

## Fermanagh & Omagh District Council Community Support News – October 2019

The Community Support Newsletter is published monthly. Regular updates are also issued by email. If you wish to receive these or place an article in the Newsletter please contact Alison Gilmore on 0300 303 1777 / [alison.gilmore@fermanaghomagh.com](mailto:alison.gilmore@fermanaghomagh.com)

**The deadline for the next Newsletter is Wednesday 23 October**

### Council News & Events

#### Community Plan

##### Statement of Progress

Community Planning is about getting the public, voluntary and business sectors to work collectively together with local communities to develop and implement a shared plan for improving the social, economic and environmental well-being of the areas in which people live.

The Local Government Act (NI) 2014 requires the council and its community planning partners to make arrangements to monitor progress against meeting the objectives of community plans and the effectiveness of the actions taken in aiming to achieve those objectives.

The legislation also requires that councils and community planning partners report to the public, highlighting progress on outcomes achieved and actions taken. The statement is to be published once every two years with the first of these required within two years of the publication of the community plan. The deadline for publication of the Statement of Progress is 30 November 2019.

The Community Planning team are co-ordinating the development of the Statement of Progress at present and once complete, all citizens and stakeholders will be given an opportunity to access it. Watch this space!

#### Key Dates for your Diary

<b>October</b>	Positive Ageing Month
Wednesday 2	Omagh Forum for Rural Associations AGM and Community Awards Evening
Monday 7	Deadline – Fermanagh Rural Communities Network Community Awards Scheme Nominations
Wednesday 9	Deadline – DfC Small Capital Grants Programme
Monday 21	FODC Capital Grants Applications Open
Friday 25	Deadline – Public Consultation on Draft Equality and Disability Action Plans
<b>November</b>	
Wednesday 6	CVS Convention
Friday 22	Deadline - FODC Capital Grants

## Public Consultation – Draft Equality and Disability Action Plans

We are currently consulting on two important documents:

1. The **Draft Equality Action Plan for 2019-2022.**
2. The **Draft Disability Action Plan for 2019-2022.**

All consultation responses should be received by **5.00pm on Friday 25 October 2019.**

Both documents will provide a framework to guide Council actions until 31 March 2022 - outlining the way in which we plan to promote Equality of Opportunity, Good Relations and Disability throughout Council services and functions.

The draft **Equality Action Plan** details its actions within five strategic themes, including:

1. Establishing appropriate systems to ensure that Equality of Opportunity is included and mainstreamed at the strategic level of Council.
2. Accessible Services.
3. Spoken, Written and Signed language Forms.
4. Equality Monitoring and Data Collection.
5. Increasing awareness and understanding of Equality (for Employees and Elected Members).

The draft **Disability Action Plan** details its actions within four strategic themes, namely:

1. Disability Action Plan (Consulting, Reviewing and Reporting).
2. Increased Awareness and Understanding of the Needs of People with Disabilities.
3. Provision of Responsive and Accessible Services to Increase Opportunities for People with Disabilities to Participate in Public Life.
4. Improved Effectiveness of the Disability Advisory Group and Access & Inclusion Groups.

More information on both consultation processes can be found online at:

[www.fermanaghomagh.com/consultations](http://www.fermanaghomagh.com/consultations)

You can provide a response to any, or both, consultations by

**Letter:** Public Consultation, Policy and Strategic Services, Townhall, Enniskillen, BT74 7BA

**Email:** [finbar.maguire@fermanaghomagh.com](mailto:finbar.maguire@fermanaghomagh.com)

**Telephone:** 0300 303 1777 ext. 21178

**Textphone:** 028 8225 6216

Or by completing an online questionnaire.

For more information, please contact Finbar Maguire via email at:

[finbar.maguire@fermanaghomagh.com](mailto:finbar.maguire@fermanaghomagh.com) or internal extension: 21178.

## New outdoor recreation survey

FODC is seeking views from users of the 46 walks which they have on their walk cards. Anyone who completes a walk is asked to let us know what they thought of it by clicking on the survey link below. A list of walks is also available via <https://www.fermanaghomagh.com/residential-services/leisure/council-launches-unique-series-walking-cards/>

Link for the online survey is

<https://scanmail.trustwave.com/?c=17268&d=j77e3VL8PeORaaR0EYNwlltjqzxp90H40HMsQZDVGA&s=1198&u=https%3a%2f%2fconsultations%2enidirect%2eqov%2euk%2fsport-ni%2fsurvey-for-trails%2f>

Please Email [countryside@fermanaghomagh.com](mailto:countryside@fermanaghomagh.com) for any additional information.

## **FODC Grant Aid Applications**

Fermanagh and Omagh District Council invites applications from voluntary clubs, societies, community and sporting organisations for the following;

**Capital Grants** - The maximum level of funding is up to 75% of eligible expenditure up to a maximum grant of £20,000

All funding must be spent before 31 March 2021.

Applications for grant aid opens on Monday 21 October 2019; the closing date for applications is 5pm Friday 22 November 2019. Please note, retrospective applications will not be considered.

Drop-In Information Sessions will be held in the following locations:-

- **Strule Arts Centre, Omagh** - Tuesday 22 October 2019, 6pm - 8pm
- **Enniskillen Castle, Enniskillen** - Thursday 24 October 2019 6pm - 8pm

If you are unable to attend any of the above information sessions, Council Officers will be available by appointment to provide information. Please contact the Funding & Investment Unit using the contact details below.

To apply online, please visit the Council website at [www.fermanaghomagh.com](http://www.fermanaghomagh.com) - Where possible, applicants are asked to complete the application online; the link can be located on the Council's website:- <https://www.fermanaghomagh.com/services/funding-and-grants/> - Council Officers are available to assist with the application process.

Grant Aid Code of Practice and Guidance Notes are also available to download.

For further information or advice please contact the Funding & Investment Unit, Fermanagh and Omagh District Council:

T: 0300 303 1777 Text phone: 028 8225 6216 E: [grants@fermanaghomagh.com](mailto:grants@fermanaghomagh.com)

Late or incomplete applications will not be considered

## **Positive Ageing Events**

October is positive ageing month and includes a month-long calendar of events and activities for older people living in the Fermanagh and Omagh District Council area, supported by the Western Health & Social Care Trust, Fermanagh & Omagh District Council, South West Age Partnership and Community and Voluntary groups.

### **Positive Ageing Month Launch & Tea Dances:**

Tuesday 1 October - Strule Arts Centre, Omagh 11am-1pm,

Wednesday 2 October - West End Community Centre, Enniskillen 11am-1pm

Dancing and Refreshments. Booking for the launches is essential.

Please contact Allison on 028 8225 1824 or [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)

### **Positive Ageing Closing Event:**

Thursday 31 October - The Bawnacre, Irvinestown 11am-1pm.

Home Safety and Energy Efficiency Talk and refreshments. Booking is essential. Contact Age Friendly Officer Sharon Howe on 0300 303 1777 ext 21245 or

[sharon.howe@fermanaghomagh.com](mailto:sharon.howe@fermanaghomagh.com)

### **Coach Education 2019 – 2020**

Fermanagh and Omagh District Council has developed a series of courses and workshops aimed at promoting excellence in local sports as part of its innovative Coach Education Programme for 2019 – 2020.

The programme commences on **Thursday 10 October** with a Safeguarding Children and Young People course at Fermanagh Lakeland Forum, Enniskillen.

