

Fermanagh & Omagh District Council Community Support News – February 2023

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 ext 21217 / email alison.gilmore@fermanaghomagh.com

Please note the deadline for the next Newsletter is Tuesday 21 February 2023

Council News & Events

For a list of events across the District visit
<https://www.fermanaghomagh.com/events-and-festivals/>

Council's Cost of Living Support Hub

For information on support available locally and regionally visit
www.fermanaghomagh.com/costoflivinghelp.

[Click here](#) for some information on the full range of initiatives aimed at helping local residents impacted by cost of living increases, which are being rolled out across the District.

Warm Spaces

Warm Spaces are places where people can gather for free in a warm, safe, welcoming place and maybe enjoy a hot drink and some company. We are delighted that there are currently 22 warm spaces registered across FODC.

To view details of each warm space, including location and times visit bit.ly/FODCWarmSpaces

Fuel Support Programme

FODC is offering a Fuel Support Programme via St Vincent de Paul to support those most in need during the cost-of-living crisis.

The fuel support is one of the initiatives of the Council's £250,000 cost-of-living crisis programme which was launched in December 2022. A total of £80,000 has been allocated to support local households with home heating.

For more information visit bit.ly/3VXalg3

Winter Well-being

Would you like information on;

- Domestic Energy Efficiency Grants
- Home Security & Crime Reduction
- Home Safety & Accident Prevention
- Benefit Entitlement
- Household Energy Efficiency?

Visit **Carrickmore, The Patrician Hall – Wednesday 8 February 2023**, 10am to 3pm

For more information or to book an appointment call 0300 303 1777 and ask for the Health Improvement Team. Drop-ins Welcome!

'Global Voices, Local Choices' Workshop

Bringing diverse cultures and perspectives into our museums

Wednesday 1 February 2023, 7-9 pm in Enniskillen Castle

This Programme aims to bring diverse cultures into Northern Ireland's local and national museums, working with new and marginalised communities in the Fermanagh & Omagh area. The project includes a series of 3 creative workshops; a visit to National Museums NI World Cultures collections in Belfast and a final exhibition at Enniskillen Castle in the summer. You are invited to find out more at this **Introductory Meeting** (tea/coffee & traybakes provided). Any queries, including any dietary or access requirements, or to confirm your attendance, please email sarah.mchugh@fermanaghomagh.com Tel + 44 (0)28 66325000

Wellbeing Programme

Fermanagh and Omagh District Council invite quotations for the design and delivery of a wellbeing programme for both adults and young people, to promote emotional wellbeing and resilience, and counteract stress and anxiety, during the ongoing Cost of Living crisis.

Tender documents for Cft FODC-752 are available to download from:

<https://etendersni.gov.uk/epps/cft/prepareViewCfTWS.do?resourceId=4655242><https://etendersni.gov.uk/epps/cft/prepareViewCfTWS.do?resourceId=4655242>

Completed submissions must be submitted via <https://etendersni.gov.uk> not later than 12.00 Noon Monday 6 February 2023.

Please note:

For access to this Quotation on eTenders, please request an invitation from rfqs@fermanaghomagh.com.

It is also essential to register against CPV codes on the system. For this quotation we will use the following CPV codes:

98000000-Other community, social and personal services

85300000-Social work and related services

85312310-Guidance services

85312320-Counselling services

85000000-Health and social work services

Be inspired and start the New Year in a positive way by contacting ASPIRE!

Are you unemployed or working part-time?

Then contact ASPIRE for all of your 2023 employment needs!

All our courses are free and we have a range of training opportunities available to suit your needs including our Classroom Support Package, Industry Specific Training, Administration Training and Finance & Accounts Package.

ASPIRE is the FODC led Employability Programme supporting people into paid employment.

Contact us on 028 8224 6535 (Omagh) or 028 6632 6478 (Enniskillen),

email aspire@fermanaghomagh.com

or complete the short online form at <https://form.jotformeu.com/211042253977353>

Tackling Climate Change Together

Engagement Events:

Tuesday 7 February in The Grange, Omagh at 6.30pm

Wednesday 15 February in The Townhall, Enniskillen at 6.30pm

We are hosting events to tackle climate change in the district together and we need you.

In February 2021, Fermanagh and Omagh District Council was the first Council in Northern Ireland to approve a Climate Change and Sustainable Development Strategy. Within the strategy, the Council is committed to achieving a Net Zero District by 2042, as well as creating sustainable communities, a sustainable Council and a sustainable environment. The Council recognises that it cannot achieve this alone and needs the opinions of our local residents, community groups and businesses.

During the events there will be information on some local initiatives, as well as group discussions on the actions that people would like to see delivered in the future. After the discussions, participants will be tasked with deciding on what options should be taken forward and delivered to help combat climate change.

The events are open to anyone aged 16 years or over.

To register to attend and have your say, please visit the Consultations section of the Council website, <https://www.fermanaghomagh.com/your-council/consultations/>

For more information or any queries, email consultations@fermanaghomagh.com or telephone 0300 303 1777.

Refurbishment of the Ardhowen Theatre

FODC has taken an important step forward in the refurbishment of the [Ardhowen Theatre](#) with the appointment of a collaborative design team led by Hall McKnight Architects.

The appointment of the design team will advance the refurbishment plans for the much loved 36 year old, grade B+ listed building alongside enhancements to its outdoor environs.

The refurbishment project aims to enhance the visitor experience, improve accessibility and inclusivity, provide new opportunities for artists and audiences, ensure the facility meets the future needs of the local community, and create a more environmentally sustainable venue.

For further info visit - bit.ly/3GE8cAv

Cuilcagh Lakelands Geopark

Launch of programme of events to July 2023

The programme contains a wide variety of events to suit all ages which will encourage people to engage with the Geopark including its unique landscapes, geology and stories.

