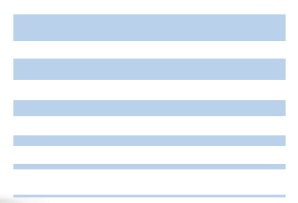




SEPTEMBER TO
DECEMBER 2020



NEWSLETTER FOR CRAIGAVON NEIGHBOURHOOD RENEWAL HEALTH PROJECT

Who would have thought our world could have experienced such a difficult time when we entered 2020? The Covid-19 pandemic has left no one untouched, and while we acknowledge that our community has come through a very trialling time in recent months it is also heartening to acknowledge the amazing resilience, community spirit and human kindness that has been demonstrated.

Our world may never be the same again, but let's focus on the positives! Neighbours are talking more, caring more, families have pulled together, individually we appreciate the importance of protecting our health and wellbeing. We have seen a renewed appreciation of our great outdoors and

we value those workers and volunteers in our community who keep our key services going day and daily.

And so, collectively the organisations who partner on the Verve Healthy Living Network programme wish to harness the opportunity to support you

in living healthy and happy lives and most importantly to remain connected within your community to the activities, services and people you enjoy spending time with.

Please read about the programme opportunities and take the opportunity to care for yourself by taking action and taking part.

Here's a snapshot of some of the amazing local people and acts of kindness during the covid community response.

A Big Thankyou for Your Kindness!



**CRAIGAVON
COMMUNITY SUPPORT**



WELCOMING NEW HEALTH TRAINERS TO OUR SERVICE



In January 2020, 8 people from the Craigavon Neighbourhood Renewal Area and 2 from Armagh Neighbourhood Renewal Area registered for the PROQUAL Level 3 Health and Wellbeing Trainer

qualification. The participants studied for one full day in Drumellan Family Learning Complex for 12 weeks before successfully completing their qualification.

Focus on The Chrysalis Women's Centre during the COVID Response

A total of 5000 plus parcels were delivered over April and May to those who were shielding and classed as the most vulnerable in our society.

A listening ear was made available to those that were socially isolated.

Sign posting to other organisations was provided.

Support with online banking, ZOOM and shopping was provided.

Provision of Nappies, Baby Milk, Wipes and Sanitary items were provided to families in need.

Women impacted by domestic abuse and those experiencing mental health problems were provided with care and support.

We tackled period poverty by providing support to those requiring sanitary and hygiene products.

Links made with Lidl, Tesco, M&S, ASDA and the FoodBank to keep a steady flow of resources coming into the centre so food distribution could continue. Our community garden was maintained to provide fresh fruit and vegetables to the local community.



Client Feedback

I found the Health Trainer service very inspiring and thoroughly enjoyable. It was held in a relaxed environment which made me feel at ease. Making healthy meals gave me good motivation weekly to continue making healthy nutritious meals at home. I am continuing to eat healthy. Physically going to the supermarket for the ingredients gave me the confidence to go into larger stores to benefit from a wider choice of food stuff. The weekly meditation sessions helped me to relax and switch off the chitter chatter in my brain. I do meditations at home now. I got encouragement to start doing some form of exercise.

I go for leisurely walks when I can. I have achieved my weight loss goal of two stone! I feel really healthy and good about myself.

Thank you so much Grainne for all your help and support.

VERVE COMMUNITY HEALTH TRAINER TEAM 2020



Our Health Trainer health coaching service is still here for you. You now have the choice of having your appointments over the phone or face to face whilst adhering to the appropriate government guidelines.

A FOND FAREWELL

We would like to wish three of our Health Trainers a fond farewell and all the best for their new ventures in business, employment and retirement. Cherith, Sharon and Geraldine have been much loved members of the Health Trainer team and each brought so much to our community programmes. Thankyou!

HEALTH TRAINER ONE TO ONE HEALTH AND WELLNESS COACHING

SUPPORTING YOU TO MAKE HEALTHY CHOICES...



Supporting you to
become more active



Supporting you to look
after your **mental and
emotional wellbeing**



Supporting you to assess **how
much alcohol is too much**



Supporting you to **connect to
services and activities**



Supporting you to **make
healthy eating choices**



Motivational support available by phone
or face to face. Self-referrals welcome to
this **FREE** service.