The Coach Education Programme, which also includes First Aid Training for Sport and Club Coach Sessions which have been organised in partnership with Sport Northern Ireland (Sport NI), provides local sports clubs, coaches and volunteers opportunities to further develop their knowledge and understanding across a range of topics and disciplines.

For further information regarding the Coach Education Programme 2019 – 2020, please contact Chris Elliott, 0300 303 1777 or [chris.elliott@fermanaghomagh.com](mailto:chris.elliott@fermanaghomagh.com)

<https://www.fermanaghomagh.com/residential-services/leisure/whats-game-club-coach-education-programme/>

### **Are you running a food bank?**

The Fermanagh and Omagh Community Planning Partnership are currently working with partners to implement projects in the District to alleviate the impacts of Poverty.

We want to hear from you if you operate a food bank in the District and would like to be included in our communications.

Please send your contact details to [communityplanning@fermanaghomagh.com](mailto:communityplanning@fermanaghomagh.com) or alternatively contact Community Planning Officer Kim Weir on 0300 303 1777 extension 20206

### **Join our Steering Group and help us achieve Fairtrade status!**

When you buy products with the Fairtrade Mark such as tea, coffee, bananas or confectionery, you support farmers and workers in the developing world as they work to improve their lives and their communities.

The Mark means that the Fairtrade ingredients in the product have been produced by small-scale farmer organisations or plantations that meet Fairtrade social, economic and environmental standards.

The Council is actively supporting and promoting Fairtrade with an aim to achieving Fairtrade status for the District early next year.

To become involved in our Steering Group, please contact Charlotte Daly on 0300 303 1777 or email [charlotte.daly@fermanaghomagh.com](mailto:charlotte.daly@fermanaghomagh.com)

For further information on Fairtrade, visit [www.fairtrade.org.uk](http://www.fairtrade.org.uk)

### **Community and Voluntary Sector Register**

Has your organisation registered their details? Registration will enable Fermanagh and Omagh District Council to keep you updated with important information and provide any necessary support you may require. You can download a registration form and receive further information on how we process your data on the Council website <http://www.fermanaghomagh.com/residential-services/community/community-register/>. Alternatively you can contact Community Services on 0300 303 1777 to speak to an officer who will send you a registration form and assist you with any questions you may have, or email [alison.gilmore@fermanaghomagh.com](mailto:alison.gilmore@fermanaghomagh.com) for a copy of the new registration form.

### **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 Alison Gilmore, Community Services, Fermanagh and Omagh District Council, on 0300 303 1777 or email [alison.gilmore@fermanaghomagh.com](mailto:alison.gilmore@fermanaghomagh.com)**

### **Community Support Officer Areas**

The Community Services Department offers support to individuals and organisations within the community and voluntary sector promoting community action. Officers within the Community Services Team are available to assist community groups and voluntary organisations make as big a difference as possible to local lives and issues.

The link below can help you find your local Community Support Officer - please contact us for any assistance you or your organisation may require on 0300 303 1777

<https://fermanagh.maps.arcgis.com/apps/ZoneLookup/index.html?appid=82210c413ab74bcd8da1750af0321163>

## Community News

### Northern Ireland Blood Transfusion Service

Tuesday 15 October - St Aidan's High School, Derrylin  
2.30-4pm and 5.15-8pm

Wednesday 16 and Thursday 17 October - Cathedral Hall, Enniskillen  
1.30-4pm and 5.15-8pm

Please check out <http://www.nibts.hscni.net/donating-blood/where-to-donate/> for further Scheduled Donation Sessions. Telephone 028 9032 1414

### Big Telly returns for F Live with Island Town Creative Shop

Experience Enniskillen/Enniskillen BID have invited Big Telly Theatre Company back to Enniskillen with another Creative Shop in the run up to F-Live. The shop has been set up in Castle Buildings, Paget Street.

This time, the Creative Shop will be working with local groups and the community as well as professional actors to devise a series of short theatre pieces which will be performed in the weekends running up to the festival and during F-Live from 2 – 6 October.

Local and visiting artists and performers will create a series of small and beautiful shows about 'Island Town' – a floating world of myth, magic, comedy and mystery. The theme runs along that of the F Live festival and will celebrate all that is unique about Enniskillen – the Island Town.

To get in touch and find out more about the Island Town Creative Shop, contact [shops@big-telly.com](mailto:shops@big-telly.com)

### Omagh Forum for Rural Associations

You are warmly invited to our Annual General Meeting and Community Awards Evening on **Wednesday 2 October** at 7.30pm in Drumquin Community Youth Centre, 2 Manse Road, Drumquin BT78 4SD.

- Information stands and refreshments.
- Tour of refurbished premises.

Please confirm attendance on 028 8225 1559 or email [info@omaghforum.org](mailto:info@omaghforum.org) by Monday 30 September.

### SWAP Activities

Are you 60+? Do you want to get active and meet new people?

**Dancing Classes** – Come along to our Dance Class with Tina McGurn (Modern Country Moves) in The Arc Healthy Living Centre, Sally's Wood, Irvinestown;  
Thursdays from 3 October – 7 November 3.15-4.15pm.

**Gentle Exercises** – Come along to our Gentle Exercise Class with Georgina Meade in The Hospital Road Community Centre, Queen's Parade, Omagh;  
Mondays from 7 October – 11 November 3-4pm

**Yoga Therapy** – Back by popular demand! Chair based gentle yoga with Martin Brunsten in Lakeland Community Care, Belcoo;  
Tuesdays from 8 October – 12 November 11.30am-12.30pm

### **Artsland Photography Project –**

6-week workshop for older people 60+ based at Liberty Studios, Letterbreen.

Starts Tuesday 8 October 11am – 1pm

Using reminiscence techniques about working life, family and memories, a portrait of each member of the group will be developed which represents their past and present. This piece will be exhibited in a final show at the end of the project and will then be yours to keep.

For further information on any of the above and to book your place, please contact Allison Forbes on 028 8225 1824 or [afortbes@southweststagepartnership.co.uk](mailto:afortbes@southweststagepartnership.co.uk).

Places are limited; Booking is essential.

### **Cuilcagh to Cleenish**

#### **Arney River Canoe trips**

For details of canoe trips taking place in October visit <https://ernepaddlers.org.uk/cuilcagh-to-cleenish-canoe-trips/>

Please contact [email@ernepaddlers.org.uk](mailto:email@ernepaddlers.org.uk) if you have any questions.

### **Aware NI**

#### **Free 6 week Life Skills course in the Omagh area “Living Life to the Full”**

This six week course has been developed by Dr Chris Williams, Professor of Psychological Medicine, University of Glasgow, a recognised expert and trainer in cognitive behavioural therapy. This programme can make a big difference to your life as it can help you sleep better, feel happier, have more energy, gain confidence, get out more and enjoy better relationships and can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life’s challenges.

**Mondays 7, 14, 21 October; 4, 11, 18 November**, 10.30am – 12pm

Omagh Library, 1 Spillars Place, Irishtown Road, Omagh BT78 1HL

To register to attend contact Linda Wade on 028 7126 0602 or [linda@aware-ni.org](mailto:linda@aware-ni.org)

**The NSPCC Child Protection in Sport Unit (CPSU)** has launched the Sports Parents Promise as part of their annual awareness raising campaign - **Parents in Sport Week (7-13 October)**.

