



Positive Ageing Month

October

Fermanagh and Omagh area

2021



#positiveageingwest

Welcome

As Chair of Fermanagh and Omagh District Council I am delighted to have been invited to provide the introduction to the programme for Positive Ageing Month 2021 in our district.

Fermanagh and Omagh District Council is committed to working in partnership with other stakeholders to establish our District as a place where our older people can live active and engaged lives, making a valuable contribution to their communities.

Positive Ageing Month is one such initiative where, in association with our partners, Western Health and Social Care Trust, South West Age Partnership and the Public Health Agency, Fermanagh and Omagh District Council is working collaboratively to put together an extensive and diverse range of events and workshops.

Like last year, the programme will once again be a blended mix of in person and virtual events. However, what was evident from last year, was that so many more participants had embraced the technological revolution and logged on to the events from the comfort of their own home. Consequently, they were able to attend more events than usual. It doesn't replace the face-to-face connection that we were able to establish in earlier years but it worked incredibly well.

The theme for United Nations International Day of Older Persons on 1 October 2021 is Digital Equity for All Ages and Enniskillen Castle and Strule Arts Centre will be illuminated purple to mark the day.

The Covid-19 pandemic has challenged us all in so many ways and has required us to press the reset button in our lives and evaluate what is really important to us.

One of the most positive aspects is that so many older people have embraced the digital age, regularly going online to shop, socialise and keep in touch. Zoom has taken on a whole new meaning and it is wonderful to see.

I would encourage as many of you as possible to avail of the opportunity to attend the events, whether socially distanced, in person or by joining events, virtually, from the comfort of your own home.

Once again, can I express my thanks to our partners, the Western Health and Social Care Trust, South West Age Partnership and the Public Health Agency for their commitment to the project.

Councillor Errol Thompson

Chair, Fermanagh and Omagh District Council



Positive Ageing Month
October



As Head of Health Improvement, Equality and Involvement for the Western Health & Social Care Trust, I am delighted once again to support the annual Positive Ageing Campaign. The Western Trust along with our partners Fermanagh & Omagh District Council, South West Age Partnership and Community & Voluntary Organisations are working together to promote a wide range of activities and events for older people to take part in throughout October 2021.

Positive Ageing month puts a focus on the 5 steps to wellbeing - Be Active, Connect, Take Notice, Give and Keep Learning. By building these 5 simple steps into our daily lives, we can help maintain and improve emotional health and wellbeing. This year, as the Covid restrictions ease, a mixture of activities have been planned that enable older people to connect both virtually, through online events, and physically where this is possible.

I would like to encourage older people across Fermanagh & Omagh District Council area to embrace the programme of activities, get involved and connect with others. Try something new or learn a new skill during Positive Ageing Month. You won't be disappointed that you did

Seamus Ward

Head of Health Improvement, Equality and Involvement, WHSCT

As Chairperson of South West Age Partnership I am pleased to welcome you to Positive Ageing Month 2021. It's hard to believe we are here again already.

This year we are bringing you more exciting activities and events, most of these will be taking place virtually but we are going to try and run a few face to face activities also. The Virtual programme we ran last year worked really well but we also try to reach people that aren't online, we will provide activities for people to try at home also.

I am sure you will find something you will enjoy, please share the details of the activities and programmes with friends too.

Myself and everyone at South West Age Partnership are very grateful to our partner organisations and of course to all of you for sticking with us and supporting us over the last year.

I hope to see you through October, enjoy the activities. Stay safe and keep well.

Marj Aitken

Chairperson, South West Age Partnership



A Reminiscence Trail

The “Around the Meadow” reminiscence trail provides signs along the existing Broadmeadow pathway. Reminiscence involves the use of objects to stimulate conversation about past times and in this project signs with old photographs and accompanying text have been used. By including photographs, some local history and poetry the trail is designed to invoke your senses and awaken your memories.

The Chair of Fermanagh and Omagh District Council Councillor Errol Thompson officially launched “Around the Meadow” on 28 July 2021.



Ethel Oldcroft from SWAP said “This trail is a path of memories for me. The Broadmeadow was my playground as a child, it wasn’t like this then just a waste ground and 2 football fields.”

Around the Meadow is part of Fermanagh and Omagh District Council Age Friendly Strategy to allow older people to lead more independent, engaged and socially connected lives and is funded through the Department for Communities.

Work is commencing on a similar type project in Omagh. If you have old photographs, stories or artefacts that may be of interest please contact age.friendly@fermanaghomagh.com

The fun of a conker hunt?

We are well into autumn now and you may have already started to notice seeds, nuts and berries on the trees around you. This time every year The Tree Council encourages everyone to have a go at growing your own trees from seed. Anyone can grow trees from seed and it’s a great way to provide habitats and food for the wildlife around you. Not every seed you plant will become a magnificent tree but, with care, many can.



(Acorn photo taken by Biodiversity Staff at Omagh Riverside walk)

Growing trees from seed is a wonderful way to bring back memories and keep traditions alive. It’s also a lovely gift to give someone something you have nurtured yourself.

Your local park is often a great source of seeds if you don’t have any in your own garden. There are plenty of conkers in The Grange Park, Omagh and acorns in Forthill Park, Enniskillen (re-opening Autumn 2021). If you’re out for a walk this week, you could visit sites like Tully Castle for hazelnuts or Gortin Glen Forest Park for some pinecones. But, remember to just take just a few and leave most for our native wildlife to enjoy!

Visit <https://treecouncil.org.uk> for step-by-step instructions or visit <https://treegrowing.tcv.org.uk> for your free seed harvest handbook.

SWAP (South West Age Partnership) is the age sector network in Fermanagh and Omagh. SWAP works specifically with anyone living locally aged 60+, our aim is to improve the health and well-being of older people through a variety of support programmes.

For more information contact Allison on **028 8225 1824** or aforbes@southwestagepartnership.co.uk

Christmas Card Competition

Last year we ran a very successful Christmas Card competition. We are launching another one this year. Please send in your entry to be the front of SWAP's Christmas Card before closing date **19 November**. It can be a painting, drawing, or photograph. You can send it to South West Age Partnership, 54 Gortview Close, Omagh, Co. Tyrone, BT79 7WU or email: aforbes@southwestagepartnership.co.uk



Due to the fact that we aren't getting out and about the way we are used to SWAP can provide a wide range of Activity Packs for people aged 60+. These hopefully help people who are at home more and not able to get out to their usual activities.

Packs can range from cooking, winter planting, puzzle packs, painting packs, decoupage packs, knitting packs etc. Please let Allison know if you have any ideas.

Dying to Talk

The importance of being prepared

Wednesday 13 October 2021
10.30 am to 12.00 pm
Online Webinar

- ✓ Spiritually
- ✓ Practically
- ✓ Emotionally

make the call

0800 232 1271*

Quick Call, Lasting Difference.

Talk to us about accessing benefits, supports and services you may be entitled to.

Text: **ADVICE to 67300***
Visit: nidirect.gov.uk/makethecall
Email: makethecall@dfcni.gov.uk

Department for
Communities
www.communities-ni.gov.uk

*network charges may apply

WALKING FOOTBALL

To Celebrate Positive Ageing Month

Walking football is a slower version of the game. Designed for all abilities.

FOR MORE INFORMATION
EMAIL OMAGHFUTSAL@GMAIL.COM

OR CONTACT 07923657972

IT'S FREE!
AGES 60+

Get online with **libraries ni**

Libraries NI are running an extensive online zoom programme covering a variety of topics to upskill you.

As part of Positive Ageing month, Omagh Library is hosting a 'Digital Day' on Tuesday 26 October.

Come along and take part in fun activities to keep you fit as well as learn how to stay safe online. Virtual events are also taking place if you wish to join in from home. Check out the events on 26 October in the Positive Ageing Calendar.

IT help and information stands available.

Goody bags on offer, all events are free of charge. Contact t: **028 8244 0733** or e: omagh.library@Librariesni.org.uk for further details.

Programme of Events

30 September

10.30 am **Linking Generations at Fermanagh and Omagh -**
Sarah to give update via zoom on work in the area including some upcoming grants for groups. Booking via Sarah McCully Russell
Sarah McCully Russell, Regional Development Worker, by email sarah.mccully@bjf.org.uk or on Mobile: 07824736061

Friday 1

11.00 am **United Nations International Day of Older Persons 2021** theme “Digital Equity for All Ages”.
Digital launch of Positive Ageing October by Chair Cllr Errol Thompson Fermanagh and Omagh District Council,
Followed by **Sing a Long by Together with Music**. Booking with Allison – aforbes@southwestagepartnership.co.uk or calling 028 8225 1824

Sunday 3

2.00 pm Silver Sunday at Enniskillen Museum – small bubble art class around the current exhibition around local artists TP Flanagan and Kathleen Bridle This will be delivered face to face if Covid guidelines allow. Alternatively the class will be moved to online delivery using zoom. Maximum 6 persons booking with Allison – aforbes@southwestagepartnership.co.uk or calling 028 8225 1824

Monday 4

11.00 am **Arm Chair Exercise** @ Lakeland Community Care, Healthy Living Centre, Belcoo - Booking via Frances@lakelandcare.org.uk 07909530124 Cost £2.00 per person

7.00 – 8.30 pm **Quilling** at SWAP with Leona – This is an in person class at the SWAP office. Places limited booking with Allison – aforbes@southwestagepartnership.co.uk or calling 028 8225 1824

2.00 pm **Alex Connell, Roving Chef from Vegetarian for Life** is going to do a cookery demo via zoom. Chef Alex will be making Courgette Fritters, Iman Biyaldi and Cranachan Come along and watch and be inspired. To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk

Tuesday 5

11.00 am – 12.00 noon **Walking Football** for everyone over 50 followed by a wee cuppa at Ballinamallard Utd Football Club on an astro turf pitch.No great football skills required, its all about fun, exercise and the craic! For more information contact John Quinn Programme Co-Ordinator, F.S.C.A.A. Fermanagh Sports and Cultural Association, 02866389629 or email fsaca1@hotmail.com

11.00 am to 12.30 pm **Listen Share Change** – storytelling to help people start a conversation, have a laugh and make new friendships with older people from all over the Fermanagh and Omagh District Area. Delivered via Zoom or by phone using a Freephone number Local event you can participate virtually or by free telephone – to register contact aforbes@southwestagepartnership.co.uk or calling 028 8225 1824

10.30 am **Chair Exercises with Marty via zoom** - Positive Ageing October. Limited to 8 persons – Book via age.friendly@fermanaghomagh.com

10.00 am to 11.00 am **A Dementia Awareness talk** for anyone who wants to understand more about what it is like to live with dementia or care for someone living with dementia. Learn about types of dementia, signs and symptoms, and small things you can do in your community to make a positive difference for people living with the condition.To book, or for more information, please email: julie.morton@alzheimers.org.uk

10.00 am – 1.00 pm **Portrait art class in Strule Arts**. Come along and take part in a portrait art class or be the model for the art class! Booking via Strule Arts Booking office online at <https://struleartscentre.co.uk/your-visit/booking-tickets/> or calling Box Office on 028 8224 7831.

Wednesday 6

9:00 am to 5:00 pm **Deafblind Convention 2021** - Living better with sight and hearing loss. A packed agenda featuring world class speakers from across the globe, all with the shared interest of helping people to live better with sight and hearing loss. To register <https://e5845.hubilo.com/community/#/login>.

10.00 am to 2.00 pm Virtual training to enable you to deliver the **‘Making the Most of Your Slow Cooker’** programme to your older persons community group. To book or for more information contact 028 7186 5127 or <https://westerntrust.hscni.net/healthy-living>

10.30 am **Linking Generations NI** Come and find out more about Linking generations and how they can support you with intergenerational work Delivered via Zoom To book Infolgni@bjf.org.uk

11.00 am **Chair Exercises in person** at the Castlepark Centre, Lisnaskea £2.70 per class (confirm prior to attending by calling 028 677 21299)

11.00 am **Creative Writing 8 week project by Arts Care Artist - Deirdre Cartmill**. In these virtual creative writing sessions you'll unleash the seanachai in you - the keeper of stories. Discover simple tips and tricks to get you writing and be inspired to share your tales with the world. Delivered via Zoom To register contact aforbes@southwestagepartnership.co.uk or calling 028 8225 1824.

Programmes are correct at time of print however they may change in response to up to date Government guidelines.

