

## Fermanagh & Omagh District Council Community Support News – January 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](mailto:alison.gilmore@fermanaghomagh.com)

**Please note the deadline for the next Newsletter is Tuesday 24 January 2023**

### Council News & Events

[COVID-19 \(Coronavirus\) Information, advice & Council services – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](#)

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](http://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.

For a list of Warm Spaces across the District please visit  
<https://www.fermanaghomagh.com/services/community/cost-of-living-help/#warmspaces>

#### Join our Warm Spaces Register

Fermanagh and Omagh District Council has recently agreed a range of initiatives aimed at helping local residents impacted by cost of living increases. The Council has committed £250,000 to implement these projects between now and the end of March 2023. One such initiative is the development of a register "Warm Spaces" across the District.

A Warm Space is somewhere safe, warm and welcoming, where people can come together to connect and be supported. Some Warm Spaces offer refreshments or light activities. Our District libraries already offer warm spaces, and we know that many of the community and voluntary organisations in our District are also opening up their premises and welcoming residents.

If you are currently running a Warm Space and would like to share that information, please complete the form at <https://eu.jotform.com/build/223393051426350>

Details will be added to a Register and promoted through the Council's website, social media, the Community Support Newsletter and will also be shared with other organisations offering support to individuals and families who are struggling this winter.

An example of a Warm Space operating in the District is the Inspire Breakfast Drop In at Archdale Hall, Lisnaskea on a Tuesday morning.

Council will also be offering an opportunity for constituted community organisations to receive a financial contribution of up to £500 towards the costs of operating a Warm Space that fulfils the following criteria:

- Accessible & inclusive;
- Ambient temperature;
- Supervised;
- Available for a minimum of 10 sessions between December 2022 – end March 2023;
- Provision of warm refreshments, free of charge; and
- Light activities.

If you have any queries, please get in touch with Deirdre O'Connor, Anti-Poverty Officer by email to [deirdre.oconnor@fermanaghmagh.com](mailto:deirdre.oconnor@fermanaghmagh.com).

### 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 a venue near you from 10am to 3pm

**Irvinestown Library** – Wednesday 11 January 2023

**Carrickmore, The Patrician Hall** – Wednesday 8 February 2023

For more information or to book an appointment call 0300 303 1777 and ask for the Health Improvement Team

### in-FO in Fermanagh & Omagh

#### Residents' Magazine

The latest edition of the Council's Residents Magazine is now available to view online.

This edition highlights:

- Business support
- Taking action for your environment
- Community support
- Improvements across the district

Plus much more

To view visit [https://fodc.online/Inform\\_News\\_Winter\\_2022/](https://fodc.online/Inform_News_Winter_2022/)

If you prefer to have a hard copy you can visit any of our facilities and pick one up.

### 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.fermanaghmagh.com/article/council-commences-public-engagement-on-the-future-development-of-cottage-lawn-belcoo/>

### **'Belfast Exposed Seen to be Heard Touring Exhibition by Jennifer Willis'**

**Launch at 7pm Thursday 5 January 2023**

Strule Arts Centre, Omagh is delighted to host the 'Belfast Exposed Seen To Be Heard Touring Exhibition by Jennifer Willis'.

This ground-breaking photographic exhibition reflects the struggles and courage of a group of women who are living daily with a Secondary Breast Cancer diagnosis. This is an incurable form of breast cancer that has spread to another part of the body.

The exhibition features the stories of women in Northern Ireland who are united in a shared Secondary Breast Cancer diagnosis and their passion to educate the public on the need to transform secondary cancer care services. Willis developed a close bond with the women and made her studio a safe and welcoming place where they could come together. This helped to ensure empathy and understanding were at the heart of her work.

This thought-provoking exhibition tells the stories and campaign through photography and film and it will be on display in Strule Arts Centre from 5 to 28 January 2023.

Contact Box Office on 028 8224 7831 or visit the website at [www.struleartscentre.co.uk](http://www.struleartscentre.co.uk)

### **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/>

### **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.

### **Council launches Calling All Centenarians booklet**

This reminiscence project aimed to provide a lasting legacy of stories from five residents who were born over 100 years ago – the late Ms Evie Bowles, the late Mr Bob Lingwood, Mrs Pauline Brown, Mr Noble Hetherington and Mr Vincent O'Reilly.

We were delighted to be joined by Mr Hetherington at the launch.

