

CALL FREE ON **0800 328 0006**
or 01274 760839 may be cheaper from a mobile

Weighed down by debt?

Free debt counselling in your community
from an award winning charity.



capdebthelp.org

facebook.com/CAPuk @CAPuk

Registered Office: Jubilee Mill, North Street, Bradford, BD1 4EW. info@capuk.org. t: 01274 760720.
Registered Charity No: 1097217. Charity Registered in Scotland No: SC038776. Company Limited by
Guarantee, Registered in England and Wales No: 4656175. CAP is authorised and regulated by the
Financial Conduct Authority. Registration No: 413528.



**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 JULY EDITION IS:
FRIDAY 22ND JULY 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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COMMUNITY INVESTMENT FUND PROGRAMME



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**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

EMAIL ADDRESSES:

carrickcommunity@btconnect.com
lucysimms@btconnect.com
janicecherry@btconnect.com

 Like our page
'Carrickfergus
Community Forum'

 Follow us
@CarrickForum



**"Tell me and I forget,
teach me and I may remember,
involve me and I learn."**

- Benjamin Franklin

**CALL OUT FOR
EXPRESSIONS OF INTEREST!**

Based on level of interest, Carrickfergus Community Forum hopes to organise the following course for adults in summer 2016:

'Introducing U-S' (Ulster Scots)

This will provide a basic and very interactive view of Ulster-Scots history and culture. Topics covered include: "What it means to be Ulster-Scot"; "An Overview of the Plantation", plus a range of optional topics to be discussed by the group during the course.

Interested? Contact CCF before 11th July 2016.



CFNI Vital Signs Consultation workshop

Have your say on community issues that matter to you...
Tuesday 26th July 2016 7-9pm
@ Carrickfergus Community Forum



The Community Foundation for Northern Ireland (CFNI) connects people who care to causes that matter. Through our funding and development work, we give community and voluntary groups the tools and support to help them change lives. To do this effectively we want to fully understand what those needs and causes are. Through Vital Signs, we are talking to communities and gathering data to tell the story of how communities in Northern Ireland are faring, across 10 key social themes.

Vital Signs brings together data, comments and perspectives from people in local communities to provide an annual check up of life in Northern Ireland, across 10 key social themes. Vital Signs aims to provide people who are interested in supporting their communities with the information they need to direct their action to the most critical areas.

The aim of this report is to inform the development of community philanthropy and giving in Northern Ireland, by providing a 'health check' on key local issues. We hope it will encourage people in engagement in conversation with us about the issues raised in the report.

Vital Signs allows us to understand our communities better. We will use it to:

- Start conversations and identify trends
- Help communities come together to act on priorities and opportunities
- Guide our work, target our funds and those from other donors

Get involved, Take action and Spread the word!
Booking essential as places are limited –
please contact Stephanie at 028 93 359777 for info/booking.

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July 2016**

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Not on our email list? Contact Rachel at 02893 359777 or carrickcommunity@btconnect.com for regular ezines.

CCF are delighted to welcome Stephanie Hilditch to the team!

Stephanie has been employed in the Community/Voluntary sector since 2003 and has recently joined Carrickfergus Community Forum in the role of Community Development Officer working on the Community Support Project. The Community Support Project aims to assess the needs of the community sector in Carrickfergus and work with community groups and other key organisations to draw up programmes, projects, plans and strategies that build capacity and work towards developing strong effective and confident sector. This work will include organisation of events, training and other activities and opportunities that will provide support to community organisations in building their capacity.



The project will also offer practical assistance to groups with regards support in sourcing funding and/or other resources for community projects. **You can contact Stephanie on 02893 359777 or stephaniehilditch@btconnect.com**

Funding Information

Financial Support for Young People The Prince's Trust is offering unemployed young people throughout Northern Ireland the opportunity to access funding to help them access education, work or training opportunities, through Development Awards. Development Awards are cash awards of between up to £500 to help young people who are struggling to access education, work or training due to a lack of funds. Please note that the average award is £200 and it is not possible to support every young person with a £500 grant. In order to be eligible for a development award, young people should be aged 16 – 25 and unemployed, or working less than 16 hours. If young people are in education, this should be less than 14 hours per week. For more information contact: outreachNI@princes-trust.org.uk Free Phone 0800 842 842 or text 'Call Me' to 079 8338 5418

Halifax Foundation NI The Community Grant Programme focuses on social and community welfare and education and training and they operate a rolling grant programme. This means an organisation can apply to the Foundation at any time. The average grant is currently between £3,000 - 4,000. For more info visit: www.halifaxfoundationni.org/programmes/community-grant-programme To apply online go to: www.halifaxni.eformz.info/

