

Fermanagh & Omagh District Council Community Support News – November 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

The deadline for the next Newsletter is Wednesday 20 November

Council News & Events

Council to host 4th Annual Community Convention

The 4th Annual Community Convention for community and voluntary sector groups, hosted by the Community and Voluntary Sector Forum and Fermanagh and Omagh District Council is taking place on:

**Wednesday 6 November 2019, commencing at 6.45pm
in the Bawnacre Centre, Irvinestown**

This free event will provide local groups with the opportunity to hear from a number of guest speakers and attend workshops delivered by a range of advisory and support agencies. The Key Note speaker will be Kate Beggs, Director of the National Lottery Community Fund NI who will highlight the various ways that the fund continues to help groups within the district.

This year's workshops include Community Development and Health; Tips for Avoiding Common Problems with Grant Claims; Food Preparation, Labelling and Allergy Advice for venues serving food; and information on Entertainments Licences, Road Closures, Lotteries and Draws.

In addition, the event will include an update on the Fermanagh and Omagh Community Plan.

While this is a free event, prior booking is essential. To book a maximum of three representatives per group, please contact Community Services, Fermanagh and Omagh District Council by telephoning 0300 303 1777 (calls charged at local rate) or email communitysupport@fermanaghomagh.com

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 or alternatively contact Community Planning Officer Kim Weir on 0300 303 1777 extension 20206

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.

The closing date for applications is 5pm Friday 22 November 2019. Please note, retrospective applications will not be considered.

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 - 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

Late or incomplete applications will not be considered

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!

Reflections of World War One - A Musical Journey

Thursday 7 November, 2pm - 4pm in the Tara Centre, Omagh

Thursday 7 November, 7pm - 9pm in Fermanagh House, Enniskillen

'Reflections of World War One - A Musical Journey' is a new performance by world renowned musician and composer, Tracy McRory. The workshop highlights Tracy's own connections to World War One and also the story of the men and women from Ireland who served during World War One. Tracy has been involved over the last 15 years composing music and songs about The Great War. She is a four-times All Ireland champion fiddle player and also a noted Harper. She has performed many times at the Menin Gate, Ypres, Belgium. In 2017 she was commissioned along with Richard Laird to compose and perform a special piece for the centenary of the Battle of Messines in Belgium.

The events are free of charge. To register, please contact Pauline Clarke, Fermanagh and Omagh District Council T: 0300 303 1777, E: pauline.clarke@fermanaghomagh.com

Study Visit to Derry~Londonderry

Tuesday 12 November

The tour (St Columba Heritage Trail) will begin at 11.00am and will encompass St Columba's Cathedral and the Long Tower Church and last approximately two hours followed by lunch. After lunch there will be a tour along the outside of the walls and a brief history of the Troubles. The tour will finish up around 3.30pm.

The St Columba Heritage Trail Links the past with the present and provides an opportunity to reflect and heal the division and hurt in our community.

The tour is free of charge and lunch will be provided. Transport will be arranged with a pick-up in Enniskillen and Omagh. Places are limited and will be allocated on a first come first served basis. To register please contact Pauline Clarke, Fermanagh and Omagh District Council T: 0300 303 1777, E: pauline.clarke@fermanaghomagh.com

Key Dates for your Diary

November	
Wednesday 6	CVS Community Convention, 6.45pm Bawnacre Centre, Irvinestown
Friday 22	Deadline - FODC Capital Grants
Monday 25	Consultation closes - Draft Corporate Plan 2020/24

Little Culture Explorers Programme

Fermanagh & Omagh District Council has recently developed the “Little Culture Explorers” programme, a free educational resource designed to complement and enhance the provision of multi-cultural education for young children in the area.

This programme provides voluntary, community and statutory pre-school childcare providers with the opportunity to avail of a multi-cultural play resource box for a month, free of charge.

The Little Culture Explorers programme is designed to help young children experience other cultures and languages in a fun way through stories, music, jigsaws and play figures with a view to helping them better understand other cultures and customs and the diversity of the people of the district.

Fermanagh and Omagh District Council, through its Good Relations programme is committed to promoting equality and good relations for everyone in the district placing equality, inclusivity and diversity at the core of all of the Council’s services and actions, as it strives to work towards achieving a shared future. The Little Culture Explorers programme, supports the aspirations of the Council in supporting its commitment to improve relations and mutual understanding between and within communities across the Council area.

The Council delivers the Good Relations Programme as part of the NI Executive Office’s wider ‘Together: Building a United Community (T:BUC)’ Strategy. It is funded jointly by the Executive Office and the Council.

For further information on the “Little Culture Explorers”, please contact Fermanagh and Omagh District Council good relations section by telephone on 0300 303 1777, textphone 028 8225 6216 or by e-mail at goodrelations@fermanaghomagh.com

Wheelie Active Clubs

Fermanagh and Omagh District Council, in partnership with Disability Sport Northern Ireland, has organised Wheelie Active programmes, which are delivered as part of the Disability Hub project. These clubs are initially delivered until December 2019, with possibility of extension.

Free Places are still available –

Mondays in Fermanagh Lakeland Forum 5pm-6pm

Tuesdays in Omagh Leisure Complex 5pm-6pm

Please note this programme is open to young people aged 4-13 years with physical disabilities to take part in multi-sports with their siblings and friends. Participants don’t need to be wheelchair users as we have wheelchairs available for these classes. The sessions will be delivered by fully qualified sports coaches using sports chairs and equipment funded by Department for Communities and Sport NI.

Booking essential as places are limited. Please contact Billie-Jo Irwin, Leisure Recreation & Sports Officer on 0300 303 1777 or on-line via www.fermanaghomagh.com

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%2egov%2euk%2fsport-ni%2fsurvey-for-trails%2f>

Please Email countryside@fermanaghomagh.com for any additional information.

Consultation on Draft Corporate Plan 2020/24

Fermanagh and Omagh District Council is seeking your views on its draft Corporate Plan 2020-24. This is currently out for consultation with a **closing date of Monday 25 November 2019**.

The Council recognises the importance of consultation in all aspects of the implementation of its statutory duties and invites you to take part in this public consultation exercise.

The document is available in different formats upon request. You can obtain copies of our draft Corporate Plan by:

Downloading the document from the Council's website at <https://www.fermanaghomagh.com/your-council/consultations/>

Telephoning the Council on 0300 303 1777

Emailing the Council at ryan.tracey@fermanaghomagh.com

The Council is happy to receive feedback by:

Letter: 'Public Consultation- Corporate Plan', Community Planning and Performance, The Grange, Omagh BT79 7BL

Email: ryan.tracey@fermanaghomagh.com

Telephone: 0300 303 1777

Textphone: (028) 8225 6216

Or you can complete the questionnaire online

at <https://www.surveymonkey.co.uk/r/draftCorporatePlan20-24>

Send your response to be entered into a draw to win an ipad.

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 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

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

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

For further information on Fairtrade, visit www.fairtrade.org.uk

Marble Arch Caves

We are delighted to inform you that we are extending our opening season until Sunday 1 December 2019.

Opening Times during November: 10.30am to 3pm - Wednesday to Sunday

Cave Guided Tours running each day with last tour at 3pm.

Visitors to the Marble Arch Caves Visitor Centre can enjoy the Marble Arch Caves Tour, Local Walks, Visitor Information point, Marble Arch Café, Exhibition areas, Souvenir shop, Audio Visual Theatre and free car parking for coaches, cars and bicycles.

To find out more about our Cave Tours, Prices and Local Attractions please visit our website through <https://marblearchcaves.co.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 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 email communitysupport@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

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

Seeking Volunteers

Project St Patrick have now reconvened to plan next year's parade and fun day under the theme of '20/20 Vision: Future, Space & Science' and would like to hear from new people who would like to get involved in any or all aspects of event management.

To have a chat or just to see what we're all about, please come to our next meeting in the Crowe's Nest on **Tuesday 5 November** at 8pm.

PSP are a very small group of cross-community volunteers who gratefully receive funding from FODC and businesses on an annual basis.

Incredible support now being offered to those living with depression in Enniskillen

AWARE – the Depression Charity for Northern Ireland - is offering a support group for those living with depression, anxiety or bi-polar in the Enniskillen/Fermanagh area. This group is also open to those family members who care for someone living with mental illness.

The group meets in The Aisling Centre, Enniskillen, fortnightly on a Tuesday evening at 7.30pm. It is coordinated by trained volunteers from AWARE and is suitable for adults and is completely free to attend.

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 to 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 to 11 November 3-4pm

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

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.
Places are limited; Booking is essential.

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 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

This project has been supported by Fermanagh and Omagh District Council

Community Development & Health Network

25th 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 or give us a call on 028 3026 4606

Fermanagh Gardening Society

Tuesday 19 November, 8pm in The Cathedral Hall

We will welcome Dorothy Jervis, expert plants woman. Dorothy's own garden at Salthill Garden at Mountcharles, Donegal has been on national television. Everyone welcome for a great night; non members £3. Cuppa tea, mince pies and a chat after.

Expression of Interest: Carehomes Event

Omagh Forum for Rural Associations is working in conjunction with the Public Health Agency and the Integrated Care Partnership to host an event in Omagh Community House on Thursday 21 November from 11am to 12.30pm.

The key purpose of the event is to make links between care homes and local communities, to consider support available in local communities that care homes and residents could avail of, to look at ways that care homes and their residents could become a more integral part of local community life.

We are now extending an invitation to organisations to have an information stand at this event. If you are interested, please contact Omagh Forum via info@omaghforum.org or telephone 028 8225 1559

Age NI/Ulster Orchestra Tea Dance Invite

Friday 22 November

Killyhevlin Hotel, Enniskillen 1.30-3pm (Doors open at 1pm)

Live music and refreshments are all part of this **free** event.

Please RSVP for catering purposes by Wednesday 13 November via email to LCE@ulsterorchestra.com or call 028 9026 0482.

An Environment Strategy for Northern Ireland

A call for evidence has been announced for the design of a NI Environment Strategy. Join NICVA and NI Environment Link along with other organisations from across wider society on 8 November to have your say on what this strategy should look like.

[The Public Consultation](#) is open until **23 December**

Home-Start Omagh District

Are you a parent/grandparent or have parenting experience? Can you spare 2-3 hours per week? Would you like to join our home-visiting volunteer team? Home-Start Omagh District offers friendship and practical help to families with children under 5.

We will:

- Pay your expenses
- Provide training and regular support
- Organise social events and activities

Your reward:

- Knowing that you have helped another young family
- A boost to your confidence and self esteem
- Even a foot on the ladder towards a new job or new career!

Home-Start Omagh District welcomes volunteers of all ages and backgrounds.

Please contact them at MACCA Resource Centre, Omagh on 028 8224 0902;

Mobile 07895 307598 Email homestartomagh@btconnect.com

Free Volunteer Management Review

- Would you like a free volunteer management review to see how you are managing your volunteers?
- Are you an organisation with an annual income of under £100,000?
- Would you like to get one step closer to achieving the Investing in Volunteers Quality Standard?

Volunteer Now are currently offering a limited number of free volunteer management reviews to organisations in relation to their volunteer management practice. By using the Investing in Volunteers framework, a member of staff from Volunteer Now will benchmark your organisation against the standard and provide you with a development plan clearly outlining any areas for improvement/gaps in practice and signposting to where you could get help to address them.

You can use your review to plan your development and improve your volunteer management practice. It also means that, if you wish, you are one step closer to achieving the Investing in Volunteers award. If you choose to address your development plan within six months of a review, we will offer to assess you for the Award at a reduced rate!

If you are interested in finding out more, please contact Sandra Faulkner on 028 9023 2020 or sandra.faulkner@volunteernow.co.uk. If you would like a review but don't fit the criteria for a free check, please contact a member of the Enterprise team on 028 9023 2020 or enterprise@volunteernow.co.uk. For more information on Investing in Volunteers, please go to bit.ly/1USu0JA.

Automated External Defibrillators

The Northern Ireland Ambulance Service is committed to increasing the number of people who survive an Out of Hospital Cardiac Arrest (OHCA). To help us strengthen the Chain of Survival it is important that we know where Automated External Defibrillators (AED) are located and that they are in good working order and 'emergency ready'.

If you are the Co-ordinator/Owner/Guardian of an AED (also called a Public Access Defibrillator PAD), it is important that you register it with the Northern Ireland Ambulance Service. The information you give will be used by our Ambulance Control Centre when they receive a 999 call for a cardiac arrest. Using the information you have provided, our staff will signpost the caller to the nearest AED. This will help to increase the chance of survival of the person having the cardiac arrest.

At the time of the call, Control Centre Staff will ensure that Cardiopulmonary Resuscitation (CPR) can be commenced and once ongoing will advise of the AED location for another person to acquire. This is in line with the Chain of Survival, ensuring that chest compressions are being carried out while an AED is being located if available.

For further information and to register click on <http://www.nias.hscni.net/our-services/aed/>

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

You can also contact Advice NI free on 0800 138 6545 or email 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

www.fermanaghcommunitytransport.com

Alzheimer's Society – United Against Dementia

Volunteering: Side by Side

What's involved? 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.

About you: 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.

The impact you'll make: Dementia can make it harder to keep up with social life and the things you enjoy, but simple measures can make a big difference to combat isolation and grow the confidence of a person living with dementia. You'll be providing your matched person with companionship and freedom, and you'll help them stay active, and stay positive

Interested? If you would like to find out more about this or any of our volunteering opportunities please contact Rosario Mc Hugh, Volunteering Officer rosario.mchugh@alzheimers.org.uk
Tel 028 7138 4570 or visit our website at <https://alzheimersvolunteers.livevacancies.co.uk>

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

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

Volunteer Now

www.volunteernow.co.uk

The Autumn brochure containing some opportunities for volunteers in the Fermanagh area has 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

Training leaflet available via 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.

We are currently taking applications for March 2020 delivery. 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 www.theaislingcentre.com

Mindfulness Monthly Drop in / Taster Sessions

7.30pm – 9.00pm; Tuesday 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. 1st Thursday of the Month 7pm – 9pm
For information contact Niall Greene or Emma Weaver
t: 07729618563 | 07724916770 | e: 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

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 - 1st 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

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

Free introductory talk about The Brain Health Programme - Come and join Dee Hamill, local Nutritional Therapist on Tuesday 12 November 7.30pm-8.30pm. Optimise your wellbeing, memory and mood. For further information go to www.deehamillnutrition.com/brainhealthprogramme or phone 07809 434456

Minding the Mind - Leigh Bell & Dr Anne Monaghan will be running a Psycho-therapeutic and complementary approach to healing workshop on Saturday 16 November, 1-3pm. Booking required, go to www.wellworthit.eu Spaces are limited.

Headway/Epilepsy Action Counselling Service - Epilepsy Action Northern Ireland and Headway, the brain injury association, are working in partnership to deliver community based counselling. The counselling service is for people affected by epilepsy and/or brain injury who are over the age of 18. This could include those affected, parents or those caring for someone affected. The service is free of charge, usually delivered for 50 mins a week over six to eight weeks. For further information contact: Carla Smyth, Epilepsy Action Northern Ireland csmyth@epilepsy.org.uk or phone 07885 778585 or Johny Turnbull, Headway Brain Injury Association johny.turnbull@headway.org.uk or phone 07826 909110

St John's Ambulance – 3 day First Aid Course – 5, 12 and 19 November; 2 day course on 26 November and 3 December; all days run from 9am-4pm. For further details and booking go to <http://www.sja.org.uk/sja/training-courses/first-aid-courses/search-for-training-courses.aspx>

Recovery College –

Wednesdays 6 and 13 November - WRAP 2wk course, 10am-4pm.

Wednesday 20 November - Building Healthy Relationships, 10.30am-12.30pm
& Supporting Recovery, Valuing Family & Friends 6-9pm.

Wednesday 27 November - Living Well with Bipolar 10am-1pm.

Wednesday 4 December - Coping with Christmas 10.30am-12.30pm

For further details and booking tel 028 7129 6183

or Email recoverycollegewest@westerntrust.hscni.net Website link bit.ly/Prosp2019

Free Farm Family First Aid Training - Tuesday 26 November, 7-10pm

Learn skills that could reduce the impact of a serious farm accident!

Specific for farm based injuries, free to farmers, farm family members and employees.

Free First Aid box - 3 hour first aid course - CPR Certificate

Attendees must have a Farm ID number to attend

Open for age 18 and over (16 and 17 year olds may attend if accompanied by adult from farm).

To book contact Yasmin or Niamh at Global Horizon Skills

Telephone: 028 8225 6772 or 028 8225 0544

Email: yasmin@ghskills.com or niamh@ghskills.com

'Tiny Life' Support Group – 10.30am-12.30pm Thursday 28 November/every 4th 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 or go to <https://www.tinylife.org.uk/>

Action on Hearing Loss – Free Help & Support drop in session Thursdays 7 November and 5 December, 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

Western Area Childcare Partnership –

Paediatric First Aid Full Course, Tuesdays & Wednesdays 5 & 6, 12 & 13 November 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

Dunlewey Gambling Support Service – Mondays 10am-4pm. 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

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

U3A Choir - 1st & 3rd Tuesday of each month 11am-12.30pm;
U3A General meeting - 2nd Monday of the month 11am-12.00pm;
U3A Poetry group - 1st & 3rd 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

Sarcoidosis Support Group – meet regularly. For further information contact WendyWatson27@yahoo.com

St Michael's Bridge Club – meet Monday evenings. Play starts promptly at 7.45pm. Visitors welcome. For further details contact Susan Henshall at 028 6634 1676

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

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 3rd Wednesday of the month from 11am-1pm. For further information contact Doris Cutler on 028 6634 1404

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

Victim Support – a charity supporting people affected by crime - not part of the police, courts or any other criminal justice agency. Appointments available via 028 9024 3133 or email info@victimsupportni.org.ni

Addiction NI – A registered charity 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

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. Terms and Conditions can be found at 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

Tara Centre, 11 Holmview Terrace, Omagh BT79 0AH

Tel: 028 8225 0024 email: info@taraomagh.com www.taraomagh.com

An Introduction to Ayurveda (Part 2)

Dr Aileen O’Kane

Saturday 2 November, 10am-4pm (Registration 9.15am - 10am)

Pathways from a Troubled Past – A Follow up Workshop to the 5-week series

Saturday 9 November, 10am-4pm (Registration 9.15am - 10am)

Extending the Boundaries of Therapy –

Professional Development Day for practising Counsellors/Psychotherapists only

Jim Cogley

Thursday 28 November, 10am – 4pm (Registration 9.15am - 10am)

Healing the Family Tree – Understanding Transgenerational Healing

Jim Cogley

Dates: Friday 29 & Saturday 30 November

Times: 10am – 4pm (Friday) (Registration 9.15am - 10am)

10am – 1pm (Saturday)

Meditation – A Way of Life – The Soul of Healing

Maura Twohig and Mary Daly

Saturday 9 November, 11.30am – 5.30pm (Registration 11am – 11.30am)

Christmas Meditation – Connect with the true meaning of Christmas

Maura Twohig and Mary Daly

Saturday 14 December, 3.30pm – 8pm (Registration from 3pm – 3.30pm)

Craft Fair – In The Spirit of Christmas

A Fundraising Event – Proceeds in Aid of the Tara Centre

Saturday 23 November, 11am – 5pm

Meditating Together

Self-Facilitated Group

Dates: Tuesdays (10.30am - 12pm)

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

Training Opportunities

ASPIRE

Support providing work placements, short courses, qualifications, mentoring, coaching, health and well-being; support with CV's, application forms and interviews; and much more – a programme that's focused on you, the individual, that moves at the right pace for you, all delivered in a supportive and friendly environment.

ASPIRE currently offer opportunities in:

- Health and Safety Package
- Campus to Career Graduate Package
- Classroom Support Package
- Administration Package
- IT User Skills
- Work Experience Placements
- Computerised Payroll
- CSR Cards
- Refresher Forklift Licence Training
- First Aid Certificates
- Computerised Bookkeeping
- Essential Skills in Numeracy and Literacy
- Social Media

For further information call our Omagh office on 028 8224 6535 or the Enniskillen office on 028 6632 6478.

The ASPIRE Project is part-funded through the Northern Ireland European Social Fund Programme 2014-2020 and Department for the Economy.

Youthscape Programme in Enniskillen and Omagh

Now recruiting for young people aged 14-24 to take part in our cross border, cross community programme.

- Receive OCN Level 1 qualifications in Vocational Skills and Good Relations
- Get support with travel and childcare costs
- Lunch provided each day
- Team building and fun day trips
- Make a difference in your community
- Receive £8 per day incentive based on attendance
- Be entitled to financial incentives and have fun.

The programme is open to young people from all backgrounds who are not engaged in fulltime education, training or employment and aims to build self-confidence, promote employability and develop cross community engagement.

If you would like to hear more, please contact Clare on 07557 178162 or email enquiries@swc.ac.uk

Everyday First Aid

Thursday 14 November, 7.30pm

Newtownsaville Orange Hall, Ballygawley Road, Omagh BT70 2EG

Free, simple, easy to learn, easy to recall first aid skills.

To book, please contact Omagh Forum for Rural Associations on 028 8225 1559

Email info@omaghforum.org

TIDES Training

Open talks for young adults

How Not to Get Arrested – Booze, Drugs and Mobile Phones
Wednesday 6 November, 5-7pm

Parades Commission NI – Information Evening
Wednesday 13 November, 5-7pm

Both events take place at 12-14 The Diamond, Derry/Londonderry
www.tidestraining.org

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](#).

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

Digital Safeguarding Awareness (E-Safety Training)

Friday 1 November – Lecture Theatre, South West Acute Hospital, Enniskillen
Tuesday 11 February – Venue TBC, Limavady Area

Relationships and Sexuality Education Awareness Training

Monday 25 November – Tyrone and Fermanagh Hospital, Omagh

HIV Awareness

Wednesday 27 November – MDEC Building, Altnagelvin Hospital

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

Volunteer Now Enterprises Ltd

Safeguarding Training

Keeping Adults Safe: Recruitment, Selection & Management

Monday 20 January 2020, Strabane

Click on [Strabane](#) to book.

Keeping Adults Safe: Implementing Standards for Good Practice

Tuesday 18 February 2020, Enniskillen

Click on [Enniskillen](#) to book.

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 Check our website 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 Tel 0800 2545 123

OCN Level 3 Certificate in Tackling Substance Misuse

12 weeks

Starts 10 January - 3 April (break on 14 February), 9.30am-4.30pm

Pettigo Methodist Hall

This is an ASCERT training course.

Please contact The Forge Family Resource Centre for the registration form on 00 353 7198 61924

Funding Opportunities

Dormant Accounts Funding Consultation Event

Thursday 28 November 2pm – 4.30pm

Some of you may have heard about the new Dormant Accounts Fund which was recently announced by The National Lottery Community Fund Northern Ireland.

Around £16m of Dormant Accounts funding for Northern Ireland has accrued over the last 10 years. It is anticipated that money will continue to be available on an annual basis.

The Community Fund is now consulting with the sector as to how this money should be spent when the scheme opens in early 2020 - and they are looking for your views.

As a result, Rural Community Network NI are hosting a joint event with The National Lottery Community Fund Northern Ireland in our premises (Cookstown) on Thursday 28 November from 2pm-4.30pm and you are invited to attend.

To register, ring 028 86766670 or email teresa@ruralcommunitynetwork.org.

We expect demand for this event to be high so bookings will be made on a first come, first served basis. Look forward to seeing you there. To find out more, click the link below.

<https://www.tnlcommunityfund.org.uk/funding/programmes/dormant-accounts-fund>

Linking Generations NI

Food for Life Get Togethers Grants Scheme!

Our fund seeks to bring older and younger people together to share food and friendship!

This fund is part of LGNI's partnership with the SOIL Association which focuses on three council areas in NI although LGNI grants are available to all network members!

We are giving out grants of £150 for one off Get Togethers available across NI - For more information and if you would like to apply, please follow www.linkinggenerationsni.com or telephone 028 9181 3022

Closing date for applications Monday 4 November 2019

Lough Erne Landscape Partnership Community Engagement & Farming Fund (CEFF).

The fund is designed to help fund and implement exciting new project ideas that will reconnect local people with their landscape; celebrating its built, natural and cultural history and heritage.

Grants of up to £5,000 are available. Applications under this current round of funding will close at 5pm on **Thursday 7 November 2019**.

For full details including guidelines and an application form visit <https://www.lelp.org.uk/lelp-community-engagement-farming-fund-2019/>

We are keen to support you with your application and any questions you may have. Please do not hesitate to get in touch with the LELP team on 028 6632 7109 Email info@lelp.org.uk

www.lelp.org.uk

Free Equipment & Training for Sports Clubs

The CLEAR Project, in conjunction with the Public Health Agency, are offering constituted, voluntary sector sports clubs in the Western Trust area the opportunity to avail of training which will help them support their members and get £300 worth of relevant sports equipment for their club.

Full details available via <https://www.dhcni.com/grants.html>

Closing date Thursday 7 November 12 noon

Community Development and Health Network

Building the Community-Pharmacy Partnership (BCPP) Funding

We recognise that health is impacted by much more than the everyday lifestyle decisions that we make, important as they are. Research shows that social isolation can be as damaging for your health as smoking 15 cigarettes a day. With this in mind, our projects aim to address these wider issues and tackle the root causes of poor health. These vary greatly for different groups of people and may include mental health issues, housing issues, low educational attainment, poverty or debt. Group work and relationship building is at the core of all our projects. There are only a few weeks left to apply -

Closing date: 7 November 2019 Level 2 (£10,000)

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

Creative Paths..... bringing art to your group!

Play Resource arts outreach programme 'Creative Paths' offers children and young people high quality visual art experiences that enhance their learning and development.

We give member groups in Northern Ireland access to high quality and affordable Arts projects delivered by experienced Artists in their local areas. Bursaries are available to groups in rural areas and areas of social need of 60% towards Artist fees.

Full details available via <http://playresource.org/arts-outreach/>

The Big Lottery Fund

now The National Lottery Community Fund

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 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. **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