

# engage

Community Planning in Ards and North Down

#myvoicemyAND

Spring 2022



## Welcome .... to the Spring edition of engage!

In this edition of Engage read about a new publication that has been written following a review of the implementation of the Big Plan. The [Big Plan Part II | Our Big Priorities](#) provides information on the issues the Community Planning Partnership will focus on. The publication also explains how the indicators help us know if we are making progress towards our aspiration that Ards and North Down is a vibrant, connected, healthy, safe and prosperous place to be.

Please look at our [Moved by Nature Calendar](#) for information on the importance of nature and protecting our local environment. We have highlighted the content of the month of May 2022. This includes how you can act as a champion of nature, take time to pause and connect to nature and find new places to explore within Ards and North Down.

In 2020-21 via our Age Friendly Alliance we surveyed our older residents about the type of support they need. Following feedback that many people struggle to know where to go to for help we are developed a resource for people who find accessing the internet challenging. The Big Guide to Age Friendly Ards and North Down provides residents with contact information to sources of help and support. We plan on distributing hard copies of the Big Guide to organisations whose can share them with their own users. If you could help us distribute these please e-mail [communityplanning@ardsandnorthdown.gov.uk](mailto:communityplanning@ardsandnorthdown.gov.uk).

Finally read on for an exciting opportunity for Carbon Literacy Training. Keep Northern Ireland Beautiful can offer a suit of Carbon Literacy Training Programmes to teachers, youth leaders, community-group leaders, students, youth groups and community groups across Northern Ireland. More information on this is on page 8.

Wishing you all a happy Spring Season.



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**The Big Plan Part II | Our Big Priorities** provides an update on progress since the publication of the Big Plan (our Community Plan) in 2017. The Big Plan's five outcomes are important and we continue to aspire that by 2032 all people in Ards and North Down...

1. Fulfil their lifelong potential
2. Enjoy good health and wellbeing
3. Live in communities where they are respected, are safe and feel secure
4. Benefit from a prosperous economy
5. Feel pride having access to a well-managed sustainable environment

**Our Big Priorities** explains how the Community Planning Partnership will focus on fewer issues, but that these will be more focused and prioritise partnership work that adds value or increases how people access (and influence) public services.

**Our Big Priorities** explains the workstreams that have been set up to help us achieve our desired outcomes. The illustration on page 3 shows the five Big Plan outcomes aligned to the ten priority issues that the Community Planning Partnership will take forward via the workstreams. Priorities and workstreams were identified by working with public sector partners and by listening to feedback from our community and voluntary sector partners.

To identify Our Big Priorities, we also considered information gathered from residents via our Big Conversation Panel surveys which took place from 2021-2022. While we wish that mental health, social isolation and poverty were not issues we had to consider, it is reassuring that even before Covid-19 our review had already identified these as community planning priorities. Covid-19 reinforced the value that community planning can bring as it helped that a network of support partnerships had previously been working together.

### **Overarching interests of the Big Plan**

One of the benefits of taking a 'community planning approach' is the opportunity to look at issues from the view point of different organisations. This helps to make sure that social, environmental and economic wellbeing are considered across all decisions taken.

In recognition of the importance of embedding sustainable development within the Big Plan priorities, the relevant global Sustainable Development Goals have been aligned to their appropriate priority workstream. This results in the Partnership adopting a more holistic approach to action planning which should result in better outcomes.

Climate Change, while not a separate priority within Our Big Priorities, is one of the Sustainable Development Goals. This means that across all relevant activities we will consider how a changing climate (and the impacts of this) will affect social, environmental and economic wellbeing. The document outlines why the Community Planning Partnership MUST think about how climate change may have an impact (positive and negative) on its ability to achieve our Big Plan outcomes.

**The Big Plan Part II | Our Big Priorities** is available on Ards and North Down Borough Council's website [ardsandnorthdown.gov.uk/resident/community-planning](https://ardsandnorthdown.gov.uk/resident/community-planning)



### Outcome 1 | All people in Ards and North Down fulfil their lifelong potential

Help people participate in civic life and influence how decisions that affect them are made

Develop a sustainable infrastructure that supports our other Big Plan outcomes

Provide space for people to be healthy, safe, belong, prosperous and supported within our natural environmental limits

#### Priority 1: Participation

Community resuscitation  
Citizen engagement

#### Priority 2: Infrastructure

Public Estate and Land



### Outcome 2 | All people in Ards and North Down enjoy good health and wellbeing

Empower people to take control of their personal wellbeing

Increase the opportunities for people to adopt more active lifestyles.


Make it easier for people to access support services and develop infrastructures that make it harder for people to be overlooked.

#### Priority 3: Emotional wellbeing

AND Wellbeing Hub/ Take 5  
Social isolation and loneliness

#### Priority 4: Health Equity

Whole system approach to obesity



### Outcome 3 | All people in Ards and North Down live in communities where they are respected, are safe and feel secure

Make Ards and North Down a great place to grow older and where support is available to people who need it.

Make this a welcoming place with increased amounts of shared spaces, where there are growing levels of respect among communities and cultures and where people are safe in their homes, within their communities and in all public spaces.

#### Priority 5: Welcoming to everyone

Age friendly  
Dementia friendly

#### Priority 6: Vulnerable people

Multi-agency Support Hub



### Outcome 4 | All people in Ards and North Down benefit from a prosperous economy

Address deprivation and ensure that people have the financial resources to meet their everyday needs.

Help grow our local economy by developing a skilled workforce

Help those who are furthest away from the labour market by increasing access to employment

#### Priority 7: Better jobs and skills

Labour Market Partnership

#### Priority 8: Economic inequalities

Social Supermarket/ Poverty



### Outcome 5 | All people in Ards and North Down feel pride from having access to a well-managed sustainable environment

Enrich people's enjoyment of and respect for the natural and historic environment

Identify ways to increase community management of local assets

Increase our understanding of the impacts of climate change

#### Priority 9: Sustainability

Sustainable tourism  
Sustainable food

#### Priority 10: Valuing our environment

Moved by Nature (Outdoor learning)  
Nature recovery



# Moved By Nature

Acting together for nature and our outdoor spaces



The importance of nature and being outdoors is proven to help people maintain positive mental health and build resilience while also improving physical health and increasing interactions with other people. Moved by Nature is a workstream of the Big plan that focuses the value of open natural spaces. For 2022, we have produced an online interactive calendar to encourage everyone to get out in nature whilst being aware of the things we can all do to protect our environment.

Sport NI, National Trust, Strangford Lough and Lecale Partnership and Ards and North Down Borough Council have been working via the borough's Community Planning Partnership to consider how the responsible enjoyment of the outdoors can be achieved. The Moved by Nature Calendar 2022 was produced to complement a seminar we held with speakers from Europarc, Leave No Trace, The WiSE Scheme, The Green Blue, The Right Side of Outside and Sustainable NI who all have ways of helping users of the outdoors to learn how to be better stewards of what is around us.

## How the calendar works

Each month the calendar contains information on things to do, places to explore, ideas for slowing things down and lots of links to other useful online content. The calendar focuses on the Ards and North Down area, but a few activities and places to explore from outside the boundary have been included too.

The document can be printed, but it is best viewed on a digital device due to the interactive content and quick access to additional resources.

[Download the Moved By Nature Ards and North Down Big Calendar 2022](#)



## A taste of May 2022 Moved by Nature Calendar

Each month sets out some ideas for how you can act as a champion of nature in your local area. For May 2022, the calendar explains how you can get involved in [Northern Ireland's Big Spring Clean](#). The BIG Spring Clean, taking place each year between 1st March and 31st May, is Northern Ireland's largest community clean-up campaign. Since its inception, 553,571 volunteers have participated in clean-up activities during the Spring months, removing over 800 tonnes of waste! It is open to individuals, schools, community groups and businesses from all communities wishing to rid their streets of litter and discarded rubbish.

You can help in any one of 3 ways:

[Add your signature](#) to show your support and keep updated through Live Here—Love Here's monthly newsletter

[Take part in a clean up](#)—check out what's on near you

[Organise your own clean-up](#) and receive a free kit - this includes a high visibility vest, a pair of gloves and bin bags.

Please ensure you have [read the hints and tips booklet](#) before organising your clean up.

**Places to Explore...**[Redburn County Park](#) is a 3.9 mile walk through woodland, parkland and grassland. Those who venture to the top of the hill will be rewarded with amazing views over Belfast Lough.

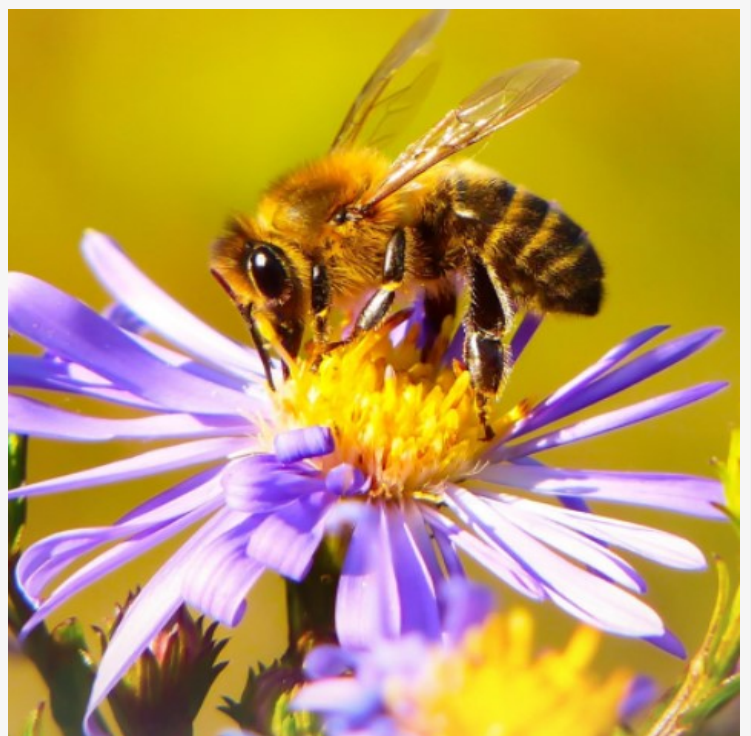
**Pause and Connect...**Take 20 minutes out of your day to watch a wildlife webcam. The [Discover Wildlife Page](#) from the team at BBC Wildlife Magazine provides an extensive list of species you can livestream.

### IMPORTANT DATES

**World Bee Day**  
20 May

**European Day of Parks**  
24 May

**Furry Friends...**we all love our dogs and that's why it is so important to always champion the Canine Code to keep your dogs and others safe. For the bark of approval check out the National Trust's Canine Code [here](#).





# The Big Guide

## to Age Friendly Ards and North Down

Age friendly is a workstream of the Big Plan focusing on how to make sure that Ards and North Down is a great place to live and grow older. Our **Age Friendly Strategy** and Action Plan explain how this will be done. The delivery of this workstream, and its Strategy, is overseen by an Age Friendly Alliance which is a partnership between lots of organisations who are passionate about providing high quality services for everyone.

**The Big Guide to Age Friendly Ards and North Down** has been developed as a direct result of feedback we received via a survey of older residents, and information provided by the public via the Big Conversation Panel. It is important that everyone living and visiting Ards and North Down is valued and respected, regardless of their age. The content of the Big Guide reflects the information that people told us they have problems with. It was clear that many people struggle to find out where to access help. This was particularly true for people who are not confident accessing the internet and wanted to be able to talk to a person about their issue. For this reason the Big Guide (where possible) has focused on provided phone numbers as well as websites.

Information included in the Big Guide includes help for older people, how to access mental health services and where to find out about social activities and what is happening. The Big Guide is much more than just a list of organisations and contact information. It also contains useful information and advice across 10 heading topics. An example of this is guidance on how to keep safe in your home as well as how to avoid being the victim of a scam.

The Big Guide has been facilitated by Ards and North Down Borough Council with the support of Elected Members and Ards and North Down's Age Friendly Alliance.



