

“We should seek the greatest value of our action”. - Stephen Hawking

NOTICE TO MEMBER GROUPS

The Directors of the Carrickfergus Community Forum would like to inform all member groups that due to the recent review carried out by the Mid and East Antrim Borough Council as to how it delivers community support within the town, has resulted in the Mid and East Antrim Borough Council deciding NOT to renew the financial support arrangement previously provided to the Carrickfergus Community Forum which had been in place since 2009.

As a result the Carrickfergus Community Forum no longer have a staff member dedicated to this service and it is with regret that the Directors have no other option but to instruct staff to provide a limited support service where they will be sign posting our member groups to the relevant agencies.

This will not affect any of our other funding streams and those projects will continue as normal.

CCF Directors



CCF News & Events

Grants & Funding News

Call for volunteers at
Carrickfergus Child Contact Centre

WRDA Breast, Cervical & Bowel
screening

Carrickfergus
Relationship Resource & Open
Door Centre

The Next Chapter Womens
Programme

Art Club Exhibition

Aware Defeat Depression

Royal Landing 328th Anniversary
Sat 9th June



Youth Fair at Oakfield Community Centre

CCF exhibited at the Youth Fair in Oakfield Community Centre to share our vision and service opportunities with young people from the 4 local schools who attended the fair.



MEAAP Celebrating Diversity Event

CCF took representatives from various older people groups from the Carrickfergus community to the annual MEAAP Celebrating Diversity event this week. There was 250 people who attended this event. It was a great opportunity for people to network and meet new people from the Mid and East Antrim Borough. During the day they were entertained with Polish and Irish dancing, some of our group even joined in! There was a demonstration of origami making and a delicious lunch was provided. All who attended had a great day out and are looking forward to next year's event! On behalf of all of us who attended we would like to thank MEAAP for organising this event.

Advice NI Universal Credit Awareness Session



CCF Hosted a Welfare Reform Information Session on the upcoming Universal Credit system this week. The Community Forum would like to thank Advice NI for sharing their expertise. The people who attended benefitted greatly from the information provided

Health Awareness Programme

A 4-week health awareness programme was organised for 2 community groups in Carrickfergus, the Carrickfergus Men's Shed and the Sunnylands 50 Plus Women's Group (Knit Wits). This programmes included speakers and workshops from different health related organisations to increase knowledge and skills of personal physical and mental health.



Each programme finished with a Yoga class with gentle exercises. The workshops were facilitated by Aware Defeat Depression, Cancer Focus NI, Medicare Pharmacy and a chair based yoga class with Jane Waugh for the Knit Wits and Lisa from the Yoga Loft for the Men's Shed.

Shankill Women's Centre Celebration

On the 3rd March 2018 the Sunnylands Knit Wits Women's Group took part in the Shankill Women's Centre celebration event. The group had a great evening with lovely food, great company and fun entertainment.

Best Practice Visit to Belfast Islam Centre and Buddhist Centre

On the 14th February CCF took a group of ladies from Sunnylands and Greenisland to a best practice visit in Belfast. We visited both the Islam Centre and the Potala Kadampa Buddhist Centre and we even had time for a quick stop at the Ulster Museum. The trip gave us the opportunity to learn more about different religions, cultures and traditions and to meet new people.



Greenisland Men's Shed

The newly established Greenisland Men's Shed has been meeting on a weekly basis in the Jubilee hall. The group has undertaken several activities supported by the Carrickfergus Community Forum. CCF has facilitated 2 cooking sessions (Swedish and Thai inspired cooking) as well as a trip to the Ulster Museum was organised for the 28th March. The group thoroughly enjoyed the trip. Since January the group has built confidence, positive relationships and they are now a constituted group.

Health and Wellbeing Programme (SWCDG)

SWCDG took part in a 5-week Health and Wellbeing Programme facilitated by the Carrickfergus Community Forum. Topics covered on the course were self-esteem, stress management and health relationships. The last session took place in the Yoga Loft and was facilitated by the teacher Lisa who took the group through a fun hour of building strength, stretching the body and being mindful. The group thoroughly enjoyed it!

Greenisland Clean-up

A Clean-up took place in Greenisland organised by the Greenisland Community Council and assisted by CCF. This event took place on Saturday 31st March. After the clean-up hot dogs and tray bakes were served alongside coffee and tea in the Jubilee Hall. All children received an "Eco Warrior" T-shirt and a sweetie bag as a thank you for their efforts and support.

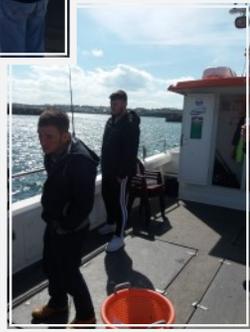




CARRICKFERGUS SEA ANGLING GROUP



CCF recently organised for a newly formed local fishing group to go on a sea angling trip to Portrush. Everyone had a great day and the group have further activities planned for the near future so watch this space!



COURSES AND EVENTS AT CCF

CARRICKFERGUS
OLDER PEOPLES
FORUM



DRUG AWARENESS



COMPUTER COURSE



**CSR HEALTH &
SAFETY**



Dementia Action Week 21st – 27th May 2018

Free information for community groups

Help us take action against dementia during Dementia Action week!

Alzheimer's Society is offering to provide information about dementia to local community groups. Would your group be interested in hosting an information stand for a few hours? Alzheimer's Society staff can be on hand to answer questions and provide information. All you need is a space where we can set up and we can do the rest!

Perhaps you would like to have a Dementia Awareness talk where our staff can come along and speak to your community group about dementia. Alternatively we can provide you with booklets and leaflets to set up your own display.

Places are limited so get in contact soon to book or just ask about what we can provide to your group. Maybe you have another idea about what your group needs.

For more information or to book a place phone East Antrim office on 028 9336 2940 – leave a message and we will get back to you.

CARRICKFERGUS CHILD CONTACT CENTRE

In 2018 we are celebrating 10 years of delivering our service in Carrickfergus and surrounding areas. We provide a safe, child friendly environment for separated families to spend time together.

*"THE MOST IMPORTANT PEOPLE IN THE
CHILD CONTACT CENTRE ARE THE CHILDREN"*

Our centres are run on three core staff members and an amazing team of volunteers and without their support the centres would literally not function. Carrickfergus Children's Contact Centre has recently branched out to provide this service in Larne as well as Carrickfergus and they are seeking volunteers to assist this worthy cause.

You only have to give a few hours on a Saturday morning and we will do the rest. Said Shelly McCord co-ordinator for Carrickfergus and Larne groups *"We provide a wonderful safe place for children to meet and spend quality time with their estranged parent. Without our network of amazing volunteers, we just couldn't function and those children would never get to see their parents. We are seeking new volunteers for Carrickfergus and Larne. It's a small commitment on a Saturday morning or a Thursday afternoon that makes such a massive difference to children's lives"*.

If anyone can give us a few hours a month we would love to hear from them. Being a contact centre volunteer is a wonderful thing to have on your CV if you are considering child minding, social work or any allied profession. Volunteers in child contact services need to be impartial, caring, tolerant, sensitive, flexible, discreet and reliable. They must always put children's needs first and not take sides with either parent or any other adults involved in the contact.



The contact centre in Larne opens on Saturday mornings in Greenland Community Centre, Old Glenarm Road, Larne between 10am and 12noon weekly. In Carrickfergus we are based in Carrickfergus YMCA, 30-34 Irish Quarter West, opening Thursday's 4-6pm and Saturday 10am-12noon weekly.

If anyone is interested, they can contact Shelly on 028 9335 0940 or 07853 938881, email contact@carrickccc.co.uk for an application form Or <http://www.carrickccc.co.uk>



**FREE
EVENT**

Mid and East Antrim Borough Council **Dawn Chorus Dander**

Sat 5 May 2018 6am to 8am
Meeting at Bentra Golf Club at 6am
Diamond Jubilee Wood, Whitehead
T: 028 9335 8233

www.midandeantrim.gov.uk/parks



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.**

Winter & Spring dates 2018

*** Wednesday 9th May**

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 an 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

Volunteer for us

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





Mid & East Antrim Local Action Group

Delivering Rural Development



GRANTS OF UP TO £90,000 AVAILABLE

**Do you have a project that needs funding?
Is your business in a rural area?**

The Mid and East Antrim Local Action Group have **£1.5 million of funding** to distribute in your area with the main aim being to create sustainable jobs and businesses, and enhancing and improving **rural Mid and East Antrim**.

Examples of projects we can provide funding for include:

Construction or improvement of immovable property, purchase of new machinery and equipment, IT activities, craft activities, marketing, bespoke training.

Applications are welcome from:

- Private individuals, 18 or older in a rural area
- Micro Enterprises (less than 10 employees, non-agri activities)
- Small Enterprises (10-49 employees, non-agri activities)
- Social Economy Enterprises - engaged in economic activities in rural areas



Activity	Min. Grant per project application	Max. Grant per project application	Level of Support
New Micro Business Capital Grant	£5,000	Up to £30,000	Up to 50% for all applications
Existing Micro Enterprise Capital Grant	£5,000	Up to £50,000	Up to 50% for all applications
Existing Small Enterprise Capital Grant	£5,000	Up to £90,000	Up to 50% for all applications
Technical Support & Bespoke Training	£500	Up to £5,000	Up to 50% for all applications
Web-based Marketing Support	£500	Up to £10,000	Up to 50% for all applications
Non Web-based Marketing Support	£500	Up to £5,000	Up to 50% for all applications

Pre-requisites for submitting an application are:

- You must attend a mandatory pre-application workshop. This must be attended by a representative that has authority to sign on behalf of the organisation - e.g. business owner or company director
- Have a business plan completed using the specified template (new businesses may get this prepared through the Go for IT Programme)
- Have full planning permission in place, if applicable
- Provide evidence of match funding at time of submitting application
- Provide quotations for items for which funding is required

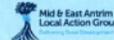
For further information please contact the Mid and East Antrim Rural Development Office:

Tel: 028 2563 3266

Email: RDP@midandeastantrim.gov.uk



A member of staff can advise you of the opening and closing dates for business applications.



Mid and East Antrim Local Action Group is funded under Priority 6 (LEADER) of the Northern Ireland Rural Development Programme 2014-2020 by the Department of Agriculture, Environment and Rural Affairs and the European Union.

Flame Gasworks 44 Irish Quarter West Carrickfergus BT38 8AT Food & Craft Market

In association with

Crafts n Co

Saturday 10th March

Saturday 14th April

Saturday 12th May

Saturday 9th June

Saturday 14th July

Saturday 11th August

Saturday 8th September



Free Entrance 11.00 - 4.00 Free Parking Dog Friendly
Email: craftsnco@gmail.com



The Women's Resource and Development Agency is currently providing training across Northern Ireland. The Breast, Cervical and Bowel Screening Awareness Training Programme takes place over 3 two hour sessions and is available to individuals and organisations working with hard to reach groups across Northern Ireland.

The sessions cover:

Breast awareness and Breast Screening, including a practical demonstration on how to check your breasts and the signs and symptoms to look for

Cervical Screening, including what happens at a smear test the types of results and what they mean

Bowel Cancer Screening, including the signs and symptoms to look out for and how to take the screening test

WRDA Programmes are delivered by experienced trainers qualified to Level 3 in Training and Development through WRDA's Community Facilitators Training Programme and provide employment for local women whilst building Community Capacity.

If you are in contact or associated with a local community or women's group that would benefit from this training feel free to get in touch with Katherine Robertson by calling 028 90230212 or by emailing Katherine.robertson@wrda.net for further details.



Carrickfergus Art Club will be holding their Spring Exhibition in the Main Hall of the Civic Centre from Saturday 5th May to Saturday 19th May.

The Club welcomes new members who are interested in painting and, although we do not offer formal art tuition, we enjoy several demonstrations by recognised artists throughout the year at our meetings and members can avail of the Club Library of tutorial DVDs and literature . Members enjoy the camaraderie of other artists during our topic painting meetings when we discuss various painting styles and painting mediums. Our members range from amateur artists who simply enjoy painting to highly skilled and well known local artists and the age range is from early 20s to a few very active members in their 80s.

Members of the public are invited to view our work and to meet some of our artists who will be supervising the exhibition on a daily rota basis.

All the paintings in this exhibition are originals, for sale at very reasonable prices, and visitors are reminded that a red dot means that the painting has already been bought by a discerning early bird purchaser.

Anyone wishing to receive an invitation to the Preview Night on Friday 4th May should contact the Club by emailing Carrickartclub@gmail.com or by phoning the Secretary, Magi Delahay on 07724689893

THE RELATIONSHIP RESOURCE CENTRE



The Relationship Resource Centre is in its 16th year and has evolved significantly during the last few years. The organisation was set up to support women with unplanned pregnancies, to offer free pregnancy testing and support and signposting without judgement or prejudice; while this service is still available at the centre, it now has other support services to offer.

With relationships at the heart of the organisation, the other services compliment this ethos. Services at The Relationship Resource Centre include: STI and Contraception information and signposting, family life information and signposting to local services, miscarriage and post abortion counselling, children and young people's counselling, general counselling for issues that affect families.

Services onsite include: education workshops on puberty, self esteem, relationships, STIs, contraception, online relationships, male and female sexual health, resilience, teen mum support and new mum support.

For further information or to access any of the service please contact Lynn at: contact@therelationshipresourcecentre.co.uk or call 02893 329997.

THE OPEN DOOR CENTRE

The Open Door Centre is at the heart of Sunnylands community, situated at the end of Bridewell Drive, and has been a fixture in the area for almost 21 years. It is the outreach organisation of Carrick Community Church and its main focus has been a community cafe called the Cafe Rose which became a hub for community activity and connection but last year the cafe came to its natural end as volunteers moved on and new volunteers came on board with a heart to reinvent the ways they connect with the community. The team who run the ODC have revamped the centre and its program with smaller scale activities that offer an opportunity for deeper community relations.

Activities include: Mondays - Connect Friends; a friendship club for over 50s with crafts, games, info talks, afternoon teas and trips. Tuesdays - Connect Playtime; a parent and toddler group for those with kids under 4. Wednesdays - Carer's Cafe; a drop in donation based cafe for those looking after others who would benefit from some respite with people who understand and can offer support. Thursdays - Connect Women; an emotional wellbeing group for women in need of support, friendship and connections with like minded women. Fridays - Friday Fridays; a community cafe serving low cost good quality meals.



For further information please email info@carrickcommunitychurch.org or check out their facebook for regular updates and pictures: <https://www.facebook.com/carrickcommunitychurch>

WHAT IS THE NEXT CHAPTER?

A programme for women of all backgrounds and ages across Northern Ireland and the border counties of the Republic of Ireland to develop their ideas, build communities and support the transition out of conflict.

FIND OUT MORE

GET INVOLVED

A project supported by the European Union's PEACE IV Programme, managed by the SEUPB, is open to women of all ages and backgrounds.

Peace
Northern Ireland - Ireland

Welcome to #womenmakingadifference

The Next Chapter website has just gone LIVE. This will be the 'go-to' hub for the programme, keeping you up to date with news articles and opportunities for getting involved. We are currently organising a series of **Information Sessions** starting in May, **dates soon to be released**, with the first Chapter Meetings taking place in June. Don't forget to tell your friends and colleagues that this project, supported by the EU's PEACE IV Programme, managed by the SEUPB, is open to women of all ages and backgrounds. Working in partnership, Politics Plus, NICVA and Irish Rural Link, are working hard to spread the word ...

www.thenextchapter.eu



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

SUICIDE PREVENTION FUNDING AVAILABLE IN SOUTH ANTRIM

We are pleased to be commissioning another year of the Public Health Agency's funded 'PROMOTING MENTAL HEALTH & SUICIDE PREVENTION Small Grants Scheme' for 2018-2019 in South Antrim.

Community & Voluntary sector groups in Antrim, Carrickfergus and Newtownabbey with an income under £100k, a desire to plan, host and facilitate a project to increase community involvement in mental health, emotional wellbeing or suicide prevention may request an application pack from us.

Opening Date: 9th April 2018

Closing Date: 14th May 2018

Project run time: June 2018 - end January 2019

Please send your expression of interest to our Suicide Prevention Development Officer at Janine@southantrimcommunitynetwork.org or call 028 9447 8645.

Other areas within the Northern Locality are also eligible to apply through the specific Community Network - CRUN, NACN or CWSAN. Please be sure to complete the appropriate application.

Lifeline 24/7 Helpline number is 0808 808 8000



On Monday 16 April Mid and East Antrim Borough Council invites applications for funding from local community groups within the Borough under its **Cultural Celebrations Grants Scheme** for events taking place between **10 - 13 July and 14 - 17 August 2018**.

