



Mid Ulster Community Navigator Snap Shot March 2020



Hi everyone, we are living in troubled times. At the time of writing many front line services are closed for face to face meetings. However many are still working and can deal with any issues. Remember no matter how distressing the media coverage becomes the **survival rate for those 80+ years old is over 90%**

Remember to keep unnecessary physical contact to a minimum and keep washing those hands.



STEP: Mid Ulster Advice Service



STEP Advice and Support Services will remain open throughout this corona virus crisis offering face-to-face and telephone advice & support.

Our Dungannon, Magherafelt and Cookstown offices are open Monday – Friday as usual.

We will also be providing additional telephone advice services to minimise need for appointments. However,

only clients with a confirmed appointment should attend any of our offices at present.

Anyone attending without an appointment will be asked to phone and make one before they can be seen. To book an appointment please call:

Dungannon - 02887750211 Cookstown - 02886761875 Magherafelt – 02879633079

To help us help everyone needing advice at this time of crisis:

- **Please do not drop-in without an appointment**
- Please attend no earlier than 5 minutes before your appointment
- If you need to cancel / rearrange appointment, please let us know, as others need that appointment slot.

Thank you for your co-operation. Stay safe & well.



Northern Health
and Social Care Trust





Due to the current situation regarding the Covid-19 outbreak and following Government advice, we have made the decision to cancel all activities as part of our Carefully Yours Project until further notice.

We have also decided to close the Volunteer Centre offices in both Magherafelt & Cookstown to the public. This is to reduce face to face contact, however we will remain at work and will be available by telephone on 028 79 301862 or email. We must do this to protect the health & safety of both our users, as well as our staff and volunteers.

Unfortunately, we cannot say for how long this might be, but it will be reviewed on an on-going basis. We will continue to update you as things progress.

We hope to see you all soon, but in the meantime, take care. Many thanks, Mairead



Following government guidance on COVID-19 (Coronavirus) NI Rural Women's Network has closed its offices until further notice and we will continue to work from home.

However, we are still only a phone call or email away, so please reach out to us at any time.

Our social media channels; Facebook and Twitter will still be operational.

We have postponed all physical meetings for the foreseeable future to prioritise the health and safety of everyone. If you have registered for any of our Programmes we will be in touch when we are in apposition to reschedule.

We wish you and your families and communities safety and good health always but particularly now.

Louise Coyle,

NIRWN Director



Northern Health
and Social Care Trust





With all the uncertainty at the moment surrounding COVID-19, The Hub BT80 feels we need to have a plan in place for WHEN we, the local community, goes into a lockdown stage.

We are hoping to use The Hub as a base for any of the elderly and vulnerable within our community who need food goods, sanitary products and prescriptions etc lifted/delivered. Please feel free to contact us if we can help you in any other way.

I have a request for anyone who has extra in your cupboards be it toilet roll, sanitary items, sanitizer, anti-bacterial products, tinned or dried foods or anything else you think those who will not be able to get out may need, to drop them to The Hub where we will have staff ready to collect from outside our premises. Drop offs will be daily, starting tomorrow Tuesday 17th March, usually Monday-Friday 9:30am-2pm (contact us directly if you are unable to drop off between these times). Please don't send fresh or short dated foods. There will be volunteers who after packing will distribute throughout the community to those who are in need.

We will also be delivering soup to those who are going to be left housebound, so if you know of anyone, be it yourself or a neighbour please get in contact with us.

We are overwhelmed with the amount of people who have come forward offering their services, however, we need to be clear to all volunteers of the potential risks involved. Anyone with underlying health problems or have regular contact with vulnerable people 'need not apply'. Ideally those who are in good health and not high risk.

I hope you understand our dilemma, we don't like asking for goods but we need to do this together for and as a community. The end result is not a medal or recognition, it's enabling our vulnerable and elderly to know that we as a community care.

**Important Contact Details:
The Hub 02886763398
Out of Hours contact 07761229036 or 07779791195**

PLEASE EVERYONE STAY SAFE

Keep an eye on Face Book for regular updates!

Cookstown O4O Ltd



Opportunities for older people

Due to the Covid 19 virus, O4L Cookstown Ltd will be closed for sit in dinners and arts and craft sessions with immediate effect until further notice.

Their meals on wheels delivery service will continue as normal.

If you live within a five miles radius of Cookstown and would like a hot dinner delivered to your door please for them on 028 8676 9005 before 10am. Cost £6.00

Short Deadline for Urgent Small Charity Coronavirus Poverty Relief Applications (UK)

The £1 million Coronavirus Charity Help Fund has been set up by MoneySavingExpert's Martin Lewis personal charity fund to help those affected by the coronavirus.

