

Fermanagh & Omagh District Council Community Support News – March 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 28 March 2023

Council News & Events

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

Grant Aid / Bursary Support 1st Call for Applications - 2023 / 2024

Fermanagh and Omagh District Council invites applications from voluntary clubs, societies, community and sporting organisations. Groups must be based in the Fermanagh and Omagh District Council area.

Note: Grant Aid Application deadline extended to Monday 13 March 2023 at 5pm.

Applications are invited in the categories listed below:-

1st Call for Applications - 2023 / 24

Grant Aid:

- Community & Wellbeing
- Community Premises Support
- Good Relations
- Irish in the Community
- Remembering & Commemoration - Decade of Centenaries
- Seeding
- Summer Schemes 2023 - July/August
- Ulster Scots in the Community
- Verti-Draining

Bursaries:

- Irish Language (Gaeltacht, Minors, Adult, Family)
- Irish Language (Academic)
- Sport

Funding covers the period: 1 April 2023 to 31 March 2024

Grant Aid for Older Persons Groups - South West Age Partnership (SWAP) is responsible for the delivery of Council Grant Aid for older persons groups. Older Persons Groups must apply directly to the South West Age Partnership (SWAP) for the Council's Grant Aid. Please note, some exceptions may apply. For further information or to apply for Grant Aid please contact:-
Allison Forbes Tel: 028 8225 1824 or Email: aforbes@southwestagepartnership.co.uk

Guidance Notes for Grant Aid / Bursary Streams open can be viewed on the Council's website. For further information or to apply online, please visit
<https://www.fermanaghomagh.com/services/sponsorship-grants-bursaries/grant-aid/grant-aid-arts-community-sports/>

or contact the Grants & Investment Unit on

Tel: 0300 303 1777 Text phone: 028 8225 6216 Email: grants@fermanaghomagh.com



Winter Well-being

Would you like information on;

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

Visit Erneside Shopping Centre on Wednesday 1 March from 10am-3pm.

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

Fairtrade Fortnight 2023

Fairtrade Fortnight is a promotional campaign which takes place annually to increase awareness of Fairtrade and Fairtrade products. This year Fairtrade Fortnight runs from 27 February until 12 March.

Choosing to buy products with the Fairtrade logo is a simple way to make a difference to the lives of people who grow the things we love such as tea, coffee, bananas and chocolate. The focus of this year's campaign is on the climate crisis and the increasing threat that it poses to some of our most loved food products as well as the livelihoods of the farmers and agricultural workers who grow them.

Fairtrade is a system of certification which aims to ensure a set of standards are met in the production and supply of a product or ingredient. For farmers and workers in developing countries, Fairtrade means workers' rights, safer working conditions and fairer pay. For consumers it means high quality, ethically produced products.

Through our Climate Change and Sustainable Development Action Plan, the Council has committed to working with partners to promote and support Fairtrade in the District and is the driving force behind the Fermanagh and Omagh Fairtrade Steering Group.

There are over 1.9 million farmers and workers across more than 71 countries participating in Fairtrade. Locally we can play our part in supporting these farmers and workers by looking out for and choosing products with the Fairtrade logo.

For further information on Fairtrade visit: [Home - Fairtrade Foundation](#)

St Patrick's Day 2023

The Council is pleased to be supporting [Dún Uladh Cultural Heritage Centre](#) and [Project St Patrick](#) to host the St Patrick's Day events in Omagh and Enniskillen respectively this year. Keep up to date on the exciting activities and entertainment planned on their Facebook pages.

Details are also available on the Council's website:

<https://www.fermanaghomagh.com/event/st-patricks-day-parade-and-fun-day-enniskillen/>

<https://www.fermanaghomagh.com/event/st-patricks-day-community-festival-omagh/>

Visible, Vocal, Valued

Wednesday 8 March, 10.30am – 12.30pm

Omagh Library

To mark International Women's Day, Fermanagh and Omagh District Council, in partnership with NI Rural Women's Network, is hosting an event in Omagh Library on 8 March.

Come along and listen to inspirational speakers, take part in a fun interactive workshop and celebrate women's achievements. The event is free of charge and will finish with a light lunch.

The theme for International Women's Day is #EmbraceEquity.

For further information on the event or to book please [click here](#) or email goodrelations@fermanaghomagh.com.

This event has received financial support from Fermanagh and Omagh District Council's Good Relations programme assisted by The Executive Office.

Local Development Plan 2030 — Draft Plan Strategy

Following receipt of direction to adopt from the Department of Infrastructure and the Planning Appeals Commission for the Fermanagh and Omagh District Council Local Development Plan — draft Plan Strategy 2030, notice is hereby given that Fermanagh and Omagh District Council is publishing the following documents for public consultation:

- Draft Habitats Regulation Assessment (HRA)
- Sustainability Appraisal Report (Further Addendum)
- Equality Impact Screening Report (Further Addendum)
- Rural Needs Impact Assessment (Further Addendum)

To read these documents and submit a response, please click:

<https://bit.ly/LocalDevelopmentPlanUpdate>

All comments must be received by Thursday 2 March 2023

Have your say on how we can tackle Climate Change together!