For more information including details of how to receive a copy of the booklet, visit

<https://www.fermanaghomagh.com/article/council-launches-calling-all-centenarians-booklet/>

### 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](http://bit.ly/3gLxT95)

### Fairtrade

Fairtrade is a simple way to make a difference to the lives of the people who grow the things we love. Consider choosing products with the Fairtrade Mark such as tea, coffee, bananas or chocolate and you will be supporting farmers and workers in developing countries.

For more information visit [www.fairtrade.org.uk](http://www.fairtrade.org.uk)

To find out more about the Council's involvement with Fairtrade including the District's Fairtrade Steering Group, visit [www.fermanaghomagh.com/your-council/policies/sustainable-development/fairtrade](http://www.fermanaghomagh.com/your-council/policies/sustainable-development/fairtrade)

Businesses or organisations that support Fairtrade can register as a Fairtrade Supporter. Please let us know by emailing [info@fermanaghomagh.com](mailto:info@fermanaghomagh.com)

### ASPIRE Employability Programme

**If you are job seeking or working part-time contact us today! All of our courses are free!**

We have a wide range of training opportunities available such as our Classroom Support Package which includes various qualifications such as Child Protection Training, Paediatric First Aid, Foundation Food Safety, Linguistic Phonics, Autism Awareness and ICT for the Classroom.

We offer Industry Specific Training; this includes CSR Card and Forklift Refresher, Foundation Food Safety, Manual Handling and Level 1 Health & Safety in the workplace.

Our Administration Training includes Level 1 IT User Skills and OCN Level 1 in Social Media, Producing Business Documents, Time Management and Communication Skills. Our Finance & Accounts Package includes IAB Level 1 in Payroll and Computerised Bookkeeping.

We also offer assistance with developing your CV, opportunities to gain voluntary work experience and provide interview training and support.

ASPIRE offer an approach that is tailored to suit YOU and your needs.

ASPIRE is the Fermanagh & Omagh District Council led Employability Programme supporting people into paid employment. This project is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department for the Economy.

To discuss your needs, or if you have any queries, please call 028 8224 6535 (Omagh) or 028 6632 6478 (Enniskillen), email [aspire@fermanaghomagh.com](mailto:aspire@fermanaghomagh.com)

### 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>

## Church and Leadership Workshops in Enniskillen and Omagh

### Exploring church leadership in changing times in Fermanagh and Omagh today!

Over the last few years, the role of churches in the community has become ever more important in improving the quality of life of local communities. The pandemic and now the cost-of-living crises has highlighted the central role played by churches and their volunteers in this work. You are cordially invited to a series of workshops to discuss this ever evolving and important role of churches in community development activities.

This workshop series, funded through Fermanagh and Omagh District Council's good relations programme, includes a series of **four workshops** which will be held in both Omagh and Enniskillen for local church leaders and their lay leaders. The workshop series will include guest speakers from a wide range of other churches across Northern Ireland and the border counties engaged specifically in innovative community development, poverty related church-based work. This requires visionary leadership, but this work can also be challenging on time hungry church leaders and their lay leaders especially at busy times. Our speakers include:

- Rev Andrew Irvine, East Belfast Mission, (Housing and poverty);
- Yvette Wilkinson & Damian French, Lisburn Churches Forum (Church leader respite);
- Jude Bailey, Well Fed, Newtownards (Social Supermarket) and
- Rev Hazel Hicks (Teemore, Co Fermanagh) (Woman in Leadership).

All have unique experiences and backgrounds which link churches to community support and create a sense of hope and belonging for communities and people in need. Much of this work links to many of the outcomes and priorities within the FODC Community Plan which will be explored during the workshops. The workshops aim to support busy Church leaders to share best practice and develop new ideas and relationships that places their important and crucial role at the heart of the community. The workshops will explore:

- current challenges and lived experiences of supporting the health and wellbeing for busy church leaders
- the cost-of-living crisis impact and the churches community response post covid
- recognising and growing community relationships and networks to understand the value and contribution local Churches bring to wider society
- the unique challenges for women in church leadership roles