Highlights include;

- Dark Skies with Armagh Observatory and Planetarium
- Killykeegan Fun Day
- Cavan Burren Park Family Fun Day
- Family Fun Day at Killykeegan Nature Reserve

For all the details visit <https://cuilcaghlakelands.org/> or telephone 00 353 71 9853692.

Dark Skies on Tour: Armagh Observatory & Planetarium!

Saturday 18 February

Belcoo Community Centre

Join us for a planetarium show in the star dome, and witness spinning galaxies, swirling nebulae, and shooting stars all from the comfort of planet Earth.

For more info or to purchase tickets visit <http://cuilcaghlakelands.org/.../armagh-observatory.../>

Future development of Cottage Lawn, Belcoo

Fermanagh and Omagh District Council is inviting views on the use of Cottage Lawn, Belcoo.

The public engagement exercise closes on Friday 17 February 2023.

For further details please visit

<https://www.fermanaghomagh.com/article/council-commences-public-engagement-on-the-future-development-of-cottage-lawn-belcoo/>

Greenway Consultation Event

A very important Consultation event is taking place to do with the proposed Greenway which will stretch from Sligo to Enniskillen, passing through Collooney, Ballintogher, Dromahair, Manorhamilton, Glenfarne, Blacklion, Belcoo and Letterbreen on the way.

Leitrim County Council, in partnership with Sligo County Council, Cavan County Council, Fermanagh & Omagh District Council under the auspices of Transport Infrastructure Ireland (TII) and the Department for Infrastructure (DfI) are developing the Sligo, Leitrim, Northern Counties Railway (SLNCR) Greenway.

What is a Greenway?

In simple terms, a greenway is a cycleway that caters for people walking, wheeling and cycling in a mainly recreational environment. The development of the SLNCR Greenway will attract domestic and international visitors to come, explore and stay in the region. The surrounding areas contain attractive scenery and an opportunity for users to interact with nature whilst benefitting from outdoor activity. The SLNCR Greenway will be a 'world class' Greenway linking the Republic of Ireland to Northern Ireland, bringing communities together and promoting cross border tourism.

What is the current stage?

The Project is currently at Phase 1 Concept and Feasibility. The purpose of Phase 1 is to develop and investigate in further detail the feasibility of the Project, to identify a suitable study area for the examination of preliminary route options and to implement the project management structure. Public consultation forms an important part of advancing the design process towards the development of route options and allows the involvement of the public in identifying key constraints.

For further details about the consultation visit <https://slncr-greenway.com/consultation-no-1/>

The closing date for submissions is 5pm on Friday 10 February 2023.

Fermanagh Classic Fishing Festival 2023

Registration now open!

Now in its 46th year, the Classic will take place from Monday 8 May to Friday 12 May 2023.

For more information & registration visit <https://bit.ly/ClassicFishingFestival2023>

Explore our new Dashboards

Fermanagh and Omagh District Council are pleased to announce the publication of our Key Statistics and Data webpages.

Within these pages is a series of interactive dashboards covering various themes such as people, economy and the environment, along with details on some evidence-led projects to date.

To explore the webpages and dashboards, please follow the link:

<https://www.fermanaghomagh.com/your.../keystatisticsanddata/>

Draft Enniskillen Place Shaping Plan launched for consultation

Consultation on the draft Enniskillen Place Shaping Plan has commenced, and Fermanagh and Omagh District Council is encouraging residents, businesses, community and voluntary sector, public sector organisations and young people to have their say.

The draft plan outlines the ambition for Enniskillen Town up to 2035 with the aim of a restorative reset to re-establish Enniskillen as a naturally welcoming and beautiful island town linked to the local waterway.

Through collaborative partnerships and targeted investment the plan aims to reposition Enniskillen as a more sustainable, attractive, vibrant town, all of which will contribute to the improved quality of life for all who live, visit or work in the area.

There are six identified themes:

1. **Island Town**; Reinforcing connections between Enniskillen town centre and the River Erne to restore a sense of island community
2. **Destination Town**; Capitalising on Enniskillen's location and celebrating heritage with a focus on sustainable tourism
3. **Thriving Town**; Creating a more vibrant town centre through fostering a vibrant business environment and encouraging growth in town centre footfall
4. **Connected Town**; Improving connectivity and accessibility throughout the town, with linkages to surrounding places, and a people first approach
5. **Healthy and Inclusive Town**; Ensuring Enniskillen is an inclusive town with a prosperous, well educated, and healthy community
6. **Opportunity Town**; Establishing a pathway for activating the many opportunity sites located in and around the town.

The draft plan details how these will be realised with the proposal of 15 high level actions, which have been identified through the initial consultation process.

The consultation is live until 12 noon on Monday 27 February.

There is also an opportunity to participate online by joining one of the scheduled webinars on **Monday 6 February, 7-9pm or Saturday 25 February 10am-12noon**. To book a space please visit the council website below.

To view the draft plan and take the survey please visit [Draft Enniskillen Place ShapingPlan](#)

Forest Users Survey

The [Department of Agriculture, Environment and Rural Affairs](#) in partnership with FODC and community partners have recently invested in Forest Parks and Community Trails to encourage use of the Forests and enhance your experience.

DAERA and its partners are keen to find out about your experiences of visiting these improved facilities and the difference they have made to your use of the Forest. This information will help inform future programmes.

To complete the survey visit bit.ly/3gLxT95

The Sperrins Walking Festival

25-26 March

Find out how you can take part in one of the most exciting festivals exploring the magnificent Sperrin Mountains

For full details and to book visit <https://bit.ly/OmaghSperrinsWalkingFestival23>

10-year roadmap for local tourism agreed following public consultation

A new 10-year roadmap for tourism in Fermanagh & Omagh has been agreed following a 12-week public consultation; with 93% of survey respondents (131 respondents in total) in favour of the new Visitor Experience Development Plan (VEDP) for Fermanagh Lakelands and Omagh and the Sperrins.

The VEDP, which focuses on sustainable and regenerative tourism to benefit local communities, business and the environment, has been jointly funded and developed by Fermanagh and Omagh District Council, Tourism NI and Waterways Ireland following input from the public, private and community sectors.

Further information on the public consultation, including proposed updates to the VEDP and next steps to take forward the plan, is available to view on the '[Closed Consultations](#)' section of the Council website.

Fermanagh and Omagh District Council, Tourism NI and Waterways Ireland would like to thank everyone for their interest in the VEDP and for their engagement in the public consultation, helping to shape the final plan.

The final VEDP will be available on the Council website shortly and officially launched early 2023.

Physical Activity Referral Scheme (PARS)

A 12 week exercise programme for people with specific health conditions.

For details please visit

[Physical Activity Referral Scheme \(PARS\) – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](#)

MacMillan Move More (MM)

An exercise and support programme for those living with and beyond cancer.

For details please visit

[Macmillan Move More Project – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](#)

Charity Support

Fermanagh and Omagh District Council may provide support to charities in a number of ways including the provision of grant aid; the attendance of the Council Chair or Vice Chair at photo opportunities; use of Council facilities and the illumination of Council buildings to mark specific days of significance to a chosen charity which is associated with a particular colour.

Please note, applications for the use of Council facilities or the illuminating of Enniskillen Castle and Strule Arts Centre in a particular colour, should be submitted to the Council at least **6 weeks** before the date requested, to allow sufficient time for the application to be considered.

To make an illumination request please complete the jot form which can be found on the Charity Support page of the Council website,

<https://www.fermanaghomagh.com/services/community/charity-support/>

For further information or enquiries regarding Council support to charities, please email communitysupport@fermanaghomagh.com

Consultations

<https://www.fermanaghomagh.com/your-council/consultations/>

Consultations provide you with an opportunity to have your say. They also help us to find out what you think and to understand your priorities and concerns about our district.

Community Support

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. For further information, please visit [Community – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](https://www.fermanaghomagh.com)

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>

Area	Officer	Email	Telephone
Enniskillen	Ruthanne Fawcett	Ruthanne.fawcett@fermanaghomagh.com	Ext 21649
Erne East	Joanne Cunningham	joanne.cunningham@fermanaghomagh.com	Ext 21405
Erne North	Leza Cleary	leza.cleary@fermanaghomagh.com	Ext 21234
Erne West	Kellie Beacom	kellie.beacom@fermanaghomagh.com	Ext 21201
Mid Tyrone	Neville Armstrong	neville.armstrong@fermanaghomagh.com	Ext 20275
Omagh	Josephine Treanor	josephine.treanor@fermanaghomagh.com	Ext 20222
West Tyrone	Billie-Jo Irwin	billie-jo.irwin@fermanaghomagh.com	Ext 20220

Community News

Consultation on Temporary Suspension of Emergency General Surgery Services in South West Acute Hospital (SWAH), Enniskillen

The Western Health and Social Care Trust has launched a Public Consultation on the temporary suspension of Emergency General Surgery in South West Acute Hospital, Enniskillen.

The consultation paper sets out the reasons why the Trust had to make the decision to avoid an unplanned and unsafe collapse of services and the actions taken to ensure patient safety.

We are keen to hear your views on this issue therefore this consultation opened for 12 weeks from 17 January 2023 until 10 April 2023.

Please click [here](#) to access the consultation document.

There are a number of ways to get involved:

- You can participate in a public engagement event. Click [here](#) to register for an event close to you. Alternatively there will be a number of tickets available to collect at local venues – more information will be on our Social Media platforms.
- The Trust will also hold a number of online events.

- You can also complete an online survey by clicking [here](#). This survey will be available for 12 weeks from 17 January 2023 until 10 April 2023.
- A copy of the questionnaire is also at the end of the consultation document if you wish to print and complete manually and return to the address below:

Health Improvement, Equality and Involvement Department
 Western Trust
 Health Improvement Department
 Maple Villa B
 Clooney Road
 Derry
 BT47 6WJ

For further information please contact us at involve@westerntrust.hscni.net or call 028 7186 5127.

WHSCCT Substance Use Needs Assessment

A comprehensive health and social care needs assessment and gap analysis for the population of the Western Health and Social Care Trust (WHSCCT) in relation to substance use issues is taking place. This can be used to inform strategic planning and future service delivery models across the area.

We are looking at lots of information about the types of help and support available to individuals experiencing problems with drugs and/or alcohol across the area to see what works well, what could be better, and to identify how things can be improved in the future.

As part of the Needs Assessment study, there are a number of online surveys now available to enable everyone to have their say on the needs and assets for those who experience problems with alcohol and/or drugs across the Western HSCCT area.

The plan is to pull together as complete a picture as possible of the real needs of this population. All views will be welcome.

The surveys will be open for completion until Friday 3 February 2023.

Please complete the most appropriate survey below:

- The survey for **Service Users** and those with **Lived/Living Experience** is available at: <https://www.surveymonkey.co.uk/r/WHSCCT-SubUseNA-LLESurvey>
- The survey for **Family Members/Carers** is available at: <https://www.surveymonkey.co.uk/r/WHSCCT-SubUseNA-FamilyLovedOnesSurvey>
- If you work in **substance use services** <https://www.surveymonkey.co.uk/r/WHSCCT-SubUseNA-SubUseServicesSurvey>
- If you work in **mental health services** <https://www.surveymonkey.co.uk/r/WHSCCT-SubUseNA-MHStaffSurvey>
- If you work in **other services** (such as Housing/Homelessness, Children & YP, Older Adults, Criminal Justice, Learning Disabilities, etc.),

<https://www.surveymonkey.co.uk/r/WHSCCT-SubUseNA-GenericServicesSurvey>

If you have any questions about the surveys please do not hesitate to contact andyperkins@f8c.co.uk

Public consultation on services for individuals who have been bereaved by suicide

Protect Life 2: Postvention

PHA recognises the importance of reviewing current services for individuals who have been bereaved by suicide and most importantly listening to the views of service users, families, local communities and organisations delivering services to ensure an appropriate service model. This is an opportunity to have your say on the provision of services for individuals who have been bereaved by suicide.