Programme of Events

Thursday 7	
11.00 am to 12.30 pm	Listen Share Change – storytelling to help people start a conversation, have a laugh and make new friendships with local older people from all over the Fermanagh and Omagh District Area. Delivered via Zoom or by phone using a Freephone number. Local event for older people in the Fermanagh and Omagh District area only – you can participate virtually or by telephone – to register contact aforbess@southwestagepartnership.co.uk or calling 028 8225 1824.
Friday 8	
11.00 am to 12.30 pm	Listen Share Change Taster Session – a storytelling to help people start a conversation, have a laugh and make new friendships with older people from all over Northern Ireland. Delivered via Zoom or by phone using a Freephone number. To book contact Holly through Verbal Verbal LSC Team – ask for Holly (Belfast rep) 028 7126 6946 iscbelfast@theverbal.co
11.30 am	Together with Music – Virtual regional sing a long event for older people within Northern Ireland. Delivered by zoom. To register contact caitlyn@togetherwithmusic.org.uk or 07951736905.
2.00 to 3.00 pm	Sing for Victory workshop. A virtual dementia friendly singing and reminiscence workshop. Participants sing songs from the 1940s and reminisce about the past with our Outreach Officer and Music Therapist Karen Diamond. Via Zoom Via Zoom To book email outreach@niwarmemorial.org
11:00 am to 12.30 pm	Fall/Autumn wreath making with Cruising Quilter 2 week programme by zoom. A pack will be provided and delivered. Places are limited so please only register if you are confident that you can attend both sessions. To register contact aforbess@southwestagepartnership.co.uk or calling 028 8225 1824.
Monday 11	
11.00 am	Arm Chair Exercise @ Lakeland CC Healthy Living Centre Belcoo. Booking via Frances@lakelandcare.org.uk 07909530124 Cost £2.00 per class
7.00 to 8.30 pm	Quilling at SWAP in Omagh with Leona – Face to face class in SWAP office. Places limited booking with Allison – aforbess@southwestagepartnership.co.uk or calling 028 8225 1824
Tuesday 12	
10.30 am	Chair Exercises with Marty via zoom - Limited to 8 persons – Book via age.friendly@fermanaghomagh.com
11.00 am	Walking Football continues each Tuesday for everyone over 50 at Ballinamallard Utd Football Club. Contact John 02866389629 or email fsaca1@hotmail.com
10.00 am to 1.00 pm	Portrait art class in Strule Arts Centre, Omagh continues each Tuesday.
Wednesday 13	
1.00 to 1.45 pm	Stretch Class - a very gentle in person stretch class of fun and exercise for over 55's. Taking place on 13 October 2021 from in the Minor Hall at Omagh Leisure Complex. 15 places available so book early to avoid disappointment at Omagh Leisure Complex Reception too call us on 028 82246711 option 1 to secure a place over the phone. Cost £3.00 pp.
11.00 am	Creative Writing by Arts Care Artist Deirdre Cartmill continues each Wednesday on zoom. To register contact aforbess@southwestagepartnership.co.uk or calling 028 8225 1824.
2.00 pm	Virtual Reminiscence workshop. We will use objects and photographs from the museum collection to stimulate conversation about the past. Reminiscence workshops are based on the home front in Northern Ireland during the Second World War including the Belfast Blitz, the US presence, evacuees and rationing. Delivered via Zoom To book email outreach@niwarmemorial.org
11.00 am	Chair Exercises in person at the Castlepark Centre, Lisnaskea £2.70 per class (confirm prior to attending by calling 028 677 21299)
10.30 am	Dying to talk – A virtual event hosted by Fermanagh and Omagh District Council – a gentle approach to planning for your future – covering spirituality, planning and what happens your digital afterlife? For more information www.fermanaghomagh.com/community/agefriendly to register on Eventbrite https://bit.ly/DyingToTalkTickets
7.00 to 8.00 pm	SWAP Class - Felting the landscape. A 3 week online zoom class with Morag from Crafting your Soul. Packs will be sent out prior to the event. Please attend all 3 classes. To register contact aforbess@southwestagepartnership.co.uk or calling 028 8225 1824
Thursday 14	
11.00 am to 12.30	SWAP Eat Well, Feel Good, Age Well facilitated by I'm Nuts about Nutrition – Start a 6 week programme covering cooking and nutrition. Participants will receive a small pack of ingredients and places are limited. The class will be delivered virtually on zoom. To register. Book with Allison – aforbess@southwestagepartnership.co.uk or calling 028 8225 1824

Programmes are correct at time of print however they may change in response to up to date Government guidelines.

Programme of Events

2.00 pm **Artscare Music Singing** - 8 week virtual singing for local people in the Fermanagh and Omagh District Area. Arts Care Artist Karen Diamond with great comradery, craic and stories to tell. To register contact Allison on aforbes@southwestagepartnership.co.uk or calling 028 8225 1824.

2.00 pm **Shop well, store well, eat well ideas session.** Join Grainne, a Dietitian from Active Belfast Team to learn about what good staples to have in cupboards and how to eat well when shopping less. Via Zoom To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk

Friday 15

10.00 to 11.00 am **All State Cyber safety event** – how to stay safe online – a virtual event for older people in Northern Ireland. Booking by contacting aforbes@southwestagepartnership.co.uk or calling 028 8225 1824.

11:00 am to 12.30 pm **Fall/Autumn wreath making** with Cruising Quilter 2 week programme by zoom. A pack will be provided and delivered. Places are limited so please only register if you are confident that you can attend both sessions. To register contact aforbes@southwestagepartnership.co.uk or calling 028 8225 1824.

Monday 18

11.00 am **Arm Chair Exercise** at LCC Healthy Living Centre Belcoo Booking via Frances@lakelandcare.org.uk 07909530124 Cost £2

2.00 pm **Cookery Demo Alex Connell, Roving Chef from Vegetarian for Life** is cooking Borlotti Bean Chestnut Stew, followed by Sticky Toffee Pudding. Come along and watch and be inspired Via Zoom. We will get you a list of ingredients beforehand if you want to cook along. To book call 07713684705 or email postiveageingmonth@belfastcity.gov.uk

7.00 to 8.30 pm **Quilling** at SWAP office in Omagh with Leona – In person class. places limited booking with Allison – aforbes@southwestagepartnership.co.uk or calling 028 8225 1824

Tuesday 19

10.30 am **Chair Exercises with Marty via zoom** - Positive Ageing October 8 persons. Limited to 8 persons – Book via age.friendly@fermanaghmagh.com

10.30 am **Walking Football** continues each Tuesday for everyone over 50 at Ballinamallard Utd Football Club. Contact John 02866389629 or email fsaca1@hotmail.com

10.30 am **Energy Efficiency in the home** – zoom workshop by National Energy Action (NEA) focused on making energy efficiency come alive for those who attend. To get your link register with aforbes@southwestagepartnership.co.uk or calling 028 8225 1824.

10.00 am to 1.00 pm **Portrait art class** in Strule Arts Centre, Omagh continues each Tuesday.

Wednesday 20

11.00 am **Chair Exercises in person** at the Castlepark Centre, Lisnaskea £2.70 per class (confirm prior to attending by calling 028 677 21299)

11.00 am **Creative Writing** by Arts Care Artist Deirdre Cartmill continues each Wednesday on zoom. To register contact aforbes@southwestagepartnership.co.uk or calling 028 8225 1824.

11.00 am to 12.30 pm **SWAP Class** – Printing with Nature by Briege. An in person 6 week class held in Omagh (location to be confirmed). To register contact aforbes@southwestagepartnership.co.uk or calling 028 8225 1824

7.00 to 8.00 pm **SWAP Class** - Felting the Landscape Project continues with Morag from Crafting your Soul.

Thursday 22

11.00 am to 12.30 pm **SWAP Eat Well, Feel Good, Age Well** facilitated by I'm Nuts about Nutrition. Continue a 6 week virtual programme covering cooking and nutrition.

2.00 pm **Artscare Music Singing** - 8 week virtual singing continues for local people. Arts Care Artist Karen Diamond with great comradery, craic and stories to tell.

Monday 25

11.00 am **Arm Chair Exercise** at LCC Healthy Living Centre Belcoo Booking via Frances@lakelandcare.org.uk 07909530124 Cost £2

7.00 pm to 8.30 pm **Quilling** at SWAP office in Omagh with Leona – in person classes at SWAP Omagh. Places limited booking with Allison – aforbes@southwestagepartnership.co.uk or calling 028 8225 1824

Tuesday 26

10.30 am **Chair Exercises with Marty via zoom** - Positive Ageing October Limited to 8 persons – Book via age.friendly@fermanaghmagh.com

10.30 am **Around the Meadow** – a guided walk with Catherine from Enniskillen Castle of the newly installed reminiscence trail at the Broadmeadow, Enniskillen. Numbers limited. Booking with Allison – aforbes@southwestagepartnership.co.uk or calling 028 8225 1824

Programmes are correct at time of print however they may change in response to up to date Government guidelines.

Programme of Events

11.30 am to 12.30 pm **Scamwise with Danske Bank** - Learn how to stay safe online. NI Libraries Event. Fraud awareness session aims to protect and prevent people from becoming victims of scams by providing simple yet effective guidance. We aim to help you learn how to protect yourself and your loved ones from scams. This workshop is in person at Omagh Library or virtually on line Register in advance to take part virtually: <https://librariesni.zoom.us/j/7445123456>

3.30 to 4:30 pm **Tai Chi with Jane Burke** - NI Libraries Event Join in this graceful form of exercise that is used to support reducing stress and anxiety. It also helps increase flexibility and balance. This workshop is in person at Omagh Library or virtually online. Register in advance to take part virtually: <https://librariesni.zoom.us/j/7445123456>

10.00 am to 1.00 pm and 2.00 to 4.00 pm **Do you need help with IT?** In person event by NI Libraries event in Omagh Library - Are you struggling a bit with technology. If you're having problems with your tablet, laptop or phone or would simply like more information drop in for some advice.

11:00 am to 12:00 noon **Walking Football** continues each Tuesday for everyone over 50 at Ballinamallard Utd Football Club. Contact John 02866389629 or email fsaca1@hotmail.com

10.00 am to 1.00 pm **Portrait art class** in Strule Arts Centre, Omagh continues each Tuesday.

Wednesday 27

11.00 am **Chair Exercises in person** at the Castlepark Centre, Lisnaskea £2.70 per class (confirm prior to attending by calling 028 677 21299)

11.00 am **Creative Writing** by Arts Care Artist Deirdre Cartmill continues each Wednesday on zoom. To register contact aforges@southwestagepartnership.co.uk or calling 028 8225 1824.

11.00 am to 12.30 pm **SWAP Class** – Printing with Nature by Briega continues.

11:00 am to 11:45 am **Join this free session to find out how to eat well in later life.** To Book contact Fiona Armstrong Health Development Dietitian. Training. dietitians@setrust.hscni.net 02890411792

3.00 pm **Big Quiz** - Join us via zoom for a quiz with a difference To book email positiveageingmonth@belfastcity.gov.uk or phone 077713684705

7.00 to 8.00 pm **SWAP Class** - Felting the Landscape Project continues with Morag from Crafting your Soul.

Thursday 28

11.00 am to 12.30 **SWAP Eat Well, Feel Good, Age Well** facilitated by I'm Nuts about Nutrition. Continue a 6 week virtual programme covering cooking and nutrition.

11.00 am to TBC **Virtual Bowel Cancer Screening** - The Women's Resource and Development Agency will raise awareness of bowel cancer screening, signs and symptoms to look out for, ways to reduce your risk of developing bowel cancer and how to take the screening Delivered via Zoom To book email positiveageingmonth@belfastcity.gov.uk or phone 077713684705

2.00 pm **Artscare Music Singing** - 8 week virtual singing continues for local people. Arts Care Artist Karen Diamond with great comradery, craic and stories to tell.

Friday 29

2.30 to 4.00 pm **Biggest ever! Virtual Tea Dance.** Join people across Northern Ireland and beyond, live bands and plenty of kitchen dancing To book email positiveageingmonth@belfastcity.gov.uk or phone 077713684705

Programmes are correct at time of print however they may change in response to up to date Government guidelines.

FREE Home Fire Safety Check!

If you:

- are aged 60 and over;
- have a disability, impaired mobility, or a health condition that would impact on your ability to acknowledge and respond to an emergency in the home; or
- receive assistance from an agency which has a Safety Partnership with NIFRS, then contact us for a FREE HOME FIRE SAFETY CHECK!

TELEPHONE **028 9266 4221** or www.nifrs.org/fire-safety/fire-safety-check-form/ or Allison at SWAP can refer you.



FREE Carbon Monoxide Detector to the first three correct entries received.

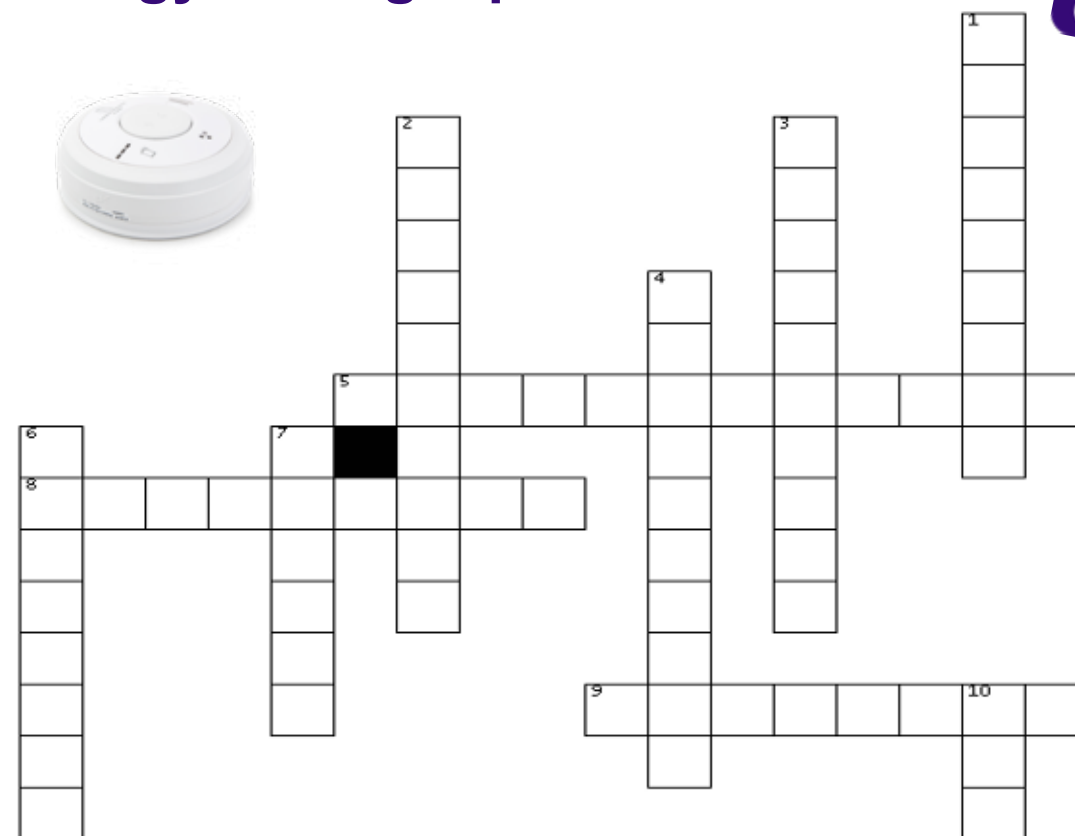


Energy Saving Tips from National Energy Action (NEA):

- A quarter of heat is lost through the roof in a home with no/inadequate insulation. Insulating your loft, attic or flat roof is an effective way to reduce heat loss and reduce your heating bills
- Condensation causes mould, mildew or fungal growth on cold surfaces and behind furniture as well as black patches on walls and in corners of rooms. To avoid this avoid drying washing indoors if possible. Make certain the tumble drier is vented outside. Use extractor fans, if fitted, to remove excess moisture from kitchens and bathrooms.
- Insulate the hot water cylinder if there is one – a well fitted cylinder jacket could save around £45 a year, more if the water is heated electrically.
- LED bulbs are the most energy efficient. Replacing all the bulbs in an average UK household will cost around £100 and save about £40 a year on bills
- Make sure your boiler gets a check annually. This will help ensure it is working efficiently and safely. If the boiler is over 10 years old, it is worth considering replacing it with a more efficient model. A condensing boiler is the most energy efficient.
- The recommended indoor temperature during cold weather is 21°C (70°F) in main living areas and 18°C (64°F) in other rooms, including bedrooms. It is more efficient and cheaper to central heating by using the programmer, room thermostat and thermostatic radiator valves (TRVs) if fitted.
- Fit radiator reflector panels behind radiators to help direct heat into the room.

Many local residents have been able to avail of domestic energy efficiency grants through the ongoing initiatives promoted by the Council's Health Improvement Team. Grants for cavity wall insulation, loft insulation and home heating upgrades are available for lower income households who own or privately rent their homes. As a result of these upgrades, residents have been able to save money on their energy bills whilst also enjoying a cosier home. The eligibility criteria between grants differs, however, fully funded grants may be available to those with a total annual household income that is less than £23,000. For more information, please contact our Health Improvement Team by calling **0300 303 1777**.

Energy Saving Tips Crossword



ACROSS

5. Black mould that can be found on walls
8. Fan used to remove moisture from a bathroom
9. Frequency a boiler should be serviced

DOWN

1. Fitting these type of panels behind radiators helps directs heat into the room
2. Helps regulate the temperature of a room
3. Installing this in your roof will reduce heat loss
4. The most energy efficient type of boiler
6. 18°C is the recommended indoor temperature in which rooms
7. You can put this on a hot water cylinder to insulate it
10. The most efficient type of light bulb

Name: Send your entry to: Fermanagh and Omagh District Council, Health Improvement Team, The Grange, Mountjoy Road, Omagh. Co Tyrone BT99 7BL by 29th October 2021 or by email to
 Address
 Phone home.safety@fermanaghomagh.com

Useful contacts

Alzheimer's Society

Fermanagh Dementia Support Worker
0333 315 03456 / 0772 5475715
martin.bradley@alzheimers.org.uk
www.alzheimers.org.uk

Alzheimer's Society

Omagh Dementia Support Worker
0333 315 03456 / 0788 9604702
Julie-anne.casson@alzheimers.org.uk

Arc Healthy Living

Helping others to help themselves
028 686 28741
aidan.ormsby@archlc.com
www.archlc.com

The B Friend Hub - Fermanagh

Free telephone and home befriending for older people living in Omagh, Strabane and Fermanagh
028 669 80027 / 0759 1386189
rita@thebefriendhub.org
www.omaghvolunteercentre.org

The B Friend Hub - Omagh

028 822 40772 / 0759 1952133
jo@thebefriendhub.org

Carers support

Information and Signposting Service for unpaid Carers
028 663 44163 / 0752 5898985
Cathy.Magowan@westerntrust.hscni.net
www.westerntrust.hscni.net

Community Advice Fermanagh

Free, independent confidential and impartial information, advice, advocacy and representation.
028 663 20210 / 0739 492173
speoples@communityadvicefermanagh.com

Connect Fermanagh

Providing a friendly chat and information and help to link you to the right support and services in your area.
028 663 20230
info@connectfermanagh.org
www.connectfermanagh.com

The Consumer Council

Promote and safeguard the interests of consumers in Northern Ireland.
0800 121 6022
contact@consumercouncil.org.uk
www.consumercouncil.org.uk

Crimestoppers

0800 555 111
www.crimestoppers-uk.org

Deafblind UK

Deafblind UK supports people who have any level of sight and hearing loss, we help people to live with deaf blindness by making connections, building their confidence and independence.
0800 132 320
info@deafblind.org.uk
www.deafblind.org.uk

Dementia NI

028 969 31555 / 0796 6881422
www.dementiani.org

Drink Wise Age Well

Helping people make healthier choices about alcohol as they age
0808 801 0750
https://addictionni.com/ways-we-support-you/over-50s-alcohol-helpline

Easilink

We provide a transport option to rural dwellers across the Omagh, Strabane & Foyle areas.
028 822 48140
info@easilink.org
https://easilink.org

Fermanagh Omagh District Council

0300 303 1777
info@fermanaghomagh.com
www.fermanaghomagh.com

Fermanagh Rural Community Network

Provision of practical support, guidance, information, signposting and networking opportunities for groups throughout County Fermanagh.
028 663 27006
info@fermanaghrcn.org
www.fermanaghrcn.org

Fermanagh Community Transport

Provides rural transport services to people and communities.
028 663 24260
info@fermanaghcommunitytransport.com
www.fermanaghcommunitytransport.com

Fire, police, ambulance and coastguard

Emergency: 999 Non-Emergency: 112
www.psni.police.uk/crime/

Flooding Incident Line

0300 200 0100

GP Out-of-Hours Service - Western Urgent Care (Limavady/L'Derry/Strabane/Omagh/Enniskillen)

Attendance at GP Out-of-Hours centres is by appointment only so please phone in advance.
028 718 65195

Housing Executive

Northern Ireland's regional housing authority. Our vision - Everyone is able to live in an affordable and decent home, appropriate to their needs, in a safe and attractive place.
General 0344 892 0900
Repairs 0344 892 0901
Homeless out of Hours 0344 892 0908
www.nihe.gov.uk/About-Us/Contact-Us

