



Community Matters

CACD Helping People to Help Themselves

Issue 211

July 2023

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Community Matters –
If you wish have an item printed in the next edition, please email admin@cacd.org.uk by 25th July 2023

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<https://twitter.com/CoArmaghCommDev>

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

Our Development Officers are here to help with advice on funding, policies and procedures, activities, programme ideas. You are welcome to contact them via their mobile phones or the main office number 028 3755 2103

Follow us on Facebook: <https://www.facebook.com/County-Armagh-Community-Development-323174921059420/>

Website: www.cacd.org.uk

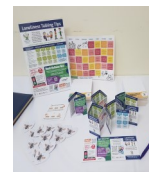
The Management Committee and staff of CACD wish all our members and friends an enjoyable and restful summer.

The Office will be closed from
Monday 10th July to Monday 17th July

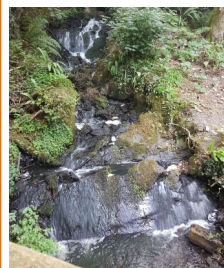


Loneliness Week Coffee morning with CACD

On Tuesday 13th June we welcomed a good number of visitors into the office for a coffee and chat. It was lovely to facilitate this sort of activity again and reconnect with both old and new friends.



CACD had a very successful **networking event** at The Glen@Glenanne for groups which are being supporting in the Circle of Learning project. This project is kindly sponsored by The Co-operation of Ireland. The representatives were treated to a tour of the Glen and a BBQ in the Walled Garden afterwards. The Glen is open all the time for visiting and has a rich history.



In early June CACD had a very busy day at the **"Feel Good Armagh" Event** in Armagh City Hotel. Along with over 60 stands from support services across NI, we were able to highlighted both our Community Development work and our Community Food Initiatives work through our safefood programme.

Information



Community Food Initiatives - Feel Good Armagh Event

We were delighted with the response to our stand at “Feel Good Armagh” where we were able to highlight some of the information we share through our courses. For this event we concentrated on Food Labelling information and we provided an information stand that was interactive and gave people the opportunity to understand food labelling through a quiz sheet. This answer sheet was then used to enter into a draw for fruit packs and veggie boxes. We also provided fruit pots and information leaflets to attendees. Thank you to **safefood** for their support in this event.



Community Food Initiatives—”Making the Most of Your Slow Cooker” Workshops

We have recently held 2 sets of workshops with groups based in Tassagh and Loughgall. The first meeting of each group was held in person and the following 3 sessions were on zoom. Each week the participants had a useful presentation using our Public Health Agency training and then over the next few days had a chance to try out 2 recipes in their Slow Cooker with ingredients being provided. The recipes were a variety of meat, chicken, vegetarian and pasta. Once again thank you to the participants for taking part, the Cook It team at SHSCT for training materials and Slow Cookers, and especially to **safefood** for funding.



Some quotes from the participants:



I'm definitely converted! The slow cooker is so handy, everything in together and it sorts itself out! It's been great and took me out of my 'cooking comfort zone'!

KNOW WHERE YOUR OLD STAMPS ARE?

You now have until 31 July 2023 to use up your non-barcoded stamps.

Alternatively you can swap them out.

Find out more about barcoded stamps at: royalmail.com/barcodedstamps



Safeguarding Courses

Please let us know if your group needs to have their Safeguarding Children Safeguarding Adult Basic Awareness training updated.



Remember your qualification will need to be refreshed if you obtained it more than 3 years ago. (Pre 2020)

We plan to arrange a number of courses in the Autumn and can combine a number individuals to make up numbers. Please get in touch to arrange dates for all courses
Contact: admin@cacd.org.uk



Virtual Visiting

Virtual Visiting can help:



when you are on holiday connect from anywhere in the world



unfit to travel due to illness



too far away to travel daily



children and grandchildren and friends who want to stay in touch.



Virtual visiting can be offered as well as face to face visiting

To Book a Virtual Visit with a friend or relative - call 077 7651 6419 between 10am and 2pm each day.

Whats On



**Lurgan District
LOL NO.6
Free Tour Of
Brownlow House
Tuesday 4th July
7.30pm**

**The Largest Orange Hall
In The World**

**Meeting At The
Front Courtyard**



PORTADOWN
HERITAGE TOURS

Better Together Family indoor Picnic & Activities

Saturday 8th July 11am-2pm

Join us at Carleton Street Orange Hall and Heritage Centre for a Family Day.

Picnic Boxes which include Sandwiches, Hot Food and Sweet Treats are £4pp and are available to preorder.