Small registered charities, or local arms of bigger charities can apply now for a grant of between £5,000 and £20,000 for specific coronavirus poverty relief projects in the UK. Examples could include foodbanks, charities engaged in community aid, financial advice help and more. The hope is to get the money distributed within the next couple of weeks, and thus the focus is on supporting projects that are up and running, or are in the process of being set up.

Please note the funding is only for specific coronavirus projects.

The Coronavirus Charity Help Fund

Contact Step in their local offices for further details.

The deadline for applications is 11:59 pm on Wednesday 25 March 2020.

Below are some local shops that are willing to provide food deliveries to individuals & Families.

COOKSTOWN

ASDA	028 8676 4831	See website (not taking phone calls)	
TESCO	0345 677 9830	All deliveries as normal	Payment made online
Spar Church Road	028 8676 2963	Can deliver	Payment tbc
Spar Dungannon Road cash	028 8676 5079	Can deliver	Payment by card or
Spar Lissan Road cash	028 8676 1291	Can deliver	Payment by card or
Mace 108 Roughan Road	028 8774 6001	Can deliver	Payment by card
Spar Westlands Road	028 8676 7717	Can deliver	Payment by card
Spar Ardboe	028 8673 7412	Can deliver	Cash only
Begleys (Pomeroy) cash	028 8775 8181	Can deliver	Payment by card or
Spar (Stewartstown)	028 8773 8217	Can deliver	Payment by card

If you live in a town or village that's not included in this Snap Shot give your local shop a ring, many are doing home deliveries at this time.

You are supporting local business and you don't run the risk of bumping into someone who is not self-isolating.



MAGHERAFELT

TESCO	0345 671 9528	All deliveries as normal	Payment made online
J.C. Stewarts cash	028 7930 2930	Can deliver	Payment by card or
McSwiggans	028 7963 3370	Can deliver (2-3 miles) per Andy Manager	Payment by
card or cash			

CASTLEDAWSON

Kellys	028 7946 9400	Can deliver	Payment by card
Toners	028 7946 9700	Can deliver	Payment by card
Jackson's	028 7946 8923	Can deliver	Payment by card

MAGHERA

Crawfords	028 7964 2369	Can deliver	Payment by card
Eurospar	028 7964 3390	Can deliver	Payment by card
Bradleys Centra	028 7964 4545	Can deliver (cooked from fresh ready made dinners with 3 days Best Before)	Payment by card or cash



Friends of Upperlands Community

As a community response to the Covid-19 virus, we are putting in place practical measures to deal with people in our community who are vulnerable and may find themselves in need of assistance. Please contact the numbers below if you require any assistance:

For pharmacy/medicine supplies etc. contact:

- Boots Maghera – 028796 42208
- T M Glass Maghera – 028796 42277
- Harkins Maghera – 028796 42205
- Shields Pharmacy Kilrea – 028 295 40336
- McCloys Kilrea – 028295 40247

For groceries please contact:

- The Village Store Upperlands: 028796 44428

Deliveries and collections can be made with the above outlets for people in our area. If you require any other assistance, please do not hesitate to contact:

Upperlands Community Development Group on 028 796 45937
or by email at: ucdl.office@gmail.com

If you or a loved one need a listening ear or much valued contact during these weeks of 'lockdown' please message us directly.

Volunteers

We would welcome anyone who would like to volunteer at this time, as there are people in our community group of an older age who may need that little bit of extra support.

We have a very limited number of members / volunteers.

We would ask that you, as a member of our Upperlands Community, would do all you safely can to support each other, look after those vulnerable and help those in need.



Are you aged 65 or over and living in the Mid Ulster District Council Area? You could benefit from the following services:

**GOOD MORNING TELEPHONE CALL
HOME MAINTENANCE SERVICE
COMMUNITY ENGAGEMENT WORKER**

Our work enables you to live a happier and healthier life while maintaining independence in your own home.

**Our FREE services could make a difference
Please contact 028 7963 2170
Unit 3 The Rainey Centre, Magherafelt, BT45 5AJ**

We look forward to hearing from you!

Age Well are currently still operating their Good Morning Calls.
Handyman services are curtailed at present.



Remember also that many local sporting organisations are providing support to families and individuals who may be isolated during this crisis.

Many GAA, Soccer Clubs and other sporting bodies have a network of locals willing to support people during this outbreak.

Your local elected representatives have also recruited individuals who are willing to help and support you.

Your local church, community group and other charities and foodbanks are also offering support.

We may have to stay in our own homes for the duration of this Covid-19 Virus outbreak but no one has to feel alone or isolated.

If we all reach out to one another and support each other, then the vast majority will get through this.

The NHSC Community Care Directory of Services (web based) Has a range of ongoing support but please understand many will be closed or curtailed during this Covid 19 virus.

Take care, Eugene

Eugene O'Goan Community Navigator for Cookstown & Magherafelt
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Tel: 078 1419 6935 or email: communitynavigator.mu@ageni.org



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