NIHE Social Investment Fund NIHE 2016 Social Housing Investment Scheme is now open for applications for social investment awards that will deliver social economy/ social enterprise initiatives that create outcomes which deliver social value to our housing communities. The application process will remain open for completed application forms to be submitted by 4.00pm on 22nd August 2016. The application for smaller awards of up to £1000, will be open year round until funds have depleted. Also, applications and any required accompanying information should be submitted, by email, to the address below. Please feel free to contact the Social Investments Team on 02890 318333 or email socialinvestments@nihe.gov.uk http://www.nihe.gov.uk/index/community/community_social_investments.htm

Aviva Community Fund Advance notice that the fund will open in September 2016 with previous winners including: Mid East Antrim Agewell Partnership. Further information & registration www.community-fund.aviva.co.uk/cms

Community Pharmacy Partnership funding Level 1 grants up to £2,000 to start a community pharmacy partnership project. Next closing date for Level 1 funding: 15th September 2016. Contact: T: 028 3026 4606 W: www.cdhn.org/building-community-pharmacy-partnership-bcpp

NICHI small grants scheme The Networks Involving Communities in Health Improvement (NICHI) Project is now inviting applications to its small grants scheme for innovative projects that promote health literacy within communities. The scheme is open to community and voluntary groups that operate within the areas of the Northern area - Antrim, Carrickfergus, Newtownabbey, Ballymena, Ballymoney, Moyle, Larne, Cookstown, Magherafelt & Coleraine. Grants of up to £1000 are available for projects that promote health literacy within communities, with particular focus to ensure people are better informed to make healthier choices and increase the understanding of a wide range of issues contributing to poor health and wellbeing. The fund is open for applications **from Tuesday 21st June until Thursday 19th July 2016**. Please contact your local Network for an application pack which will provide further information on who can apply and what can be funded. For groups in Antrim, Newtownabbey & Carrickfergus, contact South Antrim Community Network (Pamela Davis) on 028 9447 8645 or email pamela@southantrimcommunitynetwork.org

£4,000 up for grabs in Rural Awards

The Housing Executive is calling for entries to the 2016 Rural Community Awards.

The organisation's awards aim to improve community spirit within rural neighbourhoods and there's a prize fund of £4,000 on offer, with four prizes of £1,000 being awarded to help and support those communities working to improve their respective area.



There are two categories: The Cleaner and Greener Award and The Community Spirit Award, which are open to all rural neighbourhoods, not just Housing Executive estates. Within each category there are two prizes, one for villages with a population of less than 1,000 and one for populations of 1,000-5,000.

So if you have an active community group, are proud of your local neighbourhood and live in a community which comes

together to improve the local environment, you're encouraged to enter.

Siobhan McCauley, the Housing Executive's Director of Regional Services, welcomed the launch of the awards: *"The Rural Community Awards are in their third year and have gone from strength to strength. Last year's entries were superb and clearly demonstrated how rural communities are actively seeking to protect their rural landscape."*

Download the application form, www.nihe.gov.uk. The deadline is Friday, July 29.

Biodiversity Summer School

Monday 1st to Friday 5th August 2016
(every morning from 11am to 1pm)
at Diamond Jubilee Wood, Whitehead

Learn about the natural world through a variety of activities and games at this **FREE** family week long event which is suitable for all ages.



For further information please visit our website: www.midandeantrim.gov.uk/parks



BELFAST LOUGH SAILABILITY

It's plain sailing by disabled people



Belfast Lough Sailability is running a Summer Scheme to offer sailing and motor boat handling to young people with disabilities (specialised craft and equipment available for wheelchair users). The Scheme can cater for a group booking or individual bookings. Expressions of interest are requested as places are limited to availability.

Morning and afternoon session times available. 1030 – 1pm and 2pm to 4.30pm



Dates: Monday 18 July to Friday 22nd July inclusive. Venue: Carrickfergus Marina. Registration at the BLS Cabin. **Free of Charge**

Email belfastloughsailabilityni@gmail.com or phone 07599 689280

For more information please visit the website www.belfastloughsailability.com, facebook and Twitter.

