



Community Matters

CACD Helping People to Help Themselves

Issue 217

January 2024

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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 January 2024

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



A very warm welcome to James Speers, who has joined us as a Community Development Officer at CACD based in Markethill and Altnaveigh House. James has previously worked and been involved in the Agriculture & Rural community. He is very much looking forward to his new role in CACD, meeting and assisting local groups.

Feel free to give James a call on 07587 130704 or email james@cacd.org.uk



Hands on Skills— Men's Programme

We still have a few spaces on this practical skills programme for men. Contact James on 07587 130704 to enquire about joining.



HANDS ON SKILLS

12 WEEK PROGRAMME FOR MEN

Continuing January 2024

Contact James at CACD
on 028 3755 2103
or 07587 130704
to book



Christmas Coffee Morning

We had a great turnout at our Drop in Coffee morning in December. It was lovely to welcome both familiar and some new faces. As always, there was a lot of chat and connections renewed or made. It is always good to hear or share stories, and get help and advice in a friendly setting.



Keep free Thursday 29th February 2024 as CACD are hosting an information evening in partnership with the **Heritage Lottery Fund.**

Full details will be in our February edition of Community Matters, by email and social media.



Heritage Fund

Information



Refresher Courses

Safeguarding Children Zoom Refresher course

Tuesday 30th January and Thursday 1st February
7.30—9.00 pm



Food Hygiene Refresher course

suitable for catering in the community.

To be held in early February.

Please contact Lottie at

admin@cacd.org.uk

to express your interest in completing



Congratulations to **Aughlish Ulster Scots** who have

been awarded a grant of £2210 from the Halifax Foundation to provide a Hot Lunch (with speakers/Entertainment) for Senior Citizens to run for 7 weeks commencing in January 2024. This is a great follow up to their coffee and chats from last year.



British Heart Foundation Defibrillators

Cladymore Friendship Group were successful in obtaining a Defibrillator through their application to the British Heart Foundation. It will be installed outside Cladymore Presbyterian Church and members of the group will receive training on it's use in due course.



Applications for a free, BHF-funded defibrillator are still open until 15 March 2024.

All eligible UK-based community groups can apply. Each organisation can only apply for one award package.

A limited number of funded defibrillators are available. Applications will be reviewed monthly against a set of criteria so defibrillators can be awarded to communities that need them most.

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/apply-for-a-free-defibrillator-for-your-community#whatsincluded>

Do you find yourself getting stressed when you try to do all the things you commit to in your everyday life. The Public Health Agency are running this stress control course in January. It is online and can be completed in the privacy of your own home.

Classes are available for 48 hours.

All course information is available on the <https://ni.stresscontrol.org> website.

January 2024

Session One: 9am Mon 8th January
(available until 8am 11th Jan)

Session Two: 9am Thurs 11th January
(available until 8am 15th Jan)

Session Three: 9am Mon 15th January
(available until 8am 18th Jan)

Session Four: 9am Thurs 18th January
(available until 8am 22nd Jan)

Session Five: 9am Mon 22nd January
(available until 8am 25th Jan)

Session Six: 9am Thurs 25th January
(available until 8am 29th Jan)

FREE ONLINE STRESS CONTROL COURSE

Course covers:

- What is stress

Controlling :

- Your body
- Your thoughts
- Your actions
- Panicky feelings
- Getting a good night's sleep
- Boosting your wellbeing



#StressControlNI

**6 Sessions
90 minutes
per session**

For course information and dates
visit www.ni.stresscontrol.org



Whats On



Craigavon Community MEN'S HEALTH & LIFESTYLE PROGRAMME

10 Week Programme
Wednesday 17 January - 20 March 2024 | 7.00pm
Legahory Centre, Craigavon

- Health Checks
- Weekly Awareness Sessions and Physical Activities
- Dedicated staff on hand every step of the way to ensure you get the best from the programme

Interested in coming along?
Numbers will be restricted so please register your details by **Friday 6 January 2024** to:
Frances Haughey, Health Inequalities Officer,
frances.haughey@armaghbanbridgecraigavon.gov.uk ☎ 075 0077 2905

    



Dromore Community MEN'S HEALTH & LIFESTYLE PROGRAMME

10 Week Programme
Thursday 11 January - 14 March 2024 | 7.00pm
Dromore Pavillion

- Health Checks
- Weekly Awareness Sessions and Physical Activities
- Dedicated staff on hand every step of the way to ensure you get the best from the programme

Interested in coming along?
Numbers will be restricted so please register your details by **Friday 6 January 2024** to:
Frances Haughey, Health Inequalities Officer,
frances.haughey@armaghbanbridgecraigavon.gov.uk ☎ 075 0077 2905

  

THE FOUR ORANGE THURSDAY CLUB

All events in Aughnagurgan Orange Hall

11th January 2024
Dancing to Nigel Livingstone

18th January 2024
Dancing to Joe Mac

25th January 2024
Dancing to BB Paul

1st February 2024
Dancing to Robert Brown

KEEP THE DATE FREE

Corkley Pipe Band

Variety Concert

Saturday 9th March 2024

Newtownhamilton High
School

More Details Later

Killeen Orange Hall
OUR NEXT DANCE
IS ON
19th. January
DANCING TO
Wee Tom

16th. February - - Housty
15th. March - - Malcolm

Information



National Lottery Awards for All Northern Ireland £300–£20,000



We can consider a wide range of projects to support, develop and strengthen communities through this programme. We can also consider projects that are supporting communities to cope during the cost-of-living crisis. Project ideas should come from the community and must meet the programme criteria.

- No deadline, so groups can apply any time.
- Applying is quick and simple.
- Applications welcome from constituted voluntary or community organisations, schools, and statutory bodies.
- This funding is for projects that will run for 2 years or less

Contact us if you have an idea on 028 9055 1455 or
at enquiries.ni@tnlcommunityfund.org.uk

Ageism Action Day Grant

The Action Day is on **20th March 2024**, and will happen every year around the same time. Grants of up to **£500** are available. Groups can choose to mark the day as they would like, using the theme “**see and be seen**” as inspiration.



The deadline for applications is **10th January 2024** but we may have to close early if we receive a high level of demand so we encourage you to **submit as early as possible**. You can email grants@ageing-better.org.uk with your specific questions and we will aim to respond.

For more information or to apply click: <https://ageing-better.org.uk/ageism-action-day-micro-grants-age-friendly-communities>

Executive Office: Central Good Relations Fund 2024/2025 - Project Funding (over £1,500)

Applications to the 2024/25 CGRF project funding programme are now open. Project Funding opens once a year for applications for grants over £1,500. The programme is open to properly constituted community groups and voluntary organisations. Examples include Association, Trust, Company limited by Guarantee, Community Interest Company, Charitable Incorporated Organisation. Any awards of funding are subject to the availability of budget. The closing date for the submission of applications is Monday 22 January 2024 at 4pm.

[Central Good Relations Fund | The Executive Office \(executiveoffice-ni.gov.uk\)](https://www.executiveoffice-ni.gov.uk)



Community Foundation NI - The Telecommunity Fund



Constituted grassroots community and voluntary groups can apply for this fund meeting the criteria listed on our website.

Grant Size - £500-£2,000

Projects must aim to directly support one of the following specific groups:

- Young people
- Older people
- People with disabilities



Applications for this round of funding close at 1pm on Tuesday 30th January 2024.

Find out more about the criteria and if you can apply here:

[The Telecommunity Fund - Community Foundation Northern Ireland \(communityfoundationni.org\)](https://www.communityfoundationni.org)

Principal funders:



INTERNATIONAL FUND FOR IRELAND