Council News & Events

Council opens call for grant aid funding

Applications must be made on an official application form. Application forms and guidelines can be downloaded from www.fermanaghomagh.com or by contacting the Funding Department, Fermanagh and Omagh District Council (Tel 0300 303 1777, e:grants@fermanaghomagh.com)

Fermanagh and Omagh District Council is now open for applications for grant assistance for projects and activities that will take place in the 2016/17 financial year.

Applications are invited from voluntary clubs, societies, organisations and individuals based in the Fermanagh and Omagh District Council area, for grant aid under the following themes:

- Arts, Culture & Heritage
- Community Services (General Grant Aid)
- Community Services (Revenue Grant Aid)
- Community Services (Project Development)
- Festivals & Events (Small)
- Festivals & Events (Large)
- Good Relations
- Sports Development & Recreation (Small)
- Sports Events
- Summer Schemes
- Seeding Grants
- Arts, Culture and Heritage Bursaries
- Irish Language Bursaries
- Sports Bursaries

The call for applications is open from Wednesday 20 January until Wednesday 10 February 2016 at 5:00pm, after which applications will not be considered.

It is essential that groups planning events over the summer months, (including summer schemes), submit an application in this Round. Applications for funding for a project or event which has already taken place will not be accepted. Applications must be received before your event takes place. Officers are available to discuss your project ideas and provide guidance on how to complete the application. You are encouraged to contact the Council on 0300 303 1777 to speak to an Officer.

A second call for grant applications will open in late summer/early autumn. However, projects which have already taken place will not be considered.
Fermanagh and Omagh District Council has allocated grants in excess of £420,000 so far this financial year, with a final round of applications, for funding to be spent before 31 March 2016, to be allocated in the coming weeks.

Up to 600 projects received grant aid, with amounts ranging from £100 to £5,000. Some groups or organisations submitted several applications for a range of projects, all of which support thriving and sustainable local communities.

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.fermanaghomagh.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@fermanaghomagh.com

For helpful tips on getting active, healthier eating choices, measuring up setting goals visit 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.

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

“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

Further information on the initiative is available at: www.tourismni.com
ASPIRE is a new Fermanagh & Omagh District Council led initiative which supports people into paid employment. Operating across the Fermanagh and Omagh District Council area, ASPIRE provides a range of practical and useful support to help people who are unemployed and aged 16 years and over into work. Supports available include guidance and advice, training, work placement opportunities, coaching and mentoring; each of which are tailored to the area of work of the participant’s choice.

Upon joining the ASPIRE programme, participants will be matched to a dedicated and competent member of the ASPIRE programme team, who will support them throughout their time on the programme. The Project Officer will help to develop an Action Plan, specific and unique to each participant’s employability needs. The Action Plan will set out where each participant currently is and where they would like to be by the end of their time on the employability programme. The Project Officer will also help source advice for anyone with questions relating to working hours, managing finances, family support plus much more by working alongside support agencies within the Fermanagh and Omagh district.

Employment support available through the ASPIRE programme includes:

- Work based placements within a range of job areas eg for graduates, including those in Allied Health Professions; placements for those keen to update their work experience and those entering the workplace for the first time.
- NVQ Level 1 qualifications in Customer Service, Retail and Business Administration.
- Job specific short courses, adding value to those already with qualifications, in Childcare, Health & Social Care, Business Administration, Engineering, Construction etc. Short courses may include a range of IT, First Aid, Paediatric First Aid, Basic Food Hygiene, Child Protection, CSR Card, Manual Handling… to name just a few.
- Job Search support ensuring every participant receives support in looking for job vacancies; they will have a professional CV developed; receive guidance and practical help in completing on-line and manual job application forms and will learn how to prepare for job tests and interviews, including participating in practice interviews.
- Social opportunities, with the prospect of meeting new people, participating in health and well-being events, developing self-confidence, making new friends and having fun.

Based in Enniskillen and Omagh, ASPIRE also operates an outreach facility enabling it to work within communities across the Fermanagh and Omagh district. Community groups keen to find out more about bringing the ASPIRE programme to their local area should contact the ASPIRE office in Enniskillen or Omagh. The programme, which works in partnership with Fermanagh Rural Community Initiative (FRCI) and the Western Health and Social Care Trust, is funded by the European Social Fund and the Department for Employment and Learning. If you are unemployed, aged 16 and over and would like to work towards getting into paid employment contact ASPIRE today. Call in to the ASPIRE offices, Monday to Friday, 9.00 am – 5.00 pm

ASPIRE Fermanagh and Omagh District Council. The Sperrin Centre, 1 Market Street, Omagh, BT78 1EE. Tel: 028 8224 6535 or ASPIRE Fermanagh Rural Community Initiative (FRCI), 56 Tempo Road, Enniskillen, BT74 6HR. Tel: 028 6632 6478
Community News

**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.

We are holding our **launch event in the Omagh Library on Tuesday 2 February at 2 pm**. You will be able to meet the team, learn more about the program, hear testimonials from the clients as well as ask questions.

Light refreshments provided. Please **RSVP to bmcateer@amh.org.uk**

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

T: 028 66323630  
F: 07734 860337  
E: bmcateer@amh.org.uk  
W: www.amh.org.uk

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**South West Age Partnership** is hosting a drama performance “Driving Miss Maisy” in partnership with Beam Creative Network

**Friday 5 February**

The Bawnacre, Irvinestown at 11am.  
Killycurragh Hall, Omagh at 2 pm

Come along and bring a friend. All welcome. Refreshments provided. Please book your place with **Allison on 028 8225 1824** or email aforbes@southwestagepartnership.co.uk
“Look After Yourself” Health Fair

A Free Health Fair with an afternoon of relaxation and stress awareness will take place on **Thursday 11 February** at the Donn Carragh Hotel, Lisnaskea 10 am – 3 pm. The Guest Speaker will be Christy Keneally – an Author and Motivation Speaker who will look at ways you can release the power of your own potential to lead a happier and more fulfilling life. Tai Chai and Yoga Taster Sessions in the afternoon plus a Take 5 Workshop. Booking essential – contact **Oak Living Centre 028 6772 3843**

Improve your relationship with your teenager

The Odyssey, Parenting your Teen Programme is proven to enhance parental wellbeing, reduce parental stress and improve communication between you and your teenager.

It is an evidence based 8 session programme designed for parents of teenagers, and has been found to significantly improve outcomes for parents, teenage children and the family as a whole.

**Topics covered**
- Parenting Styles
- Teen Development
- Rules & Consequences
- Dealing with conflict
- Improving self esteem
- Problem Solving

The programme will be delivered in **Enniskillen** from **Monday 11 January** to **Monday 29 February 2016**, 7 – 9 pm.

Please call **0808 8010 722 to Register**. Visit [www.parentingni.org](http://www.parentingni.org) for more info.

Volunteer Now - Prince's Trust Community Project

The Prince’s Trust are seeking a community project starting 15 February lasting for a fortnight. Does your organisation need some much needed TLC or know of an organisation who would appreciate a paint job etc? If so please contact **Gavin.Connolly@volunteernow.co.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 07523273865** or email **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.

Towards an Understanding of our Social and Cultural History in Northern Ireland – Dr Eamon Phoenix, lecturer in history and Head of Lifelong Learning at Stranmillis University College, Belfast, will share some of his vast learning from a historical perspective in a two hour inspirational lecture on Monday 8 February 7.30-9.30 pm. Cost: Contributions.

Brigid: Inspiration for a new society – Delores Whelan. The workshop will include talks, participatory exercises, reflective time and a closing ritual to celebrate Imbolc (springtime). Saturday 13 and Sunday 14 February 10am-4pm. Cost: £40 which includes refreshments and lunch both days.

To book a place on any of these courses, please call the Tara Centre on 028 8225 0024 or email 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 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 – 07769261533 or Michaela@breakthru.co.uk
Breigeen – 077692694334 or Breigeen@breakthru.co.uk
Breakthru HQ – 02887753228

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

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.psnipolice.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 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 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 07706499724.

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 02866328898 or email 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  
M: 077-89221011  
Follow us on Facebook

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**Groups & Events At Fermanagh House –**

Sarcoidosis Group, Downs Syndrome Group, Relate counselling, Autism NI, Stroke Association, Bridge Club, The University of the Third Age, a group of retired and semi-retired people who come together & learn together, Slimming World & Erne Speakers all have regular meetings in Fermanagh House.

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**NAS (National Autistic Society) Parent Support Group** - Takes place on the  
**first Thursday of the month in Fermanagh House at 7.30 pm.**  
Any parents/carers affected by ASD welcome to come along for support and friendship. For further information please contact Fermanagh House on 028 66320210 or email Gemma at gemma@fermanagghouse.org

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**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. Alternatively you can visit the website 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 66328898 or email 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 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.
Ministerial Celebration of Sport

Sport Northern Ireland and the Department of Culture, Arts & Leisure are organising the annual Ministerial Celebration of Sport and this year's event will be hosted at the Fermanagh Lakeland Forum in Enniskillen on **Wednesday 9 March**. We are asking local sports clubs and teams to come and be involved by putting on demonstrations of their sport to the attending members of the public. We will have these demos as interactive as possible for people to join in. We have found this to be a really good opportunity for the community to find out what sports and clubs are available on the door step and for people to try a sport for the first time. Our hope is to have members of the public and schools and community groups visit right throughout the day from 1pm-6pm. The timings will be fully confirmed over the coming weeks.

Previous years have been very successful and included Boxing, Archery, Trampolining, Football, Handball, Camogie, Hurling, Soccer, Fencing, Golf, Rugby, Table-Tennis, Cycling, Judo, Netball, Wheelchair Basketball amongst others, including a high wire ropes course and Inline Hockey. A mixture of sports will again take part this year, including some activity in the swimming pool and hopefully on the lake.

If you or anyone you know would like to attend and would like further info please contact Chris Ross
Email: chris@downeybirch.com
Mob: 07840 040840
Office: 028 97 542941

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
[www.fermanaghramblers.co.uk](http://www.fermanaghramblers.co.uk) or 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 before Tuesday 1 March to reserve your place

Project St Patrick are reminding any groups or organisations to let them know if you would like to take part in the 2016 parade as soon as possible. That way they can potentially help match you with other groups and/or signpost you to available funding or resources. It is their intention to make the next festival the biggest, brightest and best yet but they can only do that if you get involved.

Please email stpatrickenniskillen@yahoo.ie or visit facebook.com/ProjectStPatrick

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
2016 Northern Ireland Pensioners Parliament

Age Sector Platform will hold eleven local parliaments as part of the 2016 Northern Ireland Pensioners Parliament in each of the new council areas between February and April, with the Fermanagh & Omagh Pensioners Parliament taking place on **Friday 26 February in the Bawnacre Centre, Irvinestown.** The parliament will run from 10.30am until 3.30pm, and will feature interactive voting, discussion and Q&A with panels of local Councillors and MLAs.

Registration is more simple than ever; just call the **Age Sector Platform office on 028 9031 2089** to have your place confirmed today! Alternatively, you can register online by visiting [www.pensionersparliament.org](http://www.pensionersparliament.org). Older people’s groups interested in block booking spaces can download a booking form via [www.pensionersparliament.org](http://www.pensionersparliament.org) or request one by calling 028 9031 2089.

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
**Training Opportunities**

**Team Up with the Prince’s Trust** – The programme is FREE for unemployed young people aged 16-24. It's a full time course that won’t affect your benefits. Childcare allowance available.

Week 1 – **Planning for Progression** – work alongside 12 other members of your team.
Week 2 – **Go on outdoor adventure activities for Teamwork** – for 4 days
Week 3 to Week 5/6 – **Community Project** - Get out and meet the community, help with a project that you get to choose, painting & decorating, landscape gardening and make a difference!
Week 6/7 and Week 8 – **Work Experience** - What do you want to do, try a new skill, sample a new opportunity or look for a career?
Week 9 - **Career Planning** - Let us help you to put together a CV on our job search week. If you want to work and are not sure what to do then you should join our **Team**
Week 10 & 11 - **Supporting Others** – Get to know who is around you, speak to local groups, organise days away, ten-pin bowling, sports and fun
Week 12 - **Presentation Skills** – Finish off your qualifications, present yourself to your family and friends at an end of Team Programme get together

**Qualifications – your work will achieve results**
**Prince’s Trust** – A Certificate in Employment, Teamwork and Community Skills
**Also** – First Aid Certificate

The next Team starts on **Monday 25 January 2016**

For further information contact
Catherine @ South West College, Enniskillen Campus, BT74 6AE,
Tel: 07523273865, E-mail:catherine.donaghy@swc.ac.uk

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**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.

**Date:** Tuesday 16th February 2016  
**Venue:** Omagh Enterprise Centre (ground floor board room)  
**Time:** 9.30am-4.30pm

**Certified course with limited places available.**

If you are interested in attending please book your place online at [http://www.drinkwiseagewell-training.org.uk](http://www.drinkwiseagewell-training.org.uk) or for further information place 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.
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

For more information, please contact James Laverty on 028 9023 2587 or via email james.laverty@communitychange-ni.org

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
Telephone: 028 2044 1736
Mobile: 07748106010
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 078 85407092 or 028 66323630 or email 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 66323117 or email 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 074 42531667 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/
Free Solar PV Installations on NI 3rd Sector Community Owned Buildings

Last year NICE installed free of charge 130KW of solar pv, on the roofs of 13 NI 3rd 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 3rd 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

I media pages