**Places are limited – sign up to today. Email [bridget.enslin@bluzebra.co.uk](mailto:bridget.enslin@bluzebra.co.uk)**

Date/Time	Venue	Workshop	Speaker
<b>10<sup>th</sup> January 2023</b> 1-3pm, Omagh 5-7pm Enniskillen	TBC TBC	The cost-of-living crisis, food, heat and building communities around essential services and a sense of belonging	Jude Bailey (Well Fed, Newtownards)
<b>17<sup>th</sup> January 2023</b> 1-3pm, Omagh 5-7pm Enniskillen	TBC TBC	The unique challenges for women in church leadership roles	Revd. Hazel Hicks (Teemore, Co Fermanagh)
<b>24<sup>th</sup> January 2023</b> 1-3pm, Omagh 5-7pm Enniskillen	TBC TBC	Essential wellbeing and self-care for Church leaders in their busy lives	Yvette Wilkinson & Damian French, St Patrick's Lisburn, (Lisburn Church Forum)
<b>31<sup>st</sup> January 2023</b> 1-3pm, Omagh 5-7pm Enniskillen	TBC TBC	Outwards looking churches connected to the community to grow, develop and sustain those most in need	Rev Andrew Irvine (East Belfast Mission)

### 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 \(fermanaghomagh.com\)](http://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 \(fermanaghomagh.com\)](http://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](mailto: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 \(fermanaghomagh.com\)](http://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	<a href="mailto:Ruthanne.fawcett@fermanaghomagh.com">Ruthanne.fawcett@fermanaghomagh.com</a>	Ext 21649
Erne East	Joanne Cunningham	<a href="mailto:joanne.cunningham@fermanaghomagh.com">joanne.cunningham@fermanaghomagh.com</a>	Ext 21405
Erne North	Leza Cleary	<a href="mailto:leza.cleary@fermanaghomagh.com">leza.cleary@fermanaghomagh.com</a>	Ext 21234
Erne West	Kellie Beacom	<a href="mailto:kellie.beacom@fermanaghomagh.com">kellie.beacom@fermanaghomagh.com</a>	Ext 21201
Mid Tyrone	Neville Armstrong	<a href="mailto:neville.armstrong@fermanaghomagh.com">neville.armstrong@fermanaghomagh.com</a>	Ext 20275
Omagh	Josephine Treanor	<a href="mailto:josephine.treanor@fermanaghomagh.com">josephine.treanor@fermanaghomagh.com</a>	Ext 20222
West Tyrone	Billie-Jo Irwin	<a href="mailto:billie-jo.irwin@fermanaghomagh.com">billie-jo.irwin@fermanaghomagh.com</a>	Ext 20220

## Community News

### 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

11am - 1pm, Friday 27 January 2023 and Friday 24 February 2023

#### Clients with dementia along with their family members / carers:

Campsie Hub, Omagh

11.30am – 1pm, Monday 9 January 2023 and Monday 13 February 2023

#### Caring for a loved one with dementia – For family members and carers only:

Fermanagh House, Enniskillen

Friday 27 January 2023, 11-1pm

Guest Speakers:

Cathy Magowan – WHSCT Carers Support Team

Compassionate Communities on Advanced Care Planning

**Kesh Dementia Awareness Session** for the general public and local business in the surrounding area

Wednesday 18 January 2023, 10:30am – 12pm The Courthouse in Kesh

For more information contact: Cliona Connolly

WHSCT Dementia Navigator – Southern Sector 07585 998890

### Parenting NI

**Thursday 26 January, 10.30am-11.30am via Zoom**

#### Top Tips Session focussing on healthy lifestyles

Parents will have the opportunity to explore the importance of a healthy lifestyle, as well as discovering activities which can promote healthy living whilst meeting the demands of parenting.

The session will touch on elements such as diet, exercise, sleep and how these impact on physical and mental health.

To register a place call 0808 8010 722

### **Chi Me and Drum Based Activity**

WHSCCT Health Improvement, Equality and Involvement Department is now accepting applications for Chi Me, a two day Tai Chi influenced training course and Drum Based Activity. Both courses are Open College Network Level 2 Accredited courses.

**Chi Me Training takes place Wednesday 11 & Wednesday 25 January in Omagh Leisure Complex, 10.00am – 4.30pm.** 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.

**Drum Based Activity training takes place Wednesday 8 and Wednesday 22 February in Old School Canteen, Tyrone and Fermanagh Hospital, 10:00am – 4:30pm.** 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>

### **“Beyond the Call” Project**

Provision of telephone, home and “out and about” buddy befriending for older people aged 60 and over living in Omagh, Fermanagh and Strabane. We are currently open for referrals. We have a coordinator in each of the areas, Laurence Harte (Omagh) and Rita O’Loughlin (Fermanagh).

Contact us at Omagh Volunteer Centre on 028 8224 0772 for further information.