This consultation opened for 12 weeks from 16 January 2023 until 9 April 2023.

There are a number of ways to get involved. You can participate in an engagement event (details in link below) either online or in person, or complete an [online survey](#).

This survey will be available for 12 weeks from 16 January 2023 until 9 April 2023.

<https://www.publichealth.hscni.net/about-us/consultations/current-consultations/public-consultation-services-individuals-who-have-been>

Easilink's New Central Administrative Hub

During 2022 the team at Easilink Community Transport commissioned an external consultant to work with the organisation and its key stakeholders, to develop a robust, Strategic Development Plan which will be used as a roadmap to help us navigate the challenging operational circumstances which every organisation now finds themselves in. One of the opportunities which this process identified was the potential for the development of an integrated, central administrative and office Hub, which would be located at the organisation's current premises in Strabane.

We want to take this opportunity to assure our members, residents, and our community and voluntary sector partner organisations, that from a service user perspective, there will be no change to the delivery of community transport services within the Omagh area and all bookings and enquiries can be made as usual on our current Omagh Office telephone number. As an organisation, we are looking forward to maximising the impact of our valuable resources, allowing us to create and foster the structures which will allow the organisation to grow and flourish for the betterment of our current and future service users throughout our operational areas.

If you have any further questions or queries regarding this, then please contact our Chief Executive, Claire Russell by email on claire@easilink.org or by telephone on 028 7188 3282.

Linking Generations NI

Intergenerational Network Meeting via Zoom

Wednesday 22 February, 12pm-1pm

Join us to hear the latest intergenerational news, training opportunities, info on All Ages April funding, Global Intergenerational Week and stories from local initiatives! To find out more and register to attend please visit [LGNI Network Meetings Register Now! – Linking Generations NI](#)

Aisling Centre, Enniskillen

Tuesday Hub for 10 weeks starting 24 January, 11am-1pm
Conversation, wellbeing, some fun & light lunch. Advance booking required.

Self-Care Sessions with Aisling Centre Therapist Holly Reid

Taster Session 7 February 10am-11am
Course taking place 21 February - 21 March 2023
Suggested donation £2. Advance booking required.

Mindfulness Self-Compassion with Siobhan Conlon

For 17+ Wednesday 25 January - Wednesday 1st March. Advance booking required.

Mindfulness drop in with Siobhan Conlon

For 17+ Starts 31 January. Then last Tuesday of the month. 7pm-8pm (Excludes July & August)
Free sessions / Donations welcome. Advance booking required.

For more information on any of these activities contact Aisling Centre on 028 6632 5811 or email mmitchell@theaislingcentre.com

Very Brief Advice for Smoking Cessation Support

Via Zoom

This course aims to increase awareness and knowledge of how to support someone who wishes to stop smoking.

For full information and to register please visit the links below:

Thursday 23 February - [Click Here](#)

Traveller Culture Awareness Training

Via Zoom

To increase understanding of Traveller culture, history and heritage and to gain greater knowledge and understanding of the challenges and struggles experienced by Irish Travellers in society.

For full information and to register please visit the links below:

Tuesday 21 February - [Register Here](#)

Action Mental Health

New Mindful Carers resilience programme

Wednesday mornings 11am-1pm, starting on 22 February in Enniskillen

Mindful Carers aims to empower caregivers to improve their mental health and wellbeing by developing positive coping skills and healthy lifestyles. The resilience programme is delivered by AMH Project Workers who are committed to providing a high quality programme which is relevant to the needs of carers. It will cover topics including coping with change, understanding resilience, managing stress and burnout, understanding emotions like resentment and guilt, and the importance of healthy communication and relationships.

If you wish to attend the resilience programme, please email

caroline.rooney@westerntrust.hscni.net to ensure you are registered on WHSCT Carers Mailing List and book your place.

Tara Centre, Omagh

For enquiries, please contact Reception on 028 8225 0024

Email: info@taraomagh.com Website: www.taraomagh.com

Ongoing services: counselling/psychotherapy, art therapy, complementary therapies

Meditating Together

Mary Daly and Maura Twohig

Date: Tuesdays, 10.30 am – 12 noon

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

“Bio – Energy Training: Triple 8 - A New Model of Living”

Michael O’Doherty

Date: Saturday 11th and Sunday 12th February 2023

Time: Saturday 10am-4.30pm (registration 9-9.45am)

Sunday 10am-4.30pm

“Loss and Recovery”

Jim Cogley

Date: Friday 10th March 2023, 6.30pm – 9pm (Registration between 6pm-6.30pm)

“Getting the Past out of the Present, Finding Freedom from Personal and Ancestral Issues, Moving beyond Loss, Trauma and Victimhood”

Jim Cogley

Date: Saturday 11th March 2023, 10am – 4pm (Registration between 9.30 and 10am)

Yoga for Beginners and Intermediates

Heather Kemps 10 weeks

Beginners: 10.30am – 11.45am running to Wednesday 29th March 2023

Beginners: 6.15pm – 7.30pm running to Thursday 30th March 2023

Intermediates: 7.45pm – 9pm running to Thursday 30th March 2023

Meditation “The Soul of Healing”

Mary Daly and Maura Twohig

Dates: Saturday 28th January, 25th February and 25th March 2023

Times: 11.30am – 5.00pm (registration 11.00am – 11:30am)

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

Please contact Reception on 028 8225 0024 to book you place on any of the above

Support Groups:

PATHS Meetings will now be held on the 1st Tuesday of each month 8pm-9.30pm

Omagh Men’s Support Group meets Mondays, 7.30-9.30pm

Victims and Survivors Grant available for some of the costs associated with the provision of counselling/psychotherapy, complementary therapies and some workshops/seminars

Families Moving On

We welcome everyone and are available to answer any queries you may have, in a confidential environment. Anyone who has been bereaved as a result of a Troubles/conflict-related incident, anyone who has been injured as a result of a Troubles/conflict-related incident (physically or psychologically), and anyone who provides care for others who have been injured in this way, are considered to come under the title of 'Victims and Survivors' and so are eligible for membership, help, advice and support at Families Moving On.