Lakeland Community Care

A Health and Social Care service that is shaped by the needs and experience of patients, clients, carers and communities
028 663 86934 / 0790 9530124
Frances@lakelandcare.org.uk
www.lakelandcare.org.uk

Libraries NI - www.librariesni.org.uk

Enniskillen: 028 663 22886
enniskillen.library@librariesni.org.uk

Irvinestown: 028 686 21383

irvinestown.library@librariesni.org.uk

Lisnaskea: 028 677 21222

lisnaskea.library@librariesni.org.uk

Omagh: 028 824 40733

omagh.library@librariesni.org.uk

Fintona: 028 828 41774

fintona.library@librariesni.org.uk

Make the Call

Talk to us about accessing benefits, supports and services you may be entitled to.
0800 232 1271
makethecall@dfcni.gov.uk
nidirect.gov.uk/makethecall

In Case of Emergency (I.C.E.) Cards

The Fermanagh and Omagh PCSP has been promoting the use of I.C.E Cards (In Case of Emergency) throughout the district.

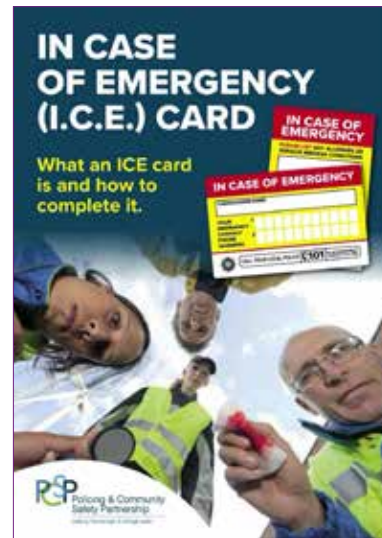
If an emergency strikes, you might be far from home, friends or family. Carrying emergency contact details with you means that your loved ones can be reached quickly. The card also provides your medical information including any conditions or allergies you may have, medication you are taking and your blood type.

Keeping an emergency contact number programmed under I.C.E in your mobile phone has been the preferred method for the past number of years but as most modern smart phones are unlocked using a passcode; first responders can therefore be prevented from gaining access to your emergency details.

Having all the essential information accessible in one place could help save lives, provide the best help and care, and make sure your next of kin can be contacted promptly.

Information about medications and allergies also helps ambulance personnel make better decisions about treatments they can give you and crucially in the case of heavy blood loss, it is important for emergency staff to know your blood type. In the case of people with conditions such as Alzheimer's it can help a person who may be confused contact their family and avoid any unnecessary distress.

The PCSP is being assisted in this exercise by our partners in the Fire and Rescue Service and the Ambulance Service. Our Colleagues in Environmental Health have also begun distributing cards to their clients. Cards are also available at the Connect Centres in High Street in Omagh and at the County Buildings on East Bridge Street in Enniskillen or you can contact the PCSP office on **0300 303 1777** or by E Mail on pcsp@fermanaghomagh.com



Free Telephone & Home Befriending For older people living in Omagh, Strabane & Fermanagh

The B-Friend Hub Omagh
Omagh Volunteer Centre
Anderson House
41C Market Street
Omagh
BT78 1EH
T: 028 82 240772
E: jo@thebefriendhub.org

The B-Friend Hub Strabane
Strabane Community Project
Barrack Street
Strabane
T: 028 71 883102
E: micky@thebefriendhub.org

The B-Friend Hub Fermanagh
Belcoo Enterprise Centre
1 Railway Road
Belcoo
BT93 5FJ
T: 028 66 980027
E: rita@thebefriendhub.org



Positive Ageing October 2021 Evaluation Form

Please take a moment to tell us how our delivery of Positive Ageing has been in these challenging times. Your feedback is essential to helping us plan further programmes. Please tear out and return to the address overleaf – your entry will be entered into a draw which will take place on **30 November 2021**.

Name:

Phone:

Please rate your level of satisfaction on the scale from 1 to 5 with a tick (5 represents the highest level of satisfaction and 1 the lowest)



	1	2	3	4	5
1. Your ENJOYMENT of Positive Ageing October					
2. Did Positive Ageing October make you feel LESS ISOLATED and more INVOLVED					
3. How EASY did you find it to access events held during positive ageing					
4. The RELEVANCE of the activities during Positive Ageing October					
5. How POSITIVE are you about getting older?					

6. Did you need support to access the online activities? Yes No

7. Do you use?

- Email Facebook Twitter Instagram Youtube
 Whatsapp None of these

8. How did you know about Positive Ageing October?

- Word of mouth Facebook Text message / Whatsapp
 Personal Phonecall Poster Befriending Service Email

Other? (please specify)

9. Are you a registered member of an older persons group? Yes No

Thank you very much for your time



Tear questionnaire off.
Fold & seal before posting.
Thank You

AFFIX
POSTAGE
STAMP
HERE

Sharon Howe - Age Friendly Officer

County Buildings,
15 East Bridge Street,
Enniskillen,
BT74 7BW