

**ISSUE 116**  
**August 2016**

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

Lack of direction, not lack of time, is the problem. We all have twenty-four hour days.

Zig Ziglar

### Carrickfergus Senior Gateway Install Life-Saving Defibrillator

**Congratulations to Carrickfergus Senior Gateway** who were successful in obtaining a grant towards a Defibrillator (AED) from the British Heart Foundation. This piece of life saving equipment became accessible to Gateway, YMCA Carrickfergus and the community on Monday 25th July and is located beside the front entrance of the YMCA.

The AED will be linked and mapped to the Northern Ireland Ambulance Service. Gateway and the YMCA will now be able to train their members in emergency life support using the Call, Push, Rescue kit also supplied by British Heart Foundation.



Gateway would especially like thank Emma McGuinness who fundraised by completing a sky dive to contribute towards the cost of this equipment.

Carrickfergus & District Senior Gateway Club was formed 45 years ago and meet weekly in the



YMCA, 30 - 34 Irish Quarter West, Carrickfergus. **For more information on Carrickfergus Senior Gateway, contact Thomas Houghton on 07851 280 336 or visit their website [www.carrickdistrictseniorgateway.org](http://www.carrickdistrictseniorgateway.org)**



# Update from Stephanie

Community Development Officer

## Talking to your Children about Tough Issues (TATI)

Talking to your Children about Tough Issues (TATI) along with drug awareness is a four session workshop for parents providing support and help to prevent problems as their children move toward adolescence.

Developed to equip parents with information and skills to help them support their children as they face difficult pressures, the programme, which has been running in Northern Ireland since 2004, covers a wide range of issues

that many of our young people face including drugs, mental health, relationships and sex and alcohol misuse.

Parents who have attended TATI workshops have consistently said that they are worried about a range of “tough issues” their children face today Ed Sipler, Health Development Specialist from the South Eastern Health & Social Care Trust states: “the teenage years can be a challenging time for families. These workshops are not a magic answer. What they do is give ideas to parents they can build on. It will complement the range of work so many people and organisations are doing to support families.”

Many parents have said that the programme was a real help, particularly in dealing with older children. Peer pressure and external pressures are areas that as a parent you cannot quite get on top of, but, as a result of the program it provides more confidence.

“The programme was a real help, particularly in dealing with my older child. It’s a changing time, she’s no longer a child, but is still not an adult. I would recommend it to all parents”. “Peer pressure and external pressures are areas that as a parent can’t quite get on top of, but, as a result of the course I am much more confident”.



### What does the course look at? (4 weeks, 1 session per week)

Session 1: Intro to course, defining family, adolescent development & drug abuse, risk vs protective factors, empowering parents

Session 2: Family relationships, use of ‘learning moments’, family rules, monitoring and family time, focus on attitudes toward alcohol, sexual health & mental health

Session 3: Conflict reduction by assertiveness & calming techniques, active listening skills & parent/child communication styles, final action plan

Session 4: Signs, symptoms and general drug awareness

### *Date for your diary:*

Thursday 27th October 2016 is the provisional date for the annual funding fair at Dobbs Room from 10am – 1pm.

### Who is this for?

This workshops will be open to all parents and grandparents of children.

### When & Where?

TBA. Contact Stephanie at CCF for an expression of interest form on 02893 359777 or [stephaniehilditch@btconnect.com](mailto:stephaniehilditch@btconnect.com)

# New Worker for Greenisland and Sunnylands

CCF are delighted to welcome Tommy Kirkham to the team as the new Community Development Worker for Greenisland and Sunnylands. Tommy has hit the ground running and has been out meeting groups and members of the community. He attended the 11th July festival at Greenisland and has already helped set up **Nissan Kidz Club** for children under 10 in Greenisland. It involves arts and crafts, baking, games and much more. Search for them on Facebook to find out more.