- Drop-in centre.
- Coffee & Craft mornings.
- Social Inclusion such as respite trips, classes and Luncheon Clubs etc.
- Befriending Service.
- Complementary Therapies
- Community Allotment Gardening.
- Referrals to Counselling/psychological therapies.
- Referrals to Troubles Permanent Disablement Payment Scheme.
- Referrals for Welfare Advice and/or Advocacy.

Call in today and have an informal (in confidence) chat with our Health & Wellbeing Caseworker who will be able to advise and guide you through what's on offer and what kind of support you may be able to receive. Where members meet key eligibility criteria these supports may include support towards the costs of:

- Physical therapies for pain management
- Psychological therapies
- Education and training
- Accessing physical activities
- Accessing volunteering opportunities
- Attending recreational or community classes
- Social mobility aids and/or Disability aids

Tel: 028 8225 0369

Email: healthandwellbeing@familiesmovingon.com

6/8 Dublin Road, Omagh, BT78 1ES

Green Flag Community Award

The Green Flag Community Award is the national award recognising high-quality green spaces managed by voluntary and community groups.

All community green spaces that are easily accessible and open to the public (i.e. accessible to users during the day where no key/code is needed for entry) are eligible for the award. These include:

- Community gardens
- Woodlands
- Nature reserves
- Allotments
- Churchyards

For further information please visit <https://www.keepnorthernirelandbeautiful.org/cgi-bin/generic?instanceID=42>

Closing date for applications Friday 17 February 2023

Fermanagh's St Patrick's Day Parade and Fun Day

Third Time's A Lucky Charm!

After 3 years, and it's about time... Fermanagh's St Patrick's Day Parade and Fun Day returns to Enniskillen on **Friday 17 March!** The streets of our county town will be transformed once again with colour, music and dancing as we celebrate this year's theme: **Back to the Future**. Well, the last number of years have played out like a movie after all.

In just 7 weeks, normal service will resume at the Broadmeadow with a free family fun day and a host of live entertainment acts starting at 1.30pm along with all the usual great activities you had come to expect.

We've some great new additions to our traditional parade and hope that any community organisations, clubs, schools and businesses still come forward to take part and showcase themselves to residents and visitors alike.

You can get involved by emailing info@projectstpatrick.com or getting in touch via social media.

As this year falls on a bank holiday weekend, we are promoting a 'Homecoming' angle to the festivities so encourage everyone to invite their friends and family to consider making the trip to Ireland's Only Island Town for our unique land and water based St Patrick's Day. Tourism providers are invited to use GREEN17 on their booking systems to offer special discounts and hopefully we can make this the biggest and best comeback ever!

Supported by Fermanagh and Omagh District Council, Enniskillen BID and local businesses, this year's spectacular parade is one not to be missed.

Brought to you by a very small team of Project St Patrick (PSP) volunteers, you can keep up to date on everything on our Facebook page.

Support to hire Fermanagh Community Transport Fully Accessible 16-Seater Vehicles Calling all Community, Voluntary, Charitable, Social and Not-for-Profit Groups in Co Fermanagh

Fermanagh Community Transport is delighted to announce that from January to March 2023, we will be able to offer **free** MiDAS training, FCT membership and 2 days' worth of group transport to community, voluntary, social, sporting, senior citizens, persons with a disability and church groups etc.

This has been made possible through the generous support of Fermanagh and Omagh District Council through its Cost-of-Living Support Initiative. This initiative is all about giving those within our communities from right across Fermanagh the chance to get out and about, meet with friends, have some fun, enjoy themselves and experience some relief from their everyday pressures.

Never has it been more important to reach out to those who are most vulnerable within our communities and offer them something to look forward to, something which will bring them together with their wider community, reduce feelings of isolation and loneliness and promote positive physical and emotional wellbeing.

1. Free FCT one year Group Membership
2. Free Group Volunteer Minibus (MiDAS) Training*
3. Free Two days worth of self-drive/self-hire for your Group*

*Groups who are already members can take advantage of 2 and 3.

If your group wishes to apply and take advantage of this amazing offer and opportunity, please visit our website at www.fermanaghcommunitytransport.com and download a Group Membership Form, complete it and return it to us as soon as possible – first come, first served!

Alternatively, please ring us on 028 6632 4260

or email info@fermanaghcommunitytransport.com to request a Group Membership Form.

(Terms and Conditions will apply)

Free Relationships and Sexuality Education for Young People

Supported by the Public Health Agency

We can provide 2 x 2 hour sessions over a 4-week period that include:

- Healthy Relationships
- The human body and development
- Sexuality and sexual behaviour
- Values, rights, culture and sexuality
- Understanding gender
- Violence and staying safe
- Health & Wellbeing
- Sexual and reproductive health

Sessions can be provided face to face at your premises. If required we can discuss blended approach to include zoom. This service is available to groups across Northern Ireland in the community.

12-14 years old, contact hello@comonyouth.com

15-16 years old, contact info@relateni.org

17-19 years old, contact nigel@acet-ni.com

The Oak Healthy Living Centre

For details of our latest programme of activities please visit

<https://www.oakhealthylivingcentre.com/wp-content/uploads/2022/03/Jan-March-2022.pdf>

Erne Paddlers

Start the New Year with a splash! From January through to March we are running kayaking pool courses in Enniskillen and Fivemiletown. Suitable for all levels of experience, from beginners up, and from age 8yrs+. We also run bespoke courses and programmes for local organisations, including schools, charities and support groups.

