



Community Matters

CACD Helping People to Help Themselves

Issue 223

July 2024

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Community Matters –
If you wish to have an item printed in the next edition, please email admin@cacd.org.uk by 25th July 2024

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

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

The office will be closed from
Wednesday 10th at 2.30pm – Monday 22nd
July 2024 at 9.30am.



FUNDING CLINIC

Book a one-to-one workshop with our Development Workers to look at planning a programme and what funding is available for your group.

24th July or 7th Aug



CONTACT US

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CACD are hosting a number of funding clinics this summer. One on 24th July and one on 7th August. Contact us to book your session.

CACD stand at **Feel Good Armagh** event was a hive of activity with our development officers on hand to answer funding queries. This was a great opportunity to promote our work through the **Community Food Initiative Programme** funded by **safe food**. On this occasion we concentrated on highlighting good

and bad choices for healthy lunch boxes. Our interactive display



proved popular with children and they were rewarded with a healthy fruit pot. We would like to thank both **safe food** and the Public Health Agency for their support in this stall.



The 4 groups involved in the **Circle of Learning Programme** attended a final networking event arranged by Cooperation Ireland they were shown around **Creggan Parish Church**. The tour highlighted the Gothic Revival style of the church believed to date from 1730s. It is a listed category B building which sits within an ancient graveyard, thought to be the traditional burial place of the descendants of the O'Neill dynasty.



Information



CACD are sad to say goodbye to Lottie who has been our Admin Assistant for the past six years. Lottie helped with many projects during her time with CACD and was well known both to programme participants and as the name at the bottom of information emails. We wish Lottie well in her retirement and look forward to her dropping in for a visit every now and again.

CACD welcome Caitlyn Dunlop to our team as our new administrative assistant. Caitlyn is from the local community and looking forward to getting to know you.



Our Making the Most of Your Slow Cooker projects through **Community Food Initiative Programme** funded by **safe food** have finished up for the Summer. The families in both the Folly and Benburb were great to work with. The four week programmes gave the participants a great opportunity to fine tune their cooking skills with a slow cooker. With fresh ingredients being supplied each week, families were able to try out a good variety of recipes and expand their knowledge of cook from scratch meals. The Irish Stew and Chicken Casserole were definite favourites, and many of the soups will definitely become regular staples on menus over the winter. It is great to see people willing to cook their own sauces, knowing exactly what levels of salt and fat are contained instead of using bought jars of sauce. The course also covered basic nutrition, budgeting, menu planning and some safety in the kitchen.



The Connect 2Gether group funded by IFI took part in 4 Guided Walks in the month of June. This included Armagh City, Gilford, Monaghan Town and Ballybay. We would like to thank our tour guides, Barbara, Jason, Enda and Rory for taking us on these fun enjoyable walks.



To mark Loneliness Awareness week CACD held a successful Coffee morning in the CACD offices. This was a good opportunity to network and build relationships. Participants received random acts of connection packs.



Information



The Museum of Orange Heritage at Sloan's House recently hosted an introduction to Ulster Scots course. Participants were presented with their OCN certificates by Dr Charles Neville, Development Officer (front centre). Well done everyone!

Summer holidays are approaching but with the rising cost of living, many families are feeling the pinch. It can be challenging to think of budget-friendly activities to keep your children entertained. Here are a few ideas to help you out.



Visit your local library

Check their website for activities such as Lego clubs, story time and exhibitions
<https://www.librariesni.org.uk/events/>



Enjoy the wilderness of the outdoors

Summertime is a great time to get outside and explore the great outdoors for free. Why not pair the adventure with a DIY scavenger hunt or bug hunt? Search online for templates to give to the children. Check out local websites. <https://getactiveabc.com/>



Free museums for kids

Many museums have free entry for some of their exhibits and can be a great day out for the whole family



Take a dip in the water

A trip to the beach or a local river is the perfect free summer activity for families. Gather some buckets and spades, or borrow some from friends and family, and enjoy a day by the water.



