



**Our Community Plan**

10 year plan for Mid Ulster

# Towards Alleviating Poverty in Mid Ulster: Poverty Paper

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# Introduction

The overall purpose of this Paper is to work in partnership to reduce poverty and the impact of poverty on individuals and communities within Mid Ulster, through the development of a Community Plan led Poverty Plan for the District. To seek to reduce inequalities between areas over time and move towards a better quality of life for everyone.

The document is based on the following three key statements:

- Poverty is real: it exists within our District
- Poverty is not a lifestyle choice
- Poverty is not inevitable: we can do something about it

In 2019 Mid Ulster Community Planning partners came together from statutory agencies, business and community to look at a range of priorities impacting on poverty; with the aim to create a Poverty Plan that seeks:

1. To identify issues of poverty
2. To identify partner agency commitments to addressing poverty
3. To identify good practice in addressing poverty –what works well and could be developed further
4. To identify key issues of poverty for Mid Ulster and gaps in provision
5. To identify strategic actions for partner delivery

To date the following steps have been taken to develop this paper:

**Step 1** – Desk based data analysis and research of the main/key determinants of poverty in the district (see appendix 1)

**Step 2** – Community Planning Cross Thematic Workshop with Community Planning partners and other relevant statutory and community/voluntary sector organisations to identify issues, current provision, gaps and potential actions. A update paper was issued to all for further comment.

**Step 3** – Working group was held with elected members for input based on needs and local issues.

**Step 4**- Virtual workshop was held with Community Planning Partners for comment.

# Introduction

Whilst there are a range of poverty implications across a number of themes, the three most prominent and what we have chosen to focus our paper on, are Economic Growth, Education & Skills; and Health and Wellbeing.

## **Economic Growth**

- Mid Ulster District has greater levels of absolute poverty than the NI average, whilst there shows to be a small percentage reduction in poverty across the region, mainly attributed to the uplift in the economy and job opportunities Mid Ulster does remain higher than the NI average.
- Children in absolute poverty also remains higher than the NI average. A key issue remains for Mid Ulster is high level rental costs greater than other parts of the region that impacts on disposable income for families and particularly contributes to the working poor.
- The cost of living also contributes to poverty due to high levels of expenditure on basic needs such as oil, coal etc., again these are high West of the Bann.
- Similarly childcare and access to good quality childcare, this is an expenditure item that is a barrier on a lower disposable income but also impacts on entering the employment market in the first instance.

## **Education**

- Pupils from poorer backgrounds have much lower attainment on average than those from better-off backgrounds.
- Key stage levels would highlight this differential; where those in lower income and in poverty have lower levels of attainment in Maths and English.
- At all key stage levels and GCSE's show that there can be up to 20% differential between pupils on free school meals and other pupils.
- There is a greater chance of a young person from a more affluent area attending university than those from areas of disadvantage.
- People who have higher qualifications and higher level training have higher paid jobs.
- Young people from areas of disadvantage do not have the same opportunities as those from more affluent communities as often there is a cost to support greater

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achievements in education.

- Charities involved in supporting people in poverty would state that children and young people in poverty are also not participating to the same level in school due to cost of additional activities e.g. school trips, visits etc. and often have higher levels of non-attendance.

## Health and Wellbeing

- There are greater instances of mental health issues in areas of deprivation and for people living in poverty. There is shown to be a correlation between those in poverty and who have greater issues of mental health including depression.
- One in 10 young people are at risk of presenting with mental health issues at the age of 15 years, this increases to 29% for young people from a deprived background.
- Suicide is 3 times more likely in areas of disadvantage.
- There is a greater risk of a lifestyle related illness if you live in an area of deprivation or low income.
- People from areas of disadvantage can die up to 5-7 years earlier than those from more affluent areas.
- People living in deprived areas are more likely to be in a house that is of a lower standard of quality living e.g. house standard and heat etc.
- There is a higher possibility of people in deprived areas turning to drugs and alcohol and this links to the earlier issue on mental health.

## Key Objectives:

In terms of moving towards alleviating the main causes of poverty, the key objectives are to:

1. Maximise the number of people in better paid jobs; through secured living wage employment, and through training and education.
2. Increase disposable income; through reducing housing/rental costs, reducing debt and maximising available income support.
3. Improve health and wellbeing; through increasing support to those in poverty to engage in better health and wellbeing activities and lifestyle choices.

# Introduction

4. Increase the level of quality of life and wellbeing opportunities; through targeting early years intervention and development.
5. Reduce levels of social exclusion; through greater access to services, support and opportunities.

This paper does not seek to provide solutions or programmes for all agencies with a remit for addressing poverty but to provide priority issues where agencies can work together to develop localised initiatives and solutions, as well as strategic guidance and lobbying as required.

# Strategic Context

## Programme for Government

### Aim:

**“to tackle and reduce poverty at source”**

Along with the targets of the The Draft NI Programme for Government (PfG) introduced 15 outcomes (opposite) with three particularly relevant:

*We have a more equal society*

*We care for others and help those in need*

*We have more people working in better jobs*



Due to the suspension of the Executive for a period of time, there has been a delay in progressing these outcomes. In the absence of a regional poverty strategy, Mid Ulster Community Planning has commenced discussion on the priorities identified in its Community Plan relating to poverty and a plan to move towards localised solutions.

# Strategic Context

## DFC Anti-Poverty Strategy

Currently DFC are developing an Anti- Poverty Strategy using a co-design process. Mid Ulster District Council Community Planning will be involved with this process and Council look forward to contributing to this Strategy. It is hoped that the action plan will be developed for the end of 2021.