*If you or your group are from Sunnylands or Greenisland and would like to meet with Tommy, please contact the office or email [tommyccf@btconnect.com](mailto:tommyccf@btconnect.com).*



## funding Opportunities

### Royal British Legion External Grants

Grant aid for projects supporting the elderly run by groups with charitable registration, which benefit ex-service personnel &/or their families. Next deadline: 12th August & 11th November 2016.  
Further info: E: [rhanson@britishlegion.org.uk](mailto:rhanson@britishlegion.org.uk) W: [www.britishlegion.org.uk](http://www.britishlegion.org.uk)

### 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 W: [www.community-fund.aviva.co.uk/cms](http://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](http://www.cdhn.org/building-community-pharmacy-partnership-bcpp)

**Do you have a SOLUTION to a social or environmental problem?** Practical & Financial support up to £5,000 Available from UnLtd. UnLtd support social entrepreneurs, people who instead of seeing problems see solutions and act to transform the world in which they live to make it better. UnLtd operates a unique model by investing directly in individuals and offering a complete package of resources; from funding, to on-going advice, networking and practical support. UnLtd supports individuals who have their ventures firmly rooted in delivering positive social change. **Interested?** Fill in your expression of interest online at <http://unltd.org.uk/doit>  
Expression of interest received on or before: 11th August 2016 Final Submission date for application documents: 8th September 2016. For more info, visit: [www.unltd.org.uk](http://www.unltd.org.uk)

## Salthill Community Fun Day Saturday 27<sup>th</sup> August

Come along to the community fun day at Salthill Playing Fields. There will be plenty of fun for all the family including an face painting, bouncy castles, zorbing and much more!

Location: Salthill Playing Fields Date: Saturday 29 August Time: 12noon - 4pm



## Keeping Adults Safe: Training for Staff and Volunteers - Carrickfergus

A FREE\* 1 day certificated course (Carrickfergus, 8 March 2017, 10.00am - 4.30pm) for those working/volunteering with vulnerable adults. It is being held in Carrickfergus Library, 2 Joymount Court, Carrickfergus BT38 7DQ. This course covers:

- awareness of vulnerability;
- legal context of adult safeguarding;
- awareness of abuse issues;
- procedures for reporting concerns;
- procedures for planning activities and assessing and managing risk;
- confidentiality issues; and
- code of behaviour for staff/volunteers.

The training will raise awareness of vulnerability and assist voluntary, community and independent organisations working with vulnerable adults to achieve the minimum standards of best practice as outlined in the publication 'Safeguarding Vulnerable Adults - A Shared Responsibility'.

**PLEASE NOTE: This training will be provided for Voluntary, Community and Independent sectors and a maximum of 5 participants from any one organisation will be accepted on to each training course.**

\* **Cost:** This course is provided free of charge through support received from the Health and Social Care Board. **This course is for organisations in the Northern Trust area only.**

For further information contact us here: [karen.nicholson@volunteernow.co.uk](mailto:karen.nicholson@volunteernow.co.uk)

## Volunteer Mentors Needed

Volunteering at VOYPIC is a great opportunity to make a real difference in the life of a young person living in care. Become a volunteer mentor and see life through the eyes of a child in care. Interested?

### Tara and Aaron's story

Aaron is 12 and met Tara, his VOYPIC volunteer last year and they set 15 goals for their together. A key goal for Aaron was to meet more people and make friends. He wanted to build his confidence and spend more time outside his house. Together Tara and Aaron set about helping him to become more independent and do things for himself. Of course, they both wanted to have fun on the mentoring project and to get involved in as many group opportunities as possible – all part of life for any young person. Wrapping up their year together, Aaron was delighted to report he had met all of his 15 goals. Best bit for him? Having a scrap-book full of memories that he now looks back on with pride. No surprise then that he's a big fan of mentoring and Tara's pretty pleased with it too!



### Become a volunteer mentor

We have young people living in care aged between 12 and 18 who are ready and waiting to be matched with a volunteer mentor. They're all set to work with a mentor on goals to help with school, education and achievements. Could that mentor be you? If you're over 18 with the time to meet a young person once a week, we'd like to hear from you. We've been running our award winning mentoring project since 2007 so we know these relationships help children in care. You'll receive extensive training and on completion gain an OCN Level 3 Mentoring Care Experienced Young People (A level equivalent). Throughout your mentoring relationship, you will receive support from your local mentoring staff.