Get creative with arts and crafts

Check your recycling bin for everyday items that are perfect for creating things from robots to spaceships, to making a hut from a large box



Enjoy a meal out with a 'kids eat free'

A meal out can be a great way to spend some time together as a family, whilst ensuring your child is well fed and nourished. Thankfully, a number of restaurants and cafes are offering a 'kids eat free' (or for £1) offer across the summer months. Check food outlet's websites to see who's offering discounted children's meals near you



CRANFIELD INCLUSIVE BEACH

All-Ability Fun Days



SAT 29 JUNE 11AM - 1PM

Giant Kite Display from Kitecrew Ireland and Archery by Geology Rocks



THUR 25 JULY 11AM - 1PM

Outdoor cooking & beach activities by Geology Rocks



THUR 01 AUG 1PM - 3PM

Live Here Love Here Beach Clean, Beach Arts & Crafts
In partnership with Healthy Oceans Health Minds campaign



FRI 23 AUG 2PM - 4PM

Beach Games by Geology Rocks

Email:

info@maemurrayfoundation.org



GET READY TO MAKE A SPLASH

1 JUL - 31 AUG | 9.00AM - 5.00PM | MON TO SUN*

£1.00 swims are back so get ready to have serious fun in our pools at South Lake Leisure Centre, Craigavon, Orchard Leisure Centre, Armagh and Banbridge Leisure Centre. It is a splash-tastic offer so dive on in and make some waves!

*£1.00 swims consist of a 1 hour swim session | Applies to ages 17 years & under | Children under 8 must be accompanied by an adult | Children aged 4 and under swim free | Subject to centre normal opening times

£1 SWIMS

shake up summer | 15

Information



Applications are now open for the 2024

Rural Micro Capital Grant Scheme, funded by the [Department of Agriculture, Environment and Rural Affairs](#) Tackling Rural Poverty and Social Isolation

Key Details:

Grant Amount: £500 - £2,000

Total Project Cost: £588.24 - £4,000

Application Deadline: Monday 8th July 2024

Important:

Ensure you use your Group's email (not a personal email) to set up an account



Department of
**Agriculture, Environment
and Rural Affairs**

Sustainability at the heart of a living, working,
active landscape valued by everyone

To register and sign-in going forward, you must always use this link:

<https://digitalapps2.daera-ni.gov.uk/RMCGS/StartPage>

Asda Foundation - Investing in Spaces and Places Grant

Grants are available for small, local groups in the UK to improve community spaces and places where local people can be together and thrive.

Fund Information

Funding body:	ASDA Foundation
Maximum value:	£ 25,000
Application deadline:	28/07/2024

How To Apply

The Investing in Spaces and Places Grant will open from 9 to 28 July 2024 for decisions in September.

The scheme may close early if demand for funding is high.

Application forms will be available from 9 July 2024 at the Asda Foundation website: applicants can check eligibility and will then be directed to the Foundation's Grant Management System to complete the application form. Groups should contact Asda Foundation for further information.

[Investing in Spaces and Places Grant | Asda Foundation](#)



Money Saving Expert (MSE) Charity Grants

- Who Can Apply: Charities Voluntary Organisations
- Activities Supported: Advice / Information Advocacy
- Funding Max: £2,000 - £7,500
- Main Client Group: Adults

Fund Details

Grants are given to help educate and inform people about financial literacy, consumer or debt issues. Instead of a specific theme, all applications must be aligned with MSE Charity's vision of funding activities which make a lasting impact on the way people think, behave and manage their money.

The timeframe for the Summer 2024 grant round:

31 July – closes for Stage 1 Outline Proposals. The closing date may be earlier if too many Stage 1 proposals are received. You are advised to submit your application as soon as possible.

For full details, please visit the MSE Charity website or check previous projects funded <https://www.msecharity.com/what-we-fund/recent-grants>

Principal
funders:

