

network news

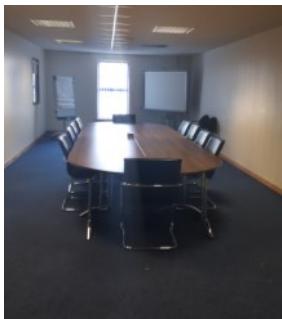
Edition 5: January 2018

I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do. —Leonardo da Vinci

It has been a busy few months at CCF. We are delighted with our new premises and have been inundated with visits from our members and plenty of new faces have called in to see who we are and what we do.

Our new facilities include various meeting rooms and a large meeting / training room all of which are available for use by local groups.

To request a room contact the office on 02893 359777 or email carrickcommunity@btconnect.com



We have recently welcomed a new staff member. Janet McCullough has joined the team as a Community Support Worker for the Carrickfergus area and has been out meeting groups and organising training and events.

If you wish to contact Janet you can reach her on 02893 359777, email janetccf@btconnect.com or arrange to call in to the office.



St Vincent De Paul at CCF

A huge thank you to St Vincent de Paul whom CCF have assisted for a number of years to deliver their Annual Christmas appeal.



At SVP we offer direct, personal assistance that is non-judgemental and based on the need of the individual or family. Our goal is to fight poverty in all its forms through the practical assistance to people in need.



The voice of Carrickfergus Community



AWARE is the depression charity for Northern Ireland, with an established network of support groups in rural and urban areas across the country.

The Carrickfergus Support Group runs every two weeks on Thursdays at 6.30pm in Carrickfergus Community Forum.

The Support Group is run by trained volunteers and welcomes people with depression and bipolar disorder as well as carers for people with the illness. Support groups are free to attend and there is no need to register in advance.

The group is an opportunity to meet with others with similar experiences, to speak freely about how you are feeling and share information and support each other to move forward.

AWARE has a range of wellbeing and mindfulness courses running in 2018.

Living Life to the Full is a six-session programme which can help you manage your feelings when you are stressed, worried or depressed and learn simple, practical skills to help you cope with life's challenges.

Mood Matters gives participants knowledge and skills which can be used to maintain or regain good mental health and build resilience to deal with life's challenges. There are courses aimed at adults, younger people, older people, expectant mothers and parents of babies and for the workplace.

Mental Health First Aid is the help provided to a person developing a mental health problem or who is in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

Mindfulness can help you develop skills and techniques to cope with the daily challenges a busy life can bring such as stress and anxiety. There are courses available for professionals and individuals.

To find out more about programmes and services offered by AWARE or to sign up for a fundraising challenge event go to www.aware-ni.org

UP & COMING COURSES AT CCF

Carrickfergus Community Forum is planning to hold the below workshops in the near future:

- **Drug & Alcohol Awareness**
4 sessions commencing Tuesday 20th Feb 18
- **Advice NI Welfare Reform Workshop** **Monday 29th January 10am - 1 pm**
- **Funding Fair Thursday 25th January 2018 10.30am - 12.30pm**



Interested? Email carrickcommunity@btconnect.com or call 02893 359777 to express your interest. Places are allocated on a first come first served basis.



NORTHERN IRELAND
A national charity since 1911

FREE HEARING AID MAINTENANCE SUPPORT SESSIONS & HEARING CHECKS ON YOUR DOORSTEP

Do you know anyone who needs support with their Hearing Loss or Tinnitus?

Action on Hearing Loss in partnership with the Northern Health Trust run a Free drop-in monthly Hearing Aid Maintenance Support Sessions for the local Carrickfergus community, every 2nd Wednesday of each month from **10.00am-12.00noon at Carrickfergus Community Forum Offices, 31 Lancasterian St, Carrick BT38 7AB.**

It's a **Free drop- in** support service, where no appointment is needed. Trained volunteers, who wear hearing aids themselves, will be on hand to provide basic hearing checks, hearing aid maintenance and cleaning, free batteries, wax guards and tubing. The sessions provide support, information and practical advice for people with hearing loss and tinnitus.