**To apply to become a volunteer mentor, please download the application form from [www.voypic.org](http://www.voypic.org) and return to 9-11 Botanic Avenue, Belfast, BT7 1JG. If you would like to talk about this opportunity, please contact VOYPIC on 028 9024 4888.**

'Today's the day the Teddy Bears  
have their picnic'...



## Teddy Bears Picnic

Shaftesbury Park, Carrickfergus  
Monday 29 August 2016, 1-4pm

If you go down to the woods today, you're in for a big surprise... the annual, and always very popular, Teddy Bears Picnic returns for 2016, featuring an abundance of teddy bear-themed entertainment for all the family!

This event is particularly aimed at pre-school and primary school children.

Don't forget  
to bring along  
your favourite  
Teddy Bear!

[www.midandeantrim.gov.uk/events](http://www.midandeantrim.gov.uk/events)



# WILD ABOUT FOOD!

Take part in some exciting  
new workshops to develop  
traditional skills & make use  
of locally sourced food!

## LOVE VEG!

Grow your own - how do they do it?  
Learn from the experts, meet some friendly  
farm animals & enjoy a veggie BBQ.

Friday 12th August  
11am - 2pm

Eden Allotment Gardens, Carrickfergus



## Arthritis Care in Carrickfergus

Arthritis Care acts on behalf of people with arthritis in Northern Ireland. It provides them, their families and friends with support, understanding, information and expertise so that they can cope with the impact of the condition and get the most out of life.

The Carrickfergus Branch meets the first Tuesday of every month at 7.30pm at the Hawthorn Day Centre, Ellis Street, Carrickfergus, BT38 8AZ.

If you're interested in attending this group, please get in touch on 028 9078 2940 or [nireland@arthritiscare.org.uk](mailto:nireland@arthritiscare.org.uk)



## Carrick Amateur Wrestling Club

Barbarian Wrestling club is one of the longest running freestyle wrestling clubs in Northern Ireland. They have three UKCC 2 qualified coaches. Everyone is welcome to come along and try the sport whether it would be competitive or just for keeping fit, but most of all to have fun. From the age 5+, male and female.

Training takes place at Sunnylands Community Centre on Tuesdays 7-9pm. Contact 07511 009763 for more information.

## Get Involved in Community Planning

Mid and East Antrim Borough Council are to hold three **Public Forums** in Ballymena, Carrickfergus and Larne to raise awareness of Community Planning.

**Thursday 11 August 2016, 6-8 pm in Carrickfergus Town Hall**

**Registration from 5.30 pm**

To register go to <https://www.surveymonkey.co.uk/r/publicforums>



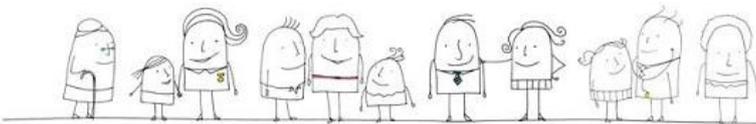
They will also test **Citizen Reporting**, where people are encouraged to report on their experience of participating through Vox Pops and social media.

## Help Shape the Future Direction of Adult Care and Support

People in Northern Ireland are living longer, and that's something to celebrate, however it also presents challenges for how Health and Social Care services are planned and delivered. Within our population, there is a growing number of elderly people, and adults with complex learning and/or physical disabilities, many of whom need support to live independent, healthy lives. The adult care and support system in Northern Ireland includes day opportunities for people with learning disabilities, day centres for the elderly and domiciliary care.

### Patient and Client Council

Your voice in health and social care



The existing adult care and support system here is coming under increasing pressure, as

demand continues to go up. While it's an interesting public debate to have, as to what services need to change, what Government needs to do, and what people can do – one thing cannot be forgotten and that is the voices of patients, service users and carers – those who depend on, use and know the services most.