The Promise outlines all the ways in which parents can be the best sports parents they can be by ensuring their child has safe and enjoyable experiences of sport.

From today, parents can make the Promise online and in return, they’ll get a certificate they can show off to the world and on social media to help promote positive parenting in sport.

Show your child you support them taking part in sport by making the promise at <https://thecpsu.org.uk/parentspromise> and spread the word using #SportsParents

If you’re a sports club, talk to parents in your sport and encourage them to make the Promise today.

## **Fermanagh Rural Community Network Awards 2019**

### **Celebrating your Achievements**

Fermanagh Rural Community Network (FRCN) are pleased to announce the 18th year of our Community Awards Scheme to celebrate the work of community organisations in Co Fermanagh. All organisations should submit at least one nomination.

Nominations are requested from organisations for the following categories:

1. Award for local community activity (in the last 12 months)
2. Award for an individual who has made a difference in your area

Prizes will be awarded

Deadline for all nominations **12 noon Monday 7 October 2019.**

Only nominations on the FRCN Awards 2019 Nomination Form will be accepted.

Nomination Forms are available to download from the FRCN website [www.fermanaghrcn.org](http://www.fermanaghrcn.org) or by contacting Frances on 028 6632 7006 or by e-mail [info@fermanaghrcn.org](mailto:info@fermanaghrcn.org)

In co-ordinating this Awards Scheme, Fermanagh Rural Community Network as the Local Rural Support Network for Co Fermanagh, is proud to celebrate the skills, services, and projects developed by Organisations and Communities throughout the county.

## **Amazing Multiples**

### **Free monthly group in Cathedral Hall, Enniskillen**

Home-Start Lakeland are calling all preschool Fermanagh twins, triplets and more. 10am-12 noon **Wednesday 9 October**, Wednesday 13 November, Wednesday 11 December

For little ones - Come along for play activities and a snack.

For parents - Sit down, have a cup of coffee and link in with people who understand what it's like to parent twins and more.

Information on speech & language, potty training, benefits & other parenting issues.

Parents expecting twins or more are very welcome.

Find out about parenting services and support locally

To find out more or to register, contact Diane on 028 6634 6818, or contact the Home-Start Lakeland office email [info@homestartlakeland.com](mailto:info@homestartlakeland.com)

This project has been supported by Fermanagh and Omagh District Council

## **Community Development & Health Network**

### **Making your Voice Count – Lobbying and Campaigning for Community Groups**

**Wednesday 9 October**, 7-9pm

This two-hour session will provide background on what influences and shapes Government policies in Northern Ireland. Explores the impact of policy by local councils, health trusts and others on local communities and how this links to community development and gives an insight into how to effectively lobby and campaign on a issue.

Cost £20 for non-members and free to members.

To register, email [teresa@ruralcommunitynetwork.org](mailto:teresa@ruralcommunitynetwork.org) or call 028 8676 6670

### **25<sup>th</sup> AGM and Networking Event**

**Tuesday 12 November**, 9.30am-2pm, Crumlin Road Gaol, Belfast

25 years on Inequalities Still Matter

Keynote Speaker: Professor Jennie Popay

To book your place, email [info@cdhn.org](mailto:info@cdhn.org) or give us a call on 028 3026 4606

### **To the Moon & Beyond!**

Enniskillen Castle hosts a Spectacular Light Animation Show that will take everyone Out of this World.

Experience Enniskillen invites everyone along to Enniskillen Castle on **Friday 11 October** to an amazing Light Animation show.

This **free event** is a great family outing that should not be missed!

The Light Show will start at 7.00pm, **repeated** at 7.30pm, 8.00pm and 8.30pm.

**Free** tickets can be requested via the Experience Enniskillen or Enniskillen Castle Facebook pages or check [experience-enniskillen.com](http://experience-enniskillen.com) for more details.

### **The Census is coming ...**

The Census is a count of everyone who lives in Northern Ireland (NI). It builds a detailed and comprehensive picture of the population, reflecting everyone in society. The results are invaluable for developing public policy, planning services and allocating public money.

The next Census will be in March 2021 and as part of preparations, the Northern Ireland Statistics and Research Agency (NISRA) will be holding a census rehearsal on **Sunday 13 October 2019**. This will be an end-to-end test of the processes, systems and services that NISRA plan to use in 2021.

Some households in the Fermanagh area will be invited to take part by filling in a rehearsal questionnaire either online or on paper. If you are selected, please take part. The more people who do, the better NISRA are able to plan for the Census in 2021.

Personal information collected in the Census is held confidentially and protected by law. The data collected will be used solely for the production of statistics and research.

To get more information or find out if your area has been chosen, go to the website [www.census.gov.uk/ni](http://www.census.gov.uk/ni)

### **Fermanagh Gardening Society**

We had a very successful first night of the new season in September when we welcomed over 20 new members. Our AGM (short) will take place on **Tuesday 15 October** in our new venue of St Macartin's Hall, Enniskillen at 8pm. Everyone very welcome. Cuppa and chat afterwards. £3 for visitors.

There will also be the ever popular and successful plant auction, all of which have been donated from members' gardens.

### **Calling all creative scarecrow creators this Halloween!**

**We want to see a variety of scarecrows on the front lawn of all shapes and sizes!**

Take part in our first **Scarecrow Fest at Florence Court** and get working on your creations at home, before bringing them in to be displayed at the front of the house, with some prizes up for grabs too!

Check out the creativity of visitors from far and near, along with local community groups and schools. Vote for your favourite over the Halloween Weekend.

**Scarecrow entries are to be dropped off at Florence Court on Thursday 24 or Friday 25 October.** Please remember to include your name and contact number.

Scarecrows will be displayed at the front of the house (weather permitting) throughout the Halloween Weekend (Saturday 26 - Monday 28 October) We would suggest using materials that won't get destroyed easily by outdoor elements!

If interested, please contact [jade.blair@nationaltrust.org.uk](mailto:jade.blair@nationaltrust.org.uk)

For more information visit <https://www.nationaltrust.org.uk/florence-court/whats-on/halloween-fest>"

### **Lisnaskea Historical Society**

**Monday 7 October**, 8pm, Castle Park Centre, Lisnaskea

Dermot Maguire (Author, Historian) - Talk and launch of his new book entitled 'East Fermanagh, A Chronicle 1880-1980' which covers extracts from local newspapers from 1939 and items from two diaries. Geographical areas covered include Lisnaskea, Brookeborough, Maguiresbridge, Newtownbutler and Rosslea.

**Monday 21 October**, 8pm, Castle Park Centre, Lisnaskea

Philip Darcy of Enniskillen will present some of his extensive collection of memorabilia, photographs and posters in this event titled 'Remembering the Showbands.' Philip has exhibited at over 40 venues, hotels, libraries, theatres and of course dance halls across the country, Donegal, Galway etc. He invites anyone who would like to show or donate any such memorabilia to come along and share in the night. All are welcome.

### **Elephant in the Room Campaign 2019: Time to talk about our emotions**

**Connecting World Suicide Prevention Day 10th September to**

**World Mental Health Day 10th October**

#ElephantTalk

It is impossible to talk about preventing suicide without talking about mental and emotional health and wellbeing.

This year, the Health Improvement, Equality and Involvement Department of the Western Trust is linking World Suicide Prevention Day on 10th September and World Mental Health Day on 10<sup>th</sup> October to encourage people to talk about the 'elephant in the room', in other words, the things that we often choose to ignore – our emotions and how we feel.

We have developed an interactive campaign pack which contains information, resources and tips to help you, your colleagues and your organisation support this campaign. Just click on the links. Mostly, we want you to talk to each other! We invite you to share this information, particularly the signposting and helplines, with family, friends and work colleagues.

You never know who it might help.

We would love to hear about how you are supporting people to talk about the Elephant in the Room:

- Share the Campaign Pack on your websites and social media platforms
- Use the hashtag #ElephantTalk
- Share your photographs and any feedback with us so we can include them in our campaign evaluation report

For further information or support contact [Sonia.Montgomery@westerntrust.hscni.net](mailto:Sonia.Montgomery@westerntrust.hscni.net)

[read more](#)

### **Omagh Independent Advice Services (OIAS)**

We are delighted to announce that as part of an Advice NI lead Project we will be supporting EU citizens and their families to apply for pre-settled and settled status from our offices in Omagh Community House. Having secured registration with the Office of the Immigration Services Commissioner (OISC) we will now be offering free:

- Immigration advice to vulnerable or at-risk EU nationals and their family members to help them make their EU Settlement application
- Practical assistance and support including language support 'interpreting services' and equipment/digital provision to individuals who find it difficult to access EUSS information/advice and/or application
- Awareness raising information/Drop-In sessions for EU national individuals and their family members.

For further information please contact us at:

Tel: 028 8224 3252.

Text: 07889 002207

Email: [info@oias.co.uk](mailto:info@oias.co.uk)

You can also contact Advice NI free on 0800 138 6545 or email [euss@adviceni.net](mailto:euss@adviceni.net).

### **Fermanagh Community Transport**

**Group Minibus available to hire with Driver/on a Self-Drive basis  
(Member Groups Only)**

16 Seater Volkswagen Crafter

10 Seater Volkswagen Crafter

Both fully accessible.

If you are a community, voluntary or not-for-profit group interested in becoming a Member, please contact our friendly and professional Administration Team who would be more than happy to answer any questions you might have and guide you through the simple process of becoming a Member Group.

Telephone 028 6632 4260; email [info@fermanaghcommunitytransport.com](mailto:info@fermanaghcommunitytransport.com)

[www.fermanaghcommunitytransport.com](http://www.fermanaghcommunitytransport.com)

### **Community Health Sync Project**

**"Supporting Cross-Border Health"**

Funding for the CoH-Sync Project was secured by the cross-border health partnership, Co-operation & working together (CAWT) from the European Union's INTERREG VA Programme. The Fermanagh CoH-Sync project is led by ARC Healthy Living Centre and delivered in partnership with Lakeland Community Care, The Oak Healthy Living Centre and Fermanagh Rural Community Network. The project is available to anyone who wants to begin their journey to getting healthier but doesn't know where to start. Whether it is help to quit smoking, lose weight, increase your confidence, be more active, make new connections in your community or just generally feel better about life, CoH-Sync can help and lots of people have already benefited from the service.

**Contact the ARC Healthy Living Centre, 116-122 Sallyswood, Irvinestown BT49 1HQ.**

Tel: 028 6862 8741

### Spring Social Prescribing

Help to people aged 18+ to address Social, Emotional and Practical Needs by connecting them to sources of support within their community to improve their Health and Wellbeing.

The programme enables a GP or Primary Health Care professional to refer patients who suffer from Social Isolation, Low Mood, Mild Depression, Long Term conditions or physical inactivity to community support programmes and activities, i.e. social clubs, arts and crafts, counselling etc.

If you feel your patients could benefit from a social prescription, contact Anja Rosler, Social Prescriber, **ARC Healthy Living Centre**, 116-122 Sallyswood, Irvinestown BT49 1HQ.

Tel: 028 6862 8741 Email: [Anja.rosler@archlc.com](mailto:Anja.rosler@archlc.com)

### Can you help someone living with sight loss in the Fermanagh area?

In Fermanagh there are people with a visual impairment who really need your support to get out and about, try new things and engage again with their local community.

**Guide Dogs NI** needs volunteers to help improve the confidence and independence of people with a visual impairment. Some of those hoping for a volunteer have been waiting for several months, so getting involved could really help change someone's life.

When someone loses their sight, the world can become smaller and it's easy to lose confidence and become isolated. Matching someone with a My Guide volunteer can be so transformative; a volunteer can help someone to regain confidence and connect again with the wider world.

The My Guide service matches blind and partially sighted people with a trained volunteer to work on an activity plan. Volunteers will spend a few hours a week, guiding their partner on trips out to activities that the pair will agree at the start of their relationship. Journeys could be to the shops, to a café or maybe a sports event or any other activity the blind or partially sighted person wants to take part in.

If you have a few hours to spare and really want to make a massive difference to someone living with sight loss in your local area then become a My Guide volunteer. For more information contact [Paula.mclarnon@guidedogs.org.uk](mailto:Paula.mclarnon@guidedogs.org.uk) Tel 07766 526873 or apply online [www.guidedogs.org.uk/volunteering](http://www.guidedogs.org.uk/volunteering)

### Could you foster?

The Health & Social Care Trusts are seeking to recruit foster carers who enjoy being with, caring for and are able to support vulnerable children and young people from a range of ethnic, linguistic, religious and cultural backgrounds.

Unaccompanied children from Eastern Europe, the middle East, Africa and Asia arrive into Northern Ireland without a parent or responsible adult. Most of these children, who are mainly teenagers, are separated from their families and are in a new country with different customs and language.

These children have many reasons for entering Northern Ireland including that they are fleeing danger and war, that they have been victims of trafficking or exploitation, or that their parent or carer may have disappeared.

We need to find these children a safe and supportive home environment where they can receive emotional and practical support. We want to help them integrate into local community life where they can make new friends and learn English. We also want to find homes where there is a current, or potential, understanding of their heritage, culture and religion.

If you are interested in finding out more, please contact the Regional Adoption and Fostering Service on telephone 0800 0720 137 or go online to [www.adoptionandfostering.hscni.net](http://www.adoptionandfostering.hscni.net)

## **Alzheimer's Society – United Against Dementia**

### **Volunteering Opportunity**

#### **Side by Side in Fermanagh and Omagh**

You'll be helping a person living with dementia to take part in their favourite activities or even try new ones; from joining a local club or going to the library, to going to the football, or just for a stroll in the park. You'll complete a short profile of yourself with information about you and your interests for a person living with dementia to look at. If they share some of your interests, you'll be paired together and meet regularly to accompany them in their chosen activities.

You don't need experience in a health or social care setting to be a great companion. You just need to be willing to learn about dementia care and the experience of living with dementia, and to follow important policies and procedures. You'll be supported by a role manager throughout your journey with us and receive our first-class training in supporting people living with dementia.

If you have any questions about the role or would like to apply, please contact Rosario Mc Hugh, Volunteering Officer at [rosario.mchugh@alzheimers.org.uk](mailto:rosario.mchugh@alzheimers.org.uk). You can also get in touch with our Volunteering Support Team on 0300 222 5706 or at [volunteeringssupport@alzheimers.org.uk](mailto:volunteeringssupport@alzheimers.org.uk). We'd love to hear your thoughts, questions or feedback

### **Volunteer Now**

[www.volunteernow.co.uk](http://www.volunteernow.co.uk)

The Autumn brochure containing some opportunities for volunteers in the Fermanagh area has just been published. If you or your organisation would like to share an opportunity in the Winter brochure please get in touch with Lynn Johnston, Community Project Outreach Officer, Enniskillen on 07467 486638 Email [Lynn.johnston@volunteernow.co.uk](mailto:Lynn.johnston@volunteernow.co.uk)

Training leaflet available via [www.volunteernow.co.uk/training/courses-scheduled/4/?](http://www.volunteernow.co.uk/training/courses-scheduled/4/?)

Some courses are taking place within the Fermanagh and Omagh area.

### **Free Trees from the Woodland Trust**

We want to make sure that everybody in the UK has the chance to plant a tree so we're giving away hundreds of thousands of trees to schools and communities.

Our online application form for March 2020 delivery will reopen soon. If you cannot wait until then, tree packs can be purchased in [our shop](#) all year round.

For more help and advice, [Tree Tools for Schools](#) has everything you need to plan, plant and care for your tree pack, whether you are a school or community group.

Full details available via <https://www.woodlandtrust.org.uk/plant-trees/free-trees/>

**Aisling Centre, 37 Darling Street, Enniskillen, BT74 7DP**  
Tel 028 6632 5811 Email [info@theaislingcentre.com](mailto:info@theaislingcentre.com) [www.theaislingcentre.com](http://www.theaislingcentre.com)

**Annual Coffee Morning - Friday 11 October, 10.30am – 12 noon**

Promoting good mental health and emotional well-being on World Mental Health Day.  
We hope you can join us.  
All proceeds will be used to support provision of counselling services at the Centre.

**Meditative Healing Workshop** with Marie Evans

Tuesday 29 October, 1<sup>st</sup> workshop 10.30am-1pm; 2<sup>nd</sup> workshop 2-4.30pm  
Limited number of places available. Advance registration required. Contact Aisling Centre.

**Yoga Classes**, 8-week programme commencing Friday 18 October 9.30am

Limited number of places available. Advance registration required. Contact Aisling Centre.

**Mindfulness Monthly Drop in / Taster Sessions**

7.30pm – 9.00pm; Tuesdays 29 October, 26 November  
Next MBSR 8 week course starting February 2020.

**AA**

3 meetings per week. For information contact the Aisling Centre – 028 6632 5811

**ADHD**

Adult support group. 1<sup>st</sup> Thursday of the Month 7pm – 9pm  
For information contact Niall Greene or Emma Weaver  
t: 07729618563 | 07724916770 | e: [niaadhd@gmail.com](mailto:niaadhd@gmail.com)

**AWARE**

Self-help support group for people affected by depression or bipolar disorder (manic depression).  
Alternative Tuesdays 7.30 - 9pm. For information contact 0845 120 2961 e: [help@aware-ni.org](mailto:help@aware-ni.org)

**Escapists**

Support group for carers - Every Wednesday morning 10.30am – 1pm  
For information contact Catriona Allen 07851 341466

**Forget Me Not**

Support group for people bereaved by suicide - 1<sup>st</sup> Monday of the Month 7.30pm – 9pm  
For information contact Collette Cullen 07826 535199

**Ethnic Communities Support Group**

Free advice & advocacy service - Available by appointment, every second Tuesday 10am – 4pm  
For information contact Karolina at OECSG on 028 8224 9750 Email: [oe CSG2@yahoo.co.uk](mailto:oe CSG2@yahoo.co.uk)

**Island Artists**

Wednesdays 2pm – 4pm. Contact Maura Newman 07968 225704

**Yoga**

Mondays 6.30pm – 7.30pm. Contact Alasdair McKay 07776 290903  
Thursdays 11.30am – 1pm. Contact Jenni Brown 028 8954 1994  
Thursdays 6.30pm-7.30pm. Contact Christina Cornyn 07722 550040

**Fermanagh House, Broadmeadow Place, Enniskillen BT74 7HR**

**Telephone 028 6632 0210** [www.fermanaghhouse.org](http://www.fermanaghhouse.org)

**Cancer Focus NI's 'Zest for Life' course** – with Helen Murphy – Tuesday's from 10am-1pm, starting on 15 October and running for 6 weeks. For further information and booking please contact Helen Murphy [helen.murphy@westerntrust.hscni.net](mailto:helen.murphy@westerntrust.hscni.net) Mobile 07525 896904

**New 'Tiny Life' Support Group** – 10.30am-12.30pm every 4<sup>th</sup> Thursday of the month. Tiny Life is Northern Ireland's only premature and vulnerable baby charity; they are dedicated to reducing illness, disability and death in babies born here and providing support for families who have been affected by such circumstances.

For further information please contact Bernie Carlton on 028 9081 5050 or 07702 684873, Email [info@tinylife.co.uk](mailto:info@tinylife.co.uk) or go to <https://www.tinylife.org.uk/>

**Action on Hearing Loss** – Free Help & Support drop in session on Thursday 3 October, 10am-11.30am. Hearing checks, hearing loss services advice, new batteries & ear mould tubing, help with cleaning etc. Please contact Mary Cruickshank on 07918 767640 or Email [mary.cruickshank@hearingloss.org.uk](mailto:mary.cruickshank@hearingloss.org.uk)

**Western Area Childcare Partnership –**

**Paediatric First Aid Refresher Course**, Monday 7 & Tuesday 8 October, 7-10pm.

**Paediatric First Aid Full Course**, Tuesdays & Wednesdays 5 & 6, 12 & 13 November 7–10pm.

**Designated Child Protection Officer Training Course** on Thursdays 17 & 24 October 7–10pm.

For further details and booking go to <http://childcarepartnerships.hscni.net/training-quality/>

Tel 028 9536 1042/028 9536 1033 Western Office or Email [Childcare.Info@hscni.net](mailto:Childcare.Info@hscni.net)

**WHSCCT Stress Management Course** - 6 week course Tuesdays to 22 October, 6.30–8pm.

Further details and booking go to <http://www.westerntrust.hscni.net/about/3772.htm>

or visit the Stress Control NI Facebook page, the Western Trust Website

[www.westerntrust.hscni.net](http://www.westerntrust.hscni.net) or contact [roisin.laverty@westerntrust.hscni.net](mailto:roisin.laverty@westerntrust.hscni.net)

The spring course will run from Tuesday 4 February 2020 to Tuesday 10 March 2020

**Volunteer Now Training Events –**

Attracting and Selecting Volunteers – Wednesday 2 October, Thursday 3 October

Managing and Motivating Volunteers – Wednesday 23 October, Thursday 24 October

Train the Trainers Day 1 – Wednesday 6 November

Train the Trainers Day 2 – Thursday 7 November

Train the Trainers Day 3 – Thursday 21 November

Developing a Volunteer Programme – Wednesday 4 December

For further details and booking go to <https://www.volunteernow.co.uk/training/courses-scheduled/>

or contact [Nicole.gorman@volunteernow.co.uk](mailto:Nicole.gorman@volunteernow.co.uk) Tel 028 9023 2020

**Gambling Support Service** – Mondays 10am-4pm. Dunlewey provide free and confidential advice, information and counselling for adults over 18 who are directly or indirectly affected by problem gambling issues. For further information please contact 028 9039 2547, Free gambling helpline 0800 0886725 Website: [www.dunlewey.net](http://www.dunlewey.net)

