



# Community Matters

CACD Helping People to Help Themselves

Issue 212

August 2023

If you are in need of advice from our Development Workers please feel free to contact either David McMullen [david@cacd.org.uk](mailto:david@cacd.org.uk) 07587 130703 Or Ken Funston [ken@cacd.org.uk](mailto:ken@cacd.org.uk) 07587 130704 Website: [www.cacd.org.uk](http://www.cacd.org.uk)

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Community Matters –  
If you wish have an item printed in the next edition, please email [admin@cacd.org.uk](mailto:admin@cacd.org.uk) by 25th August 2023

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Printed copies of the News Sheet can be collected from the office

## CACD INVITES YOU TO OUR

# FUNDING FAIRS

MONDAY 18TH SEPTEMBER

5-7 PM

ARMAGH ORANGE HALL

THURSDAY 28TH SEPTEMBER

5-7 PM

MILLENIUM COURT, PORTADOWN



On 29<sup>th</sup> June the IFI **Connect 2Gether Project** hosted a study visit in County Armagh. This consisted of a talk and tour of Kilcluney Orange Hall and their 3G football pitch. The group then continued to Glenanne Orange Hall for a visit and finished with a guided walk in the Glen. A huge thank you to Ivan Walker, Adam and Allen Copeland and everyone who made the day a success.



## Community Food Initiatives "Making the Most of Your Slow Cooker" 4 Workshops



We have been invited to hold our Slow Cooker workshops in the Birches area in Autumn time. Participants would attend the first session in person followed by 3 sessions on zoom, receive a slow cooker and ingredients to make 4 family meals.

This programme is for families with children aged under 12. Please contact [admin@cacd.org.uk](mailto:admin@cacd.org.uk) for more details

One of our staff recently met with a group to assist with funding advice and came away feeling very much appreciated. Just before leaving one of the leaders said, "Thank you. We don't know what we would do without you." Over the years we have helped them with advice in governance, training, funding and general programmes. It is great to see them grow stronger and flourish as a group. It is always good to know we are making a difference in the community when we receive your thanks.



# Information



## Has your community group a Programme in place for the Autumn and Winter?

Before Planning anything or Applying for Funding there needs to be some preparation done in advance. Here are the key things to think about...

- What you want to do**
- Who wants to do it**
- When do you want to do it**
- How much it's going to cost**



### Let's break it down

It is important to find out what people want rather than one or two deciding

**- use a survey or chat to your members.**

Keep a list of suggestions from your members to use in the future,

**- don't try to do everything in one season.**

Determine your audience – age, gender, abilities

**- do you need a range of activities to cover different ages?**

Get together don't always need to cost money but plan ahead for those that do

**- allow at least 12 weeks for response to funding applications**

Some events can be arranged at little or no cost to bring people together which creates a positive atmosphere. Plan a programme and then look for funding – that way you meet the needs of your own group and community.

**Examples of a good programme** would have a *mix of talks, demonstrations, taster sessions and outings*. Food is always popular, but most of all, the interaction between people on a social level is essential. Something that most funders look for is evidence that the activities planned will improve people's sense of wellbeing and mental health.

**The Take 5 initiative from Health and Social Care is a great starting point.**

**Really Important :Don't try to do everything yourself – share the work**



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your 'five a day' for wellbeing.

## Take5

steps to wellbeing



### Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



### Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



### Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



### Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



### Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing ([www.neweconomics.org](http://www.neweconomics.org)).  
Artwork designed in association with Belfast Strategic Partnership.

Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114 (local rate).

If you have any queries on preparing a funding application, creating a programme or if your organisation requires assistance with policies, training etc please do not hesitate to contact us here at CACD.



A special charity event was held recently at Killeen Orange Hall where funds were raised for **Air Ambulance N.I.**



Donations totalling £1,000.00 were raised and the money was then presented to Mrs. Liz McCarragher by Officers of Killeen Orange Lodge. **Ambulance N.I.** is currently celebrating it's 6th Anniversary. Since its launch, it has been tasked to respond to 3,656 incidents, including road crashes and cardiac emergencies, in which its Helicopter Emergency Medical Service (HEMS) team have provided life-saving treatment and taken casualties to hospitals.





# Whats On



**59<sup>th</sup> Banbridge Annual Flower & Vegetable Show**

**SAT 2<sup>nd</sup> SEP 2023**  
**Show Opens 2.00 pm**  
 at Bannside Presbyterian Church Hall Castlewellan Road Banbridge

**SHOW CLASSES:** Vegetables, Cut Flowers, Pot Plants, Home Industries, Floral Art, Photography, Children's Class, Needle Class

Presentation of Awards **3.30 pm**

**We welcome Dromore Beekeepers Association**

DBKA will exhibit their own show classes including Honey, Beeswax & Candles

Exhibitors Entries accepted at the show venue on the Friday night between 7.00pm - 9.30pm and on Saturday morning between 8.00am and 10.00am

**Admission: Adults: £5.00 Children Free**  
 Includes refreshments and free draw

All proceeds from plant sales will go to our chosen charity Heart Trust Fund @ The Royal Victoria Hospital Belfast

Armagh City Banbridge & Craigavon Borough Council

**MARKETHILL COMMUNITY FESTIVAL** Charity No. 103138  
**2023 Events Programme**

**22nd July - BBQ Blues**  
 Masonic Hall grounds at 2pm - 5.30pm. First event of the 2023 festival is BBQ Blues on Saturday afternoon. The Soulshine Blues Band will be playing and the BBQ will be ready. Tickets for entry are priced at £5.00 each and are available by messaging our Facebook page, by contacting the numbers below or book via this link: <https://bit.ly/43VLVZ9>.

