

JOIN US AND BECOME A MEMBER OF NACN

We have a large membership base in the area and it's growing; join us to help your local community reach its full potential. Membership forms are available on our website. We are always looking to develop new programmes and expand our partners and encourage new projects to address any gaps.

Some of our Services:

- Project Planning
- Funding Applications
- Action Planning
- Training needs analysis
- Event Planning
- Delivery of small grants
- Sourcing of community based tutors & facilitators
- Regular e-bulletin
- Accountancy Service
- Charity Commission Registration
- Share & Learn Networking Events
- Certified training - first aid, health and safety and child protection
- Pain Support Programme
- TAKE 5 Steps to Wellbeing Workshop
- Good Governance
- Social Cafe
- Tai Chi Programme
- Walking Groups
- Food Health
- Social Prescribing
- Health & Wellbeing programmes
- Annual Members Survey
- Chi Me
- Age Health and Happiness Sessions
- Capacitar Wellness Education Training



Contact us



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Northern Area Community Network



Supporting Community Based Initiatives

NETWORKS INVOLVING COMMUNITIES IN HEALTH IMPROVEMENT (NICHI)

The aim of the NICHI Project is to

- strengthen links between the Public Health Agency (PHA) and local communities
- support local communities through a community development approach to address health and social wellbeing issues and reduce health inequalities
- NICHI Officers **support community groups** by signposting, training to help capacity building and support to help develop healthy, sustainable communities

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GOOD MENTAL HEALTH & SUICIDE PREVENTION

This project aims to

- increase community awareness and involvement in mental health and well-being through Suicide Prevention/Self Harm initiatives
- provide guidance to local communities
- signposting communities to support services
- training opportunities
- wellbeing activities
- resource allocation for local projects

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**Northern Area
Community Network**

COMMUNITY DEVELOPMENT



Northern Area Community Network is a **membership based organisation** and is managed by a voluntary Board of Directors that are elected from member organisations. The Network's office is based in Cushendall and it covers the catchment area of Mid & East Antrim, Antrim & Newtownabbey and Causeway Coast & Glens Borough Councils.

We offer a community development process and focus on the practice of networking to allow community groups themselves to share knowledge and experience. We provide an opportunity for communities to have a voice and an influence without compelling members to lose their chosen identity, adherence and different interests.

- we deliver the **DAERA Community Development Support Scheme**
- are one of **7 Rural Support Networks in NI** to provide community development and advice

This involves:

- **capacity building** - from one to one's to group training to build the skills and knowledge of communities
- **networking** - to share learning, mutual support, build relationships and strengthen people's voices
- **sustainability** - adapting to the needs within communities, developing projects to assist their long term goals and harness their own assets and means
- **micro capital grants** - ensuring rural community facilities are fit for purpose
- **communications** - providing the latest information on local programmes and funding opportunities
- **partnerships** - working closely with a number of public agencies and community and voluntary organisations to ensure community needs are heard; to influence how decisions are made and services are improved. Contribute to discussion about how local priorities are developed

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SOCIAL PRESCRIBING

A **Community Approach** to Health & Wellbeing for adults aged 18+ to address social, emotional and practical needs by connecting them to sources of support within their community to improve their health and wellbeing.

Spring Social Prescribing enables a GP or Primary Health Care professional to refer patients who suffer from social isolation, low mood, mild depression, long term conditions or physical inactivity to community support programmes and activities. These can include: Social Clubs, Physical Activities, Arts and Crafts, Advice and Guidance, Volunteering and Peer Support groups for those with long term conditions.

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HEALTHY PLACES

This is an '**area based approach**' to health and wellbeing within the Glens District Electoral Area. We are working in partnership with Northern Health & Social Care Trust, Fresh Minds Education, Causeway Coast and Glens Borough Council and Participatory Budgeting works to deliver this project. There are 4 pieces to the puzzle -

- **Glens Men** - working with men to reduce isolation and loneliness
- **Community Listeners** - local people developing the skills and knowledge to create safe communities to talk about feelings and emotional wellbeing
- **Children's Mental Health** - mental health & resilience training for school staff & community facilitators
- **Participatory Budgeting** - communities deciding how TAKE 5 Steps to Wellbeing budget is spent in their community

Glens Men: Ita McErlean E: ita@nacn.org M: 07378974979
Community Listeners: Clare McKay E: cdo@nacn.org M: 07545076291
Childrens Mental Health & Participatory Budget contact:
Breige Conway E: info@nacn.org M: 07702572724

HEALTHY LIVING CENTRE

NACN is a Healthy Living Centre and part of the HLC Alliance

- an award-winning network of 29 community-led health improvement organisations
- based in areas of high health inequalities, both rural and urban
- delivering collectively on **mental health, social prescribing, physical activity, food health and pain support**

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