

SOME PEOPLE SUCCEED BECAUSE THEY ARE DESTINED,
BUT MOST BECAUSE THEY ARE DETERMINED

‘Hear to Help’ drop in clinic in Carrickfergus

Trained volunteers will be on hand to give free, practical information on cleaning and maintaining hearing aids. They can help to solve any problems people may be having with their devices and offer advice on how to manage hearing loss with confidence.

Hear to Help co-ordinator Laura Murphy said: “For many people who are given hearing aids, simple issues like comfort, maintenance and batteries can be major barriers to



using them effectively. Our clinics will be a chance to find out how to use basic functions and carry out simple maintenance so you can hear much more clearly and comfortably.”

The next session will run from 10.00am until 12.00 noon at the Town Hall on Wednesday 10th February.

For more details, contact Laura Murphy on telephone/textphone: 07939169114 or e-mail: Laura.murphy@hearingloss.org.uk

**ACTION ON
HEARING
LOSS**

Northern Ireland

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INSIDE THIS ISSUE

PAGE 2
BLS
FREE WORKSHOPS

PAGE 3
ULSTER WILDLIFE
OPEN DOOR
CENTRE
QUEEN’S AWARD

PAGE 4
UPDATE FROM
PAULINE
WELCOME NEW
STAFF

PAGE 5
FUNDING
INFORMATION

PAGE 6
MACMILLAN
CANCER SUPPORT
COOK IT

PAGE 7
WOODBURN &
SUNNYLANDS AGM
NOTICE

CARRICK COLLEGE
SKYDIVE

PAGE 8
FRIENDS OF
BASHFORDLANDS

CCF CONTACT
DETAILS



STOP THERE!

Don't miss This Important Message!

welcome to our February newsletter. We have reduced the size of our monthly newsletter to bring you more regular Ezines on a weekly/fortnightly basis for events, courses and announcements at short notice. If you are not already on our email list and would like to receive our Ezines, please contact Rachel at carrickcommunity@btconnect.com or 02893 359777.



DISABLED ACCESS DAY OPEN DAY AT BELFAST LOUGH SAILABILITY



For people with disabilities, their families and carers, Belfast Lough Sailability (BLS) is offering an OPEN Day to coincide with DISABLED ACCESS DAY on Saturday 12th March 2016. Everything we offer is fully accessible from the facilities to the boats themselves.



Operating out of Carrickfergus Marina and Harbour, BLS is offering a chance to come along and see our operation and hopefully if the weather is kind there will be an opportunity to try out sailing and boating in our fleet of specialised boats.

Please come along around 11am on the 12th March to the Cabin at the gates of Carrickfergus Sailing Club for registration and to join in the activities. There is plenty of car parking in the area. The session will finish at about 1pm. Looking forward to seeing you then and please

visit our website for more information www.belfastloughsailability.com

"Belfast Lough Sailability (BLS) is established for the relief of disability and the advancement of education; namely sailing by disabled people, involving training, recreation and competition. BLS also embraces those who are disadvantaged by reason of youth, age, infirmity or disability, financial hardship or social circumstances."

For more information

Tel: 07528 176115. Email: belfastloughsailabilitynipr@gmail.com



E-mail for further information:
paula.barrett@peopleplusni.com
Jonathan.mccconnell@peopleplusni.com



Free Workshops in your Local Community

- Customer Service
- Creative with Clay
- Health & Wellbeing
- Pen Pal Club
- Team Work

Information Sessions Carrickfergus YMCA

Thursday 28th January 2016 10am – 4pm
Friday 29th January 2016 10am – 4pm

- BEE Nourished
- Treasure Trails
- Horticulture & Conservation
- Card Making
- I.T. Skills
- Film Club
- Eggshell Mosaics
- CV Building
- Interview Skills

- Cook it and Eat it
- Confidence and Motivation
- Communication Skills
- and many more....





Volunteers Needed!

Following a successful beach clean near Kilroot power station last November, Ulster Wildlife are hoping to complete another clean-up operation on Thursday 18th February at 1pm and they would like YOU to get involved.

“Volunteering with Ulster Wildlife not only helps us to get much more valuable work done, but it gives volunteers the opportunity to gain experience, meet new people, learn new skills and have some fun! “

If you or your group would like to volunteer, contact Katy Bell on 02890463122 or email uw.kbell@guest.aes.com for further information.

Join us for coffee + cake
in support of
**Alzheimer's and
Parkinson's
Disease.**

Wednesday 10th February
from 10am to 1pm.

PARKINSON'S UK
+
Alzheimer's
Society

The Cafe Rose
Opendoor Centre
Bridewell Drive
Carrickfergus

Queen's Award for Voluntary Service

Do you know of a volunteer group that deserves recognition for outstanding work? The Queen's Award for Voluntary Service is the highest Award given to volunteer groups - the equivalent to an MBE. It is for groups of volunteers who together make a real difference - previous winners say the Award has raised their profile, made them feel valued and inspired them to keep volunteering - so it is well worth considering! The winners are announced during Volunteers Week every year and they receive a



domed glass crystal and a certificate signed by the Queen.