## Community Planning

The Mid Ulster Community Plan has identified poverty and disadvantage as priorities across all its thematic areas. The Plan outlines a number of outcomes with some more focused on targeting poverty than others, as referenced below:



All agencies on the Mid Ulster Community Planning Partnership have made a commitment to seek to work together to address the strategic identified actions. Community Planning partnership is essential to work to reduce the impacts of poverty across Mid Ulster. The list is not exhaustive but key partners will include:

- The Executive Office
- Department for Communities (Social Services, Neighbourhood Renewal, Regeneration Arts Council)
- Sports Council
- Education Authority, CCMS, Youth Service, Libraries NI



# Strategic Context

- Department for the Economy; and Invest N
- Department of Agriculture, Environment and Rural Affairs (DAERA)
- Health Board, PHA and two Health Trusts
- Council
- Other Agencies
- Community and Business Partners

## Neighbourhood Renewal Area Based Deprivation Programme

Neighbourhood Renewal areas were based on 2001 deprivation statistics as revised by 2005 NI MDM data. NR areas were defined as the top 10% deprived wards in NI at that time. The two areas identified for support were Dungannon West and Coalisland. These programmes are continuing in partnership with DFC. Coalisland has moved from the top 10% to sit with the 11-15% while Dungannon West has move to within the top 25% but remain the top areas for Mid Ulster.

An evaluation of the NI wide Neighbourhood Renewal programme in 2015 found that it had led to improvements in areas and mainly physical infrastructure. However, overall the programme “was limited in delivery” on its aim of closing the gap between Neighbourhood Renewal areas & other areas. Although the areas have got better with regard to the statistics the issues of deprivation and disadvantage still remain the bottom 30% areas for Mid Ulster.

## Learnings for Future Projects

The evaluation outlined key learnings and recommendations as follows:

- Need for larger areas for targeted initiatives
- Need for more strategic funding delivery – larger initiatives
- **Evidence based** programmes and projects
- Need for **effective monitoring** and evaluation programmes
- Need for **longer term funding** cycles for planning
- Need for **flexibility** in targeting areas for support as require
- Need for increased focus on **sustaining** intervention rather than project led short term initiatives

# Strategic Context

- Need for engagement of all statutory representatives and for intervention to be part of their delivery not just project led.

## **Children and Young Peoples Strategy (2019- 2029)**

This Strategy has been designed to improve the well-being of all children and young people in Northern Ireland.

Currently a Delivery Plan is being developed which will set out the actions which will be taken to achieve the outcomes. This will be developed and delivered by all 9 Government Departments.

Outcomes:

1. Children and young people are physically and mentally fit
2. Children and young people enjoy play and leisure
3. Children and young people learn to achieve
4. Children and young people live in safety and stability
5. Children and young people experience economic and environmental wellbeing
6. Children and young people make a positive contribution to society
7. Children and young people live in a society which respects their rights
8. Children and young people live in a society in which equality of opportunity and good relations are promoted

## **Child Poverty Strategy**

The Executive's Child Poverty Strategy, published in March 2016, sets out the vision to eradicate child poverty in the future. The aims of the strategy are to: reduce the number of children in poverty; and reduce the impact living in poverty on children (their lives and life chances). The Strategy sets out our goals to ensure programmes and policies provide extra support for children in poverty, improve outcomes for children in low-income families and take children out of poverty.

The Strategy has 4 outcomes:

1. That families experience economic wellbeing
2. That children in poverty learn and achieve
3. That children in poverty are healthy
4. That children in poverty live in safe, secure and stable environment

# Strategic Context

## **Health Inequalities, Department of Health- Annual report 2020**

In the Mid Ulster District Council area, male life expectancy in the most deprived areas was 77.3 years, 2.0 years less than the Local Government District (LGD) average 79.3. Female life expectancy in the most deprived areas in the District was 82.5 years, 0.2 years less than the LGD average 82.7 years.

The largest inequality gaps in the Mid Ulster District Council area are:

- SDR Drug Related (108%)
- SAR Alcohol Related (73%)
- Teenage Birth Rate (U20) (63%)
- Crude Suicide Rate (61%)
- Smoking During Pregnancy (57%)

The most notable widened gaps are U75 Circulatory Admissions, Primary 1 Obesity and U75 Cancer Mortality.

The PHA reports that health inequalities is a complex issue that involves many different and interwoven factors, are influenced by lifestyle choices and factors, which can be linked to environment, income, education and health decisions.

# Current Poverty Programmes

# Theme 1 Economic Growth

## Income/ Benefits

### Mid Ulster Advice Service (MIDAS)

**Mid Ulster Advice Service (MIDAS)**

STEP will be delivering this new integrated advice service across Mid-Ulster from 01 April 2019. Our service is free, confidential, independent and provided by qualified, experienced and empathetic advisors.

If you live in Mid-Ulster and need advice you can contact us as follows:  
Tel: (028) 87750211 (Mon – Fri 9am – 5pm) Email: [advice@stepni.org](mailto:advice@stepni.org)

Dungannon	The Junction, 12 Beechvalley Way, Dungannon, BT70 1BS Mon– Fri: (9am – 5pm) and Sat: (9.30am – 12.30pm)
Cookstown	14 Union Street BT 80 8NN Mon – Friday (9am – 5pm)
Magherafelt	13 Queen St, BT45 5AJ Mon – Friday (9am – 5pm)

Or call in at one of our Community Advice & Support Centres below.

We will also be providing outreach advice across the Mid Ulster area, including weekly face-face clinics in Augher, Coalisland and Maghera. There will also be an additional outreach service for the scattered rural community.

We will be providing both generalist and specialist advice.

Generalist Advice:	Specialist Advice:
This general service is delivered on behalf of and financed by Mid-Ulster Council and will provide information & advice on general rights and entitlement to public support services; social benefit & consumer rights and support in securing them, including help in understanding and completing forms and referral to appropriate specialist expertise.	Welfare Reform Universal Credit PIP - Assessments, Challenges & Appeals Money and Debt Homelessness Immigration Equality of Access & Opportunity

Specialist services are part-funded by public grant-aid; STEP, and other charitable funds.

  

## Make the Call

support for people maximise benefits and income



Are you getting all the money, supports and services you're entitled to?

With just one simple call, text or email you can find out.

**make the call**  
0800 232 1271

text: CHECK to 67300\*  
email: [makethecall@dfcnl.gov.uk](mailto:makethecall@dfcnl.gov.uk)  
visit: [nidirect.gov.uk/makethecall](http://nidirect.gov.uk/makethecall)

disability

Department for Communities  
[www.communities.gov.uk](http://www.communities.gov.uk)

benefits

## Employment

### Jobs and benefits office

Jobs and benefits office support services for people to come back off long unemployment. To find out your closest office please visit:

<https://www.nidirect.gov.uk/contacts/jobs-benefits-offices>

### Up for Work

All parts of Up for Work Programme are free for anyone aged 16-24 and not in employment, education or training or working under 16 hours per week in the Mid Ulster District Council area.

Range of FREE training courses, Help to find work, Beauty Workshops, Outdoor Team Days & Creative Workshops.

For more information please ring 028 7962 8113 or email

[info@networkpersonnel.org.uk](mailto:info@networkpersonnel.org.uk)



### Job Match

**JOBMATCH**

COVERING: MAGHERAFELT COOKSTOWN OMAGH DUNGANNON, BALLYMENA ANTRIM LARNE AND CARRICKFERGUS AREAS

**We Offer:**

- Help To Find A Job
- Self-Employment Support
- Accredited Training
- Confidence Building & Personal Development
- Employability Skills

**Who Qualifies?**

- 18 + And Unemployed

Network Personnel Ltd., 80-82 Watney Street, Magherafelt, BT45 5AJ  
T: 028 796 31032 E: [info@networkpersonnel.org.uk](mailto:info@networkpersonnel.org.uk)  
[www.networkpersonnel.org.uk](http://www.networkpersonnel.org.uk)

Department for Employment and Learning  
network personnel  
European Union  
European Regional Development Fund

This project is part funded through the Northern Ireland European Social Fund Programme (2014 – 2020) and the Department for Employment and Learning.

Helping to access education, training and employment opportunities for those aged 18-65 years old, unemployed or working less than 16 hours per week and not in education/training.

For more information please ring 028 7963 1032 or email:

[info@networkpersonnel.org.uk](mailto:info@networkpersonnel.org.uk)

# Theme 1 Economic Growth



## Step Up to Sustainable Employment+ (SUSE+)

Step Up to Sustainable Employment+ (SUSE+) is delivered by South West College. It is aimed at people aged 16 to 65 who are unemployed or economically inactive.

SUSE+ seeks to address barriers to progression into education, training and sustained employment through one-to-one mentoring support, guidance, specialist training and obtaining Level 1 qualifications in a range of vocational areas and a variety of short accredited qualifications.

For more information please visit:

<https://www.swc.ac.uk/learn/alternative-programmes/step-up-to-sustainable-employment>

## The MEGA Network

Created with the support of Invest NI and Mid Ulster District Council to address the immediate and medium term skills shortages in the manufacturing and Engineering industries in the Mid-Ulster area.

MEGA is unique in that it is an industry-led collaborative network of businesses who are working together towards a common goal.

## NI Business Start Programme / Go For It

This Programme is to provide those wanting to start a business with a detailed Business Plan. The Programme seeks to encourage those from underrepresented groups to consider availing of support but it is really for those who are at the stage of being ready to get a Plan.

For more information please visit:

<https://www.goforitni.com/>



## Exploring Enterprise Programme

(delivered by Enterprise Agencies across NI)

It provides an insight into starting a business or allows participants to take the first steps to gaining employment. EEP is for those who are unemployed or working less than 16 hours per week; it offers free one to one advice, group training and group/ individual mentoring to individuals who want to explore the possibility of starting their own business.

For more information please ring 028 7776 3555 or visit

<https://www.enterpriseni.com/>

## Childcare & Support

Department for Communities annual funding for free childcare & support to women back to work – Kidz Lodge Magherafelt, Positive Steps Cookstown, STEP Dungannon, First Steps Women's Centre Dungannon.



European Regional Development Fund  
Investment for Growth and Jobs

# Theme 2 Education and Skills

## **Young People Mental Health & Resilience**

### **Schools for Hope Programme**

Pilot Schools for Hope Model led by schools is being developed – looking at best practice with the UJJ to develop a programme of resilience for children and young people in the school environment.

### **South West College health hub**

On site Hub which tackles a range of issues including physical health, mental health, sexual health and refers onto services if needed.

For more information please ring:  
08456031881

### **Northern Regional College Health Hub**

Have a health hub in site which tackles a range of issues including Inspire counselling onsite.

For more information please ring:  
02894463916

### **Take 5 Steps to Wellbeing- A Guide for Schools**

This is a framework for schools to encourage and implement the take 5 steps to wellbeing- connect, keep learning, be active, take notice and give.

This is available in the Northern Health and Social Care Trust Area. For more information please contact Selena Ramsey, Northern Health and Social Care Trust, 02825635575 or email [Selena.ramsey@northerntrust.hscni.net](mailto:Selena.ramsey@northerntrust.hscni.net)

## **Skills & Educational Development**

### **Neighbourhood Renewal activity Dungannon and Coalisland areas**

### **An Tearmann – Homework Club**

This project provides a homework club and additional learning skills for members of the travelling community and links this activity with improved attendance and achievement in school.

## **STEP Numeracy and Literacy Programme**

The STEP numeracy and literacy programme aims to improve young people's (age 7 to 14) communication skills in English.

## **OGRAS – Disengaged Youth Programme**

This project engages vulnerable young people from Coalisland in youth development and social activity led by OGRAS Youth Club.

For more information please ring:  
02887747514

## **St Joseph's Vocational Project**

The aim of the programme is to improve attendance among those participating. Pupils selected if they had an attendance record at 90% or below for the previous year.

