

Goodbye – Hello



It is all change at RCN. We said **goodbye** to **Teresa McKernan** in February after over 22 years service. She will be great loss to RCN and the CSI team in particular. Her dedication and knowledge was very much appreciated. We wish her all the best in her new role with NIRWN.

We are delighted to say **hello** to **Kelly Donaghy** as Administrative Coordinator who will join us later in March.

And **goodbye** to **Craig Barr**, who is leaving RCN at the end of March to take up his position as CEO of The Junction. Craig has been in a job share position with Charmain in the CSI unit. Recruitment for his replacement will take place soon.

And there will be more changes next month!



Investing in Community Leadership

Investing in Community Leadership March Courses and Workshops via Zoom are now open for registration.



Succession Planning

Tuesday 15th March Time: 2:00pm - 4:00pm

To register <https://forms.gle/Zsaatb6vfV7dNMWN8>

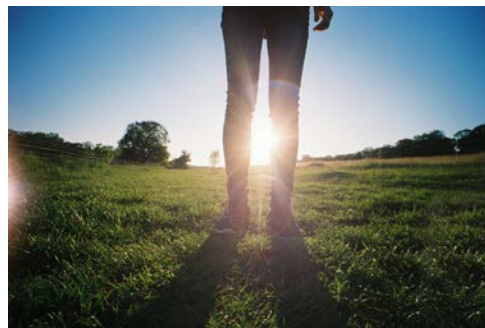
Social Media: Introduction to Facebook

Tuesday 29th March Time: 2pm

To register <https://forms.gle/tcT3YTwxMJrQ9HMs9>

Both courses are facilitated by Conor McGale.

Mindfulness – the gift to yourself



Delivered by
Ann Ward,
Xhale
via Zoom

Tuesday
15th March
2022
7.30 - 8.30pm

During this time of uncertainty in our world, mindfulness has never been more important in terms of building resilience. Mindfulness is about paying attention, on purpose to the present moment. When you are present, fear and anxiety do not exist.

During this practical session of meditation and support, you will be shown a mindfulness toolkit using your natural resources of the breath, body and senses. You will be guided through a number of techniques including breathing, gratitude and mindful drinking to support selfcare through relaxation and stress management.

To register email kathryn@ruralcommunitynetwork.org or ring 028 8676 6670.

Volunteer Now Training Calendar

The series of courses include:

- Building Foundations Series
- Diversity Series
- Leadership Series
- Vision & Values Series
- Inclusion Series



Offers available on certain multiple bookings.

To view the training calendar and book your places go to <https://www.volunteernow.co.uk/training/courses-scheduled/>

For more information contact

Deborah.Kyburz@volunteernow.co.uk

Leadership Programme now open

CFNI is seeking individuals from a range of communities across NI to take part in Building Leaders, Building Peace: A Grassroots Leadership Programme which encourages individuals to challenge themselves, as they work with people from across political and religious divides, building their resilience and confidence to help transform local communities.

The programme will last 12 months and aims to support the development of emerging community leaders whose work is focussed on the regeneration of interfaces and/or communities where more concentrated peacebuilding efforts are needed. It will help develop their confidence and capacity to address division, segregation, prejudice and hate; issues that impact on community cohesion and hold communities back.

For an Expression of Interest contact lorraine@communityfoundationni.org before the **end of March 2022**.

Village Catalyst Grant Scheme

Grants are available to community organisations in rural villages in Northern Ireland for projects to tackle rural poverty and social isolation by developing a sustainable use for a disused historic building.

The Village Catalyst Grant Scheme is a partnership initiative between the DAERA, DfC, AHF and NIHE.

Support is available to:

- Carry out viability work (up to £10k),
- Develop their plans (up to £20k)
- Deliver their project (up to £200k).



<https://www.communities-ni.gov.uk/publications/village-catalyst-grant-scheme>

Family Fund Grants

National charity Family Fund is urging families living on low incomes in Northern Ireland, with disabled or seriously ill children or young people aged 17 and under, to apply for urgent grant support for essential items, to see them through these final winter months.



The Minister of Health in Northern Ireland, Robin Swann MLA, has provided Family Fund with £500,000 of additional funding to support approximately 1000

more families facing challenging fuel and energy costs, post-pandemic financial and wider pressures and disproportionate extra costs associated with raising a disabled or seriously ill child or young person.

Apply at [Grants: Northern Ireland | Family Fund](#).

Energy Efficiency in the Home

NEA, supported by the Consumer Council (CCNI) is providing **FREE Energy Efficiency information sessions** online across Northern Ireland.

The following topics are included:

- Impact of living in a cold, damp home
- Taking control - understanding your heating system
- Energy efficiency low cost/no cost top tips
- Keeping the heat where it is needed – reducing heat loss
- Causes of and remedies for condensation
- Comparing and switching energy suppliers
- Advice and Support

For further information contact

Nichola.MacDougall@nea.org.uk or 028 9023 9909
Bookings are through Eventbrite