



Mid Ulster Community Navigator Snap Shot December



**Let's snuggle up to the fire and enjoy
all the wonderful things that
Christmas has to offer.
Call up an old friend and say hello.**



Winter Health & Wellbeing Event

Monday 12th December 2022

From 1-3 pm

In The Open Door Complex, Bellaghy

(1 Tamlaghtduff Park, BT45 8JR - opposite Chapel) T: 07841 510222

Everyone Welcome!



Guest speakers / Practical demonstrations / Opportunity to browse Information stands on local Services eg healthy eating/ cooking, free recipes, importance of moving more often, heart health, keeping warm and well etc.

For more info or to book, please contact Anita - CWSAN: **075 4063 5862**
healthalliance@cwsan.org or Steven or Teresa - MUDC: 0300 0132 132

This event is kindly funded through the Northern Healthy Lifestyle Partnership 'Choose to live better' through CWSAN and MUDC



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Practical demonstrations

Opportunity to browse Information stands on local Services

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Ps There will be 5 more of these type of events happening in January and February next year thanks to the generous funding from the Northern Healthy Lifestyle Partnership 'Choose to live better' through CWSAN and MUDC.

If your organisation would like to have an information stand or speak at this or future events, please contact Anita - CWSAN: **075 4063 5862 healthalliance@cwsan.org**





**Tirgan Community Association Christmas
Craft Fair and Car Boot Sale**

Saturday 11th December
11am - 3pm

**Tables £20 Each
or £30 for 2**

Tirgan Hall

To book a table Contact Eileen on;
07955191890
Or Via Tirgan Community
Association Facebook page.
£10 deposit on booking



*Christmas
Craft Fair*

PIC•COLLAGE



FREE
ENTRY



26th & 27th November 2022
Market Square, Magherafelt

- Artisan Food & Drink
- Artisan Arts & Crafts
- Cookery Demonstrations by Bakehouse NI
- Christmas Light Switch On
- Live Entertainment
- Firework Display





RN
I:D

COOKSTOWN HEARING AID USER SUPPORT SERVICE

We can provide new batteries, cleaning and retubing of earmolds for NHS hearing aids.

**This Support Session is now able to provide face-face support with your hearing aids.
Please be note, changes may be implemented according to new regulations**

If you feel more comfortable, you can place hearing aids in a labelled envelope with name, D.O.B and contact details and leave with us to do any maintenance. We can then contact you once your hearing is ready to collect.

1st Monday Bi-Monthly 2022

Dates: 5 December 6 February

Times: 10am-12pm

Cookstown Community Centre

42 Fairhill Road

Cookstown

Co Tyrone

BT80 8AG

Email: Iain.Irvine@rnid.org.uk

Phone: 07940 160672

Website: rnid.org.uk

Please note a new venue.



**HOMELESSNESS
AWARENESS WEEK NI**
5-11 DECEMBER 2022



HOMELESS AWARENESS WEEK EVENT

DECEMBER 7TH

9.30AM – 1PM

**THE CONFERENCE
ROOM, THE JUNCTION,
DUNGANNON**

You have an opportunity to provide a short presentation

Bring a stand and have a chat!

Lunch will be provided, please inform us of any dietary requirements

R.S.V.P: lsmyth@belfastcentralmission.org





The Get Out Get Active Programme and Mencap present:

UV Christmas Dance and Disco

Festive neon fun for all the family to get their glow on!

Open to children aged 7 - 12 with a disability and their friends and families.

Date: 2nd December 2022

Time: 6pm - 8pm

Venue: Cookstown Community Centre

Cost: Free

- Registration is essential as spaces are limited.
- All children should be accompanied by an adult.
- UV lights will feature so wear something white or fluorescent to really stand out! UV face paints will be available at the event.

For more information or to register please contact Rebecca or Emma:

Rebecca: rwilliamson@liveactiveni.co.uk

Emma: Emma.Harte@mencap.co.uk
07876866778





POMEROY DEVELOPMENT
PROJECTS
CHRISTMAS LIGHTS

SWITCH ON

IN THE DIAMOND POMEROY



FRIDAY 2ND DEC

FUN STARTS AT

6.30

SEL
ECT
ION
BO
XES



Protect yourself and your loved ones this winter with the flu vaccine and COVID-19 autumn booster



HSC Public Health Agency

HSC Health and Social Care

Get your jabs this winter. Flu & Covid-19





Good Morning Telephone call

(Free, Confidential Service to the Over 50's)

If you or someone you know, is missing the joy of regular conversation, the Good Morning Team Advisors can provide a daily phone call (Mon to Fri) to people over 50 within Mid Ulster District Council area, who would like social contact, reassurance, a listening ear or just to have a friendly chat. The Call can provide support, advice and help with connecting to local activities and other support services, including health and wellbeing, Community Navigator Services, Home Safety, Care Lines, NIFRS, energy efficiency and free benefit entitlement checks as well as community support groups and organisations. It can also act as a reminder service for GP and hospital appointments and repeat prescriptions.