## **Going Places with South West College – Coalisland / Dungannon NRA**

This project involves the provision of dedicated services of three Mentors, who work together as a team, covering Neighbourhood renewal areas in Dungannon and Coalisland. For more information please visit: <https://www.swc.ac.uk>



## **Coalisland Training Services – Community Education Programme**

CTS provide training for a wide age range. Pupils aged 14-16 attend as part of collaboration work with local colleges in the area. School leavers attend for NVQ courses and help with getting into the world of work. Adults attend who have decided they want to return to education or just want to change their career path.





# Theme 2 Education and Skills

## **DELTA / Family Learning Programme & St Patricks Primary School Programme**

This programme is aimed at parents and skills development within the family at St. Patrick's primary school. The focus of the programme in 2018-19 was a school based language programme for pupils in Primary 1 and 2 classes displaying difficulties in communication.

## **Schools 2019/2021 Mentoring programmes in schools.**

Student to student Paired Reading to support young people in English and Math and general development/confidence.

## **UUJ Tutoring programme for schools with disadvantage**

The Tutoring in Schools programme places UU students within targeted schools to volunteer on any project the school / teachers may need assistance with during Semester 2 (Feb – May/June) and are there for a minimum of 32 hours over the Semester, i.e. students volunteer 3/4 hours per week at the school for 10-12 weeks.

Targeted schools include Primary and Post-Primary schools with 40% + free school meals entitlement; Post-Primary schools with less than 50% Post-GCSE pupil returners; any Special Educational Needs school and any Integrated school.

## **Developing linkages/forum between all skills providers**

In each of the 3 main towns in the Mid Ulster District there are Anti Poverty Networks in Cookstown Dungannon and Magherafelt.

At each of these meetings the skills providers in the Mid Ulster area as well as a range of other statutory and community and voluntary sector agencies are present.

## **Educational Affordability**

### **Authority further education grants**

The Education Authority offers a limited number of Further Education Grants each year for full and part-time courses for students undertaking courses up to and including Level 3 for living costs & free childcare. For more information please visit:

<https://www.eani.org.uk/fegrants>

### **NI Direct**

If a student finds themselves in hardship and need extra financial support, universities and colleges in Northern Ireland can provide it through their support funds.

This fund can provide help with living costs, childcare costs, and support over summer vacation, emergency payments to cover unexpected financial crises or exceptional costs.

### **Colleges**

Colleges offer student finance support through support officers who can advise on support loans, bursaries, scholarships as well as helping to access benefits which the student may be entitled to.

### **Libraries NI**

Libraries provide access to book borrowing, free computer use, Wi-Fi and low cost printing facilities. For more information and contact for your local library please visit:

[www.librariesni.org.uk](http://www.librariesni.org.uk)



# Theme 3 Health and Wellbeing

## **Early Years**

### **Home Safety Scheme**

Our home safety scheme helps those over 65, families with children under the age of five and vulnerable adults/children. These days we are spending so much more time in our homes and we all need to work together to help reduce the number of avoidable home accidents. The scheme offers safety advice and information during virtual visits. Equipment such as carbon monoxide alarms can be provided. For more information contact the Health and Wellbeing team on 03000 132 132 or email:

[environmentalhealth@midulstercouncil.org](mailto:environmentalhealth@midulstercouncil.org)

### **Nurse led support for new teenage mothers**

A specially trained family nurse regularly visits the mum in the home to improve health, social and educational outcomes in the short, medium and long term, while also providing positive economic returns. Southern area please contact:

02837564632 or

[mairead.donnelly@southerntrust.hscni.net](mailto:mairead.donnelly@southerntrust.hscni.net)

Northern area please contact:

[joanne.mccann@northerntrust.hscni.net](mailto:joanne.mccann@northerntrust.hscni.net)

### **Family Support hub model**

Multi-agency network of statutory, community and voluntary organisations that either provide early intervention services or work with families who need early intervention services.

Northern Outcomes Area: Claire Larkin,

Tel: 028 9446 7345 or 079 2149 2138

Southern Outcomes Area: Pat McGeough,

Tel: 02837 522380 or email:

[familysupporthub@barnardos.org.uk](mailto:familysupporthub@barnardos.org.uk)

### **Surestart**

Surestart is a government funded initiative specifically for families with children under 4 who live in the top 25% disadvantaged wards in NI. This service is present in the Mid Ulster District in Ardboe, Dungannon,

Maghera, Coalisland and Pomeroy. For more information please contact:

[goldpartnership@btinternet.com](mailto:goldpartnership@btinternet.com)

### **Baby Basics**

Baby Basics provides a "Moses Basket" full of useful items for mum and baby to families struggling to meet the financial and practical challenges of looking after a new baby. These items are donated from the community. For more information please visit: <https://baby-basics.org.uk/other-locations/>

### **Parenting NI**

Odyssey parenting your teen 8 week programme. Can be self-referred or referred by another organisation or health professional. Advertised through community and statutory contacts.

For more information contact:

Office: +44 (0)28 9031 0891

Email: [info@odysseyparenting.org](mailto:info@odysseyparenting.org)

### **Aware**

Mood Matters Parent and Baby programme. A one-off mental health awareness programme lasting between 1-1.5 hours. Can be self-referred or referred by another organisation or health professional. For more information contact: [CAITLIN@AWARE-NI.ORG](mailto:CAITLIN@AWARE-NI.ORG) or Tel: 028 9035 7820

## **Leisure & Wellbeing**

### **Leisure Concession rates**

The following Priority Groups can avail of concession rates across our leisure facilities, including swim. Seniors: Any person over 60 years of age and People with Disabilities.

### **Everybody Active 2020**

Aimed at getting people more active more often through sport and physical activity.

Target groups:

Women and girls aged 14-25; people with

# Theme 3 Health and Wellbeing

a disability; and those living in areas of greatest social need (living within the top 25% of wards designated by NI Multiple Deprivation Measure Index 2010)

For more information please contact Mid Ulster District Councils Sport Development Officer on: 03000 132 132.

## **Make a Change**

Make A Change offers one-to-one support to help you 'make a change'. This service is confidential and FREE of charge.

Are you?