**Adele Paton Mother & Baby Group** – 1<sup>st</sup> Monday of each month from 10am-12noon.

For further information please contact Adele on 07816 758780

**Meghan's Yoga Classes** – Mondays 6.30-8.30pm, Tuesdays 5.30–6.30pm, Thursdays 11am-12 noon. For further details/booking tel 07837 562516 or email [nutt\\_meggs@hotmail.com](mailto:nutt_meggs@hotmail.com)

**U3A Choir** - 1<sup>st</sup> & 3<sup>rd</sup> Monday of each month 11am-12.30pm;  
**U3A General meeting** - 2nd Monday of the month 11am-12.00pm;  
**U3A Poetry group** - 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month 2–3.30pm;  
For further information see <https://u3asites.org.uk/erne/page/71430>

**Family Mediation** – assist families experiencing the trauma of separation. Appointments available Monday and Thursday mornings. Call 028 9024 3265 or email [enquiry@familymediationni.org.uk](mailto:enquiry@familymediationni.org.uk)

**Sarcoidosis Support Group** – meet first Monday of the month from 7-9pm  
For further information contact [WendyWatson27@yahoo.com](mailto:WendyWatson27@yahoo.com)

**St Michael's Bridge Club** – meet Monday evenings 7.30-10pm

**Mum's Wellness Drop in Group** - Every Tuesday 10–11.30am.  
For further details contact Ursula at Mindwise 028 6632 4334 or 07760 627428

**Fermanagh Genealogy Centre** - Volunteers meet for training on the second Tuesday of the month, 7-9pm. If you are interested in volunteering at the Fermanagh Genealogy Centre you can call into Enniskillen Castle Museum when we are open Mon, Wed, Thurs 2-4pm and we will show you around. If you wish to join as a member to attend our talks & trip program, email us at [fgc2012@hotmail.com](mailto:fgc2012@hotmail.com)

**Headway** – The Northern Ireland Brain Injury Association - outreach group each Wednesday from 10.30am–12.30pm. Further information at <https://www.headway.org.uk> or email Joanne Aiken on [joanne.aiken@headway.org.uk](mailto:joanne.aiken@headway.org.uk)

**Drinkwise Age Well** run a support group on Wednesdays from 1.30-3.30pm.  
For further details please go to <https://www.drinkwiseagewell-training.org.uk/>

**Autism NI Support Group** meet from 8-10pm on the 4th Tuesday of the month. For further information contact Michelle Higgins 07834 484229

**The Macular Support Group** meet 3<sup>rd</sup> Wednesday of the month from 11am-1pm.  
For further information contact Doris Cutler on 028 6634 1404

**The Downs Syndrome Support group** meet 1<sup>st</sup> Wednesday of the month from 8-10pm.  
For further details contact Catherine Dunne on 028 6638 8409.

**Fermanagh Board Game Group** meet alternate Wednesday evenings. Contact Chris Fawcett at [paddyfawcett@hotmail.com](mailto:paddyfawcett@hotmail.com)

**Fermanagh Military Models** meet Thursdays 6pm - 8pm. They specialise in different Military genres from WW1 through to the Afghanistan conflict in various models from Aviation, Military vehicles, Ships, Dioramas. Classes are being offered for novice or hobbyists. Lessons in building, painting, weather, and presenting for shows and competitions. Contact Michael White on 00 353 8303 21216 or email [michawlwhitecleo@gmail.com](mailto:michawlwhitecleo@gmail.com)

**Victim Support** - an independent organisation - not part of the police, courts or any other criminal justice agency. Appointments available via 028 9024 3133 or email [info@victimsupportni.org.ni](mailto:info@victimsupportni.org.ni)

**Addiction NI** – A community addiction service providing treatment and support for people who are dependent on alcohol or drugs. Also give confidential support for people affected by someone else's drinking or drug use. Tel 028 9066 4434 or email [enquiries@addictionni.com](mailto:enquiries@addictionni.com)

### **Cancer Connect NI**

We are delighted to announce the return of our Magical Winter Wonderland. This year the event is supported by Enniskillen BID and will be held at a secret location in the heart of Enniskillen.

Families will begin their experience at the railway station located at Hollyhill (adjacent to Lidl). Once checked in at the ticket booth, you will be greeted by Mrs Claus and her elves who will treat everyone to complimentary seasonal refreshments. Following some games and fun entertainment you will be invited to board our favourite Polar Express and travel through the beautiful town of Enniskillen, discovering the festive windows along the route and ending at Santa's Grotto at this year's secret location in the heart of Enniskillen.

Santa will have a special gift for each child and a photographer will be on site in Santa's grotto to capture the moment. Details, samples and prices will be available at the grotto. You will also have plenty of opportunities to take your own photos if you wish.

After talking to Santa, you are welcome to browse through the secret location and have a ride on the carousel or enjoy a stroll through the town centre and enjoy the festive atmosphere. Families can avail of an "open return ticket" on the Polar Express returning to your parking area at the railway station at your leisure. There will also be buses going back to the carpark through the evening. Feel free to choose which way you wish to return.

\* - Adult Ticket: £12

\*. - Child Ticket (2 years old+): £12

\*. - Newborn/Infant Ticket (under 2 years old): £5

Pre-booking is essential via our online booking system at TicketSource (<https://www.ticketsource.co.uk/ccniwinterwonderland2019>). Please provide us with a mobile number on your booking form in the event we need to contact you. There is a booking fee charged by [ticketsource.co.uk](http://ticketsource.co.uk). Terms and Conditions can be found at [www.cancerconnectni.org](http://www.cancerconnectni.org). It is important that you read and understand the Terms and Conditions of the ticket sale before purchasing. If you choose to use the phone booking service (0333 666 3366), instead of the online service, there is an additional phone booking fee that TicketSource charge.

We would ask everyone not to call the Cancer Connect NI support centre number to make Winter Wonderland enquiries as this line is for clients and cancer support only. You can email any enquiries to [ccniwinterwonderland@gmail.com](mailto:ccniwinterwonderland@gmail.com)

**Tara Centre, 11 Holmview Terrace, Omagh BT79 0AH**

**Tel: 028 8225 0024    email: [info@taraomagh.com](mailto:info@taraomagh.com)    [www.taraomagh.com](http://www.taraomagh.com)**

### **Pathways from a Troubled Past**

Dr Éamon Phoenix returns to Tara to continue the Wednesday evening series of interactive Seminars on the historical context in which we live our lives on this part of the island of Ireland. The aim of the workshops is to promote a reconciled society through an informed understanding of our shared history.

Dates:            Wednesday 2, 9, 16 & 23 October and 6 Nov

Times:            7.30pm – 9.30pm (Registration from 7.00pm–7.30pm)

### **Emotional Freedom Technique (EFT) - An Empowering Tool for Emotional Freedom**

Bridin McKenna

Saturday 5 October, 10am - 4pm (Registration 9.15am - 10.00am)

### **Transforming Stress & Anxiety into Vitality – Bio-Energy Healing**

Michael O'Doherty (2-day workshop)

Dates:            Saturday 19 & Sunday 20 October

Times:            Saturday 10.00am - 5.00pm (Registration 9.15am - 10.00am)

Sunday 9.30am – 4.30pm

### **A Bio-Energy Healing Clinic - Michael O'Doherty**

Michael O'Doherty has established his one-to-one Bio-Energy Healing Clinic here at the Tara Centre. All enquiries and transactions in relation to attending Michael's clinic are to be made by direct contact with Michael's clinic in Ennis, Co. Clare.

Contact:        00 353 65 6841844 / [info@michaelodoherty.com](mailto:info@michaelodoherty.com)

Dates:            Monday 21, Tuesday 22, Wednesday 23 & Thursday 24 October

### **An Introduction to Ayurveda (Part 2)**

Dr Aileen O'Kane

Date:             Saturday 2 November

Time:             10.00am - 4.00pm (Registration 9.15am - 10.00am)

(Previous attendance at Part 1 is essential)

### **Extending the Boundaries of Therapy –**

### **Professional Development Day for practising Counsellors/Psychotherapists**

Jim Cogley

Thursday 28 November, 10.00am – 4.00pm (Registration 9.15am - 10.00am)

### **Healing the Family Tree – Understanding Transgenerational Healing**

Jim Cogley

Dates:            Friday 29 & Saturday 30 November

Times:            10.00am – 4.00pm (Friday) (Registration 9.15am - 10.00am)

10.00am – 1.00pm (Saturday)

### **Soul of Healing Seminar**

Maura Twohig and Mary Daly

Saturday 9 November, 11.30am – 5.30pm (Registration 11.00am – 11.30am)

### **Christmas Meditation – Connect with the true meaning of Christmas**

Maura Twohig and Mary Daly

Saturday 14 December, 3.30pm – 8.00pm (Registration from 3.00 – 3.30pm)

### **Craft Fair – In The Spirit of Christmas**

A Fundraising Event – Proceeds in Aid of the Tara Centre  
Saturday 23 November, 11.00am – 5.00pm

### **Yoga for Beginners & Intermediates**

Heather Kemp

**Beginners** – Wednesdays to 4 December (10.30am - 12.00pm)  
and Thursdays to 5 December (7.00pm - 8.30pm)

**Intermediates** – Wednesdays to 4 December (12.00pm – 1.30pm)  
and Thursdays to 5 December (8.30pm – 10.00pm)

### **Meditating Together**

Self-Facilitated Group

Dates: Tuesdays (10.30am - 12.00pm)

(Open to anyone who has followed the Tara Centre Meditation/Mindfulness Course for Beginners)

### **The Young Foundation**

#### **A Short Survey - What Matters to Communities?**

We are looking forward to welcoming over 200 stakeholders working and researching with communities across the UK to our [Thriving Communities event](#) on 15 October.

The Institute for Community Studies, powered by the Young Foundation, is a national endeavour to understand and identify what matters to communities in the UK in their own words; to prioritise what issues need most attention by research and policy; and to share what's working in finding solutions that support communities and those in power to take action.

We would really appreciate if you can take time to contribute your expertise to the following short survey. This asks about the key issues that you think need attention, from the perspective of the community(s) you work closest with.

In this survey we are looking to hear what unanswered questions and gaps in research and evidence exist today from the perspective of people who work with and within different communities in the UK. The aim is to understand where to focus research that could make a real difference to communities.

[Complete the survey](#)

## Training Opportunities

### Funding Community Companions Workshop

This funding opportunity (up to 1k) may appeal to people interested in supporting older people with getting out and about or with befriending on a more individual basis. **Attendance at the workshop on 4 October is an essential part of funding assessment.**

<https://www.communityni.org/event/funding-community-companions-workshop>

This workshop will prepare you to create a community companion project and seek funding up to £1000. Note only workshop attendees may apply for funding.

The workshop will outline the journey and learning of the Community Companions Project so far. It will explain the funding on offer and look at the way Community Companions has evolved and how this evolution meets the demands of reducing social isolation and loneliness of older people within communities.

The workshop allows you an opportunity to test if an idea qualifies and to discuss what has worked elsewhere.

Please do not book your place until you have read Community Companion guidelines, on the link above, to know if this workshop is of interest and the funding is of use

### Community Development and Health Network

#### Working together to build healthier communities

#### Free Elevate training in the Fermanagh and Omagh area

Focusing on community development as a way to reduce health inequalities, this training is for anyone with an interest in community development and health inequalities including staff and volunteers in voluntary organisations, community groups, councils, health and social care and government agencies. Please note there are limited places. Click [here](#) for dates and to book.

#### Free Community Leader Training (Health Literacy)

The Self-Care Pharmacy project is offering this training to Community Leaders and Groups with an aim to improve the knowledge and understanding of self-care for minor ailments through a health literacy approach. To book a place or find out more click [here](#)

### Wave Trauma Centre

#### Living the legacy of Trauma - Giving the body its due

This course will provide a greater understanding of how to recognise trauma and the physiology and psychology of trauma. Students will explore 'Top Down' and 'Bottom Up' processing and why both are necessary. Participants will be required to complete a 2,500 word assignment for course accreditation. Successful participants will receive 10 CAT Points (Level 1) through Open Learning, School of Social Sciences, Education and Social Work, Queen's University, Belfast.

This course will run 4 consecutive Wednesdays, **commencing 2 October**, 10am-4pm.

Venue: WAVE Trauma Centre, Omagh, 18 Holmview Avenue, Omagh BT79 0AQ

Facilitator: Isabel Stewart

Cost: £125 You can enrol on this course by visiting [www.qub.ac.uk/ol](http://www.qub.ac.uk/ol)

or contact 028 9097 3323/3539 or for further information about the course please contact Trauma Education at Wave Trauma Centre on 028 9077 9922 or email [Traum.education@wavetrauma.org](mailto:Traum.education@wavetrauma.org)

Please contact the WAVE Trauma Centre, Omagh for any other information on 028 8225 2522 or [admin@waveomagh.co.uk](mailto:admin@waveomagh.co.uk)

## **Training Opportunities - Health Improvement, Equality and Involvement Department of the Western Health and Social Care Trust**

### **BOCCIA Leaders Award**

Tuesday 22 October – Bawnacre Centre, Irvinestown

### **Digital Safeguarding Awareness (E-Safety Training)**

Friday 1 November – Lecture Theatre, South West Acute Hospital, Enniskillen

Tuesday 11 February – Venue TBC, Limavady Area

For further information and to book, please contact [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) or Tel: 028 7186 5127.

**Rural Community Network** are hosting Training Sessions that local community groups can attend.

### **Making Your Voice Count - Lobbying & Campaigning for Community Groups:**

#### **Wednesday 9 October from 7pm-9pm**

Our 2-hour session will provide background on what influences and shapes Government policies in Northern Ireland, explore the impact of policy by local councils, health trusts and others on local communities and how this links to community development & give an insight into how to effectively lobby and campaign on an issue.

### **Succession Planning for Community Groups Seminar:**

#### **Wednesday 16 October from 7pm-8.30pm**

Every community group we work with is driven by passionate committed people who are determined to make a positive difference in their community. But what happens when the key members are no longer able to be part of the workforce? We are encouraging Community Groups to look at succession planning as a way of thinking about how to future proof their organisations. RCN will host a discussion event on this issue providing tips and ideas about how local groups can think about encouraging new members and training existing members to take on positions of responsibility. The benefits of succession planning are clear: it provides steadiness for your group at times of member turnover, a clear plan for progression and replacement of leadership roles and provides recognition and reward for existing members as they mentor new members and share their knowledge.

**Each event will be held in our premises in Cookstown.** All events are free for RCN Members & £20 for non-members for the Fundraising and Lobbying Workshops, £10 for the Succession Planning seminar. Tea & Coffee will be provided along with workshop materials.