We are committed to providing access to paddlesport for all and to the 'Take 5' steps to wellbeing approach. So if your organisation is looking for a fun and challenging group activity, please get in touch. All courses are run by our highly qualified paddlesport instructors. Sessions are focused on progressive development, building water confidence, and having fun. All paddling equipment is provided and individuals can book directly online at www.ernepaddlers.org.uk/events

We are an inclusive club. If you need extra support to paddle, please get in touch to discuss how we can help. Find us on Facebook, Instagram and Twitter for regular updates too.

Erne Paddlers is your local paddlesports club, a community organisation and a not for profit registered charity. We have experience over many years, coaching individuals and groups of all ages and abilities, developing staff and volunteers' skills, and facilitating tailor made courses. If anyone would like to find out more please get in touch, email@ernepaddlers.org.uk or call 07468 911398 or find us on social media.

What's on in Omagh Library?

1 Spillar's Place, Omagh, Co. Tyrone, BT78 1HL

t: 028 8224 0733 e: omagh.librariesni.org.uk

For current events check out our webpage at www.librariesni.org.uk/Libraries/county-tyrone/omagh-library/

Drugs and Alcohol NI Connections

Dry January, Feel Good February

The focus of Dry January is to support and encourage people to abstain from drinking alcohol for that whole month.

The focus then of Feel Good February is to encourage maintenance of some of the good habits or alternatives that they have put in place.

For example by continuing not to drink alcohol with meals, continuing with a leisure interest or hobby that they may have started in January as an alternative to habits or social activities they used to do which involved alcohol through February and beyond.

Visit <https://drugsandalcoholni.info/campaigns/djfgf/> to see what events are happening in your area.

Upcoming events for those experiencing dementia along with their family and carers in the Fermanagh and Omagh area.

Clients with dementia along with their family members / carers:

Fermanagh House, Enniskillen

Friday 24 February 2023

Clients with dementia along with their family members / carers:

Campsie Hub, Omagh

Monday 13 February 2023

For more information contact: Cliona Connolly

WHSCD Dementia Navigator – Southern Sector 07585 998890

Drum Based Activity Training

Wednesday 8 and Wednesday 22 February, 10am-4.30pm in Old School Canteen, Tyrone and Fermanagh Hospital

Open College Network Level 2 Accredited course

Participants must be available to attend both sessions in full and clearly demonstrate on application that they will be able to deliver sessions to the key target groups outlined in course information.

For more information and to register for a place [CLICK HERE](#). Please note, registration is not confirmation of a place.

Fermanagh Women's Aid

Where the Blame Lies – Domestic Abuse Conference

Wednesday 8 and Thursday 9 March 2023

We are delighted to announce that tickets are now on sale

Book today, exclusively on Eventbrite:

<https://www.eventbrite.co.uk/e/where-the-blame-lies-domestic-abuse-conference-tickets-439012617557>

Self Care for Carers

Tuesdays 10.30am-12.30pm

Fermanagh House, Enniskillen

Inspiring Yarns are currently offering these sessions for carers to give them an opportunity to get some time to themselves.

Have a cuppa and a chat and learn some new skills, or work on knitting or crochet.

Learn self-advocacy skills and find out about support services in your area.

Meet others for support on Zoom/in person. Learn how to support your mental health and take time for yourself.

Places are available **free of charge** by contacting hello@inspiringyarns.co.uk

Northern Ireland Blood Transfusion Service

By appointment only; to book please call 08085 534 653 between 10am and 4.30pm.

Lisnaskea – Castle Park Leisure Centre

Friday 10 February, 12.30pm – 4pm & 5pm – 7pm

Many thanks for your continuing support - it is greatly appreciated.

Check out <http://www.nibts.hscni.net/donating-blood/where-to-donate/> for further Scheduled Donation Sessions

Online Stress Control Classes

For dates of the next free online Stress Control classes visit <https://ni.stresscontrol.org/dates/>

You do not need to register or log in

Rural Action Launches New Awards Scheme

To mark their third birthday, Rural Action will celebrate with the launch of the Rural Action Awards Scheme, aimed at supporting rural communities celebrate their own achievements.

Groups wishing to enter must complete a simple online form available at www.ruralaction.co

The successful groups will then be contacted and following a simple verification process, can avail of the £1000/ €1000 to use for their community action project. Full terms and conditions are available on our website. **Final allocation in March 2023**

Census 2021: Further results published

Census 2021 Main Statistics on health and housing were published on 15 December. The results, which were published at Northern Ireland and Local Government District levels, are available on the [NISRA website](http://www.nisra.gov.uk). The [Census 2021 outputs prospectus](#) provides more information on this and future releases.

Further information on the census will also be published online on the NISRA website at www.nisra.gov.uk/census2021. If you have any queries please do not hesitate to email us at census@nisra.gov.uk.

Inspire – New Service

Our Health@Home Project offers support to individuals aged 18+ whose tenancies are/could be 'at risk' due to substance use and/or mental ill health. Individuals referred will be able to avail of Pre-Crisis, Therapeutic Intervention and/or Counselling support to help reduce their substance use, improve their mental health and overall tenancy sustainment.

Ongoing support for individuals impacted by substance use is also available through our:

- **Living well at Home Project:** This project is specifically for NIHE tenants, who are at risk of losing their tenancy due to substance use and/or poor mental health. This project offers pre-crisis, therapeutic, counselling support. Individuals referred must be aged 18+ and an NI Housing Executive tenant living within the Western Trust area.
- **Mutual Aid Partnership Peer Support Groups:** Our groups provide support for individuals aged 18+ who are or have been impacted by substance use. Our group support is available weekly. MAP is a safe place for individuals to come together to be a part of a unique recovery community and benefit from peer support.
- **Our Family Support:** Our Peer Family Support Group runs online on a fortnightly basis. This group is available for family members who are/have been impacted by a 'loved one's' substance use. We have some limited 1-1 support for family members who have been negatively impacted by a loved one's substance use. Please make contact for more information.

If you would like more information or would like to make a referral please contact 028 8283 9240 or email addictionservices@inspirewellbeing.org; self-referrals can also be accepted.