The group and a nominator (not directly involved in the group) can work together to complete a nomination. Submit a nomination any time before the middle of September 2016 and you could be celebrating in 2017!

Go to <https://qavs.direct.gov.uk/> to submit a nomination and find notes to help you.

Update from Pauline Brown Sunnylands Community Worker



It's been a busy start to the new year—2016 is set to be a good one! Back in December we had a Christmas party in Sunnylands working in partnership with Woodburn and Sunnylands



community development group. A great time was had by all and all the children got a present from Santa.

Our Over 50's group also enjoyed a lovely festive lunch (pictured right). These ladies are our over fifties group that meet on a Monday evening to do crocheting have a cup of tea and a catch up.

Recently the group also took part in a decoupage class which involved cutting out pictures, gluing them to an object and then coating the pictures and the object with layers of varnish. Some masterpieces were created at the end of the session!

If there is anything you would like to know more about or if you have any queries or concerns, please get in touch. I am based

mostly at Sunnylands Community Centre at the hours listed below, or you can email or phone me.

paulinebrownccf@btconnect.com 07716600961 *Office hours: Monday, Wednesday and Friday mornings 9.30 - 12 noon Monday, Tuesday, Wednesday and Thursday nights 5-9pm

(*Office hours are subject to change according to prearranged meetings or events.)



The staff and board of directors at CCF would like to welcome two new members of staff to the team!

Jim Crothers has recently joined us working on the Community Support Project. Jim has a wealth of experience in community work and would love to hear from your group if you need help with anything. Contact him on 02893 359777 or jimcrothersccf@btconnect.com.

Mel Brown has been appointed as our new Greenisland Community Development Worker and will be based at the Jubilee Hall in Greenisland. Why not call in to meet her for a chat and maybe some advice for your community group. Contact Mel at 02893 359777 or melbrownccf@btconnect.com.



Big Lottery Fund: People and Communities

People and Communities opened in January 2016 with a budget of £60 million for communities in Northern Ireland. Big Lottery Fund want all projects to embrace the three key themes of:



1. People led – this means the people you'll be working with will be meaningfully involved in the development, design and delivery of your project.
1. Strength based – they'd like to support people and communities to build on the knowledge, skills, experience they already have to make the changes they want.
2. Connected – they want to know that you have a good understanding of other activities and services in your community, and show how your project will complement these.

Big Lottery plan to invest £60 million over five years from 2016 and hope to support around 400 projects over the programme lifetime. They can support social enterprises, cooperatives and mutuals, and community interest companies, alongside voluntary and community groups. Informal cross sectoral partnerships can also apply, as long as this partnership is led by a VCSE organisation.

Awards for All:

Awards for All is a small grants programme delivered and funded by the Big Lottery Fund. The main aim of the programme is to bring real improvements to communities and to the lives of people most in need by funding projects which involve people in their communities, bringing them together to enjoy a wide range of charitable, community, educational, environmental and health-related activities.

Find out more at www.biglotteryfund.org.uk



Community Grant Programme:

The Community Grants Programme supports underfunded charities which enable those who are disadvantaged or disabled to play a fuller role in their community. The programme is open to registered charities with an income of less than £1 million. The average grant in 2014 was approximately £3,500.

The Foundation has two main target areas to which it seeks to allocate funds:

SOCIAL AND COMMUNITY NEEDS & EDUCATION AND TRAINING

The average grant awarded within the Community Grant Programme is in the region of £3,000- £4,000 and grants are awarded for one year only. To apply for funding, you need to complete the online Community Grant application form. Always check the website for the latest closing dates, as they may change due to statutory holidays.

***You can access the online application form on the Foundation website
www.halifaxfoundationni.org***

Heritage Lottery Fund: Sharing Heritage

From recording personal memories to conserving wildlife, a Sharing Heritage grant can help you discover and share your local heritage. You can apply for a grant from £3,000 to £10,000.

This is a rolling programme. Under this programme, they fund applications from Not-for-profit organisations and Partnerships led by not-for-profit organisations.

Whoever is involved in an application, it is important that benefits to the public outweigh private gain.

Find more information at www.hlf.org.uk



HOPE Programme

If you have or have had a cancer diagnosis the HOPE (Help Overcoming Problems Effectively) programme can help you set positive goals for your future.

Supported by two trained HOPE facilitators it's a great opportunity to meet others who have had a cancer diagnosis and explore together proactive ways of taking control of your health and wellbeing.

The Programme will run over 6 weekly sessions.

When: Tues 9 February 6.30pm – 9.00pm and every Tuesday thereafter

Where: Loughshore Hotel, 75 Belfast Rd, Carrickfergus, Belfast BT38 8PH

How do I sign up or get more information:

Tel no: 02890 708610 or Email: nilearning@macmillan.org.uk

Website: www.macmillan.org.uk (Northern Ireland page)



Cook it!

fun, fast food for less



Hearty Lives Carrickfergus is pleased to facilitate a **free** 6 week Cook It! programme.

What is it?

- Cook It! programme is fun and interactive.
- Cook It! addresses food costs and how to produce nutritious family meals on a budget.
- Cook It! will provide you with an opportunity at each session for practical “hands on” cookery.