If you know of anyone who is concerned about their hearing, has hearing loss, and families who need support, please help to spread the word regarding this free local community service.

Action on Hearing Loss also provides support for individuals who are housebound or in residential care homes, to book and appointment or arrange a visit please contact Angela Stanbridge.

To get in contact:- Action on Hearing Loss, please

telephone Angela Stanbridge on

Tel: 02890 239619 or mobile 07940 160672 or

Email: angela.stanbridge@hearingloss.org.uk or

visit www.actiononhearingloss.org.uk

Winter & Spring dates 2018

- * Wednesday 14th February
- * Wednesday 14th March
- * Wednesday 11th April
- * Wednesday 11th May

Volunteer for us

Learn skills, make friends and help others.
Training and expenses provided.



Parents & Carers Drug Awareness Programme

When: Starting Tuesday, 20th February 2018
4 Week programme

Where: Carrickfergus Community Forum
31 Lancasterian Street
Carrickfergus
BT38 7AB

Time: 6.30pm—8.30pm

Cost: **FREE**

If you would like to attend this programme or would like to receive more information please call our office on 028 93359777 or email carrickcommunity@btconnect.com



Dementia NI Carrickfergus Empowerment Group

A local charity set up by people living with dementia is reaching out to others recently diagnosed in the Carrickfergus and surrounding areas. Their message is clear, that life goes on after a diagnosis and people living with the symptoms can still live happy and fulfilled lives.

Dementia NI regularly hold Empowerment Group meetings in Carrickfergus Community Forum. Dementia NI empowerment groups are small groups of members, who all have a diagnosis of dementia. Dementia Empowerment Groups provide a place where people with dementia can come and share, reflect and provide peer support.

The groups are facilitated by a member of staff, who supports the organisation of the meeting and is the main point of contact in Dementia NI. Empowerment groups give individuals the opportunity to raise awareness about what it is like to live with the symptoms of dementia.

Members use their experiences and opinions to make a difference in the services and support provided to them to better meet their individual needs and challenge the stigma of dementia. Dementia NI groups regularly host visitors at the Empowerment Groups to offer feedback, consult and share experiences to anyone wishing to gain the opinions of people with dementia.

Our Carrickfergus group recently invited Mid & East Antrim Deputy Mayor Cheryl Johnston to their meeting to explain to her their difficulties when living with dementia.

Following the meeting Cheryl remarked,

"I was delighted to be asked to attend the Dementia NI Carrickfergus Empowerment Group. The discussion with the members was extremely thought-provoking, and gave me a personal insight into the daily lives of those living with dementia. We also discussed the challenges, changes and opportunities for those living with Dementia and how everyone in the community can become more aware and understanding of this progressive illness."

Dementia NI is currently assisting in making Carrickfergus Dementia Friendly. People with dementia are users of local services and Dementia NI members play a vital role in influencing how to make Dementia Friendly communities.



Dementia NI Carrickfergus Empowerment Group

Dementia NI - What our members do:

- Members can advise community groups, shops and organisations on how they can make their facilities or service more appropriate for people with dementia to access. e.g. Quality of Service Audits / Mystery Shops.
- How to make resources/leaflets more understandable and clear for people with dementia.
- Participate in steering groups where they can contribute to societal issues which may affect them and others living with dementia.
- Make their voices heard to make positive changes for people with dementia
- Dementia Awareness Sessions - Through raising awareness, challenging the stigma, and enabling all those who are living with dementia to be part of community life, Dementia NI will continue to reach out and support more people living with dementia across Northern Ireland throughout their journey.

If you know someone recently diagnosed with dementia, please inform them of our new group which meet in Carrickfergus Community Forum. We would love them to get involved.