**31st July - Official Festival Opening**  
**Fancy dress** - starting at 6.30pm leaving Bingham Square to Masonic Hall,  
**Live Music** - Outdoors, FREE.  
**Children's Disco** - in the Masonic Hall at 7.30pm - £2 per child.

**1st August - Colour Run** - Markethill School grounds at 6.30pm.  
 £15 per adult, £10 per child.  
**It's a knockout** at 7.15pm. £20 per team (max 6).  
**Orienteering** from 6.30pm.

**3rd August - Car Treasure Hunt** - Leaving Masonic Hall at 7pm. £5 per adult, £3 per child.

**6th August - Gospel Concert, Masonic Hall** - Doors open at 2.30pm - FREE

**9th August - Senior Citizens' Bus Trip to Coleman's Garden Centre Templepatrick & Retail Outlets**  
 Meet at Bingham Square at 9am - £20 including light lunch.

**14th - 18th August - Bowls Tournament**  
 Mullabrack C.O.I. Hall - Contact Jal Richardson

**9th September - Big Breakfast & Car Boot sale**  
 Masonic Hall Grounds. £5 per car, 1 table. £10 per van, 2 tables.

**23rd September - Big Band Dance Night** - Kilcluney Hall. £10 per person

**19th October - Autumn Arrangement Workshop** - Masonic Hall

**6th December - Senior Citizens' Christmas Lunch** - Mullabrack C.O.I. Hall

**14th December - Christmas Floral Arrangement Workshop** - Masonic Hall

Follow us on Facebook and Instagram for more information on all of our events or contact us via messenger on our Facebook page or by texting / calling  
**07892 493998 or 07719 241177**

**Ballynabraggett Rural Development Association**  
**Vintage Vehicle Evening & BBQ**  
 Friday 4th August 2023  
 Ballynabraggett Orange Hall  
 From 7.00 pm  
 All Welcome



**Derryhirk Rural Development Association**  
 have organised a litter pick in the area on **Tuesday 8th August meeting at 6.30 pm**  
**Derrycorry Orange Hall**  
*Light supper served*



**Co Armagh Community Development Committee**

**Advance Notice**  
 An Information Evening  
 Thursday 2nd November 2023  
 7.30 pm  
 Armagh Orange Hall

*Further information in due course*



**Safeguarding Courses**  
 Safeguarding Children or Safeguarding Adult Basic Awareness training updated or a full course.

**Remember your qualification will need to be refreshed if you obtained it more than 3 years ago.**  
 We plan to arrange a number of courses in the Autumn and can combine individuals and groups to make up sufficient numbers.  
 Please get in touch to arrange dates for all courses  
 Contact: [admin@cacd.org.uk](mailto:admin@cacd.org.uk)



We have recently been loaned two excellent resource books  
**Roll of Honour County Cavan's World War 1 Dead**  
*and*  
**Roll of Honour for County Monaghan, Remembering Monaghan's War Dead 1914-1918**  
 For anyone wishing to check for family members from those areas who were involved in the 1st World War these are available for viewing in our office at 27a Main Street Market Hill.



# Information



## Community Relations/ Cultural Diversity (CR/CD) grant scheme

The Community Relations/ Cultural Diversity (CR/CD) grant scheme is now open and will accept applications up to 15 December (4pm).



This scheme is suitable for larger projects as applicants can apply for up to £10,000 project funding for their good relations projects (average awards are £2,500 – £5,000). This grant scheme will continue to support a wide range of good relations work, offering support and assistance for projects delivered up to 31 March 2024. Projects must have clear and intentional good relations learning elements specifically aimed at tackling and reducing sectarianism and/or racism, promoting good relations between people from different traditions, cultures and backgrounds.

Please visit the CRC website for further information at this link: <https://www.community-relations.org.uk/funding-scheme/community-relations-cultural-diversity>

Following Prince Charles' accession to the throne, and with the gracious consent of His Majesty The King, **The Prince's Countryside Fund** has changed their name to become **The Royal Countryside Fund**, which ensures that His Majesty's commitment to farming and rural communities endures for generations to come.



## Halifax Foundation for Northern Ireland

**The Community Grants Programme** can support day to day activities of a charity and new/existing projects. **Our average grant is approximately £4,500.** We may not be in a position to offer you all that you have requested, however we will discuss viability with you. Please continue to understand what other charities and the government is doing in your field, and ensure that what you propose fits in.

**The following groups may apply:**

Charities registered with the Charity Commission for NI

[www.halifaxfoundationni.org/programmes/community-grant-programme](http://www.halifaxfoundationni.org/programmes/community-grant-programme)



The **Public Health Agency (PHA)** – funded **Elevate Community Mentoring and Grants programme 2023-24** is **NOW OPEN**. The programme supports groups who could benefit from mentoring and funding (up to £5,000) to deliver a project which uses community development to tackle health inequalities.

The **closing date** for applications is **4:00pm on Monday 28th August 2023.**



Community Development Capacity Building Programme

To register or find out more

[Community Mentoring & Grants Programme - Elevate NI](#)

## Micro Community Investment Fund through Community Foundation Northern Ireland

This fund will enable those organisations who are making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing.

Whilst groups with an income of up to £30,000 per annum are eligible to apply preference will be given to groups with an income of up to £10,000.

**Community Investments available: Up to £2,000**

Community projects should focus on improving at least one of the following:

**Financial wellbeing ~ Physical wellbeing ~ Mental wellbeing**

For more information and to apply, please visit

[Micro Community Investment Fund - Community Foundation Northern Ireland](#)



Principal funders:



INTERNATIONAL FUND FOR IRELAND