Aged 50 or over?

Do you live in the Mid Ulster area?

Are you interested in making a small change for your health and getting support to do so?

Whether you want to improve your diet or get more active, Make A Change could be for you. The dedicated Health and Wellbeing Officer will work closely with you over a period of weeks or months, to help you along the way. You don't have to do it alone!

You decide what you want to change.

We provide you with help and support to change it.

Health and Wellbeing team on 03000 132 132 or email:

[health.wellbeing@midulstercouncil.org](mailto:health.wellbeing@midulstercouncil.org)

## **Social Prescribing Model**

Support vulnerable people with Health Promotion, Mental health, fitness, Drugs & Alcohol.

Supporting people to engage focusing on what matters to them and their health.

Referrals into this service is through health professionals.

For the Southern Trust area of the District (Dungannon) please contact Sinead Donnelly from Connected Health on 077 7843 2972 or email:

[Sinead.Donnelly@connected-health.co.uk](mailto:Sinead.Donnelly@connected-health.co.uk)

For the Northern Trust area of the District please contact CWSAN on 028 8773 8845

or email: [socialpre@cwsan.org](mailto:socialpre@cwsan.org)



## **GP - PARS (Physical Activity Referral Service)**

This is delivered in Cookstown, Dungannon and Maghera Leisure Centres and referrals can be received by a wide range of health professionals.

The scheme helps to increase participant's physical activity levels.

To find out more, contact Cookstown

Leisure Centre on 028 8676 3853,

Dungannon Leisure Centre on 028 8772

0370 or Maghera Leisure Centre on 028

7954 7400 or visit:

<https://www.midulstercouncil.org/>

## **Condition management programme by Jobs and Benefits Office**

CMP is a voluntary programme facilitated by Healthcare Professionals with the aim to help the person to manage their health condition and enable the person to progress towards and move into and stay in employment. CMP is for people who receive Universal Credit, Employer Support Allowance (ESA) or Jobseekers Allowance.

For more information please visit:

<https://www.nidirect.gov.uk/articles/condition-management-programme>

## **Macmillan Move More**

Partnership between MUDC and Macmillan to help people living with cancer improve their health and well-being through physical activity.

For more information contact Conor Fox on 03000 132 132 or email

[movemore@midulstercouncil.org](mailto:movemore@midulstercouncil.org)



## **Closing the Gap Mid Ulster Health programme**

Health and Wellbeing programme that targets areas of deprivation. Can organise and deliver specific projects to the



ARMAGH | DUNGANNON

# Theme 3 Health and Wellbeing

community on various health promotion messages:

- Take 5
- Fitness and recreation
- Drugs & Alcohol
- Health clinics

For more information please contact Mark Doran: [Mark.Doran@armaghbanbridgecraigavon.gov.uk](mailto:Mark.Doran@armaghbanbridgecraigavon.gov.uk)

## **PHA Z Cards**

A-Z Directory of services to help with mental health and emotional wellbeing. Can be downloaded from

<https://www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing>

## **Drugs and Alcohol NI**

The Public Health Agency, Drug and Alcohol Coordination Teams, Connections services and local service delivery partners have produced a wide range of Trust-wide or Northern Ireland-wide resources which can be downloaded from:

<https://drugsandalcoholni.info/self-help-resources/>

## **Northern Drugs and Alcohol Coordination Team**

For more information please visit: <https://drugsandalcoholni.info/the-ni-dacts/ndact/> Or alternatively email: [connections@ndact.info](mailto:connections@ndact.info)

## **Southern Drugs and Alcohol Coordination Team**

For more information please visit: <https://drugsandalcoholni.info/the-ni-dacts/sdact/> Or alternatively email: [connections@ndact.info](mailto:connections@ndact.info)

## **Job & Benefits Office Wellbeing Hub**

Pilot programme in Dungannon office offering clinics with a range of services to claimants e.g. health & wellbeing, SW College etc. Contact your local Grants Office on 03448 920 90

## **Health and Social Care Trust Physical Activity contacts**

### **Southern Health and Social Care Trust**

Clare Drummy, Physical Activity Coordinator, Tel. 028 3756 3971

[clare.drummy@southerntrust.hscni.net](mailto:clare.drummy@southerntrust.hscni.net)

Rhonda Richardson, Fit for You Project Coordinator (programmes for adults with physical, sensory or learning disabilities), Tel. 028 3756 4490

[rhonda.richardson@southerntrust.hscni.net](mailto:rhonda.richardson@southerntrust.hscni.net)

### **Northern Health and Social Care Trust**

Nicola Arbuckle - Physical Activities Coordinator for NHSCT

[Nicola.Arbuckle@northerntrust.hscni.net](mailto:Nicola.Arbuckle@northerntrust.hscni.net)

# Theme 3 Health and Wellbeing

## **Housing Welfare**

### **Affordable Warmth**

The Affordable Warmth Scheme tackles fuel poverty in the private sector by providing funding to improve energy efficiency of homes. It is primarily a targeted scheme aimed at those areas where levels of fuel poverty are highest. The scheme is available to eligible home owners, those who have their day / life interest in the house and those who privately rent their home. It is not available for tenants living in the social (Housing Executive or housing association) sector. Assessments are carried by Council staff to determine eligibility and surveys are completed through verification checks and by obtaining supporting documentation. NIHE then complete a technical survey to determine works required. For more information contact Health and Well-being officers on 03000 132 132 or email: [affordablewarmth@midulstercouncil.org](mailto:affordablewarmth@midulstercouncil.org)

### **Council Energy Efficiency Guidance**

The Energy Efficiency Advice scheme offers everyone a personal one to one approach to help manage the energy efficiency of their homes. The Energy Efficiency Advisor can make onward referrals to support schemes and grants if applicable. With the cold winter months and with people expected to be in their homes more, now is the time to ensure that homes are as energy efficient as possible. Energy Efficiency Adviser on: 03000 132132 or email: [Health.wellbeing@midulstercouncil.org](mailto:Health.wellbeing@midulstercouncil.org)

### **Grants for disability adaptations to home**

You may be able to get help adapting your home if you, or someone living with you is having difficulty with every day activities around the home, and has been assessed by Health & Social Services Trust Occupational Therapists. Anyone can apply for this service.