Flame: The Gasworks Museum

Near the centre of Carrickfergus, hides a wealth of history and memories of a past way of life. From 1855 – 1987 this was the site of Carrickfergus Gasworks, and the complete Victorian gas plant has been preserved, one of only half a dozen or so known surviving gasworks across the world today. Preserved also on this 2 acre site are cookers, Irish griddles (some made from the portholes of Belfast built ships), old irons, heaters, street lights, washing machines and even a glass washboard. Northern Irish food writer Viola Dono researched an award winning book at the Flame Gasworks and has written an account of her visit which can be found online:



<http://www.recipeboffin.com/carrickfergus-gasworks-museum/>

For more information on the museum, opening hours and contact details, visit their website www.flamegasworks.co.uk/concrete/

CINEMA SCREENINGS – SUBTITLED AND SENSORY FILMS



Carrickfergus Omniplex is now showing subtitled and sensory films every week. They do an adult screening every Monday between 5pm and 6pm, and it is a different film each week. They also do a kids film every Saturday and Sunday morning between 11:30am and 12:15pm. Again, this is a different film once a week.

The movies are advertised on the Carrickfergus Omniplex website: (www.omniplex.ie/cinemas/cinema/1009), and are available each Wednesday for the following week. The cost is a normal priced ticket, but the carer (valid proof must be shown), will enter for free.

BELFAST SOMME 100

Belfast Somme 100 is a programme of commemorative events marking the centenary of the battles of the Somme, and the place of the Somme campaign within the First World War. It runs for 141 days across Belfast, the exact duration of the Somme campaign in 1916. For more information and a programme of events, see www.belfastsomme100.com



Sport NI Active Awards Now Open

Active Awards is an exchequer funded small grants programme primarily aimed at grassroots community based sport. The programme aims to prioritise investment in sports clubs, community groups and governing bodies of sport, especially those based in areas of greatest need that will deliver increases in sports participation amongst the identified target groups. For application details and info sessions see: <http://www.sportni.net/funding/our-funding-programmes/active-awards/>



The current round of funding will close at 12.00 noon on 18 July 2016.

Need help with hearing aids?

If so, the **Hear to Help** service will be able to help you. The service is community based with trained volunteers holding local clinics in your area; we also do home visits to help people unable to attend clinics.

The free service includes:

- changing hard / old tubing
- earmould cleaning
- battery replacement
- advice and support for wearing hearing aids
- Providing information on equipment and services

Come along to Carrickfergus Town Hall on the second Wednesday of every month from 10am-12pm. The next session is 8th June, Carrick Town Hall.



THRIVE EATING DISORDER SUPPORT GROUP



Find help and support for your eating struggles
Call 07515856302

Cithrah Foundation
Meets Monthly. 1st Meet Tues 14th June at 10am
29 West Street, Carrickfergus



If so, you could open the door to a young person's future by providing accommodation and support to assist them towards increasing independence.

In Return We Offer:

- ➔ a generous weekly allowance
- ➔ ongoing support and training
- ➔ a chance to help a young person reach their full potential

Action for Children works with people who can offer young people aged 16-21 supported lodgings, that crucial first stepping stone to independent living—somewhere to live, a room of their own and support from someone who cares.

Interested? For more information on supported lodgings contact us on:

028 94 467 345

Email: openingdoorssupportedlodgings@actionforchildren.org.uk
Website: www.openingdoorssupportedlodgings.co.uk



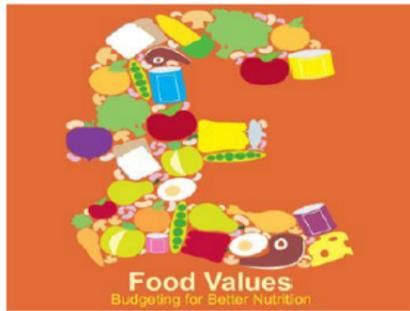
Call for applications for multi million research programme led by disabled people.

Disabled people, their organisations, academics and partners in Northern Ireland are being invited to apply for grants for research and pilot projects to find out how disabled people can participate fully in society, achieving independent living.

Organisations can apply for up to £150,000 from the DRILL (Disability Research on Independent Living and Learning) programme, which launched last autumn and expects to fund around 40 projects in the UK over the next four years. DRILL opened on Monday 9 May for applications and will close on 27 July. People with disabilities will be at the forefront of designing projects (with academics and policy and practice experts), for the programme. It is fully funded by the Big Lottery Fund and will be delivered by, Disability Action Northern Ireland, Inclusion Scotland, Disability Rights UK and Disability Wales.



For more information and to apply visit the DRILL website: www.drilluk.org.uk



Cook it!
fun, fast food for less

FACILITATOR TRAINING Food Values

Course Information

What is Food Values?

Food Values is a **Budgeting Programme for Better Nutrition**. The programme is aimed at anyone who buys and prepares their own food each week, it includes practical activities as well as hands-on cooking in each session and is delivered to groups by Food Values Facilitators.