### **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](mailto:hello@inspiringyarns.co.uk)

### **Northern Ireland Blood Transfusion Service**

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

Silverbirch Hotel, Omagh

Tuesday 3 and Wednesday 4 January, 12.30pm-4pm and 5pm-7.30pm

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

### Stepping on Programme

The Stepping on Programme offers balancing & strengthening exercises for Older People which can help to reduce falls and at the same time increase self confidence in situations where they are at risk of falling.

Falls are a serious problem and can even on occasions be fatal, however falls can be prevented at any age.

Stepping on presents an evidence based exercise programme called OTAGO which aims to strengthen muscles and improve balance which helps reduce falls.

Programmes are being held in the following locations:

#### **ARC Healthy Living Centre, Irvinestown.**

Contact [peggy.carty@archlc.com](mailto:peggy.carty@archlc.com) Tel 028 6862 8741 for programmes starting on 17 January 2023

#### **St Columba's Hall, Omagh.**

Contact [michael@dergvalleycare.com](mailto:michael@dergvalleycare.com) Tel 028 8167 0764 for programmes starting on 26 January 2023

### Community Relations Council

#### **Good Relations Awards**

The Good Relations Awards 2023 are now open for entries. If you know someone deserving special recognition for their peacebuilding and good relations work, nominate them now to any or all five awards.

Previous Award winners have come from all parts of the region and worked in a wide variety of settings including women and peacebuilding, faith-based work, youth work, community development, cross community work at interfaces, and ethical remembering/commemorative work in a history of conflict

For further information visit <https://goodrelationsawards.com/>

**Nominations close on 9 January 2023.**

### 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](http://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](http://www.nisra.gov.uk/census2021). If you have any queries please do not hesitate to email us at [census@nisra.gov.uk](mailto:census@nisra.gov.uk).

## Aisling Centre

### Hope for the Future

#### 6<sup>th</sup> Annual Hope, Healing, Growth Day of Inspiration

Saturday 7 January 2023 10.00am – 3.00pm

The Crest Centre, South West College, Killyhevlin, Enniskillen, BT74 4EJ.

Attend In-Person or Virtually

Fantastic line up of speakers:-

Shane Martin – Your Precious Life – How to Live It Well

Panel Discussion – There is hope after ...

Emma Spence, Connor McBarron and Una Leonard

Dr Lorna Gold – Climate Generation – Awakening to our Children's Future

Nathalie Truelove and Amy Bogue, The Find Centre – Holding on to Hope

Richard Moore – Children in Cross Fire

Janet Devlin – Young, Female and Addicted

Tickets available on Eventbrite <https://tinyurl.com/28897tmy>

For further information and to view the programme please visit <https://theaislingcentre.com/hope-healing-growth/> or contact Aisling Centre on 028 6632 5811

## 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](mailto:addictionservices@inspirewellbeing.org); self-referrals can also be accepted.

## Training Opportunities

### Prince's Trust

#### Online Courses

**Suitable for those not in full-time work or full-time education**

For more info call free on 0800 842 842

Email [outreachni@princes-trust.org.uk](mailto:outreachni@princes-trust.org.uk)

### WHSCCT Recovery College

The WHSCCT 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](mailto: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](mailto:health.improvement@westerntrust.hscni.net) or telephone 028 7186 5127 for further information.

### Mental Health First Aid (3 Day course)

#### 9, 10, 11 January

The Health Improvement, Equality and Involvement Department (WHSCCT) still have a small amount of spaces remaining on the upcoming Mental Health First Aid Training that takes place across 3 sessions on Monday 9, Tuesday 10 and Wednesday 11 January.

Each session takes place from 9.30am to 1.30pm each day and sessions are delivered online by AWARE via Zoom. Early application is advised.

If you would like to see full course information and register for a place please click [HERE](#).

### **Free Keeping Adults Safe Online Training**

**For community, voluntary, faith and independent sector organisations in the Western Trust Area**

#### **Keeping Adults Safe: Training for Staff and Volunteers**

Suitable for staff/volunteers who have regular and/or direct contact with adults at risk (e.g. leader, coach, carer or support worker), this certificated training programme covers: key definitions; legal context of adult safeguarding; awareness of abuse issues; procedures for reporting concerns; procedures for planning activities and assessing and managing risk; confidentiality issues; and code of behaviour for staff/volunteers.

**Thursday 12 January 2023, 10.00am - 3.30pm**

[Keeping Adults Safe: Training for Staff and Volunteers \(Western Trust area\) - Volunteer Now](#)

All Keeping Adults Safe training is supported by the Health and Social Care Board.  
All training is delivered by accredited trainers.

### **NICVA Finance Videos**

Four finance tutorial videos have been launched, all with British and Irish Sign Language, funded by the Halifax Foundation for NI.

