



Fermanagh & Omagh District Council Community Support News – July 2015

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 Nuala Quinn on 0300 303 1777 or email nuala.quinn@fermanaghomagh.com

Council News & Events

Community Centre Activities

July Activities at **Hospital Road Community Centre:**

- Mondays – Old Time Dancing Classes for any age, 8.30 pm – 10.30 pm.
- Wednesdays – Boxercise Classes for 16+ years, 7.30 pm – 8.30 pm.
- Thursdays – Karate for 7+ years, 7.00 pm – 8.30 pm.

July Activities at **CKS Community Centre:**

- Wednesdays – Zumba for 16+ years, 7.45 pm – 8.45 pm.
- Thursdays – Ju Jitsu for 7+ years, 7.00 pm – 10.00 pm.

For further information on any of the activities at Hospital Road Community Centre or CKS Community Centre please contact **Rena Weir on 028 82244426 or 079 71661487.**

July Activities at **Strathroy Community Centre:**

- Mondays – Kate's Zumba from 7.00 pm – 8.00 pm.
- Saturdays – Kate's Zumba from 10.00 am – 11.00 am.
- Strathroy 7's Football Tournament – Senior Football Tournament on Monday 27 July. The first 8 teams entered with £10.00 registration fee paid. Please contact **Michael Kelly on 028 82243725 for more details.**
- Junior Football Tournament, Saturday in July, (date to be confirmed). Please contact **Louie McNamee on 028 82243725 for more details.**

Community Planning – Come and tell us what matters to YOU. Fermanagh and Omagh District Council is leading a partnership process to develop our new district's first Community Plan. It will plan for and improve services that matter to YOU, the residents of the district, across a wide range of public services including areas such as health, education, employment, infrastructure and the environment. Meetings are being held under one of the following 3 themes: Social Issues, Economic Issues and Environmental Issues. The first 3 public meetings were held in June and a further 4 are scheduled for July, as follows:

- **Social Issues: Thursday 16 July at 2.00 pm in St John's Centre, Dromore.**
- **Economic Issues: Monday 27 July at 2.00 pm in Castle Park Leisure Centre, Lisnaskea.**
- **Environmental Issues: Wednesday 28 July at 2.00 pm in Owenkillew Centre, Gortin.**
- **Combined session (Social, Economic and Environmental): Wednesday 29 July at 7.30 pm in the Bawnacre Centre, Irvinestown.**

Please plan to attend one or more of these sessions and encourage others to attend. You can register your interest at www.fermanaghomagh.com. Further information is available from **Kim Weir, Community Planning Officer (Email: kim.weir@fermanaghomagh.com or phone: 0300 303 1777).**

Call To Get Involved In Culture Night 2015 - Culture Night, an all-Ireland celebration of culture, creativity and the arts, is returning to the Omagh area for a third year this autumn. Taking place on **Friday 18 September 2015**, Fermanagh and Omagh District Council is now taking submissions from venues, groups and individuals who would like to take part in this year's event.

Museums, galleries, churches, historic buildings, artists' studios, culture centres, sports clubs and many more are encouraged to get involved in this year's Culture Night by opening their doors from 5.00 pm to 11.00 pm on Friday 18 September so members of the public can sample the area's local cultural offering.

A wide variety of organisations from the Omagh area took part in last year's Culture Night with venues including the Strule Arts Centre, An Creagan and Dun Uladh offering a programme of music, dance and craic while McKenna's Gallery, Spires Art and Tattykeel Design Studio catered to arts and crafts enthusiasts. Tyrone GAA and Mullaghmore House provided tours of their premises while a tour of Omagh Town was led by local historian and genealogist Vincent Brogan. The Open Door Poetry Group also hosted an evening of poetry with local writers and Sixmilecross Community Association organised a night of music and craft. Organisers are keen to build on the success of last year's Culture Night in the Omagh area and anticipate this year to be the most successful yet.

To be a part of this year's Culture Night, please visit www.fermanaghomagh.com to download an Expression of Interest form or telephone the **Strule Arts Centre on 028 82247831** to request a form. Completed forms must be returned to **Fermanagh and Omagh District Council by 5.00 pm, Friday 17 July 2015**.