How can I become a Food Values Facilitator?

Anyone can attend a **free** one day training course to become a Food Values Facilitator and deliver the Food Values programme.

On completion of the training you would then deliver the four session Food Values programme to your group (each session lasting 2-2.5hours). The sessions are designed to be practical and fun and the course content is as follows:

- Session One: **Shopping Savvy!**
- Session Two: **Preparing to Shop**
- Session Three: **The Cost of Convenience**
- Session Four: **Look Before You Buy!**

Whilst the Food Values Budgeting Programme is a standalone programme, it reinforces the healthy eating messages and practical cooking skills delivered through the *Cook It!* Programme so participants may benefit from also completing the *Cook It!* Programme.

Contact the *Cook it!* Team for further information
or to **apply for Food Values Facilitator Training**
Telephone: 028 256 35276
Email: CookIt@northerntrust.hscni.net



ANNUAL GENERAL MEETING 2016



VOLUNTEER NOW
connect · build · change

You are invited to attend...
Volunteer Now's
Annual General Meeting
Tuesday 19 July 2016 at 3pm

34 Shaftesbury Square
Belfast, BT2 7DB

RSVP by Friday 8 July 2016
wenda.gray@volunteernow.co.uk

Uplift Performing Arts To Revisit Sister City Of Danville, Kentucky, USA

Enhancing sister city connections through teaching and performing

Carrickfergus, Northern Ireland: Uplift is taking a cast of 13 to Carrickfergus' sister city of Danville, Kentucky for the 3rd year running. The cast will set off on July 13th and fly back home on August 2nd. While there, the cast will perform, teach, and take in the local culture. The first week, the cast will be teaching the local students a two-hour variety show from Monday - Thursday, and then have their performances on the Friday, Saturday, and Sunday. The following week, a new group of students comes in, and the whole cycle repeats!

One of Uplift's directors, Amy Moffett said, "I cannot wait to go back to Danville! The people who live there are so welcoming and they truly make us feel like Danville is our home away from home. I'm looking forward to working with the new students this year and to catch-up with friends. Our show this year has everything from singing, to dancing, to acting, and I know that the students in Danville will soak it up and make it look amazing!"

Uplift Performing Arts made their incredible connection with Danville in October of 2013 when they met Elizabeth Orndorff, who came to Uplift's show "Showtime". Liz was over in Carrickfergus with the sister city artist exchange program and knew that she wanted to bring Uplift over to do a project with students in Danville, specifically West T. Hill Theater. Uplift was introduced to theater manager Karen Logue, and the relationship began to flourish, and continues to strengthen with each visit.

Uplift was founded in 2009, and its main purpose is to build self-confidence and self-esteem by using the three main disciplines of performing, singing, dancing, and acting. To find out more about Uplift please visit our website: www.weareuplift.com. You can find us on Facebook, Twitter, and YouTube. Or contact us via phone, 07840453723, or email: info@weareuplift.com

Summer Cast 2016

Traveling to America from the 13th July - 2nd August 2016

WeAreUplift.com

CARRICKFERGUS BEACH & ROCKERS SEA ANGLING CLUB PRESENT

MEA COUNCIL CARRICK BOROUGH FUNDED OPEN SHORE ANGLING COMPETITION

ON SUNDAY 10TH JULY 2016 AT THE CARRICK PROMENADE
FISHING IS FROM 2PM TO 6PM PEGGED EVENT CASH PRIZES AND RAFFLE PRIZES
PEG DRAW AT THE CENTRE OF PROMENADE BOOK IN FROM 12.30 PM
INCLUDES PENN POINTS

ENTRY FEE: SENIORS 18+ £3.00 **JUNIORS, DISABLED, O.A.P'S £ 1.50**
OPTIONAL HEAVIEST FISH POOL £1.00
PEGS = SINGLES, DOUBLES, TREBLES AND FAMILY PEGS

ALL FISH COUNT CATCH WEIGH RECORD AND RELEASE. ONLY ONE ROD PER ANGLER WITH A MAXIMUM THREE HOOKS ATTACHED. ANGLERS ARE ALLOWED TO ASSIST CHILDREN AND NOVICE ANGLERS.

**NO PARKING ON THE PROMENADE OR MARINE HIGHWAY.
IN INTEREST OF SAFTY NO ALCHOL TO BE CONSUMED
PLEASE TAKE YOUR LITTER HOME WITH YOU.**

FUTHER DETAILS FROM CLUB SECERTARY BOBBY LAUGHLIN 07803887425