We are very grateful to the members of the Age Friendly Alliance, including Libraries NI, who will help the public access hard copies of the Big Guide. When printed (June 2022) we hope to have hard copies available in all public buildings across Ards and North Down. If you would like a copy, or feel that you have premises that people could access them from, please e-mail [communityplanning@ardsandnorthdown.gov.uk](mailto:communityplanning@ardsandnorthdown.gov.uk).

A digital version will also be available from the Council's website.

[ardsandnorthdown.gov.uk/resident/community-planning/age-friendly-and-the-big-plan](https://ardsandnorthdown.gov.uk/resident/community-planning/age-friendly-and-the-big-plan)

## **Information in the Big Guide is divided across 10 heading topics:**

### **1. Emergency Numbers**

A list of key numbers that may be required in an emergency i.e. Emergency Services, NI Gas Emergency Service and Samaritans.

### **2. Quick Reference Guide**

A quick reference guide that will help people to navigate through the Big Guide

### **3. Advice and Information**

Information on organisations providing advice and information on a range of topics such as community, consumer, financial, legal, older people and resources.

### **4. Ards and North Down Borough Council**

Information on the Council services to help people know how to access the specific services offered by the Council.

### **5. Civic and Social Participation**

Information on available support service organisations that can help people contribute to their communities i.e. volunteering, learning and training and also provide information that will help people to socially participate (activities) within their community.

### **6. Health**

Information on a range of health and well-being disciplines such as alcohol and substance abuse, bereavement, disabilities, carers support, health and wellbeing, heart and stroke. It will also detail how to contact support services organisations i.e. South Eastern Health and Social Care Trust and GP Out of Hours .

### **7. Housing**

Information on housing and support that allow people to age comfortable and safely within their community. It will also detail support service organisations who can help people to live independently in the community.

### **8. Money, tackling Poverty and Legal Matters**

Information on money, tackling poverty and legal matters such as benefits, debt, foodbanks, poverty, wills and support organisations who can provide further assistance i.e. Jobs & Benefits, NI Direct, and Foodbanks.

### **9. Safety and Security**

Information on Safety and Security, including community safety, domestic violence, home accident prevention and security, scams (including online) and support services that can provide further assistance.

### **10. Transportation and Travel**

Information on transportation and travel such as motoring (renewal of driving licence/ Vehicle MOT/Vehicle Tax and Blue Badge Scheme), Bus and Rail Services (SmartPass (60/ 60+/ Concession) (Half Fare SmartPass), mobility support and will also detail information on community transport providers. It will also detail some support service organisations i.e. NI Direct, Translink and Disability Action Transport Scheme.



# Carbon Literacy Training

Keep Northern Ireland Beautiful is excited to offer a suit of Carbon Literacy Training Programmes to teachers, youth leaders, community-group leaders, students, youth groups and community groups across Northern Ireland.

Accredited through the Carbon Literacy Project, OCN NI and CPD, these programmes provide full training in the following areas:

- Climate change science
- Global and local impacts of climate change
- Climate justice and equity
- Climate policy – global and local
- Carbon footprints
- Solutions – ways to get involved as an individual and a community



## Your Training

Carbon Literacy Training can be accessed through a series of 3 self-guided learning sessions, each 1 hour and 15 minutes in length and 4 online group learning sessions, each 1 hour and 30 minutes in length. Booking and training can be completed online over a 4 week period.

With funding support from DAERA, Keep Northern Ireland Beautiful is able to offer these programmes at zero cost to you. You will also receive a set of materials

to support students, youth or community groups to go through similar training.

The Carbon Smart Student resources can be used either via the Carbon Literacy certification route or through an OCN NI Award, Reducing Carbon Footprints through Environmental Action. In the near future, a GCSE equivalent, 15 credit certificate programme will also be available through OCN NI with Carbon Literacy as a core module – this course is also called Reducing Carbon Footprints through Environmental Action.

Following their own training, leaders are expected to have delivered to their groups within a 4-6 month period – dependent on sector.

## Contact

To book your free place on a Carbon Literacy Programme, please click [here](#). To find out further details and discuss access to these programmes, there are Leadership Team briefings available to book. Or if you would like to discuss the training further before booking, call **028 9073 6920** or email [enquiries@keepnorthernirelandbeautiful.org](mailto:enquiries@keepnorthernirelandbeautiful.org).



