



NEWLETTER

JULY 2017

Hello and welcome to our Summer update!

Firstly, let me introduce myself - my name is Laura O'Connor and I am volunteering here at Crun, Brook Street, Coleraine. I am here to help get information to you by way of this newsletter. If you have any questions, comments or if there is anything you would like to see featured in this newsletter please do not hesitate to contact me at info@crun.org. I look forward to hearing from you and hope you are enjoying the Summer!

Upcoming Training & Workshops

Free Training (2 hours)

Overview of Universal Credit

Monday 7th August at 11am

CRUN Building, Brook Street, Coleraine



Universal Credit is being introduced from Sept 17 to December 17 in Limavady, Ballymoney and Coleraine. This is the biggest change to the Welfare System in 20 years and will affect huge numbers of the Welfare Claimants in Northern Ireland.

List of Benefits Universal Credit will replace:

- income support
- income-based JSA
- income-related ESA
- housing benefit
- child tax credit
- working tax credit

This free session provides a basic overview and introduction to Universal Credit, which will include Sanctions, Hardship payments and Finance Support. We will include a synopsis of the other major changes to Welfare Reform including, Personal Independence Payment, the mitigations package and passport benefits. We will include details of specialist support available.

Autumn Social Innovation Workshops

Do you want to learn more about social innovation? What it is and how you can use it to improve what you do and how you do it? NICVA are running a further round of 11 workshops throughout Northern Ireland in the last quarter of 2017.

Simply put, social innovation is finding new and innovative solutions to existing social problems. These solutions can take the form of new products, services, models, markets or processes. Crucially, social innovation seeks not only to resolve the immediate social problem but also enhances society's capacity to act in future.

Now in its second year, this initiative of the Building Change Trust, Social Innovation NI, is a cross-sectoral collaboration of organisations who want to see innovation at the heart of solving social problems in Northern Ireland. These are:

- The Building Change Trust (overall coordination)
- NICVA (Social Innovation Workshops)
- Work West (Social Innovation Skills Programme – lead)
- Enterprise North West (Social Innovation Skills Programme)
- Innovate NI (Techies in Residence)

The term 'Social Innovation' can be alienating to many people and with these workshops NICVA will hope to demystify the concept showing participants how social innovation is really something anyone can try. You will hear from participants on the first year of the programme, many of whom accessed seed funding to bring their idea and concept to the next stage.

There will also be an opportunity to try out one of the key methods involved in social innovation – Design Thinking – so groups and organisations can see for themselves whether it can help them find new solutions to whatever societal challenges they are passionate about. 'Design thinking' is a creative approach to problem solving that starts with the people you're designing for and ends with new solutions that are tailor made to suit their needs.

We foresee this as the first step on the Social Innovation NI journey with groups and organisations going on to participate in our other Support Projects, but we believe it is equally as worthwhile for those who are just hoping to learn more about Social Innovation, and take those lessons into their own work.

Dates of the workshops are below, click on the links to book a place:

All seminars are scheduled for 10.00am - 1.00pm

	<u>DATE</u>	<u>LOCATION</u>	<u>COUNCIL AREA</u>
1	14th September	Ballybot House, Newry	Newry Mourne & Down
2	21st September	RCN, Cookstown	Mid Ulster

3	28th September	Ards Development Bureau, Newtownards	Ards & North Down
4	5th October	ABC Network Craigavon	Armagh Banbridge Craigavon
5	12th October	Ledcom, Larne	Mid & East Antrim
6	19th October	Playhouse, Derry	Derry & Strabane
7	20th October	The Mac, Belfast (TBC)	Belfast, Antrim & Newtownabbey
8	26th October	Fermanagh House, Enniskillen	Fermanagh & Omagh
9	7th November	Ballymoney Resource Centre, Ballymoney	Causeway Coast and Glens
10	16th November	Resurgam Trust Lisburn	Lisburn & Castlereagh
11	23rd November	Strabane Enterprise Agency	Derry & Strabane



News and Services



FUNDING ANNOUNCEMENT – SMALL GRANTS SCHEME 2017-18

***MENTAL & EMOTIONAL WELL-BEING AND SUICIDE PREVENTION**

The Public Health Agency (PHA) has identified non-recurring funding to address the themes of Suicide Prevention, Self-Harm, Mental Health & Emotional Well-Being and have commissioned **Causeway Rural & Urban Network** to facilitate this process.

