Store cupboard, Meal Planning & Shopping Tips. Participants received a slow cooker if they didn't already own one, and the slow cooker recipe book, which is a step-by-step guide to support the family to make healthier meals based on the Eatwell Guide.

Other resources we supplied were sheets containing details of:

- ♦ Frozen pre-chopped Vegetables that can be added to slow cooker recipes
- ♦ Slow Cooker Recipe Costings
- ♦ Food Safety: What to do with Leftover Food

Also, each participant was given the 101 Square Meals recipe book, within the pack with all the other **safe food** literature and a portion plate. Participants received an ingredient bag with which they cooked a nutritious family meal in their slow cooker each week.

*We would like to take this opportunity to thank **safe food** for funding such an exciting and beneficial community project.*

In early 2023 we will be submitting our proposals for the year's plan so if you have a child or children under the age of 12 then please register your interest to receive information on next year's programme.



In December, **Ballynabraggett Rural Development Association** held their **Carols by "Fairylight Service."**

After missing 2 years due to Covid, the community were glad to come together again with all ages contributing readings, poems, a piano musical melody and Carols. The audience also heard from speakers from the NI Kidney Research Fund including 2 kidney recipients telling of their experiences. The Fund had been founded 50 years ago by Mrs Josie Kerr and her husband Walter who were both very involved with Ballynabraggett during their lifetime. The collection was handed over to Trevor Gilliland from the NI Kidney Research Fund after the event by Mrs Rae Coleman, chairperson of the Association.



International Creativity Month is celebrated every January. This month is celebrated to inspire people to get out of their comfort zones and start being innovative in their daily lives.



Take time to relax - Let your mind wander away from work and your busy life. Relaxing can be a great stimulant for creativity.

Go for a walk - Walking in a nearby park can also help to unlock your creative juices. Walking clears your mind after a long day and can give you fresh insight.

Take on something new - Try to challenge yourself this International Creativity Month and try something you never have before. It could be a new hobby or a new project. Making and doing activities can be an excellent part of a programme for local community groups. Look around at what is popular, what is unusual and book in an instructor for an evening. It doesn't have to be an expensive evening - use easily sourced materials and maybe someone from your own group could share their talents. If you are that person with a skill or talent why not volunteer to share with your local community Group?

Information



Four Orange Thursday Club

The 4OTC will commence on the
12th January 2023
Knockavannon 2pm Entertainment
~~~~~  
19th January 2023  
Knockavannon 2pm Entertainment  
~~~~~  
26th January 2023
Knockavannon 2pm Entertainment

Killeen Orange Hall
OUR NEXT DANCE
IS ON
FRIDAY 20TH JANUARY
Dancing to
WEE TOM
17th February ...Housty
17th March – Country Beat

The “**Meeting Others**” group based in the Courtrooms, Markethill on Tuesday afternoons have recently had 2 workshops with a festive theme. The first was with Kirsty making “Wrapped Christmas Trees” and the 2nd was with Jilly’s Crafts making Christmas cards. Participants thoroughly enjoyed both sessions and felt set for Christmas festivities ahead.



Aughlish Ulster Scots "Back to Normality" project, with support from the Community Fund. The group has put together a programme aimed at getting people to meet up

for chat and also the opportunity to take part in a variety of activities. There has already been several Coffee and Chat mornings, a Christmas Table Centrepiece workshop with many more events planned for 2023.



Information



The Leathersellers' Company - Small Grants Programme

This is a fast-track application process for small unrestricted one-off grants (up to a maximum of £5,000). Applications are now open. Please use the button below to apply. Applications will close one week before each committee date, or when 45 applications have been received.

If you find that applications are closed when you try to apply, you can also download an offline version of the application form we use to save or view offline [here](#) so that you will be ready to apply once we reopen for the next round.

[CLICK HERE TO APPLY FOR A SMALL GRANT](#)

<https://leathersellers.co.uk/small-grants-programme/>



National Lottery Awards

Northern Ireland

£300-£10,000



Projects bringing local people together to make positive changes in their community.

No deadline, so groups can apply any time.

Applying is quick and simple.

This funding is for projects that will run for 12 months or less

www.tnlcommunityfund.org.uk/funding/programmes/awards-for-all-northern-ireland

Sport NI Project Reboot: Activate -

Parent Teachers Associations' (PTAs) are now also eligible to apply for the provision of extra-curricular sport and/or outdoor activities. Delivered in association with Crowdfunder; Project Re-Boot: Activate has been set up to support the sports sector in response to the COVID-19 pandemic; and provides up to £5,000 in match funding at either 60% or 50% of total project costs.

Check out our successful Activate programme at <https://bit.ly/3M3v0Li> for more info and to apply.



Micro Community

Investment Fund

Community Foundation NI



Community Investments available:

Up to £2,000

The fund will provide valuable investment for community initiatives making a difference in towns and villages across Northern Ireland. The fund will enable those organisations who are making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing.

You do not have to have a constitution to apply to this fund. For this reason whilst groups with an income of up to £30,000 per annum are eligible to apply preference will be given to groups with an income of up to £10,000.

www.communityfoundationni.org

If you are unsure about any of the above text or have any other queries then please contact the Grants Team via e-mail

applications@communityfoundationni.org

In partnership with Community Sector

Training we will be facilitating a

Safeguarding Children, Designated Person Course

2 Sessions in

**Late January/early February
in the Armagh area**

**If you are interested in taking
this course please contact**

admin@cacd.org.uk



2023/24 Central Good Relations Fund - The 2023/24 Central Good Relations Fund (CGRF) is now open for groups who wish to apply online for a project funding grant (for projects over £1,500). Applications must be submitted online by: Thursday 12 January 2023 at 6:00pm. More info <https://www.executiveoffice-ni.gov.uk/articles/central-good-relations-fund>



The Executive Office

Principal funders:



INTERNATIONAL FUND FOR IRELAND