This programme will be run over 6 weekly sessions between 10am to 12pm at the **YMCA Carrickfergus** from **Tuesday 9th February 2016**.

If you want to improve your cooking skills and eat healthier please join us.

Interested?

Contact the **Hearty Lives team** on 028 93 358261

✉ heartylives@carrickfergus.org/
emma.newell@midandeantrim.gov.uk





AGM

Annual General Meeting



Sunnylands & Woodburn Community Development Group

is holding its AGM on **Wednesday 2nd March** at 6:30pm in Sunnylands Primary School. The Committee would like to extend an invitation to local residents to attend and learn more about the ongoing work taking place in the area. A light buffet will be served.

If you would like to attend please PM the group directly on www.facebook.com/sunnylandsandwoodburn to confirm your place.



COLLEGE PUPIL GOES SKY HIGH!

January can be a depressing month so it is nice to think of people who strive to make a positive impact through their dedication to worthy causes!

Last April, Year 14 Pupil Shay McCord sadly lost his Grandmother. Shay recalls, ***"Before she died she was admitted into the Northern Ireland Hospice, where the doctors and nurses took excellent care of her and our family. After a few months we decided we would like to give something back to the Hospice."***

Shay and his sister Zoe, a past pupil of the College, made the decision to participate in a skydive to raise money for the hospice. Having previous experience of skydiving, Zoe organised the event. The siblings did their skydive in September. Shay was enthused by the experience: "It was an indescribable feeling. Falling through the air at a speed of about 140 mph. It was by far the best thing I have experienced. Overall we raised just over £2100 for the hospice and we will continue to do more for this great cause."

All at Carrick College would like express how proud they are of Shay, and Zoe, for their accomplishment!



Want to get in touch about an event you are holding?

Contact us on

02893 359777 or

carrickcommunity@btconnect.com

FRIENDS

of Bashfordsland Wood & Oakfield Glen

Are you interested in getting outdoors, learning new skills and meeting like-minded people? Then our volunteer programme could be for you! As a member of the 'Friends Of' volunteer group, you'll be helping conserve and protect your local woodland. Tasks will vary from litter picking and path maintenance to wildlife surveys and tree management. See 2016 task days below:

Saturday 9th January

Saturday 13th February

Saturday 12th March

Saturday 9th April

Saturday 14th May

Saturday 11th June

Meeting at Oakfield
Community Centre
10am - 1pm

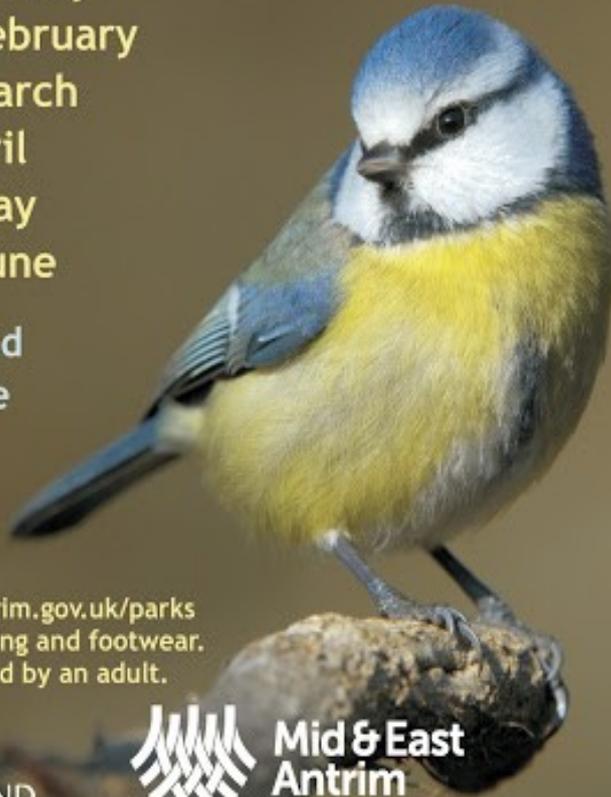
For more information
please contact:

Tel: 028 9335 8231

Web: www.midandeantrim.gov.uk/parks

Please wear suitable clothing and footwear.

Children to be accompanied by an adult.



Want to get in touch with the Forum?

MISKIMMON SUITE
OLD TOWN HALL
ANTRIM STREET
CARRICKFERGUS
BT38 7DG

TEL: 02893 359777

FAX: 02893 366606

www.carrickferguscommunityforum.co.uk

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jimcrothersccf@btconnect.com
paulinebrownccf@btconnect.com



Like our page
'Carrickfergus
Community Forum'



Follow us
@CarrickForum

Got something to say? We're Listening.

We would love to hear from you! If you would like to contribute to this newsletter or have an event you would like to advertise, please contact us at carrickcommunity@btconnect.com

**THE DEADLINE FOR SUBMISSION OF ARTICLES FOR THE MARCH EDITION IS:
MONDAY 22ND FEBRUARY 2016**

The views and opinions expressed in this newsletter do not necessarily reflect the views of the CCF Board of Directors and Staff.

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Mid & East
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www.dsdni.gov.uk

Housing
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