**Kids Cinema Arts & Crafts
Face Painting Balloon Modelling
Drumcree Exhibition Open**

**Lurgan District
LOL NO.6
Talk On The
American Troups In
Brownlow House
1942-1944**

**Thursday 6th July
@ 7.30pm
Talk By The
WDM Of
Lurgan District**



Relate NI

Golden Threads: A Relational Approach to Improving Mental Health

**FREE WORKSHOPS FOR COMMUNITY
GROUPS IN ARMAGH CITY, BANBRIDGE &
CRAIGAVON COUNCIL AREA**

Healthy relationships are the Golden threads that bind our communities together. They are a fundamental cornerstone of our health and wellbeing.

People who are more socially connected to family, friends, or their community are happier, physically healthier and live longer, with fewer mental health problems than people who are less well connected.

Golden Threads is a new project by Relate NI, which looks at supporting relationships to improve mental wellbeing.

Our expert project team can deliver FREE relationship education workshops in a Youth & Community Setting in the Armagh City, Banbridge & Craigavon Council Area.



WORKSHOPS ARE TAILORED TO YOUR GROUP NEEDS AND MAY INCLUDE SOME OF THE FOLLOWING THEMES:

- Relationships & Mental Wellbeing
- Nurturing Relationships
- Relationship Transitions
- Love Yourself
- Communicating Well
- Managing Conflict

**we
can
Relate**

FOR MORE INFORMATION OR TO GET YOUR GROUP BOOKED IN,
EMAIL LYNSEYHASSIN@RELATENI.ORG

ONLINE SELF-SUPPORT TOOLS

As part of the Golden Threads Project, we have also developed a range of self-help tools which can support with healthy relationship practices such as communicating effectively, arguing better, relieving stress & improving relationship wellbeing.

Download for free at
relateni.org/golden-threads

Relate NI is a registered charity providing confidential relationship counselling & support to individuals, couples, children, young people & families.

Golden Threads is supported by the Department of Health Mental Health Support Fund through Community Foundation NI



'Tha Hairtlan Festival'

**D-DAY
Darlough**

**Celebrating Ulster-Scots
Culture in the 'Kingdom o' Mourne**

28th JUNE - 11th JULY 2023



Information



Ulster-Scots Music & Dance Tuition Grant 2023/24

The Ulster-Scots Agency has opened its annual Ulster-Scots Music and Dance Tuition programme for voluntary and community organisations.



**The programme supports music and dance tuition from
1 September 2023 – 31 May 2024**

There are two options available for groups:

Dance Tuition - The fund supports up to 30 weeks of Highland or Scottish Country Dance with an option which supports accreditation.

Music Tuition - The grant supports up to 20 weeks of tuition across a range of Ulster-Scots musical traditions, including drum major tuition, and offers support for accreditation.

Groups interested in applying should visit Ulster-Scots Agency website [here](https://www.ulsterscotsagency.com) for more information and registration.

Please note: Applications will close on Thursday 20 July at 5pm.

<https://www.ulsterscotsagency.com/community-projects/apply-for-funding/>

Arts Council NI: National Lottery Arts and Older People

The National Lottery Arts & Older People Programme aims to strengthen the voice of older people and promote positive mental health and emotional wellbeing through the arts. Open to non-governmental organisations, Local Authorities and arts organisations demonstrating partnership approach with the target groups they plan to engage with and have the support from them in the delivery. To ensure a strong advocacy message there will be an opportunity to showcase the projects funded throughout the year. Applicants should endeavour to build this into their project programme and budget. Grants from £1,000 to £10,000 are available. **Deadline 17 July 2023 (noon).**



<https://artscouncil-ni.org/funding-for-organisations/arts-and-older-people-programme>

Micro Community Investment Fund through Community Foundation Northern Ireland

This fund will enable those organisations who are making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing.



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.

Community Investments available: Up to £2,000

Community projects should focus on improving at least one of the following:

Financial wellbeing ~ Physical wellbeing ~ Mental wellbeing

For more information and to apply, please visit

[Micro Community Investment Fund - Community Foundation Northern Ireland
\(communityfoundationni.org\)](https://communityfoundationni.org)

PHA Making Life Better Through Short Term Funding Programme 2023-2024

Community and voluntary groups are being encouraged to apply for a short-term funding programme that focuses on improving mental health and emotional wellbeing.

The Public Health Agency (PHA) scheme opens to applications on Wednesday 28th June 2023 "The PHA is keen to invest in programmes that will have a particular focus on using one or more of the 'Take 5' Steps to Wellbeing". These are five simple steps that we can build into our daily lives to maintain and improve wellbeing

Connect ~ Be active ~ Keep learning ~ Give ~ Take Notice.

The closing date for applications is Wednesday 26 July 2023 at 3pm

<https://www.dhcni.com/Pages/Category/grants>



Principal funders:

