

What Mummy did Next?



Are you ready to return to work after taking a career break to look after your family?

If you are thinking about returning to work why not consider self-employment?

Mallusk Enterprise's **What Mummy did Next** is a free training course that can help boost your confidence as well as create and develop a business idea.

6 evening training sessions plus additional activities e.g. outing to local business and craft workshop.

Wednesday Evenings

6pm to 8.30pm

4th May to 8th June 2016

At Mallusk Enterprise Park,
Mallusk Drive, Newtownabbey,
BT36 4GN.

This course is free to attend.

To Book Contact:

Freephone: 0800 980 7990

Email:
Karen.wilson@mallusk.org



CITIZENS ADVICE NEWTOWNABBEY

Dunanney Centre, Rathmullan Drive, Rathcoole, BT37 9DQ

Tel: 028 9085 2271

Email: enewtownabbey@citizensadvice.co.uk

Website: www.citizensadvice.org.uk/nireland



ADVICE NOTES by Pat Hutchinson MBE

What is the **Personal Independence Payment (PIP)** ?

This is a new benefit to help people who have a disability or long-term health condition and to support those in greatest need. PIP will replace Disability Living Allowance (DLA) for eligible people aged 16 to 64 years from 20 June 2016.

If you are receiving Attendance Allowance, you will not be affected by PIP.

If you are currently receiving Disability Living Allowance, you will be asked to make a new claim for PIP if:

- you report a change in your condition
- your DLA is due to come to an end
- you are approaching your sixteenth birthday.

At a later date, the Social Security Agency (SSA) will start to contact everyone else receiving DLA to invite them to claim PIP. You do not need to do anything until the SSA writes to you.

There is **no automatic transfer** from Disability Living Allowance to PIP. If you are receiving DLA, you will get a letter inviting you to make a new claim for PIP. If you do not claim or if your claim is unsuccessful, your DLA will stop.

Once you have made a claim, you will continue to receive DLA until you are told whether you qualify for PIP. You will not have to prove that your condition has existed for at least three months, but your condition or disability must be expected to last for the next nine months or longer.

If you're aged 65+ and you receive DLA you will not need to make a claim for PIP. You can carry on receiving DLA for as long as you meet the conditions for it.

How other benefits will be affected?

If you are receiving DLA, this allows you to apply for additional benefits to support you. These are called 'passported' benefits. They include the Blue Badge Scheme, Carers Allowance, Motability schemes and help with public transport.

The government has said that current 'passporting' arrangements for DLA will be broadly maintained under PIP.

There is a list of 'passported' benefits and schemes, along with the details of the qualifying PIP components and rates, on the government website at

<http://www.nidirect.gov.uk/personal-independence-payment-pip>



Breakaways Bake-off!

The Breakaways have been busy as always. They have recently taken part in a series of inter-generational baking classes with pupils from Abbey Community College where they shared baking tips and raised funds to support the newly established Memory Café.



The sessions were held as part of a Community Leadership Programme facilitated by the Dunanney Centre which gave participants the knowledge and support to learn new skills while improving communication links between the generations.



Happy 30th Birthday to Newtownabbey Women's Group!

2016 marks 30 years of the Women's Group based at the Diamond, Rathcoole.

We would like to say congratulations to all the members and we look forward to 30 more years!

Rathcoole Library

What's On

Ipad I & II (Booking essential)

Thursday 7th April & Thursday 21st April

10:00am – 12:00pm

Silver Surfers' Day (Booking essential)

Thursday 14th April

'Coole Craic' with Hugh McShane

10:30am – 11:30am

(Light refreshments served from 10:00am)

Wednesday 20th April

The Easter Rising

Wednesday 18th May

The Battle of the Somme



INSIDE THIS ISSUE

Forget Me Not Friends.....	2
ROC Care Rathcoole.....	2
Bytes.....	2
Bryson FutureSkills	3
SPARK Rathcoole.....	3
CAB Advice	4
What Mummy Did Next	4



Memory Café

Are you concerned about your memory or the memory of a loved one or friend?
Would you like to meet others with memory problems and their carers?

The Memory Café is run by trained volunteers. We aim to provide support and information within a relaxed, friendly environment. You will have an opportunity to socialise with others over a cuppa and enjoy a programme of events and activities which are developed for both carers and those with memory problems.

You are welcome to join us at:
**Inniscoole Day Centre,
Rathcoole, BT37 9EZ.**

**On the first Wednesday of every
month from 6.30pm - 8.00pm**

For more information, please
contact Judith Anderson
Tel: 028 9085 4333
E-mail: jmayne3@sky.com

The Bytes Project is now offering young people aged 16 to 18 the opportunity to gain the qualifications and skills to start a career in ICT or Youth Work.

For further information contact Brian or Richard:

Tel: 028 9028 8810

Email: richard.watson@bytes.org or
brian.murphy@bytes.org

ROC CARE RATHCOOLE

In recent years, social isolation and loneliness felt by older people in our communities has been on the increase. In Northern Ireland, 100,000 people aged over 65 say TV is their main companion. Even more startling, 1 in 3 older people suffer from loneliness. With the 65+ age group set to increase by 63.3% in the next 20 years, social isolation and loneliness will intensify, but there is a solution.

Redeeming Our Communities Northern Ireland (ROCNI), a national charity, is partnering with Newtownabbey Methodist Mission and Rathcoole Neighbourhood Renewal Partnership to set up a befriending service to help reduce social isolation and loneliness within the Rathcoole area. The ROC Care befriending scheme is a multi-agency partnership project which will recruit local volunteers to befriend lonely older people within Rathcoole.



In November 2015, ROCNI facilitated a ROC Conversation community consultation event in the Dunanney Centre. The consultation brought together local Councillors, church leaders, charities and council staff to discuss the needs of isolated and lonely elderly people in the area.

ROC Care Rathcoole is currently in the planning stages of setting up the first ROC Care in Northern Ireland.

If you would be interested in hearing more about the ROC Care Rathcoole befriending scheme and its volunteering opportunities, please get in touch with Keeva Watson, the Regional Development Manager for ROC Northern Ireland at keevawatson@roc.uk.com

YOUTH WORK

Aged 16 – 18 years old
and a school leaver?

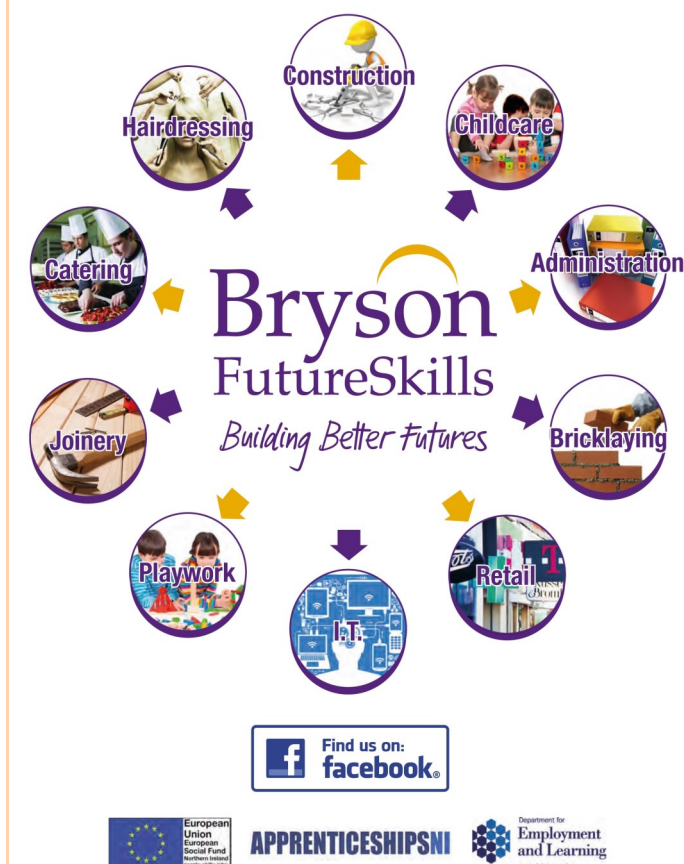
Level 2 Certificate in Youth work Practice.
Industry skills in personal and social development, active citizenship, Social Justice, interpersonal skills, group work and programme development.

Employment recognised Youth Work Level 2 Certificate!

- Industry Placements
- £40 allowance
- Travel Allowance
- Essential Skills
- Employability Qualifications

Start your career now!

APPRENTICESHIPSNI



**For more information contact our
Employment Team on 02890 745408**

Bryson FutureSkills can help you with your future

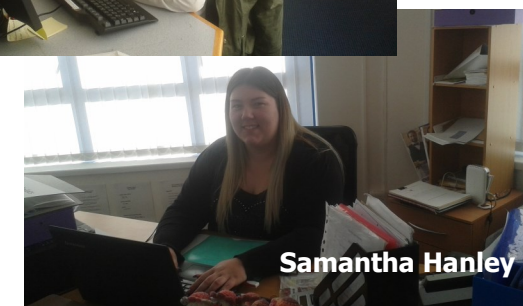
We have a range of training courses available from our base in the Dunanney Centre.

- Training For Success (TFS)
- Youth Employment Scheme (YES)
- Youth Employment Initiative (YEPI)
- Apprenticeship NI (APPNI)

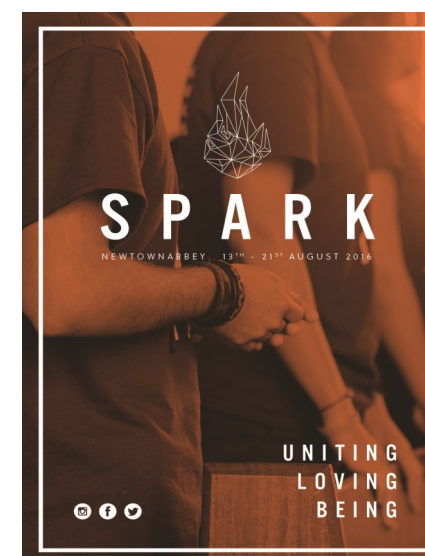
Two local students, Danielle Moore and Samantha Hanley have participated in some of these schemes and are now employed locally by Citizens Advice and Rathcoole Churches Community Group. Both students are now also working towards a Level 3 Diploma in Business Administration.



Danielle Moore



Samantha Hanley



SPARK Rathcoole will be back this Summer

Monday 15th to Saturday 20th August 2016.

Once again there will be a week of events held within the local community, run by volunteers from local Churches, with something for all ages!

Look forward to football coaching for children, free gardening, visits to local care homes, youth drop in and Kid's Club each evening, and a TV themed evening to finish on the Saturday night!

More details will follow over the next months, so keep an eye on the SPARK Rathcoole Facebook page!