Contact the Community Health Trainer Service
by telephone T: **028 3756 3952/3946** or
email E: **verve.network@southerntrust.hscni.net**



#MentalWellbeing2020

MENTAL HEALTH AWARENESS CAMPAIGN

10 SEPTEMBER TO
10 OCTOBER 2020

#THINK5DO5 TASTER SESSIONS



NAME OF EVENT	BRIEF DESCRIPTION OF EVENT	DATE & TIME	VENUE	ORGANISER CONTACT DETAILS	TARGET AUDIENCE
Mindful Moves with Grainne	Mindful Moves is a mixture of simple Tai Chi movements and gentle movement to music that strengthens the muscles and relaxes the minds.	Thursdays at 10.30am 10, 17, 24 September, 5 October	https://www.facebook.com/vervecraigavon Facebook live	verve.network@southerntrust.hscni.net	Public
Monday Evening Relaxation with Lyn	Lyn will host a relaxation session every Monday for 3 weeks on Verve Craigavon Facebook	Monday at 8pm-8.15am on 14, 21, 28 September	https://www.facebook.com/vervecraigavon Watch party	verve.network@southerntrust.hscni.net	Public
#think5do5 tools for wellness programme	Laughter yoga, capacitor for stress, craft and mindful moves	Tuesday 15, 22, 29 September, 6 October at 10.30am-12.30pm	Clan Na Gael GFC, Francis Street, Lurgan	Eileen on 077 25179863 eileen@mcgiv.com	General public
Outdoor Chi Me (weather permitting, indoors if weather poor)	A series of Tai Chi influenced exercises that will equip participants to take part in a strengthening and balancing exercise. It also creates a wonderful sense of wellbeing.	Friday 11, 18, 25 September & 2 October at 10.30am	Clan Na Gael GFC, Francis Street, Lurgan	Eileen on 077 25179863	General public
Mindful nature walks	Walks are suitable for all the family and will incorporate an appreciation of our great outdoors	Saturday 3 October 11am	Oxford Island, meeting point Discovery Centre	Eileen on 077 25179863	General public Families Older people
Mindful Walk	A walk for those who prefer to walk with others at a gentle pace	Friday 2 October at 11am	Peoples Park at main gates on Park Road	Faye on 078 71274345	Those with chronic health conditions



#think5do5 tools for wellbeing

Art therapy
 Capacitar techniques
 programmes advertised on
 following pages
 mindfulwalks
 Relaxation techniques
 Laughter yoga
 Gentle activity—chi me,
 mindful moves
 Games, inclusive sports
 (programmes advertised on following pages)

Take5
 steps to Wellbeing



www.makinglifebettertogether.com



Transform Your Trolley Healthy Eating Programme.

During October and November we will be running a 6 week programme in community venues across the area.

- ✓ Meal Planning ✓ Shopping lists ✓ Shop savvy
 - ✓ Healthy choices and how to keep to them
 - ✓ Know your food labels
- are just some of the topics covered.

Register your interest by calling **028 3756 3952**



HSC Southern Health
 and Social Care Trust

Quality Care - for you, with you



Bereavement Helpline

For people living in the Southern trust are who have been bereaved.



Professionals with knowledge, experience and insight into grief and loss will answer or return your call and offer a compassionate, listening ear.

They will also be able to provide you with, or direct you to helpful information.

Phone: 028 3756 7990

Monday to Friday 9.00am - 5.00pm

SOUTH SHORE HEALTH AND WELLBEING PROJECT

Activity	Venue	Date and Time	Booking Information
Walks (Twilight walks, forest walks, hill/mountain walks, local walks)	Oxford Island	29/08/20 every month thereafter	Darragh 07702025160
Adult Mindfulness/relaxation classes	Various locations in Lurgan	October-December	Pete 07899684248
Doorstep/telephone/Zoom delivery of befriender/buddy and counselling services	Lurgan/Craigavon	Ongoing	Tommy 07889694611
Tai Chi classes	Various locations in Lurgan	September to November	Pete 07899684248
Mindfulness for kids/young adults	Various locations in Lurgan	September to November	Carol 07595901687
Gardening Therapy	Lurgan/Craigavon	Ongoing	Tommy 07889694611

CHRYSALIS WOMEN'S CENTRE, 520-523 BURNSIDE, CRAIGAVON

Activity	Venue	Date and Time	Booking Information
#think5do5– tools for wellbeing (5 weeks)	Chrysalis Womens Centre	Starting 21 September 10.30-12.30pm	028 3834 1846
PAYROLL – LEVEL 1	Chrysalis Womens Centre	Starting 21 September 10am-1pm	028 3834 1846
BOOK KEEPING – LEVEL 1	Chrysalis Womens Centre	Starting 23 September 10am – 1pm	028 3834 1846
ECDL £252 FULL COST - £167 CONCESSION RATE	Chrysalis Womens Centre	Starting 18 September 10am– 1pm	028 3834 1846
ROSETTA STONE languages	Chrysalis Womens Centre	Starting 14 September 10.00AM-13.00PM (NEEDS CHILDCARE) 10.00AM-16.00PM (WITHOUT CHILDCARE)	028 3834 1846
Counselling	TBC	Booking by appointment	028 3834 1846

EDGARSTOWN RESIDENTS ASSOCIATION, 18-19 UNION STREET, PORTADOWN

Activity	Venue	Date and Time	Booking Information
Kids Club and Drop In	Edgarstown Residents Association		Call Phyllis to find out more 07809481364
Social programme for older ladies; craft, exercise, creative writing	Edgarstown Residents Association	Every Wednesday 10am-11.45	Call Phyllis to register on 07809 481364

DRUMELLAN COMMUNITY ASSOCIATION, 12 DRUMELLAN COURT, MOYRAVERTY, CRAIGAVON

Activity	Venue	Date and Time	Booking Information
ICT essential Skills (16 week course)	Drumellan Community & Family Learning Complex	28 September 9.30-12.45pm	Non exam class 028 3832 1415
Health Trainer 1:1	Drumellan Community & Family Learning Complex	Mondays by appointment only	028 3832 1415
Coffee Morning. Board games, chat, read a book	Drumellan Community & Family Learning Complex	Starting 21 September 10.30am-12pm	Drop In and bring a friend
CV writing support	Drumellan Community & Family Learning Complex	Wednesday 10am-12 noon	Phone 028 3832 1415
Yoga £35 (Subject to covid restrictions)	Drumellan Community & Family Learning Complex	Wednesdays 9.30-11am	Phone 028 3832 1415 Registration essential
English Essential Skills levels 1 & 2	Drumellan Community & Family Learning Complex	Starting 7 October Wednesdays 1.30-4.30pm	Phone 028 3832 1415 Registration essential
Wood Carving with soft wood. £20 course fee	Drumellan Community & Family Learning Complex	Thursday 12 and 19 October 10.30am-12.30pm	Phone 028 3832 1415 Registration essential
Crafts for Christmas	Drumellan Community & Family Learning Complex	Thursday 3 and 10 December 10.30am -12.30pm	Phone 028 3832 1415 Drop in but booking preferred
Luncheon Club (2 course meal) £3.50 each week Subject to covid restrictions	Drumellan Community & Family Learning Complex	Fridays 10 September ongoing 12.30-2.00pm	Phone 028 3832 1415 Registration essential
Chi Me - gentle exercise, chairbased or standing	Drumellan Community & Family Learning Complex	Friday's 12.00-12.30pm (subject to luncheon club running)	Phone 028 3832 1415
Transform Your Trolley	Drumellan Community & Family Learning Complex	Coming in October/ November 6 week healthy eating programme	Phone 029 3832 1415

DRUMBEG NORTH AND SOUTH RESIDENTS ASSOCIATION, 501 DRUMBEG SOUTH, TULLYGALLY CRAIGAVON

Activity	Venue	Date and Time	Booking Information
Laughter yoga taster	Drumbeg N&S Community House	21 September 11am-12 noon	028 3831 7341
Transform Your Trolley	Drumbeg N&S Community House	Monday 5 October- 9 November	028 3831 7341
Chi Me 6 week programme	Drumbeg N&S Community House	Tuesday 6 October- 10 November 11am-12 noon	028 3831 7341
Group Gym@ The Fitzone Foundation, Legahory Centre	Drumbeg N&S Community House	8 week programme - please register interest	028 3831 7341
#think5do5 tools for wellbeing	Drumbeg N&S Community House	Wednesday 30 September-28 October 11am—12.30pm	028 3831 7341

CLANN EIREANN GFC AND COMMUNITY CENTRE, LAKE STREET, LURGAN, BT67 9DT

Activity	Venue	Date and Time	Booking Information
Mixed Circuits Class	Clann Eireann	21st sept – 7thth Dec	Call 028 3832 3080 to register

ABC COMMUNITY NETWORK, MAGHAREE HOUSE, THOMAS STREET, PORTADOWN

Activity	Venue	Date and Time	Booking Information
One-to-One Health Trainer support and motivation for health and wellbeing	ABC Community Network	By appointment only	Call Faye on 07871 274345
Walking & Talking Group	ABC Community Network	Monday mornings	Call 028 3839 2777 to register
Chi Me for 6 weeks	ABC Community Network	Every Monday from 14 September at 11am	Call 028 3756 3952 to register
4 weeks Colour Breathing Relaxation	ABC Community Network	Every Monday at 12.15pm from 14 September	Call 028 3839 2777 to register interest

DRUMCREE COMMUNITY TRUST, ASHGROVE ROAD, PORTADOWN BOOKING ESSENTIAL FOR ALL ACTIVITIES

Activity	Venue	Date and Time	Booking Information
Chair Yoga	Drumcree Community Cenrte	Thursdays session 1 @ 10am, session 2 @ 12noon	Call 028 3833 4522
Yoga	Drumcree Community Centre	Tuesdays 11am-12pm	Call 028 3833 4522
Walking Group	Meet at Drumcree	TBC	Call 028 3833 4522

CLAN NA GAEL, DAVITT PARK, FRANCIS STREET, LURGAN PLACES LIMITED SO PLEASE REGISTER FOR ALL

Activity	Venue	Date and Time	Booking Information
Health Trainer 1-1 -work towards your health and wellbeing goals	Clan Na Gael Community Hall	Booking by appointment only	Phone Eileen 07725179863
Friendly Club Social morning with laughter yoga	Clan Na Gael Community Hall	Thursday 10 September 10.30am	Phone Eileen 07725179863
Outdoor Chi Me	Clan Na Gael Community Hall	11, 18, 25 September & 2 October at 10.30am	Register with Eileen on 07725179863/ eileen@mccgiv.com
#think5do5 tools for wellbeing	Clan Na Gael Community Hall	15, 22, 29, September, 6 October at 10.30-12.30pm	Register with Eileen on 07725179863/ eileen@mccgiv.com
Gaelic for mothers and others (over 25 years)	Clan Na Gael	6 week evening programme coming in September	Register with Eileen on 07725179863/ eileen@mccgiv.com

THE FITZONE FOUNDATION, LEGAHORY CENTRE, BROWNLOW

Activity	Venue	Date and Time	Booking Information
Health Trainer 1-1 work towards your health and wellbeing goals	Legahory Centre	By appointment only	Contact Sean Collins, Katrina or Sean McKeown on 07780 812312
Social Dog Walking Group	Meet at Pinebank Lakes Carpark	Mondays at 6pm	Contact Sean on 07780 812312
Ladies Circuits	Legahory Centre	Mondays 6.30pm	Contact Sharon on 07934 875803
Social Running Group	St Anthony's School Pitch	Monday's 6.30pm Wednesday 6.30pm	Contact Sean 07801 743567
Yogalates	Legahory Centre	Mondays 7.45pm	Contact Sean on 07780 812312
Open gym with health trainers	Legahory Centre	TBC	Contact Sean on 07780 812312
Metafit	Legahory Centre	Tuesday 6.15	Contact Sean on 07780 812312
HIM Programme (health in mind for men)	Legahory Centre	Tuesday 7.15pm	Contact Sean on 07780 812312
Tabata (30 minute body weights)	Legahory Centre	Wednesdays at 7pm	Contact Sean on 07780 812312
#think5do tools for well-being	Legahory Centre	Thursdays at 10am-11.30am 1, 8, 15, 22 October	Contact Sean on 07780 812312
Strength and Balance for those 55 years +	Legahory Centre	Thursdays 10am 24 September - 3 December	Contact Sean on 07780 812312
Mens Yogalates	Legahory Centre	Thursdays at 7.45—8.45pm	Contact Sean on 07780 812312
Women's weight training	Legahory Centre	Friday 6.30pm Friday 7.30pm	Contact Sharon on 07934 875803
Strength and Mobility	Legahory Centre	TBC	Contact Sean 07801 743567
NEW! Personal fitness POD	Legahory Centre	TBC	Contact Sean 07801 743567
Mens #think5do5 tools for wellbeing	Legahory Centre	Friday 10.30-12.30 25 September-23 October	Contact Sean on 07780 812312

Virtual options available on request for those staying at home

Positive Ageing Month is a celebration of what older people bring to our communities. It is celebrated throughout the month of October and we hope you find

a range of activities in the **verve programme** that are **age friendly** that you can take part in and enjoy.

We spoke to many social group members across Craigavon, Lurgan

and Portadown and listened. We aim to respond to your ideas throughout our programmes over the coming months through the programmes and activities provided.

Community Strength and Balance Classes

Department of Health guidelines recommend all adults should complete 150 minutes of physical activity in a week. Older adults at risk of falling should also undertake physical activity to improve muscle strength, balance and coordination at least twice a week.



Community Strength and Balance is back!

Community strength and balance classes will help to keep your muscles, bones and joints strong so that you can continue to do all the activities you love to do. Our programmes are twelve weeks long so that you feel the benefit in your muscle strength, balance and mobility. Suitable for 55 years and over.

12 WEEK STRENGTH AND BALANCE PROGRAMMES

- The Fitzone Foundation, Legahory Centre, Brownlow Starting on Thursday 24 September 10am-11am Register with Sean on 07780 812312
- Portadown Cares, Market Street, Portadown Starting on 21 September at 2pm. Register with Faye on 078 71274345
- Clan Na Gael GFC, Francis Street, Lurgan, at 10.45am Starting on 23 September Register with Eileen on 07725 179863/eileen@mcciv.com (programme will be outdoors where weather allows)

"I feel stronger and am able to walk better"

"Exercising in a class is great! We can encourage each other"



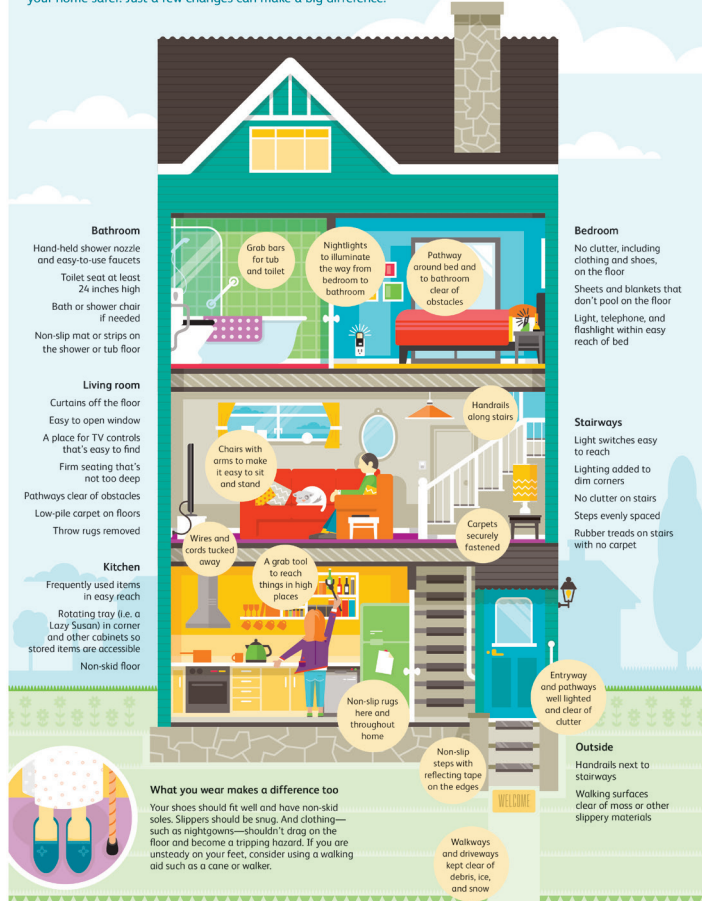
"It is useful to have some exercises that you can do to help yourself"



Falls Awareness Week - 22 -28 September

Prevent falls by making a few easy changes to your living environment

Did you know that falls are the leading cause of serious injuries for older adults? There are many steps you can take to avoid a fall. Along with doing exercises to improve your balance, follow this room-by-room guide for tips on how to make your home safer. Just a few changes can make a big difference.



Falls Awareness Week is between 22 and 28 September 2020. This year we have all spent a lot more time in the home due to the COVID-19 pandemic. As a result there is heightened risk of accidents in the home. Falls are one of the most costly accidents in terms of the impact to quality of life, particularly with older people. With some easily made changes to the living environment and caring for our physical health falls risk can be significantly reduced

From the age of 30 years of age muscle strength starts to decrease with losses of about 3-5% after 30 years of age and 12-15% per decade after 50 years of age. It is vital younger adults build in strengthening and balancing exercise and activity into their daily routine.

Other Age Friendly Activities

- Chi Me at Clan Na Gael Friday 11, 18, 25 September & 2 October at 10.30am Register with Eileen on 07725 179863/ eileen@mcciv.com
- Mindfulness Walks for all ages Oxford Island, Saturday 3 October 11.00am Register with Eileen on 07725 179863/ eileen@mcciv.com
- Mindfulness walks for those with chronic conditions at People's Park 2 October 11am
- Register with Faye on Faye on 078 71274345 Meeting point: Park Road, main gates
- Community Gym at The Fitzone Foundation Register with Sean at 07780 812312

CORONAVIRUS (COVID-19)

**WE ALL
MUST DO IT
TO GET
THROUGH IT**



STAY SAFE



SAVE LIVES

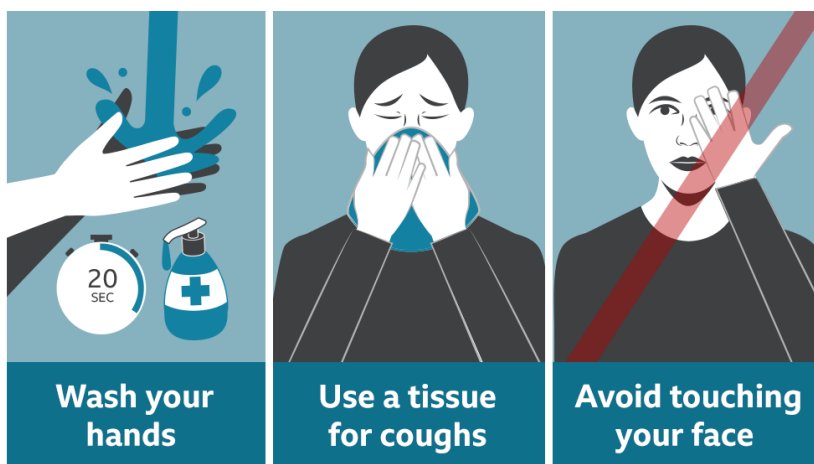
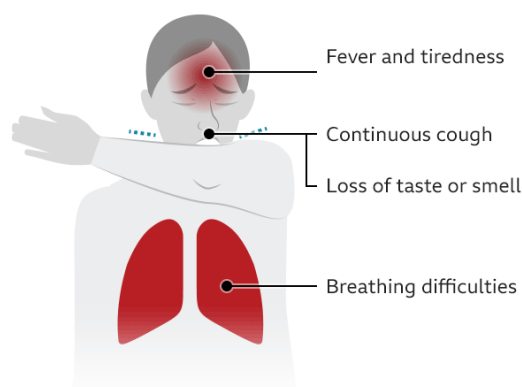
Recently our community health trainers consulted with some of the groups they work with in the community. It was highlighted that there is a need for the provision of information on how to keep well during the pandemic. Whilst our programmes in the community aim to keep you well, here's a few useful tips

Caring for ourselves and others

- 1. Family, friends and neighbours look out for each other** - check in with vulnerable people and those that have to isolate. Keep in touch, collect medications and shopping for those in our community who are vulnerable to the virus or who have to isolate.
- 2. Whilst no specific diet protects against Coronavirus it is important to make healthy choices, as a well balanced diet can help the normal functioning of the immune system.** If you are self-isolating, especially if you have symptoms, it is important to maintain good nutrition and hydration. Make sure you are eating and drinking regularly, even if you have low appetite.
- 3. Every activity counts.** If you aren't into structured exercise, be encouraged that any physical activity such as housework, climbing stairs, walking to the bus stop etc, all count towards the recommended 150 mins of moderate exercise across the week. Walking is one of the most accessible exercises and its free! Why not challenge yourself to walk a little more everyday. Best advice is to find something you love to do and stick with it!
- 4. Stop Smoking.** To protect the health of your lungs and your overall health take the leap and contact the local stop smoking services to support you in making your quit attempt. **T: 0778 8209 984.**
- 5.** Everyone's situation is unique and coming out of lockdown will be as hard for some as it was at the start. What we know is that keeping a routine, eating well, staying connected and exercise all help our mental health. If you find yourself in distress, suffering with anxiety or low mood, contact your GP or a helpline such as The Samaritans on 0330 094 5717 or 116 123 (free) for help and support.