[Basic finance tutorial videos | NICVA](#)

We also have a free session on cyber security coming up if that is of interest.

[Improving your Cyber Security - for small and medium sized organisations | NICVA](#)

## **Funding Opportunities**

### **Arts Council of Northern Ireland**

**Funding programmes currently open**

#### **For Individuals**

- SIAP Travel Awards – ongoing
- Rosemary James Memorial Trust Award - Deadline for Application: Friday 20 January at 4pm

#### • **For organisations**

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>

### **Education Authority: Small Grants Programme**

The Small Grants Programme allows young people to apply for funding to support young people in their communities to: promote youth participation, leadership, and volunteering, build and develop life skills, promote positive mental health, wellbeing, and self-care, explore issues for young people such as relationships & sex education, suicide awareness and risk-taking behaviours, demonstrate care and concern for the environment, and promote equality, diversity, and inclusion within the programme. Applications should show how they have been able to contribute to one or more of these aims. **Deadline 16 January 2023.**

### **T:BUC Camps Programme 2023-24**

We are delighted to announce that applications are now open for groups who wish to deliver a Camp under the T:BUC Camps Programme 2023/24.

The T:BUC Camps Programme is one of the seven headline actions in the T:BUC Strategy. Good Relations learning is at the heart of every T:BUC Camp and it provides opportunities for young people aged 9 to 25 from all backgrounds to come together, try new experiences, have fun, and build longer term relationships.

The Education Authority (EA) act as Programme Administrator for the T:BUC Camps Programme on behalf of the Executive Office (TEO).

You can apply via the link below, where you will also find more detailed information about the T:BUC Camps Programme:

[www.eanifunding.org.uk/tbuc](http://www.eanifunding.org.uk/tbuc)

Completed applications must be returned to the Education Authority no later than 4pm on Tuesday 31st January 2023.

**EA are also hosting Funding Application Workshops** - you can find more details on these and register through the link below:

<https://www.eventbrite.co.uk/o/education-authority-funding-workshop-events-18191285824>

### **Community Relations Council**

**Publications Grant Scheme OPEN** (Closing 27th January 2023). Up to £5K to encourage the production and dissemination of better community relations in NI. Applications must come directly from publishers. For more information go to our website or contact Paul Jordan, Funding & Development Director, email address [pjordan@nicrc.org.uk](mailto:pjordan@nicrc.org.uk)

**Media Grant Scheme** – This grant scheme offers financial support to a range of media projects designed to underpin peace building and/or support the development of good relations in our diverse society. The scheme is designed to fund new material but may also support the development of existing resources to increase use by new audiences. For more information go to our website or contact Paul Jordan, Funding & Development Director, email address [pjordan@nicrc.org.uk](mailto:pjordan@nicrc.org.uk)

**Pathfinder Grant Scheme** – Emergency fund for urgent diversionary projects, or to temporarily fill a gap in funding for groups if critical to peace in the community and the survival of the organisation, and any other urgent issues that threaten peace and stability as they arise. This scheme is not promoted on our website. Before an application can be made, interested groups must contact Paul Jordan to discuss their proposal [pjordan@nicrc.org.uk](mailto:pjordan@nicrc.org.uk) or call Paul Jordan via 028 9022 7500.

Please click on our website link which has all the information about the grant schemes: [Funding | Community Relations Council \(community-relations.org.uk\)](http://www.nicrc.org.uk/funding)

## 2023/24 Central Good Relations Fund (CGRF)

### Now open for online applications

The 2023/24 Central Good Relations Fund (CGRF) is now open for groups who wish to apply online for a project funding grant (for projects over £1,500).

### Applications must be submitted online by Thursday 12 January 2023 at 6pm

To access the online application portal, you must first register your organisation. However, if you have previously registered, you do not need to register again.

Please follow the link below and enter your username and password in the 'Local Account Login' section to log in to the application portal.

Find out more about the Central Good Relations Fund (CGRF) here:

<https://www.executiveoffice-ni.gov.uk/articles/central-good-relations-fund>

### [Already Registered? Login to apply for a 2023/24 CGRF grant](#)

If you have not already registered, please use the link below to register your organisation. Please note, you must register your organisation by 12:00 noon on Wednesday 11 January 2023 to enable access to the online application portal. Any registrations submitted after that time will not be accepted.

### [Register to be able to apply for a 2023/24 CGRF grant](#)

You should [read the 2023/24 CGRF Guidance notes](#) which include a step-by-step guide to registration and a step-by-step guide to the application form before you start.

### Register

To register (if you have not already done so), you will need:

Your contact information;

Details of your organisation, including address and organisation type; and

A copy of your organisation's constitution (WORD or PDF).

### Online Application

To apply online you will need:

Your online sign in details (username and password);

Details of your proposed project including proposed activities and costings; and

Copies of job descriptions, if applicable (for any salary(s) being claimed).

### Got questions?

Contact the team using the e-mail below:

[GoodRelationsFund@executiveoffice-ni.gov.uk](mailto:GoodRelationsFund@executiveoffice-ni.gov.uk)

## Living Places and Spaces Programme

This programme offers small scale capital grants of between £1,000 and £10,000. This is to support communities by creating more sustainable and resilient outdoor spaces through:

- Greening - planting more trees and plants in an area
- Rewilding - allowing nature to take over an area
- Water management - slowing rainwater before it gets to the drainage systems.

The funding helps increase access to those spaces. The types of projects that could be funded include:

- Community gardens (a single piece of land gardened collectively by a group of people)
- Pocket parks and forests (small urban or rural forests)
- Allotments (an area of land used for growing fruit and vegetables)

- Rain gardens (an area which is planted so that rainwater from roofs, driveways, etc runs into it and soaks into the ground, and therefore does not cause flooding or other problems)
- Green roofs (a roof that is partially or completely covered with vegetation)
- Ponds and living walls or vertical gardens (vertical structures that have living plants or other greenery attached to them).
- Installation of outdoor furniture or features to encourage usage
- Measures to encourage walking, wheeling and cycling.

Full information available via

<https://www.tnlcommunityfund.org.uk/funding/programmes/living-places-and-spaces>

**Application deadline: 5pm, Friday 6 January 2023**

### Micro Community Investment Fund

The fund will enable those organisations who are making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing.

**You do not have to have a constitution to apply to this fund.** We will discuss your project with you in advance of application if you do not have certain governance requirements for funding in place.

We want to support smaller, grassroots organisations delivering great work. For this reason whilst groups with an income of up to £30,000 per annum are eligible to apply preference will be given to groups with an income of up to £10,000.

**Community Investments available: Up to £2,000**

Applications are sought to support both new and existing activities and projects that enhance the financial, physical and/or mental well-being of people in communities. We will support new or existing community initiatives that have a particular focus on addressing the challenges people are facing around the rising cost of living.

For further information visit

<https://communityfoundationni.org/grants/micro-community-investment-fund/>

Ongoing – No Deadline

### 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>

### 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>

### **£145,000 funding available for community play projects**

Community engagement platform ChangeX, supported by the LEGO Foundation, has launched a £145,000 fund to enable communities across the UK to start proven learning through play projects. The UK Community Play Fund aims to support up to 60 teams across the UK to start new community projects. Groups can choose from a carefully-curated portfolio of 14 proven play ideas. Find out more and apply: <https://bit.ly/UKCommunityPlayFund>  
Any queries, please contact [support@changex.org](mailto:support@changex.org)

### **National Lottery Community Fund Grants**

Details of funding opportunities via The National Lottery Community Fund can be found here <https://www.tnlcommunityfund.org.uk/funding/northern-ireland>

If anyone would like further information or to discuss any of grant programmes, please do not hesitate to contact Charlie Thomas, Funding Officer on 07929 872482 or 028 9055 1424

### **The National Lottery Heritage Fund UK**

Grants for projects that connect people and communities to the national, regional and local heritage of the UK. Grants from £3,000 - £5million; Rolling Deadlines

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

### **Community Finance Ireland: Sports Fund**

Community Finance Ireland (previously UCIT), one of the UK's largest providers of social finance, has already provided £7M to 70 clubs across Ireland, helping deliver new training facilities, clubhouses and state-of-the-art pitches. The new fund will commit a further £4m to the local sporting sector over the next five years. Click on the above link for further information.

### **Update on the Dormant Accounts Fund Northern Ireland**

From 5pm on 3 March 2023, The National Lottery Community Fund will not be accepting applications to Phase One of the Dormant Accounts Fund Northern Ireland from individual organisations.

If you are thinking of submitting an application to the fund, we encourage you to get your applications in as soon as you are ready. You don't need to wait until 3 March.

The team will continue to assess applications and to announce the new awards that are made, but **no new applications will be accepted from 5pm on 3 March.**

For further information visit <https://www.nicva.org/article/update-on-the-dormant-accounts-fund-northern-ireland>