



ROC Northern Ireland - Project Can Do Information Form

Thank you for your interest in Project Can Do – one of ROC Northern Ireland's tailored community programmes. Please read this information sheet before completing the Interest Form.

Why a Project Can Do programme?

Project Can Do is a positive community initiative helping improve basic life skills, reduce isolation, improve health and wellbeing and build stronger community connections. The programme was developed by the ROC Glengormley Action Group in Spring 2022 to build confidence and connections within the community. Since then two further Project Can Do programmes have taken place in Glengormley and North Belfast.

What is Project Can Do?

Project Can Do is a tailored programme typically lasting between four to six weeks in a community setting such as a church hall, school or community centre. The programme can focus on general community support or on a specific theme such as health and wellbeing; cost of living or age-related i.e. retirees or parents/families.

The weekly 1.5 hour sessions focus on a specific topic with local support services showcasing their services to participants. The sharing of information through these talks as well as group discussions and resources encourages peer support amongst participants. The programme ends with a 'Community Fair' style event with participants receiving self-care goody bags.

Feedback from participants

'Feel more informed and confident, know where to go for support'

'I have been ill the past 6-10 months and been housebound, I want to start now to connect with others and this class has given me ideas how to.'

'This was a very good informative morning, I really enjoyed getting to know things I didn't know.'

'A lot of information to process but all brilliant'

Costs

Typically, a Project Can Do programme will cost between £500 and £750, depending on number of weeks and travel from the ROCNI Office. The cost covers ROC Staff project management i.e. booking & liaising with speakers, programme delivery, publicity and programme materials including participant goody bags.

Refreshments and room hire are added costs to be covered locally.

Contact Details

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Project Can Do - Interest Form

Complete details in form below and return to Keeva at
northernireland@roc.uk.com

Contact Information				
Name of Organisation/Church:				
Contact Person:		Contact Phone:		
Contact Email:				
Are you part of a ROC Action Group?	YES / NO	If yes, what ROC Action Group?		
Project Can Do Details				
Theme Please tick preference	General Community Support	Health & Wellbeing (6 week programme only)	Cost of Living	Age related focus Retired/Older people Parents/Family
Have you secured a venue for the project?	YES / NO	Where will your project take place?		
When would you like to run Project Can Do in your area? (Please note: a minimum of 6 weeks is needed before first session for planning & promotion)		Do you require outside funding to cover the costs of Project Can Do? If Yes; please provide details of funding	YES/NO	
Publicity				
(Only complete if you want your organisation and project to be promoted on ROC Social Media. By doing so, you give permission for ROC Northern Ireland to publish these details.)				
Group Name:				
Social Media Handles:	Twitter	Instagram	Facebook	
Do you want your logo included?	YES / NO		If Yes, please forward jpeg version of logo with this form	

Thank you for registering your interest in Project Can Do!