Have you recently been diagnosed with dementia? Dementia NI have a group in Carrickfergus especially for you. Many of our members recognise the benefits of being involved:

- Satisfaction from knowing that they are making positive changes
- Helping to maintain members' abilities and skills, as well as learn new skills
- Staying actively involved in the local community
- Getting out and about, helping to alleviate potential isolation and boredom
- Sharing experiences and offering support to each other
- Improving mood and overall well-being

Contact us:

To receive more information, provide feedback, make a donation, or support us in continuing to develop our work please contact:

Ashleigh Davis
Empowerment Officer
Dementia NI
54 Elmwood Avenue
Belfast
BT9 6AZ
Telephone: 02890 68 67 68
Mobile: 07966 881 429
Email: ashleigh@dementiani.org



W: www.dementiani.org

Find us on Facebook: <https://www.facebook.com/DementiaNI>

Follow us on Twitter: https://twitter.com/Dementia_NI

Spotlight On : Greenisland Community Council

On the 2nd December 2017 the Greenisland Community Council held a Christmas fair in the Jubilee Hall. People of all ages attended the fair from the local community. The Jubilee hall was filled with arts and craft stalls and a wide variety of delicious treats were offered. It was a great success and the atmosphere was festive. Well done to the Greenisland Community

CHRISTMAS FAIR 2017



We would like to thank everyone involved with our Christmas party that took place in Greenisland working men's social club.. thank you to the Candy shop of the goody bags and the GWMSC for inviting Santa and also the committee for helping Santa with the children and. we are truly grateful for everyone's help and many thanks to everyone involved

A great time at the kids party!





NOW Group supporting people with learning difficulties and autism into employment in Larne, Carrickfergus and Ballymena

NOW Group, one of Northern Ireland's leading social enterprises, have recently expanded their service to support people with learning difficulties, disabilities, autism and Asperger's in the Larne, Ballymena and Carrickfergus areas to find employment.

NOW, who were awarded the Social Enterprise of the Year at the Belfast Business Awards last year, already work in Belfast, Antrim, Newtownabbey, North Down and Ards and are growing their service to work with people in the East Antrim area.

Whilst over 60% of people with learning disabilities want to work, the learning disability employment rate is currently just 6%. In 2016 – 17 NOW Group supported a total of 370 people across their services and assisted 43 people to find paid employment.

The team will also support people already in employment and employers themselves by providing services such as disability awareness training and workplace support for employees, employers and co-workers.

Lead Employment Officer Nuala McStravick said: "Everyone wants a meaningful job – and people with a learning difficulty should have that opportunity too. We are dedicated to removing the barriers to employment which exist for many people within our communities.

"We see everyone's potential and through our accredited training programmes can develop each participant's skills, enabling and empowering them to be work ready."



If you know someone in the area who might benefit from employment advice or training, or if you are an employer who would be interested in providing placement opportunities please get in touch with Nuala on 07884330036 or nuala.mcstravick@nowgroup.org

NOW Group participant Natasha Harvey from Carnmoney is pictured on her work placement at The Bobbin Café in Belfast City Hall.



CCF HEALTH AND WELLBEING PROJECT

Carrickfergus Community Forum has organised a Health and Wellbeing project for the Carrickfergus Men's Shed.

The project will be held between January and March and will include inspiring speakers from Aware Defeat Depression and Cancer Focus NI.

A pharmacist will be coming to speak about men's health and a Yoga workshop will be offered.

If you are interested in joining the Men's Shed please do not hesitate to get in touch with Ian Mahood at 075 4690 8065



FREE

Outdoor Gym Workshops

Always wondered how to use our outdoor gym equipment properly?

Do you enjoy exercising in the outdoors rather than gyms?

Then come along to our FREE Outdoor Gym workshops, where our qualified staff will take time to show you how to get the most out of this equipment and give you the confidence to get using them.

Carrickfergus

Tuesday 30 January 2018

10am - 11am at Carrickfergus Amphitheatre

11.30am – 12.30pm at Bashfordslands Wood

Online tutorial

www.midandeastantrim.gov.uk/outdoorgym

E Niall.curneen@midandeastantrim.gov.uk

T 02893 358271

www.midandeastantrim.gov.uk



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 in our ezine, please contact us!

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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