# Support Page

## GET IN TOUCH WITH LOCAL ORGANISATIONS WHO CAN PROVIDE SUPPORT

### FOOD

If you are finding it difficult to afford food:

Bangor Foodbank - **0782 1791 674**  
Storehouse North Down - **0752 6541 168**  
Newtownards Foodbank - **0790 2933 297**

### FUEL

If you can't afford to heat your home:

Society of St Vincent de Paul -  
**02890 351561**  
If you are a Housing Executive Tenant -  
**02895 982068**

### BEFRIENDING SERVICE

If you are feeling lonely and would like to have a chat over the phone:

Caring Communities Safe and Well -  
**02897 566934**  
AGE NI - **0808 808 7575**  
Education Authority Stay Connected Local Service for young people - **07780 743 858**

### BENEFITS

If you need advice and information on benefits or you are worried about issues around debt:

Community Advice Ards and North Down -  
**0300 123 9287**  
Benefits Advice - **0800 232 1271**  
Christians Against Poverty -  
**0800 328 0006**  
Check if you're getting all the money, support and services you're entitled to by contacting the DfC Make the Call team:  
**0800 232 1271**

### HOME ACCIDENT SUPPORT

If you would like some advice, support or equipment to help with home accident prevention:

Ards and North Down Borough Council's Home Safety Team - **0300 013 3333** ask for extension **40336**

### DOMESTIC AND SEXUAL ABUSE

If you are experiencing domestic or sexual abuse and need support or information:

24 Hour Domestic and Sexual Abuse Helpline - **0808 802 1414**  
North Down and Ards Women's Aid -  
**02891 273196**

### FAMILY SUPPORT

If you are a parent and need support for yourself, your child or your family:

Family Support Hub (SEHSCT) -  
**02892 501357**  
Barnardo's NI - **028 9127 1538**  
Home-Start Ards, Comber and Peninsula area - **028427 88369**  
Home-Start North Down - **028 9127 1201**  
SureStart Ards - **02891 819722** Ards or **028427 39322** Peninsula  
SureStart - Bangor - **02891 457248**

### OTHER SUPPORT SERVICES

Ards and North Down Borough Council -  
**0300 013 3333**  
Ards Community Network - **02891 814625**  
County Down Rural Community Network -  
**028 9182 8884**  
North Down Community Network -  
**02891 461386**  
NI Housing Executive - **0344 892 0900**  
PSNI- 101 or if an emergency **999**  
Samaritans - **116 123**  
Education Authority Youth Services in Ards and North Down - **02890 566245**  
Volunteer Now - **02890 232020**

Living in rural Ards and North Down and need transport support? Call Down Community Transport on **028 4461 7900**



Ards and North Down's  
**Community  
Planning  
Partnership**



### Heading out this weekend?

Help keep friends and family safe by taking a Rapid [#COVID-19](#) test before meeting others.

The tests are free, quick and easy to do.

Find out

more: [www.nidirect.gov.uk/articles/coronavirus-covid-19-](http://www.nidirect.gov.uk/articles/coronavirus-covid-19-)

### Contacting Us

We are currently working from home. If you would like to get in touch, please:

Email us:

@  
[communityplanning@ardsandnorthdown.gov.uk](mailto:communityplanning@ardsandnorthdown.gov.uk)

### We are always here to support you, even after Covid-19

The Here2Help app is a pocket guide of services and advice that may be able to give you some direction or help if you are worried about someone or if you are feeling the pressure of life.

Download the **FREE** Here2Help App to your phone so it is always handy.

Information and Advice is available 24/7

Available on [Google Play Store](#) and [Apple iTunes App Store](#)

Tweet us:

@[thebigplanAND](#) and we will get back to you as soon as we can!

Stay informed:

Stay part of the conversation by signing up for this newsletter, following us on twitter or view the community planning section hosted on the Ards and North Down Borough Council's website.

Please stay safe:

Keep 2 meters apart from others when you can, wear a mask and wash your hands well and often. Stay at home if you show any symptoms. Download the app —[StopCOVID NI](#).