

STEPPING STONES

The Newsletter of the South Lough Neagh Area

Winter issue

Funding Award for LACE

Loughshore Access and Community Enterprise (LACE) has been awarded a Lottery grant to create a social enterprise that will help to breathe new life into the rural South Lough Neagh communities.

LACE is one of two groups in the Craigavon area that have been offered grants totalling nearly £99,000 from the Big Lottery Fund's Village SOS scheme which is supporting rural communities across the UK to come together to improve facilities, services and opportunities for local people.

The programme, which is now closed for applications, supports rural communities with less than 3,000 people to develop plans for enterprising projects from community run shops and pubs to energy or transport schemes, and craft or food projects. LACE plans to use its grant of £50,000 to set up a community handyman business offering a range of services to isolated people living in the South Lough Neagh area, which includes hamlets Derryinver, Derrytransa, Derryadd, Kinnego, Aghagallon, The Birches and Maghery.

LACE will employ local people, including those who are long term un-



John McAlinden's visit with Alan Emerson Chairman of LACE

employed, to visit people's homes in the area and carry out small tasks such as gardening, minor house repairs and decorating. As well as creating employment the business will give the older people the chance to chat and raise any worries or concerns they have.

"This is a deprived area where there are older people, people with disabilities and those with mental ill health who live alone and are quite isolated. They often don't get to see anyone from one week to the

next and they can get quite lonely." said Chairman Alan Emerson.

The handyman scheme will help people with small jobs by offering reasonably priced skilled work. We hope to create training in handyman skills which may lead to employment for local people who are long term unemployed.

LACE 

Loughshore Access & Community Enterprise



Maximising Access to Service, Grants and Benefits in Rural Areas

The aim of the MARA project is to improve the health and wellbeing of people living in rural deprived areas in Northern Ireland, by making them aware of, or helping them access local service, grants or benefits thus supporting those rural dwellers living in or at risk of poverty and social exclusion.

For more info or to arrange an appointment please contact:

Allison Slater, Project Manager

Telephone: 028 4177 4248 or Email: allison.slater@southdownhealthinitiative.com

Loughshore 'Lap' Land



Families from the Loughshore area got their wellies, scarves and hats on for an enjoyable family walk on Saturday 15th December 2012. Over 65 children and adults attended the Christmas themed event. The children received goody bags from Santa with fruit, water, toothbrushes, and compasses.



The event was organised in partnership with Craigavon Council Active Communities and the PSNI Community Police. We hope to arrange another event around Easter, and hope to see you all there.

Loughshore Drop-In Clinics

Loughshore Drop-In Clinics have been very successful in the past few months.

Many clients have saved a lot of money on their homes with the Warmer Homes Scheme and some have gained valuable advice from the Citizens Advice Bureau and the

Benefits Entitlements Unit.

Barbara Johnson, Benefits Entitlement Unit:

I have helped past clients by giving them general benefit advice, specific benefit advice relating to their personal circumstances and have been able to signpost clients

to whatever branch they need to contact. I also have organised forms to be issued to clients and have advised them of the outreach service available to them if they are vulnerable and need help in their own home to complete forms etc."

Below are our future drop-in clinics, please call to book a space.

Organisation	Dates & Times	Service
Benefits Entitlement Unit	Mon 21st Jan 2013 (2pm-5pm) Mon 25th Feb 2013 (2pm-5pm) Mon 25th Mar 2013 (2pm-5pm)	The Benefits Entitlement Unit help to ensure that you are accessing all the benefits you are entitled to and can receive any back payment due. This service is available for all age groups.
Warmer Homes	Mon 21st Jan 2013 (2pm-5pm) Mon 25th Feb 2013 (2pm-5pm) Mon 25th Mar 2013 (2pm-5pm)	The Warmer Homes Scheme ensures that anyone who owns or privately rents their home receives a qualifying benefit or tax credit to have free insulation or heating measures installed in their home. This service is available to everyone who rents or owns their home.
Citizens Advice Bureau	Mon 21st Jan 2013 (10am-1pm)	Citizens Advice Bureau has extensive experience in offering free, confidential help on welfare, consumer, financial and legal matters. Advocacy help and sign-posting also available.

Visit us at: Ground Floor, 1 Annaloist Road, Kinnego

*Free, confidential one-to-one advice available by appointment.
To book contact Louise on 02838317898 or email: info@lap.uk.com*

2013 Men's Health Days

Been meaning to make that GP appointment? Feel the time is right to get healthier? Loughshore's free, confidential health days are coming to your

area! Come along and get a free basic health check, free fitness checks, information on diabetes, dealing with stress and much more...

No appointment necessary.

For more information contact Louise on T:028 3831 7898 or email: info@lap.uk.com

The Birches & Maghera Areas

January 26th 2013

11am-3pm

at Milltown Church Hall

Derryadd & Derrymacash Areas

February 23rd 2013

11am-3pm

at St. Patricks Primary School, Derrymacash

Derrymore & Aghagallon Areas

March 16th 2013 - 11am-3pm

at Aghagallon HIB Hall, Whitehall Road

A Look back the 2012 Men Health Days

All-Ireland final weekend provided a great opportunity to encourage men from a number of local Lurgan GAA clubs to check out their health. Loughshore Access Project along with the Man Matters Project organised a Men's Health Day in Sarsfields Gaelic Football Club in Derrytrasna.

The event provided the opportunity for men to access free basic health checks, free basic eye checks, free mini Boxercise sessions and even free smoothies! The men who attended also had the opportunity



to get some useful information on how to handle stress and to speak to a number of other organisations about the services they can provide for men.

Declan McAlinden, Chairman of Sarsfields GFC and local SDLP council representative on Craigavon Borough Council said; "It's been very good to see the local community come out strongly to support a Men's Health Event. Men's Health is

a big issue which doesn't get much attention. It's very good to see it being brought to the forefront and great to see it being brought to the heart of communities, especially rural communities like our own. Rural men find it particularly difficult trying to get to the GP during standard opening hours. The Man-Van has been wonderful, lots of men getting MOTs, it's great to see. Thank you."

2013 Men's Programme



Are you a man over 16 living in the Loughshore area?

Get healthy in 2013

9 week **FREE** programme

Starting Wednesday 30th January, 7pm - 9pm

Maghera Community Centre



Healthy Life
NEXT EXIT



Register now - Places Limited

Programme Includes:

- Free Health Checks
- Free Weekly Class
- Free Gym Use
- Information and Advice

For further information contact: Alex McMeekin, Closing the Gap
Phone: 075 0077 2905 Email: alex.mcmeekin@sgehc.com





Attention Grandparents who are childminders!

Would you like to meet up with fellow grandparents for a cuppa and a chat while you're grandparenting?

Have a look at what things you could do together in the community to support you and your grandchildren?

The first grandparent and baby/toddler get together takes place on **Thursday 31st January, 9.30-11am**, at **Sarsfield Community Hall, Hall Rampart, Derrytrasna**.

Fresh scones, tea or coffee along with a chat!
All grandparents and grandchildren welcome.

For info or help with transport, contact Louise on T:028 3831 7898 or email: info@lap.uk.com



Mature living for the older, bolder individual!



Are you aged 55+? Nearing retirement? Recently retired? Been made redundant? Come along to our Older Bolder Living Event for advice & ideas for your future. Thursday 24th January 2013, 11am – 2pm @ The Lough Neagh Discovery Centre
Event organised by Loughshore Access Project. Lunch provided.

Book in advance with Louise on 028 3831 7898



Neighbourhood Watch

The Loughshore Access Project has held three successful neighbourhood watch meetings throughout the South Lough shore areas. After the meeting for the Derrytrasna/Derrymacash areas, a Neighbourhood Watch Team started in the Charlestown Road area. They are awaiting the signage which will be up in the New Year.

If you would like more information on starting a Neighbourhood Watch Team, please contact the Loughshore Access Project or Lynette Burke from the Craigavon Policing and Community Safety Partnership. The next Neighbourhood watch meeting will take place on **Tuesday 5th February 2013, 8.00pm** at the Kinnego office.

Anyone who would like more information on Neighbourhood Watch or would like to sign up for one in their area is welcome.

Please bring two passport photos along on the night along with your survey.

Please call Louise on T: 028 3831 7898 to get a copy of a survey.

Loughshore Farm Health & Safety Evening



South Lough Neagh's first Family Farm Health & Safety Evening takes place on Tuesday 5th March 2013, 7pm-10pm at Meadows Equestrian Centre, Kinnego.

Free security tagging of tractors, trailers and machinery available from The PSNI on the evening. You can also arrange for the PSNI to do a home visit to tag your equipment. Information and talks on farm safe-

ty, education opportunities, free health checks also available. A light supper will be served.

For more information call Louise on T:028 38 317898 or email: info@lap.uk.com

Tommy Glenny's Book Review THE GROUND WE STAND ON

Reviewed by

Graham Brown, Director, InHouse Publications, Portadown Co Armagh.

By way of introduction I wish to say that local historian Thomas Glenny's new book 'The ground We Stand On' is a well researched history of north Co. Armagh and in its 250 pages this Birches author unfolds for us stories which start in the local townlands but spread to involve people far removed by geography and time.

In particular his tale of local born man Robert Hart who went on to modernize China in the nineteenth century gives an interesting insight into a man and his family connections while the scope of his achievements and respect in which he was held around the world are breathtaking. Who knew for instance that Norway presented him with the Grand Order of St. Olaf, or that he was honoured by Italy, Belgium, France Japan, Russia, China, Japan, Holland, Portugal, Austria, USA, The Vatican, not to mention the U.K.!

Thomas Glenny is well known as a modern day poet and he makes good use of verse and song from many ages past to illustrate and enliven the pages of this comprehensive book. He has a wonderful knowledge of shops and businesses in Portadown having worked



there in times past. His stories are always entertaining recalling businesses and characters long gone.

The section entitled 'The Moss Men of The Birches' illustrates as to how important the peat industry once was to the local economy and he underscores his narrative with some humorous accounts associated with the now forgotten labour force. His research into the families who

laboured to extract peat from the bogs reveals tales of help, kindness, and generosity among those who had little to spare.

Liberally illustrated with eye catching photography overall the book is a compelling read not only for the local but for those interested in Ireland's past, and without doubt will appeal wholeheartedly to the many exiles and their descendants, who once left this land to seek a life in the wider realm.

Copies may be obtained from Winnie's Newsagents Woodhouse Street; Wright's Filling Station, Derrykeeven; South Lough Neagh Regeneration Association's offices T: 028 3885 2550 and from Tommy on T:028 3885 1795

Adult Education Enrolment Evening



Interested in learning digital photography? How about beginners' computers? Or conversational Spanish for that next holiday?

The Southern Regional College and Loughshore Access Project have teamed up to deliver an exciting new community education programme right on your doorstep.

10 week courses available at affordable cost ...

Come along to the info/enrolment evening

Monday 4th February 2013, 7.00pm – 8.00pm

at Loughshore Access Project, Ground Floor, Emerson Stone Centre Building, Kinnego.

For info or help with transport, Contact Louise on Telephone: 028 38317898 or Email: info@lap.uk.com

Loughshore Rural Youth Together Event

Over 300 young people from the rural Loughshore area of Craigavon Borough enjoyed a summer get

together event on Saturday 11 August in Sarsfields Grounds, Derrytrasna; even the weather was on our side. This event coincided with the closing of the four Summer Schemes which took place during the summer months in the Aghagallon/Derrymore, Scotch Street, Derrytrasna and Maghery/Birches areas.

The event was financially supported by the South Lough Neagh Regeneration Association under its SOAR funded - Access to Basic Health & Wellbeing Programme, RCN's Rural Enabler Programme funded by the European Peace III programme, PSNI – Lurgan Neighbourhood Team and supported by South Lough Neagh Good Relations Programme funded by International Fund for Ireland the SELB Craigavon Loughshore Youth Initiative, the Craigavon Borough Council's Active Communities Coaches, Classic Mineral Water and Sarsfields GAA committee.



The young people participated in a diverse range of inclusive, educational, interactive workshops and fun related activities that increased their awareness of diversity and understanding of others and enhanced good relations in a safe and welcoming environment. Other activities provided on the day promoted the importance of exercise and healthy eating.

Organiser of the event Louise

Mc Alinden said, "I was delighted with the huge turnout at the event and already the plans are in place for next year. I want to thank the Leaders of each Youth Group and the young leaders for all their help on the day and indeed when the Mayor of Craigavon Cllr. Carla Lockhart visited us she commented on how impressed she was with the event and the volunteer input".



DART Training Opportunities

The 'Community Transport in Northern Ireland' site, managed by the Community Transport Association, represents a wide variety of operators who provide accessible door-to-door and group travel services to community groups, older people and people with disabilities on a non-profit making basis throughout Northern Ireland. A community transport operator can be located in most parts of the country, in both urban and rural areas.

MIDAS Training Opportunities Available

If you need more information please contact with Alan Gilmore from DART on T:02838 317810 or email: alan@dartpartnership.org.uk



Programme of Irish History Talks

Understanding 'A Decade of Centenaries' and its impact on society

The programme is FREE and will be fun, interactive and encouraging, and will generate thought and discussion around this interesting topic.

Programme Content

1815	Campaign against Penal Laws
1870's	Land Crisis Begins
1885 – 1906	Land Acts Passed
1905	Ulster Unionist Council Formed
28/09/1912	Ulster Day
31/01/1913	Official Formation of the UVF
April 1914	Larne Gun Running
March 1914	The Curragh 'Mutiny'
August 1913	The Dublin Lockout
August 1916	Roger Casement Executed
April 1916	The Easter Rising

Programme overview

The programme has been developed to prepare individuals and community representatives for the upcoming decade of centenaries. Over the next 10 years, Northern Ireland will see a series of impact centenaries

which will commemorate a sequence of events of the shared history of Northern Ireland. The programme will raise awareness of Good Relations issues in relation to these events and will explore the background and history of the decade of centenaries in preparation for the upcoming commemorations.

Venue – Maghera Community Hall
Open to adults over 16 years

The programme will run over 4 Evenings
in March 2013
Refreshments provided

**The Programme will be facilitated by Tides Training
and is OCN NI Accredited for those wishing
to obtain a Certificate**

No homework and no exams

Places are limited to 16 so please contact
Mary or Bernie on T:028 3885 2550
or email: slnra@btconnect.com
for more information and to book a place.

Derrytrasna Play Group - Official Opening

The new Playgroup in Derrytrasna opened its doors in September 2012 delivering preschool education to local children. The Playgroup has also extended its opening by offering a breakfast club and after school club as part of the services.

There are still a few places available for this school year and already the Playgroup and Afterschool Club are taking applications for the 2013/2014 school year. For more information please contact Deirdre on T:028 3834 0295



As a celebration of all the Good Relations work which has taken place in Derrytrasna throughout 2012 the parents and children from Derrytrasna Playgroup set of balloons with messages on the first day back in class of 2013.



The Vikings Come to Maghery

The Vikings – The Return

Maghery Country Park and Lough Neagh saw the 'invasion of the Vikings', when 2 longboats rowed by scores of Viking warriors did battle and bade farewell to one of their own on a blazing funeral pyre. There was no need to panic, though, as the events of the day were part of the first ever Viking Festival organised at Maghery Country Park by South Lough Neagh Regeneration Association and South Lough Neagh Historical Society. The hugely successful event – which drew massive crowds; both young and old, through the day – featured battle re-enactments, Viking villages and camps as well as displays of the various skills of the era.

Longboats sailed on the Lough, a sight which hasn't been witnessed in 1,200 years, and a grand Viking Banquet with music and stories finished the proceedings later in the evening.

Event committee member, Robert Greenaway said, "This event will further promote the uniqueness of the Lough Neagh area and create opportunities for local people to work together in harmony to create awareness of our shared cultural past.

The event was opened by Dungannon & South Tyrone Borough Council's Mayor, Mr Féilim Gildernew.

The Vikings Event received funding from OFMDFM, Craigavon Borough Council, Dungannon & South Tyrone Borough Council, the International Fund for Ireland, and the Department of Foreign Affairs, and supported by local businesses.



South Lough Neagh Regeneration Association teamed up with Rural Community Network to deliver three culture awareness programmes. The first was a visit to the Chinese centre in Belfast, the second visit was to the Indian Centre in Belfast and it finished off the visit to the Polish Society in Portadown. At each event approx. 35 rural women attended each event.

The purpose of this visit is in response to the need for opportunities to engage with BME communities in order to improve their understanding of different ethnic families living in the region, share learning and experiences, find common ground, and build friendship.

The Objectives of the study visit:

1. To broaden the opportunities for local women to interact with women from diverse ethnic backgrounds.
2. To enhance the understanding local women have of different cultures and experiences.
3. To foster links made with local women and BME groups locally and elsewhere
4. To promote dialogue on shared experiences and cultural identity
5. To support the integration of BME communities in the area through shared learning
6. To build social connections between the group members and other immigrant women living in the regions.

A cultural awareness workshop was held on each day. There were lively discussions on customs, family values, food, and crafts and to finish a delicious homemade meal from each centre.



Produced by South Lough Neagh Regeneration Association

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