



## Fermanagh & Omagh District Council Community Support News – March 2016

The Community Support Newsletter is published on a monthly basis. If you wish to receive a copy or place an article in the Newsletter please contact Alison Gilmore on 0300 303 1777 or email [alison.gilmore@fermanaghomagham.com](mailto:alison.gilmore@fermanaghomagham.com)

### Council News & Events

#### Have your say on community development for the district

Fermanagh and Omagh District Council is encouraging residents to share their views on future community development for the district.

A programme of public meetings have taken place over the last number of days in towns and villages in each of the District Electoral Areas, namely Lisnaskea, Fintona, Omagh, Gortin, Enniskillen, Irvinestown and Belcoo.

The public meetings provided residents and representatives from public agencies and the community and voluntary sector the opportunity to have their say on future community development for the district. Information gathered at these meetings will be used by Fermanagh and Omagh District Council to develop a new Community Development Strategy 2016-2019 for the district. The strategy will outline how the Council will deliver community development support to groups and promote Good Relations across the district in the future.

For those who were unable to attend a public meeting, an online survey is available to complete on the Council's website until **5pm, Friday 4 March 2016**. Hard copies of the survey are also available upon request from the Council's Community Services team.

Encouraging people to share their views before the March 4 deadline, a spokesperson for Fermanagh and Omagh District Council, said:

“Good community development strengthens local communities, helping them to address social, economic and environmental issues in their area and improve overall health and well-being of residents.

We have been delighted with the response from members of the public and representatives from public agencies and the community and voluntary sector at our series of public meetings. We want our new Community Development Strategy to accurately reflect the needs of communities in the Fermanagh and Omagh district and encourage anyone who has not yet engaged in the consultation process to complete the survey on the Council's website or make direct contact with a member of the Community Services team.”

**The [online community development survey is available to complete until 5.00 pm, Friday 4 March 2016](#). Alternatively, hard copies of the survey are available from the Council's Community Services team by telephoning 0300 303 1777.**

## Severe Weather Conditions

An information leaflet which provides helpful tips and advice on how to prepare for poor weather conditions is available to download from the Council's website ([www.fermanaghomaggh.com](http://www.fermanaghomaggh.com)) or to collect from any Council facility across the district.

**A 2016 Diversity Calendar** is now available to download from Fermanagh and Omagh District Council's website.

The calendar provides information on the dates of the main religious and secular days of significance and the various awareness months throughout the year and can be used as a tool when planning events.

The production of the calendar has been part funded by the Council's Good Relations programme.

## Activity Programmes

**New Year, New You with outdoor gym fitness programme – Fermanagh and Omagh District Council.** A 12 week programme of weekly fitness sessions, designed to help participants build up physical activity in a gradual and healthy way, will take place at Derrylin, Lisbellaw and Lisnaskea outdoor gyms in the New Year.

**The fitness sessions, which start on Sunday 10 January 2016**, are organised and delivered by Fermanagh and Omagh District Council and funded by the Public Health Agency's (PHA) Health Towns Programme.

Sessions, which will be led by fully qualified Fermanagh and Omagh District council fitness instructors, will take place every Sunday for 12 weeks at outdoor gyms in Lisbellaw at 11.00 am, Lisnaskea at 1.00 pm and Derrylin at 3.00 pm. Each session will last 90 minutes.

The New Year fitness programme is suitable for people aged 14 years and over. Participants will be admitted to the programme only after the completion of a health screening assessment. Participation in the programme is free of charge.

**For further information please contact Chris Elliott on 0300 303 1777**

or email [chris.elliott@fermanaghomaggh.com](mailto:chris.elliott@fermanaghomaggh.com)

or visit <http://www.fermanaghomaggh.com/news/new-year-new-you-with-outdoor-gym-fitness-programme/>

**For helpful tips on getting active, healthier eating choices, measuring up setting goals visit [www.choosetolivebetter.com](http://www.choosetolivebetter.com)**

## Charity support

Fermanagh and Omagh District Council may provide support to charities in a number of ways including the provision of grant aid; the attendance of the Council Chair or Vice Chair at photo opportunities; use of Council facilities and the illumination of Council buildings to mark specific days of significance to a chosen charity which is associated with a particular colour.

Please note, applications for the use of Council facilities or the illuminating of Enniskillen Castle and Strule Arts Centre in a particular colour, should be submitted to the Council at least 6 weeks before the date requested, to allow sufficient time for the application to be considered.

For further information or enquiries regarding Council support to charities, **please contact Louise McLaughlin, Community Services, Fermanagh and Omagh District Council, on 0300 303 1777 or email [louise.mclaughlin@fermanaghomagh.com](mailto:louise.mclaughlin@fermanaghomagh.com).**

**A New Community Plan ... The Findings So Far** - The Fermanagh & Omagh Community Plan will plan for and improve services across the district and will be informed by local needs and priorities. Your input and views on any of the issues are important. To register your interest in being involved **please phone 0300 303 1777 or go to [www.fermanaghomagh.com/communityplan](http://www.fermanaghomagh.com/communityplan)**

## “Year of Food & Drink 2016” a Tourism Northern Ireland Initiative

The Year of Food and Drink 2016 initiative is aimed at placing food and drink at the heart of the visitor experience. The initiative is being led by Tourism NI involving a wide range of partners such as Local Authorities, Regional Colleges and key organisations in the food and drink industry. Tourism NI officially launched the initiative on Wednesday 13 January 2016 followed by Roadshow events to explain and promote the initiative. One such event took place in the Killyhevlin Hotel, Enniskillen, on Wednesday 20 January 2016, attended by over fifty local food and tourism businesses.

If your group is planning any food and drink related event please submit details to: [tourism@fermanaghomagh.com](mailto:tourism@fermanaghomagh.com)

Further information on the initiative is available at: [www.tourismni.com](http://www.tourismni.com)

## Community News

### Free Driver Theory Help

Start preparing for your theory test at **The Ely Centre**. Free Theory and Hazard Perception Training plus Free Official DSA Theory Test Disc. Also one complimentary driving lesson facilitated by approved instructor Ian Birney

**Every Tuesday 3.45pm - 5pm until 22 March inclusive** at the Ely Centre Computer Suite, 60 Forthill Street, Enniskillen (opposite Curry's)

**Contact 028 6632 0977** to register for your free place.

**Fermanagh Women's Aid** are celebrating **International Women's Day** with a coffee morning on **Tuesday 8 March** from 10am -12pm in our Safe Hands Centre, 19 Darling Street, Enniskillen (opposite the Ulster Bank). All welcome.

### Enniskillen to host celebration of NI Top Sports Stars

Everyone is invited to the **Lakeland Forum on Wednesday 9 March** to join in this year's "Celebration of Sport". The event will be hosted by the Minister of Culture, Arts & Leisure, Carál Ní Chuilín MLA.

The Lakeland Forum is this year's chosen venue for the annual Celebration of Sport, and will welcome top sports people from across the north of Ireland and give everyone an opportunity to celebrate the superb sporting achievements in 2015.

The Minister will be joined by medal winners from an array of sports. Local clubs will be providing an opportunity for people to try a wide range of sports including boxing, judo, archery, cycling, curling, angling, golf, agility wall, climbing wall, football, Gaelic and rugby.

Thousands of local school children have already booked their place from 1pm, but the event is open to the public and everyone is welcome. In particular family and friends are encouraged to cheer on local schools in the Tug Of War Challenge, commencing at 3pm and the athletes being celebrated will join the fun which continues until 6pm.

It's an afternoon where sport is celebrated and where athletes from throughout the north of Ireland are recognised for their superb achievements in 2015. The afternoon of celebration at the Lakeland Forum is free of charge & open to everyone to attend between 3pm-6pm. Persons under 18 years old must be accompanied by a parent or guardian

**Enniskillen Neighbourhood Renewal Partnership** would like to invite you to the **Neighbourhood Renewal Showcase Event** on **Thursday 10 March** from 3.30pm – 5.00pm in Waterways Ireland, Sligo Road, Enniskillen (Registration and Refreshments from 2.45pm).

**For further details or to RSVP contact Kellie Beacom on 0300 303 1777  
email [kellie.beacom@fermanaghomagh.com](mailto:kellie.beacom@fermanaghomagh.com)**

**Fermanagh Ramblers and Hillwalkers** invite you to their **Annual General Meeting** on **Thursday 10 March** at 7.30pm sharp in Waterways Ireland, Sligo Road, Enniskillen. Come along and find out more about our walking and hiking club. The evening will include guest speakers and club members will be on hand to address any queries you may have after the meeting over a cup of tea. We welcome new members of ALL ages from 18+.

Some of the benefits of Walking and Hiking with a Club include:

- Regular Calendar of walks
- Graded walks to suit all abilities
- Exercising in the outdoors
- Comradeship of fellow walkers and walk leaders
- Explore new routes and scenic locations
- Opportunities to develop your own mountaineering skills

**Check us out on Twitter: [twitter.com/FRamblers](https://twitter.com/FRamblers)  
[www.fermanaghramblers.co.uk](http://www.fermanaghramblers.co.uk) or [secretary@fermanaghramblers.co.uk](mailto:secretary@fermanaghramblers.co.uk)**

## **Resilience: Learning from Adversity Public Seminar**

You are invited to attend to understand how we can learn from life's adversities and strengthen our inner resilience to support both our family and working lives.

**Tuesday 15 March 7.30-9.15 pm – St Columb's Park House, Derry/Londonderry**

**Wednesday 23 March 7.30-9.15 pm – Lecture Theatre, South West Acute Hospital, Enniskillen**

If you would like to attend either seminar please contact [Julie.Martin@westerntrust.hscni.net](mailto:Julie.Martin@westerntrust.hscni.net) before Tuesday 1 March to reserve your place

## County Fermanagh St Patrick's Day Celebrations

Broadmeadow, Enniskillen

Thursday 17 March

Free family day at the Lakeland Forum with special guests Ardglass Vikings and activities including face painting, bouncy castles, zorbs and singalongs with Elsa from Frozen.

Plus lots of on-water entertainment. 1.30-3.30 pm

St Patrick arrives at the Broadmeadow 2.30-2.45 pm

St Patrick leads off the parade from the Forum through the island town followed by this year's Grand Marshals, Devenish Partnership Forum. 3.30 pm onwards

1.30-2.30 pm shopping opportunities in town centre.

2.30-3.30 pm street entertainment in town centre.

3.30 pm onwards Main Parade in town centre.

Food Stalls on site at Broadmeadow.

Further information from [info@projectstpatrick.com](mailto:info@projectstpatrick.com)

## Easter Craft Fair

Rossorry Wednesday Club are planning a Easter Craft Fair in Rossorry Church Hall on Friday 18 March at 7.00 pm.

Proceeds going to Breast Cancer. Tables cost £10.00. **Please contact Ethel Oldcroft** if you are interested in taking a table [etheloldcroft@yahoo.co.uk](mailto:etheloldcroft@yahoo.co.uk)

## Fermanagh Community Transport

Does your community group fancy a day out? Or have you an outing planned? Are you running an activity on a regular basis?

Do you know you can apply for a £100 voucher from Fermanagh Community Transport towards the cost of using our minibuses?

**For more information contact FCT office on 028 66324260 or email [info@fermanaghcommunitytransport.com](mailto:info@fermanaghcommunitytransport.com)**

**AMH's New Horizons Employment Programme** - Briana McAteer, Employment Officer with AMH Fermanagh New Horizons supports those with mental health issues as they seek to find employment, volunteer posts or further training. If you are unemployed, experiencing mental ill health and are interested in taking that next step towards recovery, you can take part in AMH's New Horizons Employment Programme. The project, which is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department for Employment and Learning, is open to anyone in the Fermanagh and Omagh areas.

Referrals are accepted from the Community Mental Health teams, the Condition Management teams and the Jobs and Benefits advisers. It is individually tailored to meet the needs of each client and can provide practical support such as job searching, completing application forms or creating CVs. Support is also provided to find volunteer placements and to enter other training programmes or further education.

If you need any more information, please don't hesitate to contact Briana on:

T: 028 6632 3630  
F: 07734 860337  
E: [bmcateer@amh.org.uk](mailto:bmcateer@amh.org.uk)  
W: [www.amh.org.uk](http://www.amh.org.uk)

**The Prince's Trust Team Programme** is a 12 week Personal Development Course delivered at South West College by Catherine Donaghy and Deborah Morrison. Its ethos is for Young People to "Do More. See More. Be More" where Team members uncover hidden talents and improve their confidence, gain new skills and qualifications, mix with new people and make new friends. The team are always looking for projects in the community where they can help out from helping to fundraise to painting or gardening. If you know a young person aged 17-24 that might be interested in joining Team or need help with a community project contact **Catherine on 07523 273865** or email [catherine.donaghy@swc.ac.uk](mailto:catherine.donaghy@swc.ac.uk)

### **The Tara Centre – Seminars and Workshops** **11 Holmview Avenue, Omagh BT79 0AH**

**A Life of my Own** – Engaging Positively with the Challenge of Autism and Similar Life Situations – Aileen McGee. 6 week programme **Tuesday 2 February – 8 March (inclusive) 10.30am-12.30 pm**. Cost: Contributions payable each week towards Tara Centre Sustainability. To book a place, please call the Tara Centre on 028 8225 0024 or email [info@taraomagh.com](mailto:info@taraomagh.com)

**Players Wanted - Fermanagh Concert Band** is a local band based in Enniskillen. We play all types of music ranging from marches/classical through to contemporary pop/jazz and have a diverse number of members from all backgrounds and ages. Practices are weekly on Thursdays in Erne Integrated PS from 7-9pm and we are always on the lookout for new members to join. If you are interested, or know someone who is interested, **please contact Shane on 07811 489834** or look up our Facebook page.

**Free Singing Workshops – Together One Voice Community Choir** warmly invites you to come and sing with us. These workshops are open to all, and we promise a safe, supportive place to explore and develop your voice in harmony with others. All songs are taught by ear, so come along to experience the sheer joy and liberation of community singing.

**The Aisling Centre, Darling Street, Enniskillen**

Monday mornings 10.30 – 12.30 pm

**The Tara Centre, Holmview Terrace, Omagh**

Tuesday mornings 10.30 – 12.30 pm

To book your place please email Valerie Whitworth at [info@togetheronevoice.co.uk](mailto:info@togetheronevoice.co.uk) or telephone 07526 534183

**Breakthru DICE (Drug Intervention and Community Education) Project:** We offer individual and group work support to young people (10-21) suffering from the effects of hidden harm. Hidden harm is the impact of other people's substance misuse on young people. We provide information, education, mentoring and fun activities. This project is open to young people in the Omagh and Fermanagh council areas.

We are also raising awareness of hidden harm throughout the community and can provide training to professionals involved within community life so they can recognise the signs and symptoms of hidden harm and know what to do if they suspect it.

**If you would like to know more**, please get in touch...

Michaela – 07769 261533 or [Michaela@breakthru.co.uk](mailto:Michaela@breakthru.co.uk)

Breigeen – 07769 2694334 or [Breigeen@breakthru.co.uk](mailto:Breigeen@breakthru.co.uk)

Breakthru HQ – 028 8775 3228

**Al-Anon Family Groups** provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. Al-Anon does not offer advice or counselling, but members give each other understanding, strength and hope.

**Meetings take place the last Friday of the month @ 1 pm** in the ARC Healthy Living Centre, Sallyswood, Irvinestown. Everyone welcome.



**Action for Children Foster Care NI** is currently recruiting Foster Carers in your area to provide a safe and caring home to vulnerable children.

If you feel you can give a vulnerable child the support and care they need; have experience in working with young people and have a spare room you could transform the life of a child in your community.

Please contact Action for Children Foster Care NI for more information.

**Tel: 028 6632 4181**

**Email: [fostercareni@actionforchildren.org.uk](mailto:fostercareni@actionforchildren.org.uk)**

**Set Dancing Omagh** - Omagh Traditional Dancing Club Set Dancing Classes held every **Monday from 8.30pm – 10.30pm in Dun Uladh Heritage Centre**, Ballinamullan, Omagh.  
Tel Marie 07786 982988 for more information

## Help us to help you prevent burglary

Most burglaries tend to be opportunistic rather than planned so if your home does not look secure it could be at risk. To stop a burglar, you need to think like one! You can significantly reduce the chance of your home being burgled by taking a few simple precautions:

### Top Ten Tips

1. Close and lock all doors and windows even if you are only going out for a few minutes.
2. Leave a light on if it will be dark before you get home. Consider security lights. To a burglar a dark house is an empty house.
3. Keep your valuables out of sight.
4. Cancel milk or other deliveries if you will be away from home.
5. Don't leave car keys near your door, letterbox or windows.
6. Always check who is at the door. Not sure? Don't open the door.
7. Set your alarm when going out and at night time. If you do not have an alarm consider installing one.
8. Ask a neighbour or a friend to check your property and to remove post from the porch/hallway.
9. Inform police if your house is to be vacant for any length of time.
10. Always keep sheds and outbuildings locked and secure ladders.

Most house break-ins are opportunistic. For more practical home security tips, visit **[www.psni.police.uk](http://www.psni.police.uk)** or call **101** and ask for your local **Crime Prevention officer** or your **Local Policing Team officer**

## It's a scam

**Millions of pounds are lost to Mandate Fraud every month.**

### **WHAT IS MANDATE FRAUD?**

Fraudsters approach you via email, letter or phone call impersonating a familiar contact such as a supplier, your manager or your company's CEO.

The fraudster will ask you to change the sort code and account number of a usual/familiar payment or as a one off payment.

The payment goes through to an account controlled by the fraudster and the liability of the financial loss will normally fall with your company.

### **HOW DO I AVOID IT?**

Always verify changes to financial arrangements with the person or organisation directly, using known contacts wherever possible.

Ensure computer systems and information is secure to prevent information falling into the wrong hands.

### **HOW DO I REPORT IT?**

Report to Action Fraud online at [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or **telephone 0300 123 2040**

**Mencap** are the voice of learning disability in Northern Ireland. Help support Mencap by volunteering at a local bag pack/collection. Volunteer time is invaluable and much needed to continue their fantastic work throughout Northern Ireland.

If you would like to give up a few hours of your time or find out more about volunteering for Mencap please email [fundraising.ni@mencap.org.uk](mailto:fundraising.ni@mencap.org.uk) or call 028 9069 1351.

To find out more about Mencap NI please visit <http://mencapbigstepforward.org/>

**Families Together groups** will operate in the Lakeland Forum on **Mon 12 noon-1.30pm and Tues 10-11.30am**. The sessions are based around structured play activities with a healthy snack for parents and children, birth - 5 years old.

The group also takes place on a **Friday in the Westend Community Centre, Sligo Road, Enniskillen from 10-12 noon** for all Neighbourhood renewal residents.

**Tel: Westville Family Resource Centre on 028 6632 0290 for more details.**

**The Enniskillen Foodbank** is situated in The Lakes Vineyard Church,  
6-8 Cross Street, opposite the Buttermarket, next to Hanna Electricals.

If you require assistance please come in. We are open:  
Monday 6pm - 8pm  
Wednesday 10am - 12pm  
Friday 2pm - 4pm

We also have collection points for those wishing to donate food in Asda, Tesco and Rooney's Spar.  
If you want to donate financially please call in, or **for more information call Paul on 07706 499724.**

## **Fermanagh Women's Aid**

### **Volunteers needed**

Fermanagh Women's Aid are seeking compassionate and committed female volunteers to become part of an on-call rota for admissions to services and other duties. For an application form please **contact Denise Crudden on 028 6632 8898 or email [denisec@fermanaghwomensaid.com](mailto:denisec@fermanaghwomensaid.com)**

Fermanagh Women's Aid is a women only organisation in which being female is a genuine requirement within the exemption stated in Article 10 (2B and 2E) of sex discrimination (NI) order 1976

## **Fermanagh Red Squirrel Group (FRSG) - Trees for Red Squirrels**

It's tree-planting season and to help ensure there is suitable habitat and wild food for red squirrels into the future, we successfully applied to The Conservation Volunteers grant, with EVO Energy, for FREE trees. We received these back in January and still have a small number available to help people make their garden or land more red squirrel and wildlife-friendly.

The tree species are **Field maple, Cherry plum, Wild Cherry, Crab apple** and **Rowan**. The trees are small whips (2-3ft in height) and come with a bamboo cane and clear spiral guard. They're suitable for small-medium sized gardens or for planting into new hedges.

If you're interested, please email us and we'll take it from there!

### **Fermanagh Red Squirrel Group**

W: [www.fermanaghredsquirrelgroup.com](http://www.fermanaghredsquirrelgroup.com)

E: [contactus@fermanaghredsquirrelgroup.com](mailto:contactus@fermanaghredsquirrelgroup.com)

M: 077-89221011

Follow us on Facebook

## Groups & Events At Fermanagh House –

- **U3a Choir** meets at Fermanagh House every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month
- **Slimming World** meets at Fermanagh House every Saturday morning 9.30 and 11.30 am, contact Elaine on 07815 539562
- **Aware Defeat Depression** every Thursday for 7 weeks, starting 28<sup>th</sup> January 2016, 6.30-9.00pm. Call 07773 221967 for further details
- **Baby Massage**- commencing Wed 24<sup>th</sup> February 10am-1pm at Fermanagh House
- **Stroke Support Group** meet on 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month at Fermanagh House. Come along to your local group and meet others who have been impacted by stroke.
- **Erne Speakers** *Find your Voice! Speak your way to Success!*  
Everyone needs good communication skills whether for work or personal reasons and Erne Speakers Club is an enjoyable way to improve your confidence in speaking publically. 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month meeting at Fermanagh House 7.30 pm.

**NAS (National Autistic Society) Parent Support Group** – Meetings take place on the 2<sup>nd</sup> Wednesday of every month in **Fermanagh House 10.30am-1pm**. Any parents/carers affected by ASD welcome to come along for support and friendship. For further information please contact Fermanagh House on 028 6632 0210 or email Gemma at [gemma@fermanaghhouse.org](mailto:gemma@fermanaghhouse.org).

## Do you have Asperger's or high-functioning autism (HFA)?

Are you interested in meeting other young adults who are similar to you?

A monthly social group is being set up to provide independent young adults (16yrs-25yrs) with Asperger's or High-Functioning Autism the opportunity to meet other like-minded individuals, share experiences and build-up a social network.

The group will offer:

- a social focus
- opportunities to meet other young adults with similar experiences
- a supportive environment to form new friendships and to participate in a wide-range of leisure activities

For further information and application form please contact:

Caroline Bogue 07917 266487

Janice Ferguson 07762447789

**The Hangout/FIND Centre** – Activities/clubs at the Hangout/FIND Centre, 2 Quay Lane, Enniskillen include:

**Youth Club** - For 11 – 12 year olds **Wednesdays from 6.30 pm – 8.30 pm**. Supervised and facilitated by trained friendly staff. The Hangout offers a friendly space where young people are at the centre of all decision making. We work with young people to encourage positive behaviour and growth. (£1.00 entry). Parents and guardians are very welcome to come in and visit the Centre and meet the staff. For more details contact **Aoife on 028 6632 5559**.

**JAVA (Just a Virtual Area)** – Now open for 17 – 25 year olds! Every **Tuesday & Friday from 12.00 pm – 2.00 pm**. JAVA is offering a space where you can access the internet free and in comfort. Enjoy a game of pool with your mates, FIFA on wide screen TV, tea and coffee making facilities, access to computers, access to FIND information and support. For more information call the team on **028 6632 5559**.

**Autism Initiatives Western Housing Floating Support** - Do you have an Autistic Spectrum Condition (ASC) or are you awaiting assessment? Are you living independently or in the process of moving into independent living? Are you currently managing the running of your home? Perhaps you are moving to live near your college or university for the first time? If so, Autism Initiatives currently provide a one-to-one floating support service in counties Fermanagh, Tyrone & Derry/Londonderry to help empower you with the skills you need in living independently. Housing Floating Support is a person centered support for up to a period of two years depending on your needs and can support you in the areas of:

- Advice and support around home security and safety.
- Advice and encouragement in the maintenance of your home.
- Support with all daily living skills.
- Assistance and advice with budgeting and benefits.
- Support to become involved in local community and local facilities.
- Maintaining a healthy lifestyle.
- Support to access information on other services.

We accept referrals from all statutory/voluntary/community services and also accept self referrals. For more information about our service or if you wish to receive a referral form please **contact 028 7131 8172 or email [dale@ai-ni.co.uk](mailto:dale@ai-ni.co.uk)**. Alternatively you can visit the website **[www.onestopshopai.org](http://www.onestopshopai.org)**.

**Narcotics Anonymous** - meetings at the Aisling Centre Thursday nights from 8pm – 9pm weekly. Feel free to drop in or for more information **contact the Aisling Centre on 028 6632 5811**

**Volunteering Opportunity For Men And Women Aged 50+** - Safer Ageing Fermanagh is a partnership between Fermanagh Women's Aid and Men's Action Network, that tackles issues of Elder Abuse and isolation of older people within Fermanagh. Through becoming a Buddy, you can help us achieve this. If you can spare a few hours a week to visit an older person in the community, Safer Ageing Fermanagh could be for you! If you are interested in becoming a Buddy or would like more information, please contact **Marie on 028 6632 8898 or email [marie@fermanaghwomensaid.com](mailto:marie@fermanaghwomensaid.com)**. We particularly welcome applications from men over the age of 50 at this time.

**Erne Speakers** – Meet in **Fermanagh House, Enniskillen** on the second and fourth Wednesday of the month to support and encourage self confidence in speaking skills and leadership skills for all ages. For further information, please contact **Christine Rusk on 07570 803516**.

**Shopmobility Enniskillen Needs Volunteers** - The Volunteer role will involve helping new and existing members of Shopmobility Enniskillen with limited mobility, who need to borrow a Manual Wheelchair or Motorised Scooter from the Service Desk at Erneside Shopping Centre. Basic administration is required, filling out a membership form, allocating a membership number, and training on the use of Shopmobility Enniskillen equipment. Full training will be provided. In this role you will develop administration, communication and interpersonal skills. You will benefit from gaining experience of working in a customer service. This volunteer role can be discussed and adapted with the volunteer to suit their needs, abilities and interests. This role benefits Shopmobility as the volunteer can aid the effectiveness of the organisation and can provide a friendly welcome to members of Shopmobility Enniskillen.

Service Desk open 11.00 am – 3.00 pm, Monday to Friday – Maximum cover of desk is 4 hours, Minimum is 2 hours. Out of pocket expenses are refunded.

For more information telephone **028 6632 9965**, [enniskillensm@live.co.uk](mailto:enniskillensm@live.co.uk)  
[www.shopmobilityenniskillen.com](http://www.shopmobilityenniskillen.com) Facebook and Twitter

**Volunteer With Samaritans** - Could you touch another person's life when it really matters? Omagh Samaritans have opportunities for volunteers. Our volunteers are changing lives every day and developing valuable skills and friendships along the way. We're behind you all the way with the training and support you need for the volunteer role you take on. Your training will show you how to give your whole attention to each person you're supporting and empathise with their feelings, without being overwhelmed yourself. The benefits of becoming a Samaritans volunteer are:

- Change peoples' lives.
- Contribute and share existing skills.
- Develop new listening and communication skills you can use in all aspects of your life.
- Meet new people from all different kinds of backgrounds and cultures.
- Improve your CV.
- Give something back to your local community.

You'll be surrounded by people with the same motivation as you. Whether you want to become a listening volunteer, or use your other skills to support us in a different role, Omagh Samaritans welcomes your support. There are many other skills required to run Omagh branch of Samaritans. Support volunteers help with the many other branch activities including fundraising, outreach, publicity, IT Support and finance. We are not a religious organisation and we positively welcome enquiries from all sections of the community. You don't need to have previous experience or qualifications, but you do need to be interested in other people and be open-minded. You also need to be over 18 years old. For further information please contact **07437 980466** or visit [www.samaritans.org/volunteer](http://www.samaritans.org/volunteer).

## Conferences and Events

### Unlocking the Potential of Social Enterprise

Half day Conference **Thursday 3 March** 9am – 12.45 pm  
Arc Healthy Living Centre, 116-122 Sallyswood, Irvinestown BT94 1HQ

The conference is the first event to bring social enterprises from across the new Fermanagh and Omagh district together and is effectively a “key message call” from Council that social enterprise is an important part of the economic mix of the region and that much opportunity for growth in the sector exists. The event is free to attend. For more information, please contact [sharon.mcgillion@fermanaghomagh.com](mailto:sharon.mcgillion@fermanaghomagh.com) or via telephone 0300 303 1777 ext 20328.

## Stop Smoking Clinics

The Western Trust offers free, flexible, weekly support drop in clinics for anyone keen to stop smoking and you don't need to make an appointment, just turn up.

The clinics are run by specialist nurse prescribers who provide practical advice and guidance on stopping smoking, information on coping with withdrawal symptoms and discuss the use of a range of Nicotine Replacement and Drug therapies.

We also provide one to one appointments, young adult programmes with incentives, mental health programmes and programmes within workplaces on demand.

**More people succeed with our Specialist Stop Smoking service than any other way.**

Details of clinics in the Fermanagh and Omagh District Council area:

Omagh Post Graduate Centre at Tyrone County Hospital, Tuesday 6.30 – 8pm  
Room 15, Main Entrance, South West Acute Hospital, Enniskillen, Monday 6 – 7.30 pm

**Gran Fondo Giro D'Italia Northern Ireland** – Official Giro Big Start Legacy Event returns to Northern Ireland Sunday 5 June. Co-operation Ireland Official Charity

**Registration and information @ <http://www.granfondogiroitaliani.com/>**



## Training Opportunities

### **Spring Courses at Aisling Centre, 37 Darling Street Enniskillen, BT74 7DP**

#### **Working Creatively With Your Dreams**

**Wednesday 2 March, Tuesday 8 March, Wednesday 16 & 23 March  
7.00pm - 9.00pm**

Dreams are gifts we are given offering us opportunities for more wholeness in life

This course examines where dreams come from; gives help to understand the language, the story & images in dreams; offers practical ways for remembering & recording; suggests why they are important for balance & healing in our lives

Facilitator — Rita McCrystal

For further information or to register contact the Aisling Centre on 028 6632 5811

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#### **Mindfulness Meditation**

8 week programme

**Induction Evening – Tuesday 15 March 7.30 – 9.00pm**

(Attendance at the Induction night is recommended)

**For further information and to obtain a registration form contact the Aisling Centre  
on 028 6632 5811 / e-mail:- [info@theaislingcentre.com](mailto:info@theaislingcentre.com)**

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#### ***Poems of 1916***

***The Rising and the Somme***

***Poetry holds up a mirror to these events...***

Everyone Welcome. No prior knowledge of poetry necessary

**Tuesday 5 April - Tuesday 26 April**

**2.00pm – 4.00pm Weekly**

Facilitated by Rosemarie Keenan

**For further information or to register contact the Aisling Centre on 028 6632 5811**

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#### **The Journey of My Life**

Facilitated by Marie Evans

**Wednesday 6 April – Wednesday 27 April 6.30pm – 8pm**

This is a chance to take time out to reflect on our journey through life so far, celebrate all that we have achieved and move into the future with hope. We are often too busy to take a step back and look again at the dreams of our life. This is an opportunity to do just that. We will do this through meditation, movement and reflection together.

Cost: £10 per night

Aisling Centre, 37 Darling Street, Enniskillen.

For further information or to register contact Marie

E-mail [siddantha@hotmail.co.uk](mailto:siddantha@hotmail.co.uk) t- (00353) 87 3384206

Details of Marie's work are available on [www.themedicinebowl.net](http://www.themedicinebowl.net)

## Community Change

Community Change is delivering a series of FREE workshops via the Building For Change Project to community groups throughout Northern Ireland. The Building For Change Project is funded by Lloyds Bank Foundation. Courses include:

**Full Cost Recovery Workshop** – Do you know how much it costs to run your organisation/group per day? Do you know how to calculate Full Cost Recovery? **Tuesday 8 March** 7.00-9.30pm, The INTEC Centre, 36 East Bridge Street, Enniskillen BT74 7BT

**Simple, Effective Financial Systems Workshop** – Do you know how to keep financial records and implement simple effective finance systems? **Tuesday 8 March** 2.30-5.00pm, The Grange, Mountjoy Road, Omagh BT79 7BL

To book a place on either of these courses please email [info@communitychange-ni.org](mailto:info@communitychange-ni.org)

For more information, please contact James Lavery on 028 9023 2587 or via email [james.lavery@communitychange-ni.org](mailto:james.lavery@communitychange-ni.org)

## **Volunteer Now**

### **Finding & Keeping Volunteers**

**22 March 10 am – 4 pm**

This course provides an introduction to the basic theories and tools to help organisations:

Identify what motivates people to volunteer.

Define clear and meaningful roles that will attract potential volunteers.

Find the right volunteer for the right role.

Develop appropriate support and supervision for their volunteers.

This course is fully funded through Fermanagh & Omagh District Council and is available for voluntary and community groups in this council area only.

Places are allocated on a first come, first served basis and are limited to a maximum of 2 per organisation. If courses are fully booked, your details will be placed on a waiting list for future courses.

Enniskillen Library, Halls Lane, Enniskillen, BT74 7DR

Cost: Free

### **Keeping Children Safe: Training for Staff & Volunteers**

**12 April 10 am – 4 pm**

This course covers awareness of safeguarding children and procedures for reporting concerns. It also covers creating a safe child centred environment, codes of behaviour for staff/volunteers and children/young people and is suitable for staff/volunteers who have regular and/or direct contact with children and young people (e.g. supervisor, leader, officer in charge, coach).

Fermanagh House, Broadmeadow Place, Enniskillen, BT74 7HR

Cost £45

**If you have any queries regarding bookings or availability, please contact Julie-Ann Ashe on [julie-ann.ashe@volunteernow.co.uk](mailto:julie-ann.ashe@volunteernow.co.uk).**

**For more information on course content, please contact George Gillespie on [george.gillespie@volunteernow.co.uk](mailto:george.gillespie@volunteernow.co.uk) or [training@volunteernow.co.uk](mailto:training@volunteernow.co.uk).**

**Drink Wise Age Well** are providing **FREE training for staff** working with the over 50 population in various settings. The session seeks to train community service providers to recognise and respond to people over 50 at risk of problematic drinking. The focus will be on training providers who do not traditionally play a part in detecting alcohol problems, but who have regular contact with over 50's who are high risk and/or who may be socially isolated. The training will give an overview of the transitional changes and risks the over 50's may face and consider the impact and introduction, or increase in alcohol use, may have on their lives as a result. The training also allows participants to practice responding to indicators in a safe and controlled setting.

If you are interested in attending please book your place online at <http://www.drinkwiseagewell-training.org.uk> or for further information please contact Pauline O'Hagan, training officer on 028 8283 9240.

Further training dates will be scheduled for both staff and volunteers, please contact us for further details.

**Help keep all children safe online** - O2 and the NSPCC have joined forces in a mission to help all children and their families in the UK stay safe online. The free O2 and NSPCC online safety workshops show parents how best to ensure their children are safe online. Parents will be given the skills and knowledge to understand the internet and technology as children do – from online games and cyber bullying, through to setting up privacy settings and controls.

Delivered by trained NSPCC and O2 members of staff, the workshops will take place in local schools, workplaces, community groups, sports clubs, or any other place where you and other parents come together. The hour-long sessions can be tailored to meet your needs

As a pilot, we will be running workshops in London, Birmingham, Leeds and Northern Ireland between January and March 2016.

#### **Can you help us set up a parents' workshop?**

If you're part of a school, business, or local community group, we'd love your help in setting up a workshop. Could you bring together a group of around twenty parents? If so, please contact:

**Margaret Gallagher**, Local Campaigns Manager, NSPCC Northern Ireland

Email: [margaret.gallagher@nspcc.org.uk](mailto:margaret.gallagher@nspcc.org.uk)

Telephone: 028 2044 1736

Mobile: 07748 106010

**Mental Health Resilience Workshops** - Action Mental Health has recently been commissioned by PHA to deliver fifteen Mental Health Resilience workshops for 14-17 year olds and fifteen Mental Health Resilience workshops Lot 2 (adult) in the Western Trust area. These workshops entitled Mindset will run continuously throughout the year. The programmes will be delivered in youth and community settings for groups of eight to twenty people. Duration 3 ½ hours. The aims of the workshops are:

- To raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing.
- To raise awareness of the signs and symptoms of mental ill health.
- To promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and wellbeing.
- To promote self-care.
- To provide information and/or resources on mental health support organisations available both locally and regionally.

To book a programme contact **Action Mental Health MensSana Project Worker Brenda Burns** on **07885 407092** or **028 6632 3630** or email [mindset@amh.org.uk](mailto:mindset@amh.org.uk).

**Exploring Enterprise3 Programme** - This is a free programme that helps participants take the first steps to gain employment or explore a business idea. All participants gain a free accredited qualification within the programme. This adds to a CV and helps to break down barriers to employment or self-employment. Fermanagh Enterprise Ltd will be delivering this programme in Fermanagh, they have friendly and experienced advisors who will offer advice and assistance and offer access to main stream support options. The Exploring Enterprise3 Programme will help participants:

- Gain a QCF Understanding Business Enterprise Qualification.
- Improve skills for business and employment.
- Meet new people.
- Get back on track.

For eligibility details and more information please contact **Fionna Martin** on **028 6632 3117** or email [fionna.martin@fermanaghenterprise.com](mailto:fionna.martin@fermanaghenterprise.com).

**Step Up To Sustainable Employment+ (SUSE+)** - South West College – Employment Solutions – Skill, Re-Skill and Upskill. On 1 July 2015 South West College launched its new and innovative Employment Solutions Programme SUSE+. Funding secured through European Social Fund (ESF) and Department for Employment and Learning (DEL) will be used to provide support, guidance and qualifications to help unemployed and economically inactive adults (aged 16+) to progress into sustainable employment. SUSE+ will work in partnership with the Health and Education Trusts, Councils and DARD (Department of Agriculture and Rural Development) across Cookstown, Dungannon, Fermanagh, Magherafelt and Omagh. The core of the programme will be based around intensive one-to-one mentoring support accompanied by a suite of provision, including Level 1 qualifications and specialised training. Enhanced support in areas such as financial, health & digital literacy will ensure that all participants are fully equipped to meet the demands of today's labour market. Dedicated classrooms, workshops and mentoring suites on each site, supported by a team of recruitment & employability professionals will ensure each individual will receive a tailored package that will best meet their needs. For further information on SUSE+ please contact either **David Taylor in Fermanagh on 07442 531667** or **Leanne Skidmore in Omagh on 0845 603 1881 ext 5417**.

## Funding Opportunities

**Do It For Real** – Apply for up to £2,000 to start your social enterprise. Omagh Enterprise Company in partnership with UnLtd, Comic Relief and Spirit of 2012 is delivering Do It For Real, an exciting new youth programme to help people across Northern Ireland become social entrepreneurs. The programme will give young people (aged 16 – 30) the skills to develop their social ideas while having fun and helping to improve their community. We currently offer two support packages:

- Test It Award – Apply for £500 cash and receive mentoring from one of our dedicated Award Managers to explore, plan and try out your social idea.
- Do It Award – Turn your idea into a real venture by applying for up to £2,000 cash funding and receive one-to-one support and expert advice to help create a positive social impact.

You can find more information about the Do It For Real programme, including how you can apply, eligibility criteria and FAQ on our website [www.omaghenterprise.co.uk/social-enterprise/](http://www.omaghenterprise.co.uk/social-enterprise/)

## Free Solar PV Installations on NI 3<sup>rd</sup> Sector Community Owned Buildings

Last year NICE installed free of charge 130KW of solar pv, on the roofs of 13 NI 3<sup>rd</sup> sector community owned buildings. This was financed by a community share offer which raised £150k.

NICE is a community energy benefit society which was setup in 2014 to create community owned renewable energy projects & low carbon energy services, keeping financial revenues within the local community. As a community benefit society our individual investors & participating community building owners co-own the enterprise on a 'one-member one-vote' basis.

NICE generates revenue from the sale of electricity & receives an income from the Renewable Obligation Certificates (ROCS). An annual surplus over expenses enables the society to give a modest interest payment to its investing members. The significant share of the profits goes into NICE community benefit fund which allows the society to roll out further renewable energy & energy efficiency projects to the local community.

NICE is exploring the potential & community interest for a further similar solar pv project. We are now seeking expressions of interest from any community group which may wish to benefit from a free solar pv installation & in turn enjoy significantly discounted electricity (Your organisation would pay NICE 5.5p\* per kWh used (\*a fixed rate for the next 20 years), compared to what you pay your current electricity supplier approx current cost 15p. If all the electric from a 12 kW installation was used on site this would equate approx to a £900 annual saving & help reduce your organisation's carbon footprint.

To be eligible for our offer the main criteria prospective participants for offer are required to meet includes:

- Is a NI 3<sup>rd</sup> sector organisation eg charity, church, school, social enterprise, community association that can evidence building ownership;
- Not a listed building nor in a conservation area;
- A suitable, unshaded roof or ground, minimum size 90 sq m with roughly a south facing aspect (SE-S-SW);
- Annual electricity costs over £3000. Majority of electricity usage during daylight hours & the potential to use most if not all of the electricity generated on site;
- A 3 phase electricity supply;
- Ability as an organisation to make decisions promptly (all installations will have to be completed by August 2016). NICE uses a 'first past the post' policy to fund installations.

You can find more information about our enterprise & solar pv installations to date on our website & social media pages

### Interested?

**We want to hear from you ASAP** so please don't delay - this win win opportunity should not be missed.

Contact NI Community Energy on 028 9073 6075 or email [info@NICommunityEnergy.org](mailto:info@NICommunityEnergy.org)