Sure Start Seminar Series: "Supporting Families the Sure Start way"

Wednesday 1 March 2023, 9.45am – 12.30pm

Strule Arts Centre, Omagh

Join us for the second of a series of Seminars exploring how Sure Starts across Northern Ireland are supporting families to "Give Every Child the Best Start in Life"

In this second seminar we will be highlighting how Sure Start projects effectively engage and support families. We are delighted to be joined by Dr Claire McCartan, Senior Research and Honorary Senior lecturer at Queen's University Belfast to set the scene and focus on research and findings in relation to issues affecting children and families which will include the first Youth Wellbeing Prevalence Survey 2020 in Northern Ireland.

We also have Sure Start Managers representing the Western Area Projects, Ms Natasha Burke from Waterside Sure Start and Ms Sharon Callaghan from Strabane Sure Start will present on how SS Projects effectively engage and support families by sharing a range of best practice examples that will include the voice of the service user.

To register please click on the click below:

[Sure Start Seminar Series "Supporting Families the Sure Start way" Tickets, Wed 1 Mar 2023 at 09:45 | Eventbrite](#)

Training Opportunities

Free Registered Childminder Training Academy

Enrolling now

Have you considered a career in childcare? If you are:

- Unemployed or not in paid employment
- Interested in a career in childcare
- Aged 18 years or over, and
- Resident within the Fermanagh and Omagh area

you could be eligible for a **free** 4 week Registered Childminder Training Academy where you will be supported throughout your journey to becoming a registered childminder.

Financial support of up to £100 is also available for the purchase of any necessary safety equipment. Limited places available.

To find out more and register email david.taylor@swc.ac.uk or Tel 07464 539194

This training is being delivered by South West College on behalf of the Council's Labour Market Partnership and is targeted towards FODC residents of working age who are not currently in paid employment.

MANifest: Connecting Men with Mind Fitness Course

Thursday 23 February, 9.30am to 4pm

CKS Community Centre, O'Kane Park, Coolnagard, Omagh Co. Tyrone BT78 5AB

Facilitator: Men's Health Forum in Ireland, Men's Action Network & Health Improvement, Equality & Involvement Department (WHSCT)

Target audience: Practitioners and service providers who work with men in any setting.

This course explores the key issues that impact on men and their mental wellbeing. It also considers what works in order to be able to effectively engage with men and signpost them to a range of services.

To register please click [HERE](#).

Community Leadership: OCN (Level 1) Community Development

8 x 3 hour sessions commencing February 2023

The OCN NI Level 1 Award in Community Development (QCF) qualification is appropriate for new practitioners, or for those with years of experience in the sector but would like to professionalise their practice.

This course will provide learners with knowledge in community development values, purpose, collective working, individual roles, community strengths and diversity and inequality issues.

This qualification is mapped to the new Community Development National Occupational Standards (NOS)

For full information and Expression of Interest Form please follow the link below:

<https://forms.gle/GmJo51QFkSJWD3fF8>

If you have any questions please contact Sonya Johnston on 028 6632 0210

Email sonya@fermanaghtrust.org

Community Leadership (West) Programme January - June 2023

Are you a Volunteer? A Chair-Person? Treasurer? Board Member? Trustee? Working in the Community / Voluntary Sector?

If so, please check out our current programme of short courses. Full details can be found here: <https://www.fermanaghtrust.org/community-support/training-programme>

These courses are aimed at those new to the sector and also those who have been working or volunteering for years but would like the opportunity to refresh their knowledge and skills.

Places on all our courses are free.

Should you require any further information please get in touch sonya@fermanaghtrust.org

Tel 028 6632 0210

WHSCCT Recovery College

<https://westerntrust.hscni.net/service/recovery-college/>

The WHSCT is running **free workshops on mental health and emotional wellbeing** throughout the Trust area - Derry/Londonderry, Enniskillen, Limavady, Omagh and Strabane. All courses are written and delivered by people who have the lived experience of mental health issues alongside mental health professionals. Course topics range from Understanding Psychosis, to Getting a Good Night's Sleep, to Learning to Like Yourself and are all designed to give people the skills and confidence to better manage their mental health and emotional wellbeing.

Contact the Recovery College on 028 8225 2079 or

email recoverycollege@westerntrust.hscni.net and they will send you a copy of the prospectus.

Health Improvement Equality & Involvement Department

Training Brochure for January – March 2023.

Choose from a range of courses with topics including autism awareness, sleep awareness, mental health & suicide prevention, physical activity, nutrition, digital safeguarding and gambling and gaming harm prevention. The majority of courses will be delivered via zoom with some courses delivered face to face.

The brochure has been created using Page Tiger, an interactive document. To navigate please use the blue arrows on the left and right of each page. If you would like more information or to register interest in a place on a course please click on the icon 'click here for more information' which will take you to the Eventbrite registration page. Please note that some courses offer a choice of dates and locations therefore it is important to click the icon beside the date you wish to register for.

To view the training brochure [CLICK HERE](#)

If you have any issues or queries in relation to our training brochure or the registration process, please email health.improvement@westerntrust.hscni.net or telephone 028 7186 5127 for further information.

Funding Opportunities

IFA Funding (Capital)

Expressions of Interest for 2023-25

The Irish Football Association (Irish FA) and the Department for Digital, Culture, Media & Sport (DCMS) Multi-Sports Grassroots Facilities Investment Fund aims to allow local grassroots football clubs in Northern Ireland (NI) to improve and upgrade facilities to create a better grassroots football infrastructure foundation.

EOIs are open and will close at 12 noon on Friday 3 February 2023.

For more information visit:

<https://www.irishfa.com/irish-football-association/irish-fa-dcms-multi-sport-grassroots-facilities-investment-fund>

National Lottery Awards for All

National Lottery funding can help you to make a difference in your community. We offer funding from £300 to £10,000 to support what matters to people and communities.