The aim of the grants system is to provide financial help for those who cannot afford to pay for home improvements. The amount of Disabled Facilities or Home Repair Assistance Grant you get will depend upon the cost of adaptations and your ability to pay for them. Contact your local Grants Office on 03448 920 900

### **Fuel Stamp Saving Scheme**

The fuel stamp scheme is designed to help householders spread the cost of their central heating oil and solid fuel. Fuels stamp collection cards can be collected from any participating retailer. For more information contact the Environmental Health Service on 03000 132 132 or email: [environmentalhealth@midulstercouncil.org](mailto:environmentalhealth@midulstercouncil.org)

### **Home Fire Safety Checks**

Homes safety checks carried out by NIFRS Officers. During the visit they will either fit a smoke alarm or show you how to test your existing smoke alarm, explain the potential fire risks in your home, provide fire safety advice and explain the importance of having a night time fire safety routine and a fire escape plan.

## **Accessibility for vulnerable groups**

### **Mid Ulster Loneliness Network**

Recently established by the NHSCOT to which the SHSCOT are involved. For more information please contact Doreen Bolton: [Doreen.Bolton@northerntrust.hscni.net](mailto:Doreen.Bolton@northerntrust.hscni.net)

# Theme 3 Health and Wellbeing

## **Good Morning Neighbour**

The Good Neighbour scheme was set up to promote the involvement of volunteers to befriend isolated and vulnerable older people living in Armagh and Dungannon & area. For more information please contact:  
Tel: 07843 478433  
Email: [youcanhelp@live.co.uk](mailto:youcanhelp@live.co.uk) or visit [www.youcanhelp.org](http://www.youcanhelp.org)

## **Mid Ulster Agewell**



Agewell provide a range of services including a Good Morning Call and a Handyman Service. Social events and provide advice and information.

Available to those aged over 65 years and over, and vulnerable people aged 50 to 65 years.

For more information please contact:  
02879632170 or email [Marie.devlin@agewellpartnership.org](mailto:Marie.devlin@agewellpartnership.org)

## **Support Hub**

Support hubs are designed to help vulnerable people get access to the right support, at the right time, from the right organisation in their local area. Individual support is planned and designed by a range of statutory professionals. For more information please visit: <https://www.nidirect.gov.uk/articles/support-hubs>

## **Emergency Support**

### **Poverty Network**

There are Anti- Poverty Networks in each of the 3 main towns in the Mid Ulster. Each network is made up of a range of statutory and community, voluntary agencies working in the area to combat poverty.

## **Emergency Support Guide**

Guide detailing contact details for support organisations operating in the district in a range of services. This has been

distributed throughout the Mid Ulster District Council Area.

## **Mid Ulster Crisis Support**

Guide detailing support services regarding income, community led emergency food support, housing, mental health (community counselling) and abuse.

## **Mental Health/ Suicide prevention**

### **PHA supported mental health services/ programmes**

- <https://covidwellbeingni.info/>
- <https://www.mindingyourhead.info/>
- <https://www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing>
- <http://www.northerntrust.hscni.net/services/bereaved-by-suicide/>
- <https://helplinesni.com/>
- <https://www.publichealth.hscni.net/covid-19-coronavirus/resources-councils-and-community-responses-covid-19>

## **Lifeline**

Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. People living in Northern Ireland can call Lifeline on 0808 808 8000. Deaf and hard of hearing Textphone users can call Lifeline on 18001 0808 808 8000.

## **Samaritan**

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Call 116 123 or also you can email [jo@smartians.org](mailto:jo@smartians.org)



# Theme 3 Health and Wellbeing

## **Self-Harm Intervention Programme (SHIP)**

Community based psychological intervention and support service for people who self-harm. Service provided by Zest: [www.zestni.org](http://www.zestni.org). For more information contact: Conor [McCaffertyconor@zestni.co.uk](mailto:McCaffertyconor@zestni.co.uk)

## **CWSAN Suicide Prevention and Development Officer**

Can support communities and individuals with up to date information on what support is available surrounding Mental health / Emotional wellbeing support and suicide prevention. For more information please contact Denise O'Doherty Tel: 07540969623 Email: [denise@cwsan.org](mailto:denise@cwsan.org)

## **FLARE - Facilitating Life And Resilience Education for Young People age 11-25 years / EANI Youth service**

The youth service has a targeted programme to support young people who experience mental health difficulties. The senior manager responsible for this service is Caroline Karayiannis ([caroline.karayiannis@eani.org.uk](mailto:caroline.karayiannis@eani.org.uk)). <https://www.eani.org.uk/youth-services-support>

## **Fresh Minds Education**

Connections - Suicide awareness Programme. For more information please contact Aine Wallace via email [aine@freshmindseducation.com](mailto:aine@freshmindseducation.com)

**Children & Young People Bereavement by Suicide Support (Service offered by Barnardos Child Bereavement service, funded by PHA)** For more information please email: [michelle.scullion@barnardos.org.uk](mailto:michelle.scullion@barnardos.org.uk)

## **AWARE NI**

For resources, videos and information online programmes including:

- Mood Matter Young People
- Living Life to the Full
- Mental Health First Aid
- Mood Matters Adults

Please visit: <https://www.aware-ni.org/>

# Towards alleviating poverty through partner Action

Whilst there are a range of poverty implications across a number of themes, the three most prominent and what we have chosen to focus our paper on are, Economic Growth, Education & Skills; and Health and Wellbeing which will all interlink.

It would seem evident that the issue for the differential in health is interlinked with pressures of money in a home, not having access to the higher quality foods and lifestyle activities. Other issues include not having work or work that is lower paid with regard to reward.