The Department of Health is developing plans that outline the future direction of adult care and support services, including redesigning the system that funds and delivers them. The Patient and Client Council is working with the Department, to ensure that the people who use these services are involved. The Patient & Client Council have set up a meeting on the **10th August in Belfast** to start work on this project. If you are interested in shaping the future of adult care and support they would love you to join them.

For more information and registering for this event, please contact Lindsay Smyth on 028 9027 9355 or email: [lindsay.smyth@hscni.net](mailto:lindsay.smyth@hscni.net)

## Carers NI Support Group

When you're looking after someone it can often feel like you're on your own. Joining a local support group can help to connect you with people who know what you're going through. Carers Northern Ireland facilitates a number of Carers Support Groups in the Northern Health and Social Care Trust.

A group meets in the CCF board room (Old Town Hall) on the first Tuesday of the month. **The next meeting will take place on Tuesday 6th September at 10am.**

Contact Lyn Campbell to find out more on 028 9043 9843 or email: [lyn.campbell@carersni.org](mailto:lyn.campbell@carersni.org)

The Carrick Connect Counselling Service logo features the text "CARRICK CONNECT" in large, colorful, block letters, with "Community Support non-profit organisation" underneath. Below this is "COUNSELLING SERVICE" in red and blue block letters. A central graphic shows a family of four standing on a path made of colorful puzzle pieces, surrounded by blue arrows pointing outwards. To the right of the graphic is the text "Do you need someone to talk to?" and "Carrick Connect Counselling Service can help." At the bottom, contact information is provided: "Contact us on 07884 208696, on Facebook or email [carrickconnectcounselling@outlook.com](mailto:carrickconnectcounselling@outlook.com)"

# Seapark AC presents Storming The Castle 10K 2016



Seapark ACs own Ian Cleland at the 2015 Storming the Castle 10K.

The Seapark AC Storming the Castle 10K will be back for a 2nd year and will be part of the new Novosco 10K Grand Prix, which is series of thirteen 10K races around Northern Ireland between March-November 2016. Storming the Castle will be held on Sunday 28th August 2016.

You can register for Storming the Castle by clicking on the link below. Take advance of the early bird entry before it ends on 31st July 2016.

<https://online.athleticsni.org/ps/event/StormingtheCastle10K>

You can use the official hashtag **#StormingTheCastle10K** for all your training/selfie posts.

It's free to register for the Novosco 10K Grand Prix.

For more information, contact [secretary@seaparkac.com](mailto:secretary@seaparkac.com)

## Free telephone, befriending, support and alert service for older and vulnerable adults.

Good Morning East Antrim provide a free telephone, befriending, support and alert service for older and vulnerable adults in Carrickfergus, Larne and surrounding areas. We aim to support people to remain independent in their own homes and to reduce their fear of crime, isolation and vulnerability. We also connect people with local services, other agencies and community activities.

Good Morning East Antrim  
Telephone: 02893329427  
Address: 20 Oakfield Drive, Carrickfergus



## Cypress Place Fun Day

On Monday 11th July, Sunnylands and Woodburn Community Development Group held a family fun day. Although the event had to be moved indoors to Sunnylands Community Centre because of the weather, a great time was had by all. The fun day included a bouncy castle, face painting, glitter nails and tattoos, free juice and crisps, a barbeque and music.



Chairperson Michael Clarke thanked everyone who helped make the event another enjoyable success. Find Sunnylands & Woodburn

Community Dev Group on Facebook for more info.

# Shakespeare In The Park

## THE TEMPEST

Shaftesbury Park, Carrickfergus  
Thursday 25 August 2016

Gates open 6.30pm, show starts 7.30pm

Don't forget to bring a picnic and dress appropriately for the weather conditions.

Admission is free but entry is strictly on a first-come, first-served basis, so arrive early to avoid disappointment.

[www.midandeantrim.gov.uk](http://www.midandeantrim.gov.uk)



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### 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](mailto:carrickcommunity@btconnect.com)

**THE DEADLINE FOR SUBMISSION OF ARTICLES FOR THE SEPTEMBER EDITION IS:  
MONDAY 22ND AUGUST 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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