To register email [teresa@ruralcommunitynetwork.org](mailto:teresa@ruralcommunitynetwork.org) or ring 028 8676 6670

## **Peace and Conflict Transformation**

### **Calling all women!**

#### **Join the PACT Project today!**

A PEACE IV project that is specifically targeted to empower, engage, transform and connect women aged 16+ in counties Derry, Donegal, Tyrone, Fermanagh, Leitrim and Sligo.

This is a **free** course which offers an ILM assured digital qualification in Peace and Conflict Transformation with an opportunity for women to progress to a Level 3 ILM qualification in Leadership and Management.

Modules include:

- Conflict Transformation
- Communication Traditions and Cultures
- Equality and Diversity
- Empowered and Enabled Communities
- Leadership

It is a really innovative, bright, unique and enjoyable course with lots of opportunities for learning and empowerment.

Step One is the completion of a brief personality test

(<https://survey.twnonline.com/index.php/212515>) and then the course will be delivered to participants in-person in locations across Derry, Donegal, Tyrone, Fermanagh, Leitrim and Sligo during autumn 2019.

For more information contact Foyle Women's Information Network on 028 7126 6291

Email [info@fwin.org.uk](mailto:info@fwin.org.uk)

### **Sowing the Seeds of Hope – Harm Reduction Program HURT (Have your tomorrows) Drug and Alcohol Service Community Education Awareness Workshop**

The workshop can be delivered over 3 weeks (1hr) or a 3-hour session and covers the following:

- Drugs - Their effects, Categories & Classification
- Current drug trends
- Needle use, dangers associated, overdose and prevention
- Mixing drugs and alcohol, including prescription drugs & illegal drugs
- Blood born viruses – HIV, Hepatitis C awareness
- Effects of substance on our mental health & wellbeing
- An understanding of addiction, intervention and support referral.

If interested in the program please contact Natasha on 07591 964536 or 028 7136 9696

Email [kipandmeg@yahoo.ie](mailto:kipandmeg@yahoo.ie) Check our website [www.hurtni.org.uk](http://www.hurtni.org.uk)

### **Adverse Childhood Experiences Training**

#### **Level 1 course for the Community and Voluntary Sector**

Learn more about the impact of adverse childhood experiences throughout the life course.

These free courses are being offered to people working in the voluntary and community sector to raise their awareness of Adverse Childhood Experiences and Trauma Informed Practice (TIP).

Register for courses through <https://www.ascert.biz/training-consultancy/community-training> where information on each event can be viewed, including those taking place in the Fermanagh and Omagh area.

This training has been commissioned by the Safeguarding Board for Northern Ireland as part of the Early Intervention Transformation Programme.

### **Western Drug & Alcohol Connections Service - Drug & Alcohol Responder Training**

For members of the local community drawn from a range of backgrounds, perhaps working in job centres, taxi firms, community organisations or anywhere else that has a front-facing role, or those involved in community or church groups, sports clubs, or foodbanks etc.

Responders will undergo a comprehensive two-day accredited training programme where they will receive training in basic alcohol and drug awareness, how to have effective conversations etc.

If you would like to take part in the next cohort of training please contact the Western Connections Service [connections@wdact.info](mailto:connections@wdact.info) Tel 0800 2545 123

## Funding Opportunities

### Community Development and Health Network

#### BCPP Funding

There are only a few weeks left to apply -

Closing dates:

Level 1 (£2,500) – 3 October 2019

Level 2 (£10,000) – 7 November 2019

Further information is available at <https://www.cdhn.org/bcpp>

### Small Capital Grants Programme

Co-operation Ireland has been appointed by the Department for Communities (DfC) as the Intermediary Funding Body for the 2019/20 Small Capital Grants Programme for Northern Ireland. The purpose of this fund is to promote Partnership and Collaboration within the voluntary and Community sector.

Who can apply?

Applications must include a minimum of 2 organisations. Those applying must nominate a lead partner to whom the whole of the grant will be paid. The Lead Partner should complete the application form. The amount of grant available to apply for will be dependent on the number of partners within the application:

2 partner groups = can apply for £1,500

3 - 4 partner groups = can apply for up to £3,500

5+ partner groups = can apply for up to maximum £5,000

To be eligible for grant assistance, applicants must be constituted voluntary or community sector organisations located in Northern Ireland, with an annual unrestricted income of less than £100,000 per year.

("Unrestricted" income relates to funds that the non-profit organisation may use for any purpose. "Restricted" income relates to funds whose use is restricted by a particular purpose and must be used in a specified period e.g. grant offer from a Funding Body)

Applicants must deliver the project, pay supplier(s) and submit a grant claim by 31st March 2020. Application forms and guidance notes can be accessed at:

<https://www.cooperationireland.org/small-capital-grants-programme>

Completed applications should be emailed to [smallcapitalgrants@cooperationireland.org](mailto:smallcapitalgrants@cooperationireland.org) and must be received by **5pm Wednesday 9th October 2019**

### The Big Lottery Fund

#### now The National Lottery Community Fund

[www.tnlcommunityfund.org.uk/funding/programmes/awards-for-all-northern-ireland](http://www.tnlcommunityfund.org.uk/funding/programmes/awards-for-all-northern-ireland)

#### Got a funding idea?

Contact Helen Hill from our funding team with your project ideas.

Email [helen.hill@tnlcommunityfund.org.uk](mailto:helen.hill@tnlcommunityfund.org.uk) Telephone 028 9055 1436

### **Funding Opportunity**

#### **Community Relations Council**

Community Relations/Cultural Diversity Scheme is now open with a new online application system.

- All projects in receipt of CRCD funding must be completed within this financial year
- Grants up to £10K maximum for project costs only. (Average grant is £2-£5K)

The Community Relations Council, with the support of Government, has established a fund of approximately £400,000 to spend each year on community relations projects. This funding is intended to help community/voluntary groups throughout Northern Ireland develop their capacity to engage in community relations work and to enhance the community relations potential of projects they undertake. Full details available via [www.community-relations.org.uk/community-relations-cultural-diversity](http://www.community-relations.org.uk/community-relations-cultural-diversity). **Deadline date: 13 December 2019**

If you have any questions or would like to discuss a proposal prior to submitting an application please contact a member of the Funding & Development Programme. Phone 028 9022 7500 or email [funding@nicrc.org.uk](mailto:funding@nicrc.org.uk)

### **Building Community-Pharmacy Partnership (BCPP) funding**

BCPP is a partnership between Community Development and Health Network (CDHN) and the Health and Social Care Board. The programme aims to promote and support local communities to work in partnership with community pharmacists to address local health and social wellbeing needs using a community development approach.

BCPP projects are very diverse and engage with many different communities on a variety of issues such as poverty, bereavement, mental and physical health. The programme brings people, communities and pharmacy together to achieve positive change using their own knowledge, skills and lived experience around issues they face in their own lives.

BCPP funding is open to constituted community/voluntary organisations and community pharmacies based in Northern Ireland. Projects must be a partnership between a community/voluntary organisation and a community pharmacy. Either can be the lead applicant but both partners must be named in the application form.

The next Level 2 funding round is due to close on **7 November 2019**. For full information, including project examples, please see <https://www.cdhn.org/bcpp>

If you have an idea for a project and would like some support, please contact a member of our BCPP team on 028 3026 4606 or email [bcpp@cdhn.org](mailto:bcpp@cdhn.org)