Community News

National Autistic Society NI, Fermanagh Sector - Will be holding a Family Support Group meeting in **Fermanagh House on Thursday 2 July 2015 at 7.30 pm**. A discussion will take place at the meeting on Benefits and Entitlements. Guest speaker Derek Moran, Outreach Advisor, Enniskillen Jobs and Benefits.

Taking the Fun Outdoors - Summer Programme for children and their parents up to 12 years old. Bring your own picnic and rug, refreshments will be provided, ground sheets to sit on. Wear suitable clothing.

- **Friday 3 July** - Knights & Maidens Fun at Portora Castle, meet at Portora School gates.
- **Wednesday 8 July** - Scribble & Play at Coleshill Play Park.
- **Wednesday 15 July** - Pot a plant with the Sheddors at the Mens Shed Project, meet at Lakeland Forum, bus transport provided.
- **Wednesday 22 July** - Nature Walk at Devenish Nature Reserve, meet at Yoan Road, Kilmacormick.
- **Wednesday 5 August** - Treasure Hunt at Forthill Park - Meet at the gate to collect your pack.

For further information on the above please contact **Doreen Mullan, Centre Manager at Westville Family Resource Centre on 028 66320290** or email w.f.r.centre@googlemail.com.

St Michael's Parish Family Fun Day – Family Fun Day, Sunday 5 July 2015, 2.00 pm – 5.00 pm, Mount Lourdes playing fields, Mill Street (site of the old St Fanchea's College). Activities at this year's Fun Day include bungee trampolines, a huge zorbing ball, foam party inflatables, last man standing, rodeo, kids carousel, bubble ball, gyroscope, bungee run, donkey rides, various inflatable activities, BBQ, tea and tray bakes and much more. Everyone welcome, admission free. Stall holders welcome, booking necessary. For further information please contact **Mary on 077 47727042 or 028 66325059.**

Benny Bear Picnic & Scallywags Puppet Show – Saturday 11 July 2015, Market Yard, Main Street, Lisnaskea from 12.00 noon – 2.00 pm. A fundraising event for children in aid of Shine (Spina Bifida, Hydrocephalus Information, Networking, Equality). The picnic is included as part of the ticket price, but please bring your own if your child has special dietary needs. Entry £5.00 per child, £12.00 for a family of 3, £15.00 for family of 4 – payable at the gate. Don't forget to bring your own picnic blanket. Funds raised go to Shine's work supporting everyone affected by Spina Bifida and Hydrocephalus. For more information please call **Caroline Rice on 077 09794324 or talk to her at Lisnaskea Parent & Toddler Group.**

Summer Wildlife & Wildflower Walk - Lough Head Park, Lisnaskea (follow the sign for 'Nature Walk' off the Derrylin Road) on Saturday 18 July 2015, 11.00 am – 1.00 pm. Join us on Saturday 18 July to learn about the incredible wildlife that inhabits Lough Head Park during the summer. From Dragonflies darting above the ponds to butterflies dancing above the flower rich meadows, there's so much to see! We will meet at the Wildfowl Centre car park where Simon Gray from The Conservation Volunteers (TCV) will guide us round the incredible meadows and hedgerows of Lough Head Park. We'll end the day with a Big Butterfly Count on the edge of the meadow (a good excuse to sit down and enjoy the sunshine!). This event is for anyone and everyone who loves nature and loves the birdy walk! Bring some sturdy footwear and sun cream just in case! Admission is free (no booking required). For further information please contact **Simon Gray on 077 40899673 or email simon.gray@tcv.org.uk.**

Garden Tea Party – At Orchard Acre Farm, Lisnarick on Saturday 18 July 2015 from 10.00 am – 2.00 pm. Hosted by staff of Horizon West Children's Hospice. All proceeds to Horizon West Children's Hospice. Garden Party with afternoon tea and music from local pianist and harpist.

Moretolife Support For The Involuntarily Childless – Are you facing a life without children? A new Enniskillen 'More to Life' Group will have its first evening meeting during mid July 2015 at the Aisling Centre, 37 Darling Street, Enniskillen. If interested, please phone Sharon Davidson on 028 90825677 or email sharondavidson@infertilitynetworkuk.com. Helpline 0800 0087464 or from a mobile 01424 732361 or visit www.moretolife.co.uk.

Happy Days Enniskillen International Beckett Festival – Would you like to be part of the team? The Happy Days Enniskillen International Beckett Festival will take place from **Thursday 23 July – Monday 3 August 2015**. If you, your family, friends or colleagues would like to volunteer for the festival please email volunteer@happy-days-enniskillen.com.

Would you like to be a Beckett in Bed host? - Based on the success of Beckett in Bed in 2014 the festival would like to run this scheme again. Do you, your family, friends or colleagues have empty houses or spare bedrooms? Would you like to open up your home for a fee paying festival guest and be part of the experience? The festival is now seeking houses and rooms for festival guests for the duration of the festival. Please email artistliaison@happy-days-enniskillen.com for further information and see <http://happy-days-enniskillen.com/accommodation>.

Promoting Positive Mental Health & Emotional Wellbeing Through Mindfulness Meditation – 8 week Mindfulness Based Programmes. This programme is for anyone living with stress, anxiety, depression, pain or illness. Mindfulness is about being awake and aware and living in the present rather than dwelling on the past which can lead to a sense of regret and depression or worry and anxiety about the future. Weaving mindfulness into your life can help reduce stress and anxiety levels. Research has shown the benefits of incorporating Mindfulness Meditation into a busy lifestyle. The next programme starts at the **Aisling Centre on Saturday 10 October 2015**. An induction night will take place on **Tuesday 1 September from 7.30 pm – 9.00 pm**. Please contact the Centre on **028 66325811** or email info@theaislingcentre.com for further details and a registration form. Drop-in taster sessions are normally held on the last Tuesday of the month from 7.30 pm – 9.00 pm. Please check with the Centre for details.

Community Family Support Programme - The Community Family Support Programme West now has a base in the Find Centre, Quay Lane, Enniskillen. The programme offers one-to-one support to families who have a young person between the ages of 16 and 24, not in education, employment or training. Support is provided to address the health, social and economic issues that may negatively impact on education, employment or training opportunities and daily life. Our primary focus is with the young person aged 16-24 to help them return and stay in education, employment or training by working with the whole family. In addition we work with younger family members aged 13-16 if showing challenging behaviour, as well as supporting parents in building confidence and strengthening family relationships. Each family will have one-to-one support from a Family Liaison Officer as well as an Employment Engagement Officer offering advice and guidance on all areas of need. The programme also offers short accreditation courses to the family to improve possible employment options. To make a referral or request more information please contact **Ciara on 077 39651585** or call into our office in the Find Centre.

Summer 2015 At The Hangout – What are you doing this summer? Get signed up for activities running throughout the summer holidays at the Hangout –Swimming, Games Day at the Lakeland Forum, trips to the Share Centre, Corralea Water Park, Lakeland Go-Karting, Football, Dance Workshop, Movie Nights, Pool Competitions, late opening hours and much more. Facilities at the Hangout include: Computer Suite, Games Console Room, Cinema Screen, Pool Table, Games Tables, Tuck Shop, Air Hockey and DJ Equipment. For further details please contact **Aoife or Ryan on 028 66325559** or email aoife@thefindcentre.com. Alternatively visit the website www.the-hangout.co.uk.

Lakeland Community Care, Belcoo, Men's Shed - Would you be interested in taking part in a Men's Shed project – a shared space for men to come together, share skills and explore new interests. We would like to hear from men who live in Belcoo or the surrounding areas and who would be interesting in taking part in this project. We will be organising a visit to one of the local Men's Shed during July for those men interested, to gain an understanding of a Men's Shed and how it can be developed in Belcoo.

A Community Oil Buying Club has been set up in partnership with Bryson Energy for the Belcoo area. By joining this club you will make savings on your oil bills – membership is free, however you must live within an 8 mile radius of Belcoo. For more information on these projects or information on Lakeland Community Care, please contact **Una on 028 66386934** or email una@lakelandcare.org.uk.

BKN – BKN is a new upcycling social enterprise in Unit 3, Nugent's Entry, Enniskillen. We are a social enterprise established through Ernevale & Castlecroft Beacon Centres. These centres opened in 1993 and support people with mental health needs living in the community. As part of Niamh (Northern Ireland Association for Mental Health) all BKN activities are aimed at supporting those with mental ill health through activities, increasing social value of the local area and raising much needed funding to support ongoing work. The BKN project aims to engage, empower, upskill and add value to individuals living with mental ill health. We aim to:

- Improve the quality of life for a large number of people linked either directly or indirectly to our work.
- Improve confidence and reduce isolation of our service users.
- Break down the barriers and stigma attached to mental health.
- Raise funds to reinvest in our support services in the local community.
- Provide an integral service to the community's most vulnerable people in what we hope will be the first of many such enterprises.

A 'Recovery Café' will be hosted every month to provide a neutral, safe space that will enable individuals to seek help and support each other. In addition to the peer support, social inclusion and informal chats, there will be the opportunity to listen to key note speakers. The current project is upcycling old furniture and giving it a new lease of life, along with other creative and traditional crafts. The whole idea around the business is to engage, empower, upskill and add value to individuals who are dealing with mental health illness. We are asking people to donate old items of furniture that we can upcycle and sell on. We are also looking for volunteers to help out, so if you have an interest and would like to be creative, please get in touch on **028 66322995** or email ernevale@beaconwellbeing.org.

Canoe Island and Lough Erne Heritage - Lough Erne Heritage, whose aims include the preservation and promotion of the heritage of traditional wooden boat building on and around Lough Erne, are currently building an archive of information and boat design. This will include stories and photographs of the people who built and used the boats.

A number of display and information gathering days have been arranged in Enniskillen library from **Monday 29 June to Saturday 4 July 2015** where members of Lough Erne Heritage hope to meet and consult with members of the public to gather further information and explain what is being done. If you have any information on the subject, photographs, cine film or artefacts, possibly one of the original clinker boats please tell us. Any information you wish to share can be photographed, scanned or recorded on the day. Arrangements can also be made to travel to meet anyone who has been involved or to view a boat.

Conferences & Events

Charity Regulator To Hold First Public Meeting In Belfast - Northern Ireland's independent charity regulator, the Charity Commission, will hold its first public meeting on **Monday 21 September 2015 at the Duncairn Centre in Belfast from 3.00 pm – 5.00 pm.** The meeting will provide an opportunity for anyone with an interest in charities to catch up on the progress of the Commission over the previous 12 months, as well as meet Northern Ireland's Charity Commissioners. Attendees will be given an overview of the Commission's activities and future plans by Chief Commissioner, Tom McGrath, and Frances McCandless, Commission Chief Executive. There will also be a guest lecture by the Attorney General for Northern Ireland, John F Larkin QC. To confirm your attendance, please email admin@charitycommissionni.org.uk - spaces are limited and will be allocated on a first-come, first-serve basis.

Training Opportunities

Do It For Real Programme - Omagh Enterprise Company has come together with UnLtd, Comic Relief and Spirit of 2012 to launch 'Do It For Real', an exciting new youth programme to help young people become social entrepreneurs; creating social action ideas that positively impact people and their communities. The programme will give young people (aged 11-30) the tools to develop their social entrepreneurship ideas while having fun to help others improve their community for the better. Do It For Real aims to:

- Inspire young people to take active steps into social entrepreneurship and peer-to-peer mentoring.
- Increase the overall confidence of young people and sense of connectedness.
- Empower young social entrepreneurs to make a difference in their communities.

The package of support offered by Do It For Real includes finance, expert help, one-to-one guidance, networking and access to pro bono advice. Young people can gain this support by applying for:

- Test It Award - for those who wish to flesh out their social action ideas.
- Build It Award - for those who are ready to build their ideas into a social venture.

For more information on the Do It For Real programme, please contact **Mary MacRory (Programme Manager)** at mary.macrory@omaghenterprise.co.uk or **Catherine Quinn (Programme Officer)** at catherine.quinn@omaghenterprise.co.uk.