This free phone call can be arranged at a time that suits the person between 8.30am and 2pm.

Home Maintenance Service for over 65's

If you are 65 years old or over and live in the Mid Ulster District Council area, Mid Ulster Agewell are able to provide the following FREE of Charge to help prevent trips and falls and keep people safe and independent at home for as long as possible.

Key safe to enable Care Package / earlier discharge from hospital Small Household repairs/tasks e.g. changing a light bulb or a plug, putting up a shelf, moving furniture, putting items into the attic or taking them down. Basic security checks e.g. carbon monoxide and smoke alarms.

NB We don't provide electrical, gas or plumbing work, gardening services, painting or decorating, working at heights above 3 metres or general household cleaning services. Two storey houses and Farm outbuildings are not eligible for cleaning gutters.

£15 for 1 hour (up to a maximum of 3 hours)
1 hour = £15 2 hours = £30 3 hours = £45

Power Washing Service

Power washing and leaf blowing of essential pathways and cleaning of guttering/facia boards of bungalows can be carried out for a low cost subsidised rate of just £15 per hour (for up to a maximum of 3 hours). Other jobs may also be considered at this subsidised rate please Phone to discuss.

WHAT TYPE OF PROPERTY: • Bungalows only NO Farm Outbuildings • NO Two-storey Houses

www.agewellpartnership.org

Unit 3 80-82, Rainey Street, Magherafelt BT45 5AJ Tel: 028 7963 2170



SELF-MANAGEMENT COURSES - PARTICIPANT INFORMATION SHEET

Who is it for?

Our FREE accredited self-management courses are aimed at adults living with all forms of persistent pain and long-term health conditions. The courses are suitable for people who want to take back control of their lives and are ready to make a positive change.

Waiting lists for treatment in Northern Ireland are at an all time high. Why not do something positive for yourself while you wait?

What will the course offer me?

- Peer support
- Some proven techniques to help manage your pain and condition
- Empowerment to take control of your own health
- Guidance towards you making positive changes in your life



What does the course **not** do?

- Give you advice, medical or otherwise
- Take the pain and other symptoms away
- Make the change for you

Why should I take part?

"It got me in touch with people like myself with same condition and as I don't go out much I made new friends. I enjoyed it so much"

"I was motivated to re-start exercises which I had recently abandoned. Also I was inspired to look at healthier food such as pulses. I have started to declutter possessions because of the course."

I was a bit sceptical about the course but I've told so many people about how much I enjoyed it, my daughter noticed how positive and upbeat I was after every Saturday morning zoom"

Where will this be held?

We offer the courses in a face to face setting and also on-line via MS Teams. All details will be confirmed when you book.

How do I sign up?

You simply need to either ring us on 028 90782940 (please leave a voicemail if there is no answer and we will come back to you). You can also email us on Nireland@versusarthritis.org

NORTHERN IRELAND VERSUS ARTHRITIS



reported a definite improvement in the levels of pain they were experiencing by the end of the course.



stated that their ability to manage fatigue had improved from taking part in the course.



told us they felt that pain wasn't interfering as much in their day to day lives as it had been when they started the course.



Mid Ulster Home Safety Scheme

Mid Ulster Home Safety Scheme helps those over 65, families with children under 5 and vulnerable adults/children avoid serious accidents within the home.

The scheme includes:

- Free Home Safety Visits
- Home Safety equipment (where criteria is met)
- Home Safety talks to groups (open to all age groups).

Have you had your FREE Home Safety Visit?

Every year, there are thousands of accidents and injuries in our homes, from burns and scalds to trips and falls. The Mid Ulster Home Safety Scheme aims to reduce the number of accidents which happen in the home by providing information and advice.

Can anyone apply for a FREE Home Safety Check?

If you:

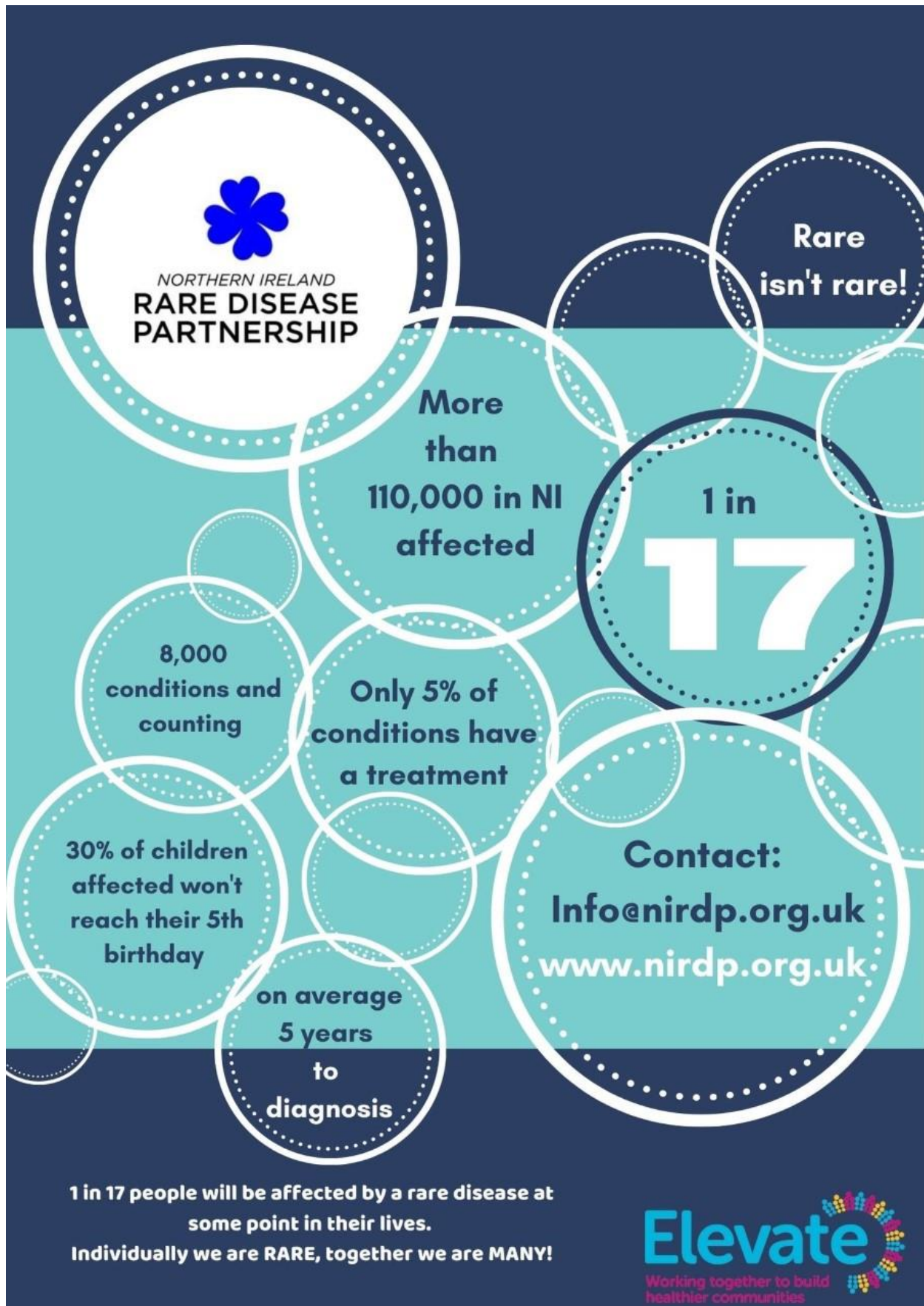
Are **65 or over**, have a **child under 5** or a **vulnerable adult/child** then you are eligible for a free home safety check.


If you request a home safety check, or are referred for a check by someone like a health visitor, a Health & Wellbeing Officer will visit your home when it's convenient. It's a relaxed and informal visit, giving you an opportunity to discuss any home safety concerns you might have.

The Health & Wellbeing Officer will discuss important areas of home safety and establish what safety equipment you may need.



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council




**NORTHERN IRELAND
RARE DISEASE
PARTNERSHIP**

**Rare
isn't rare!**

**More
than
110,000 in NI
affected**

**1 in
17**

**8,000
conditions and
counting**

**Only 5% of
conditions have
a treatment**

**30% of children
affected won't
reach their 5th
birthday**

**on average
5 years
to
diagnosis**

**Contact:
Info@nirdp.org.uk
www.nirdp.org.uk**

**1 in 17 people will be affected by a rare disease at
some point in their lives.
Individually we are RARE, together we are MANY!**

Elevate
Working together to build
healthier communities



No one should be disadvantaged because of the rarity of their condition!



NIRDP is an umbrella group working to raise awareness, connect, advocate and innovate on behalf of the entire rare disease community!

Comments from the community

"They helped me out, so get in touch if you need support. Took 35 years to find out what my rare disease actually was!"

"I appreciate your help, it's so frustrating to be at this end, wondering what is happening..."

Contact

info@nirdp.org.uk
www.nirdp.org.uk

Find us on:



CONTACT US FOR

Information, support, guidance and signposting.

Who - we support any individuals, family member, carer, friend or even health care professionals living or working with a rare condition in NI.

How - we accept referrals or self referrals through social media or our website, by email or phone.

We Can Provide:

- Information to support diagnosis
- Emotional support/a listening ear
- Connections to support organisation in the rare disease community
- Benefit advice
- Access to mental health services
- Practical support

Don't struggle alone... we're here to help!



NORTHERN IRELAND RARE DISEASE PARTNERSHIP



All information and times in this Snap Shot were correct at the time of compilation. However services and opening times etc may change at short notice.

Eugene O'Goan

Age NI Community Navigator – Cookstown & Magherafelt

Email: communitynavigator.mu@ageni.org

T: 07814 196 935