Coronavirus symptoms and how I protect myself

Coronavirus: Key symptoms



Source: NHS

BBC

- ✓ If you go outside stay 2 metres (6ft) away from other people.
- ✓ The use of a face mask is now expected in public places and on public transport.
- ✓ If you have symptoms visit the local covid test centre and isolate until you receive your results with instruction on what to do next.

Download the 'StopCOVID NI' app to help stop the spread of corona virus. Learn more at nidirect.gov.uk/coronavirus

For more information and advice visit

<https://www.publichealth.hscni.net/covid-19-coronavirus/covid-19-information-public>



'Don't Avoid It'

MENTAL HEALTH AWARENESS TRAINING

Date: Tuesday 15 September Time: 10am – 11.45am

To register E: verve.network@southerntrust.hscni.net

Zoom link will follow registration

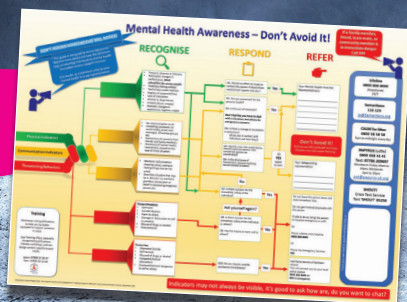
Mental Health Awareness is more important now than ever before!

The Don't Avoid It workshop and poster is a training package that aims to:

- Bridge the gap between our communities and professional services
- Empower you to become more observant of mental health
- Take action for mental health awareness

Training is suitable for general public, youth and community workers, community volunteers.

The training will be complemented with a 'Don't Avoid It Poster' and Community Development Support to personalise the poster for the needs of your community.



Verve Chronic Pain Support Programme

Are you living with chronic pain? Is it time to choose a different course of action to deal with the symptoms you are dealing with daily? Whilst medication can offer some relief from symptoms we know pharmaceuticals are not the only answer. Lifestyle choices and a variety of self care tools are equally, if not more important in managing chronic pain. Our Health Trainers will lead a 12 week programme which will introduce you to a range of different tools for self care and self management of chronic pain. *Please note: Due to Covid 19 it has been decided that our Chronic Pain Support Programme will run virtually this year.*

Verve Chronic Pain Support Programme

Join us every Wednesday at 7pm on zoom this autumn/winter for a series of workshops on managing chronic pain.



16th SEPTEMBER Understanding pain and connecting with others	7th OCTOBER Let's get active for pain management & an introduction to Chi Me	4th NOVEMBER Pacing and Planning
23rd SEPTEMBER Conversations with a pharmacist on managing chronic pain	14th OCTOBER The importance of sleep and techniques to support relaxation	11th NOVEMBER Problem Solving
30th SEPTEMBER Conversations with a pharmacist on opioid use and overuse	21st OCTOBER Food and Mood	18th NOVEMBER Over-coming barriers and setbacks
28th OCTOBER Distraction techniques using craft	25th NOVEMBER Planning your personal self-care calendar	2nd DECEMBER Celebrating your self care journey



Please register by 10th September 2020 by
E: verve.network@southerntrust.hscni.net T: 028 3756 3946



HEALTH TRAINER BASES & VERVE HEALTHY LIVING CENTRES

The Fitzone Foundation, Legahory Centre
Edgarstown Residents Association, Portadown
Drumellan Family Learning Complex, Brolow
Drumcree Community Trust, Portadown
Clan na Gael, Lurgan
Clann Eireann, Lurgan
ABC Community Network, Portadown
The Chrysalis Womens Centre, Craigavon
Drumbeg North and South Residents Association
South Shore Health and Wellbeing Project

A WARM WELCOME TO OUR NEWEST NETWORK MEMBER, SOUTH SHORE HEALTH AND WELLBEING PROJECT - SEE PAGE 6 FOR THEIR PROGRAMME

If you would like to see a Health Trainer or find out about programmes at any of these bases then please call/email

Tel: 028 3756 3946 or 028 3756 3952 Email: verve.network@southerntrust.hscni.net