The issue for the differential in education is associated with the amount of time or support that is given to learning particularly at a young age. As other pressures at home take priority such as money worries, poor mental health, addiction etc. parents may struggle regarding their ability to support their child/ children in learning and this can have an impact throughout all stages of education. The issue can then transform into working life and ability to get a higher paid job and income to allow an increase in living standards.

An action plan has been developed to seek to alleviate issues of poverty for individuals, area based poverty and those socially excluded.



# Theme 1 Economic Growth

## Immediate Priorities

1. 'Return to Work' support
2. Improved working conditions for the lowest paid sectors
3. Affordable and accessible childcare
4. Housing & housing welfare
5. Welfare support to address poverty

## Income / Benefits

- Partners to review use of zero-hours contracts, casual contracts and living wage implementation.
- Lobby for implementation of living wage, to include those in training/reskilling programmes.
- Promote and provide benefit advice and debt support to maximise income and reduce debt.
- Lobby to continue mitigating and increase support by Northern Ireland Executive to universal credit claimants.
- Encourage financial lenders (particularly local credit unions) to provide low or no interest loans for those on low income/benefits.

## Partners

- Department for the Economy
- Department for Finance and Financial lenders
- Department for Communities
- Community (CAP Debt /Mid Ulster Advice Services)

# Theme 1 Economic Growth

## Employment & Skills

- Review 'Return to Employment' models (e.g ACE, Jobs Guarantee Scheme, GEMS etc.) to advocate for local implementation of best practice model.
- Lobby Public Procurement to consider social clause for public monies linked to working conditions and zero hours contract.
- Review initiatives and investments to take account of social clause conditions.
- Develop affordable and flexible childcare models and afterschool's programmes.
- Lobby for provision of 30 hours per week free childcare for 3 years plus, in line with other UK regions.
- Lobby for an employer tax incentive to support onsite childcare provision.

## Community Planning Actions

- ✓ Grow high value and sustainable employment opportunities
- ✓ Provide Economic Development land zonings
- ✓ Business Start mentoring Programmes targeted at hard to reach
- ✓ Mid Ulster Skills Forum to target initiatives to address hard to reach groups - students, carers, long term sick, women returners

## Partners

- Department for Economy
- Department for Health
- Department for Education
- Business Sector
- Mid Ulster District Council
- Mid Ulster Skills Forum
- Invest NI

# Theme 1 Economic Growth

## Housing & Housing Welfare

- An independent body, potentially established under NIHE, to set local rental values (both social and private), in line with affordability.
- Review the statutory asset land base for social & affordable housing provision.
- Greater enforcement for Environmental Health to ensure quality housing for living conditions, alongside home improvement and energy grant schemes.
- Extend criteria for the affordable warmth scheme making it accessible to all on low income.

### Partners

- NI Housing Executive
- Department for Communities
- MUDC Planning & Public Health

### Community Planning Actions

- ✓ Provide an adequate supply of social and affordable homes for life and supported living through area plan policy and direct public provision (quality design)
- ✓ Introduce rent controls to make sure housing is affordable
- ✓ Facilitate the delivery of strategic Infrastructure schemes such as sewerage/ water upgrades to meet social housing need
- ✓ Implement an Investment Programme targeting the '20% most deprived' areas in Mid Ulster

# Theme 2 Education and Skills

## Immediate Priorities

- 1. Education Affordability**
- 2. Extend the Area Learning Support model and intervention programmes targeting low attainment**
- 3. Mental Health & Resilience in Children and Young People**

### Education Affordability

- Review good practice models addressing school education costs (branded uniforms, extracurricular activities, trips etc.).
- Promote uniform grants and recycling initiatives.
- Promote Free School Meals and lobby for increased threshold.
- Promote breakfast clubs in schools and look at potential to link to social economy cafes, youth programmes etc.

### Partners

- Education Authority
- Schools
- Community

### Skills & Educational Development

- Lobby for the review of the school funding formula to ensure all young people can avail of the most appropriate educational pathway for their needs.
- To work in partnership with Mid Ulster Skills Forum to develop apprenticeship programmes across the district, targeted at areas of disadvantage.
- Link the Steps to Success training and support programme to the Mid Ulster Skills Forum, for a local industry led approach.

# Theme 2 Education and Skills

- Extend the Area Learning Support model and intervention programmes targeting low attainment.
- Develop a Primary School Homework Club model in areas of disadvantage.
- Consider a libraries engagement programme for vulnerable groups including migrant women, and children in areas of disadvantage.

## Partners

- Education Authority
- Schools
- Libraries NI
- Mid Ulster Skills Forum

## Young People's Mental Health & Resilience

- Identify the causes of mental health in children taking account of the first thousand days research and coordinate a holistic approach to mental health.
- Develop 'Education for Life' courses for young people to include money management, driving, positive relationships, mental health and wellbeing etc.
- Collate all existing mental health programmes available to primary and post primary schools and ensure quality provision and support e.g. Nurture Model, Routes of Empathy, Take 5, Schools for Hope.

## Partners

- Education Authority
- Health Trusts
- Schools
- PCSP

## Community Planning Actions

- ✓ Mid Ulster Skills Forum to bring together employers, entrepreneurs, enterprise agencies, schools and colleges to plan and improve future employability.
- ✓ Extend the provision and access to part time education for adult returners
- ✓ Work to ensure every 18-year-old has a positive 'learning, work and life destination
- ✓ Provide a family support centre in primary schools providing for disadvantaged communities to improve educational attainment
- ✓ Develop and roll out mentoring programmes for children and young people

## Community Planning Actions

- ✓ Review preschool nursery provision to ensure it is accessible for all children in poverty (benefit support)
- ✓ Schools based mental health support programme to improve resilience of children and young people - Roll out Schools for Hope model across district.