As such the **Causeway Rural & Urban Network** is inviting community and voluntary sector organisations to apply for **non-recurring** awards to address the outlined themes.

Grants are available at the level of £1,000 per project. *Applications may be considered for more strategic projects over £1,000 limit dependent on evidence of need and availability of resources (PLEASE READ GUIDANCE NOTES).* Groups with a total income over £100,000 will not be considered.

Applications for the Current Round of Funding Closes on Monday 31st July 2017 at 3pm

For further details please contact:
Causeway Rural & Urban Network
1 Brook Street
Coleraine
BT52 1PW

Tel: 028 70344934 or Email: derek@crun.org or amanda@nacn.org

Fun Events

Add Some Colour to Your Day and Run for Fun!

2K COLOUR RUN

FAMILY FUN DAY

**For more information
or to register:**
www.yearproject.co.uk
Tel: 028 7034 4934

**Christie Park,
Coleraine
19th August 2017
1pm**

LOTTERY FUNDED

**MS Society
Northern Ireland**

Have you ever tried a Colour Run?

If yes, you will know they are a great way to get messy and have some fun, if not why not give it a go? Our Colour Run Event funded by the Big Lottery is taking place in Christie Park, Coleraine (across the river from the WaterMargin/Boat House and close to the old bridge) on the 19th August where we plan to make a 'splash of colour and fun' for all participants and hopefully raise some money along the way for our chosen charity MS Society.

The Colour Run is a free, fun, family event aimed at promoting fun, health and happiness and as such the emphasis is on joining in, not competing! Runners, walkers and joggers from all age groups and backgrounds are welcome to take part. There are no official times recorded and participants can complete as little or as much of the course as they desire.

As runners dash around the stunning riverside course they will pass through checkpoints, where they will be showered with coloured powder creating a rainbow throughout the park. It is highly recommended that participants wear white to enhance the experience.

This Colour Run event has been organized by the young people of the YEAR project and is being held in support of MS Society Northern Ireland. Donations to this charity will be much appreciated but are not compulsory. All pre-registered participants will receive a numbered wristband and a bottle of water at the START line and will automatically be entered into a raffle on the day. Complete the form to pre-register for this event on our website www.yearproject.co.uk

The Youth Empowerment and Resilience (YEAR) project is a five year intervention programme funded by the Big Lottery and supported by a multi-agency framework to develop marginalised young people's social skills to empower them to make informed lifestyle choices. YEAR aims to assist young people to re-engage them with their local communities, local businesses, education and career development, through diversionary, personal and professional development and active citizenship activities.

If you would like any more information on the YEAR project please contact Michele on: Tel: 02870344934 or email: michele@crun.org or check out our website www.yearproject.co.uk

CRUN Services and Facilities

Support Services offered by CRUN

Support and guidance to management committee - Training for management committees

Ongoing development support - Mentoring community activists - Grant Tracker Funding / Assistance applying for funding - Networking events, seminars and conferences, monthly newsletter, lobbying and promotion - Photocopying service - Equipment Loan - Signposting

Meeting Room Facilities

Our new Causeway Community Hub is centrally located in Coleraine and for your convenience, we have three meeting spaces available to rent on an hourly, half daily or daily rate:

- Conference Room - Our conference room is the jewel of the community hub and can hold up to 60 delegates.
- Meeting Room 1 - This room holds up to 16 delegates and is located on the ground floor.
- Meeting Room 2 - This room holds up to 16 delegates and is located on the first floor of the building.

Our rooms are ideal for meetings and training with each room finished to an exceptional standard. Each room has adjustable lighting, air conditioning, central heating, a fully functional 60" smart screen to link up to your own laptop device and fully fitted kitchen facilities accessible in two of the meeting rooms. All room rates include free wi-fi for your convenience. Tea, Coffee and biscuits can be provided for your meeting or training event at a small cost.

For further details and costs: email bookings@crun.org

Staff at CRUN

- Network Manager - Ann McNickle - ann@crun.org
- Finance Officer - Derek Powell - derek@crun.org
- BEE Project Coordinator - Amanda McAuley - amanda@crun.org
- BEE Project Finance & Monitoring Office - Rose Smyth - rose@crun.org
- YEAR Project Coordinator - Michele Loughery - michele@crun.org
- Impact of Alcohol - Ashley Topping - ashley@crun.org
- Suicide Prevention Development Worker - Amanda Elliot - amanda@nacn.org
- NICHI Project Officer - Ann-Marie McStocker - anmarie.nichi@live.co.uk