The closing date for receipt of applications is 12.00pm Friday 11 May 2018.

Levels of financial support

Funding of up to a maximum of £1,500 for single day events and up to a maximum of £2,000 for multi-day events (two or more consecutive 24 hours periods) is available for events held to express cultural identity for events taking place between **10 - 13 July and 14 - 17 August 2018**.

How to apply

Before completing an application, applicants should make sure that they are eligible to apply and have read the guidance notes in full. Applications can be made online at Council's Funding Hub. Manual applications can be requested by contacting the Grants Office on the contact details below and may be returned to any of the following Council buildings.

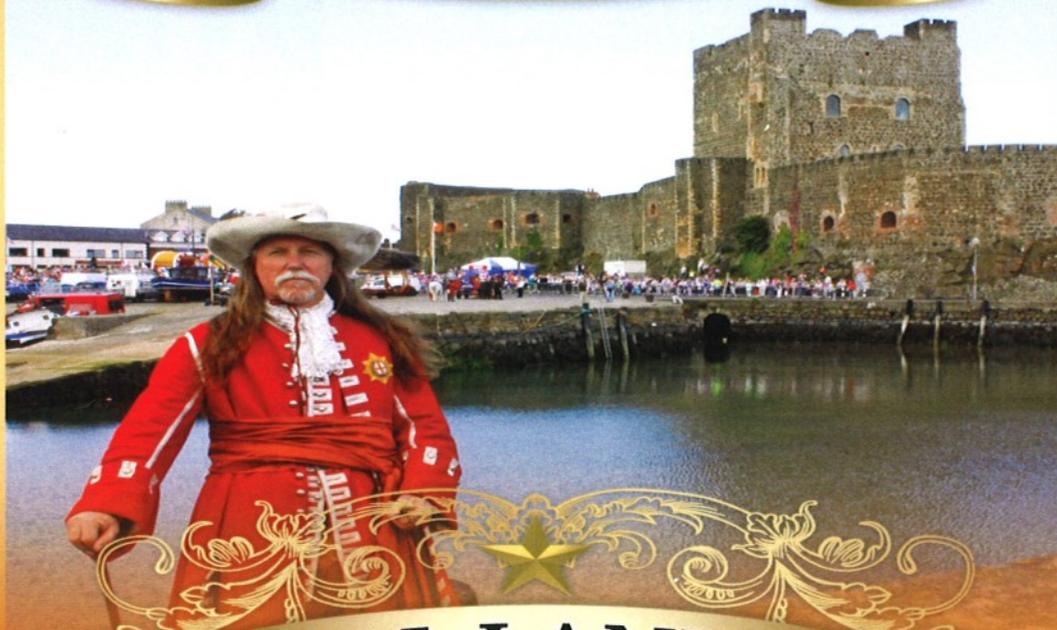
- **Ballymena** – Ardeevin, 80 Galgorm Road, Ballymena, BT42 1AB
- **Larne** – Smiley Buildings, Victoria Road, Larne, BT40 1RU
- **Carrickfergus** – Museum & Civic Centre, 11 Antrim Street, Carrickfergus, BT38 7DG

Further information on the grant process is available by contacting the Grants Office at:
T: 028 2563 3148 or 028 9335 8240 E: grants@midandeastantrim.gov.uk.

Please note that applying for a grant is a competitive process and awards are subject to the availability of funds.

Mid and East Antrim Borough Council, as part of its duties under Section 75 of the Northern Ireland Act 1998, is committed to equal opportunities and good relations and welcomes applications from all sections of the community. All awards will be based strictly on the merit principle.

CARRICKFERGUS HISTORICAL
REENACTMENT GROUP



ROYAL LANDING

celebrating the
328TH ANNIVERSARY
Carrickfergus landing of

KING WILLIAM III

1690 SATURDAY 9TH JUNE 2018 2018

12.00 noon - 5.00pm

**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!

Get in touch:

31 Lancasterian Street, Carrickfergus, BT38 7AB

Tel: 02893 359777

www.carrickferguscommunityforum.co.uk

Janice Cherry Coordinator: janicecherry@btconnect.com

Lucy Simms Finance Officer: lucysimms@btconnect.com



Like our page 'Carrickfergus
Community Forum'



Follow us @CarrickForum

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



Department for
Communities

Department for
**Housing
Executive**

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