# Theme 3 Health and Wellbeing

## Immediate Priorities

1. Early Years development and intervention
2. Affordability of Leisure Services
3. Mental Health
4. Availability to right health service, in the right place at the right time

## Early Years

- Extend early years intervention models and programmes (parental support, oral health initiatives etc.) beyond current geographical boundaries to target those most vulnerable across the district.
- Encourage and promote recycling schemes for high cost family items e.g. baby items, IT equipment.

### Partners

- Health Trusts
- Community

## ➤ Leisure & Wellbeing

- Review reduced rates for leisure activities, with support to engage, people in poverty.
- Provide free leisure during set times in the summer for children/young people on FSM/ low income.
- Encourage sports clubs to offer greater informal sporting opportunities (e.g. walking clubs, over 50's games) for hard to reach groups, through targeting sports grant funding.
- Review existing provision of addiction services for an integrated and targeted approach on drugs, alcohol and gambling.

### Community Planning Actions

- ✓ Deliver a Recreation and Active Lifestyle Plan which will provide formal and informal recreation and play opportunities
- ✓ Develop and deliver a 'Healthy Towns and Villages' initiative
- ✓ A targeted Healthy Living Initiative for disadvantaged communities

# Theme 3 Health and Wellbeing

- Lobby for continued review of the regulatory laws on gambling industry regarding access, particularly for young people.
- Council to consider developing Household checks in partnership statutory agencies (targeted at those in poverty and most vulnerable).
- Encourage/support play development in disadvantaged communities to support wellbeing of children.
- Work towards the development of Health Hub in every area of disadvantage (Gortgonis Health Hub model).
- Support local community mental health organisations in the district, including low cost/no cost counselling, which contributes to people waiting statutory provision.
- To review and develop a pathway model (for different levels of intervention) for addressing mental health.

## Partners

- MUDC Leisure & Public Health, Parks, Arts & Culture
- Department for Communities
- Health Trusts, PHA, HSCB
- Sport NI
- Community

## Vulnerable groups

- Target programmes to vulnerable groups at higher risk of poverty.
- Partner organisations to ensure facilities and services are accessible to the most vulnerable e.g Age Friendly, Dementia Friendly, Autism Friendly and Financially Accessible.
- Partner delivery to assist people experiencing domestic violence; including access to supported housing.

## Community Planning Actions

- Develop adult learning initiatives across Mid Ulster
- Deliver an 'Ageing Well' Initiative
- Lobby for an integrated transport plan to address rural access to services

## Partners

- MUDC
- PHA, Trusts, HSCB
- PCSP
- NIHE
- Community

# Theme 3 Health and Wellbeing

## Food Poverty

- Coordinate support for front line poverty charities including financial support and development of Anti- poverty networks.
- Partners to ensure coordinated approach on food poverty programme delivery.
- Encourage Social Supermarkets and Community Food Cupboards in the district.
- Lobby for continued summer food support for those on free school meals.

### Partners

- Department for Communities
- MUDC Community Development
- Community



## **Delivery Model**

A Strategic Plan needs to be developed towards alleviating poverty based on the issues that have been identified within this document. This will require discussion with all community planning representatives and other relevant organisations to identify partner solutions.

The solutions will be actioned based on the identified priorities as agreed with all partners. It is anticipated that a Poverty Plan, with direction and actions, would be provided by December for all partners to agree.

Some policy areas are longer-term impact, however these have been included in the action plan to allow for lobbying and guidance on these to commence for further consideration and development.

Alongside this engagement, communication will take place regarding existing provision that is in place to seek to alleviate poverty. There are many initiatives that have been identified that requires a coordinated and shared approach to maximise delivery and impact.

The actions for delivery will be led by the relevant partner. Some are already in place and require monitoring in terms of effectiveness and developing greater linkages with other complementary programmes. Others will require further development and support via all partners.

Delivery of a poverty plan for Mid Ulster will require a working group, as identified by the Community Planning Board, to oversee its actions. The Board will oversee the direction and review of delivery. The Board and Working Group will also need to react to emergency situations that occur outside of the Plan and respond with maximum impact, to be initiated or led by any partner.



Home Office

Direct Communications Unit  
2 Marsham Street  
London  
SW1P 4DF

Tel: 020 7035 4848  
[www.homeoffice.gov.uk](http://www.homeoffice.gov.uk)

Mr Cathal Mallaghan  
Chair, Mid Ulster District Council  
Dungannon Office, Circular Road  
Dungannon  
BT71 6DT  
[info@midulstercouncil.org](mailto:info@midulstercouncil.org)

DECS Reference: TRO/0125157/20

**5 January 2021**

Dear Mr Mallaghan,

Thank you for your letter of 3 December 2020 about the Timorese Association Inclusive Support group and the EU Settlement Scheme (EUSS).

The Government has guaranteed the rights of EU, EEA and Swiss citizens and their family members who have made the UK their home through the EUSS. The EUSS makes it easy for EU, EEA and Swiss citizens and their family members to obtain the UK immigration status they need in order to remain here permanently, with the same rights to work, study and access benefits and services as they had before the UK left the EU. In line with the Withdrawal Agreement with the EU, and its equivalents with the EEA states and Switzerland, those who are resident here by 31 December 2020 have until 30 June 2021 to apply.

The Citizens' Rights (Application Deadline and Temporary Protection) (EU Exit) Regulations 2020 save relevant EU law rights for those eligible for, but who have not yet obtained, status under the EU Settlement Scheme (EUSS) at the end of the transition period on 31 December 2020. In line with the citizens' rights agreements, it protects those rights pending the final outcome of an application made by them under the EUSS by the 30 June 2021 deadline for those resident in the UK by the end of the transition period.

During the grace period up to 30 June 2021, right to work and right to rent checks for EU, EEA and Swiss citizens will not change. They will be able to use their passport or national identity card to evidence their right to work and rent, as now, but if they have status under the EUSS, they may, if they wish, choose to use that as evidence.

Yours sincerely,

**European Migration & Citizens' Rights Unit**  
Email: [Public.Enquiries@homeoffice.gov.uk](mailto:Public.Enquiries@homeoffice.gov.uk)