Groups can apply for up to £10,000 at a time and up to £20,000 in total in any 12-month period. We can consider a wide range of projects through this programme including helping communities to get together to celebrate moments that are important to them such as the 25th anniversary of the Belfast Good Friday Agreement or the Coronation of His Majesty the King.

We can also consider projects that are supporting communities to cope during the cost-of-living crisis.

We're looking for ideas that:

- bring people together and build strong relationships in and across communities
- improve the places and spaces that matter to communities
- help more people to reach their potential, by supporting them at the earliest possible stage

Contact us if you have an idea on 028 9055 1455 or at enquiries.ni@tnlcommunityfund.org.uk. It takes around 12 weeks to get a decision from us so bear this in mind when deciding when you want your project to start.

For further information visit:

<https://www.tnlcommunityfund.org.uk/funding/programmes/awards-for-all-northern-ireland>

The National Lottery Heritage Fund

New Dates released

The National Lottery Heritage Fund distributes grants from £3,000 to over £5million, funding projects that sustain and transform the UK's heritage. Applications for projects below £250k are accepted on a rolling basis. For applications over £250,000, new dates have been released.

Next deadline noon, 23 February 2023.

For further information visit <https://www.heritagefund.org.uk/funding>

Orchards for Schools Programme

[The Tree Council](#) has opened the Orchards for Schools programme.

Schools can receive fruit trees or fruiting hedgerows to enhance wildlife and carbon storing.

For more information and to apply visit bit.ly/3GOnlyY

Update on the Dormant Accounts Fund Northern Ireland

Dormant Accounts Fund NI supports the voluntary, community and social enterprise (VCSE) sector in Northern Ireland to be more resilient and prepared for the future by funding activity that increases capacity and sustainability. The programme will support organisations to adapt to future challenges and be more financially resilient.

The funding distributed through Dormant Accounts Fund NI is not generated through National Lottery activity. Dormant accounts are UK bank and building society accounts that have been untouched for 15 or more years, and where banks and building societies are unable to trace the customer who owns the account.

They will be closing applications to Phase One of the Dormant Accounts Fund at 5pm on 3 March 2023.

Updated details can be found on the Dormant Accounts Fund NI webpage: <https://bit.ly/3ENToiJ>

A reopening date for Phase Two will all depend on the consultation and learning gained from the first phase so, as of yet, there is no finalised date.

The Fibrus Community Fund

Established by Fibrus Networks Ltd in 2021, the fund is aimed at addressing digital poverty and exists to support the work of communities across Northern Ireland to provide access to digital technology for the most vulnerable.

We recognise that the most vulnerable in our community can sometimes get left behind when it comes to accessing modern technology, something most of us take for granted.

The fund therefore, has a particular focus on supporting grassroots organisations that support older people or young people aged 18 and under.

[FIND OUT MORE](#)

Grants of £1000 will be available to purchase new technology to enable people to stay connected. <https://www.fibrus.com/communityfund>

Closing Date: Monday 20 February, 1pm

Reconciliation Fund Outreach Workshops 2023

The Department of Foreign Affairs' Reconciliation Fund invites you to attend our Outreach Workshop sessions in February 2023.

We will host workshops in Castleblayney, Co. Monaghan, which will outline the application process for the Reconciliation Fund step-by-step in advance of the Annual Funding Round opening in February 2023 and answer any questions that you may have. We will be running two sessions in Monaghan (morning and afternoon).

Please register your attendance at one of our workshop sessions using the following Eventbrite link:

Monaghan: [Reconciliation Fund Outreach Workshop - Monaghan Tickets, Thu 2 Feb 2023 | Eventbrite](#)

If you have any questions regarding these outreach workshops, please contact the Reconciliation Fund team at reconciliation@dfa.ie

Further information is available at <https://www.dfa.ie/reconciliation>

We are looking forward to meeting you!

New Shared Island Civic Society Fund

A new €500,000 fund has opened, aimed at enhancing civic society engagement across the island of Ireland. The Shared Island Civic Society Fund will support regional, national and sectoral cross-border civic engagement in areas including Climate and Environment; Community development; Heritage and conservation; Social Enterprise; Charity and Voluntary Sector, and Sport.

Applications will be accepted until Monday, 27 February 2023.

Further information, including eligibility and application process details, is available at <https://www.dfa.ie/about-us/funding/sharedislandcivicsocietyfund/>

Tesco Community Grants are now open for applications!

Tesco Community Grants are currently open for applications to go to in store voting across NI. Three projects will go to in store voting and 1st prize will receive £1,500, second prize will receive £1,000 and third prize will receive £500. The scheme is open to all registered charities and not-for-profit organisations.

The deadline is Monday 20 February 2023.

You can find all information on the grant as well as the online application on our website <https://tescocommunitygrants.org.uk/>

For more information, contact Rachel at racheltoner@groundworkni.co.uk or 07943 394434

Arts Council of Northern Ireland

Small Grants Programme.

Deadline for Application: Friday 31 March at 12pm

For further information, visit <http://artscouncil-ni.org/funding/funding-for-individuals> or <http://artscouncil-ni.org/funding/funding-for-organisations>

Power NI

The Brighter Communities programme energises innovative and emerging community groups, teams and projects with £1000 of funding awarded each month. Since 2018 we have contributed over £40,000 to our communities and we are still going! Applications for the month are now open, and we welcome all communities to apply. Successful communities will receive £1000 of funding to help make their community shine a little brighter. All applications must comply with the Brighter Communities terms & conditions.

Please visit [Brighter Communities | Community Funding | Power NI](#)

Climate Action Fund

This funding aims to help communities across the UK to address climate change. We're looking for projects that focus on the link between nature and climate. We want to fund projects that use nature to encourage more community-led climate action. We expect these projects to bring other important social and economic benefits. Like the creation of strong, resilient and healthy communities or the development of 'green' skills and jobs.

For further information please visit

<https://www.tnlcommunityfund.org.uk/funding/programmes/climate-action-fund-programme#section-3>