Public engagement event to hear your views on how we can work together to protect our environment for today and for the future.

Wednesday 08 March 2023 in The Grange, Omagh at 6.30pm.

Open to anyone aged 16 years and over.

Pre-registration is essential.

For more information and to register visit bit.ly/3HNxldv

The PEACEPLUS Consultation Process

The Peace team is coordinating a consultation process with the wider community to develop a PEACEPLUS Local Community Action Plan. Stage 1 of the consultation process is complete with a number of public and online events taking place across the district in October/November 2022 alongside an online survey. The events were very successful in terms of the level of engagement and local priorities identified both at DEA and district level.

The consultation process is ongoing and there is still time for local communities to get involved and share their views on the development of a PEACEPLUS Local Community Action Plan. The stage 2 process will bring forward the key priorities identified at stage 1 and explore further potential project ideas/concepts. The final Stage 2 Consultation event takes place as follows;

Thursday 2 March 2023 – Online Meeting from 7.00pm to 8.30pm (zoom link to be issued)

For further information please visit:

<https://www.fermanaghomagh.com/services/community/the-peaceplus-programme/peaceplus-consultation-events-online-survey/>

Draft Improvement Objectives 2023-2024 – Public Consultation

Your chance to have your say on how we improve our services!

Sustainable Approach to Recovery 1 April 2023 – 31 March 2024

Fermanagh and Omagh District Council is seeking your views on its draft Improvement Objectives 2023-24 outlined in its Draft Improvement Plan ‘Sustainable Approach to Recovery’.

An 8-week period of engagement will run from Wednesday 8 February until Wednesday 5 April 2023.

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

To find out more & take part in this survey please visit <https://bit.ly/draft-improvement-objectives>

Consultation closes: Wednesday 5 April 2023

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/3VXalq3

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/>

Are you a dog owner?

If so you need to know this . . .

An essential part of being a responsible dog owner is ensuring that your pet is microchipped and licenced.

It is an offence to keep a dog without having a valid dog licence and a fixed penalty of £75 may result for failure to do so. It is also a legal requirement to microchip your dog and it must be microchipped before a dog licence can be obtained.

A microchipping service is available from most local vets.

For more info visit - bit.ly/3IEIO7H

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>

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 \(fermanaghomagh.com\)](http://Community – Fermanagh & Omagh District Council (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	<u>ruthanne.fawcett@fermanaghomagh.com</u>	Ext 21649
Erne East	Joanne Cunningham	<u>joanne.cunningham@fermanaghomagh.com</u>	Ext 21405
Erne North	Leza Cleary	<u>leza.cleary@fermanaghomagh.com</u>	Ext 21234
Erne West	Kellie Beacom	<u>kellie.beacom@fermanaghomagh.com</u>	Ext 21201
Mid Tyrone	Neville Armstrong	<u>neville.armstrong@fermanaghomagh.com</u>	Ext 20275
Omagh	Josephine Treanor	<u>josephine.treanor@fermanaghomagh.com</u>	Ext 20222
West Tyrone	Billie-Jo Irwin	<u>billie-jo.irwin@fermanaghomagh.com</u>	Ext 20220

Community News

Where you can find the Consumer Council this month

We attend lots of events throughout the year where you can meet us and we can answer any questions or concerns you may have. You can find us at the following events this month:

01 March - Energy Cafe, Erneside Shopping centre, Enniskillen

02 March - [Winter Wise Information Event, Derrygonnelly Community Centre](#)

27 March - [Winter Wise Information Event, Kinawley](#)

If you would like the Consumer Council to attend an outreach event, please contact Ronan Convery on 028 9025 1651 or ronan.convery@consumercouncil.org.uk

Mental Health and Money Management:

A Better understanding webinar

Wednesday 1 March, 11:30am to 12:30pm.

Content includes:

- Finance and money management tips
- Pensions, savings and investments
- Saving pots and sinking funds
- The importance of emergency funds
- Managing expenses.

To register for the session, please click [HERE](#) .

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](#)

National Churches Trust

Treasured Heritage

Wednesday 1 March, 9.45am-1pm

Ulster American Folk Park, Omagh

Treasure Ireland from the National Churches Trust invites you to a special event at the Mellon Centre for Migration Studies (MCMS) based at the Ulster American Folk Park, Omagh, County Tyrone.

Places of worship are treasure troves of heritage and we want to support you in researching the hidden history of your treasured building.

The event is **free** thanks to the support of our funders.

For more information and to register visit:

[Treasured Heritage : researching your place of worship Tickets, Wed 1 Mar 2023 at 09:45 |](#)

[Eventbrite](#)

Townlands in Urban Enniskillen – Gaeilge agus English – Seachtain na Gaeilge Event

Friday 3 March, 7pm sharp

Upstairs lounge of Charlie's Bar, Enniskillen

"Seachtain na Gaeilge", the Irish language promotion week in March has a guaranteed popular event which will attract common interest amongst the many peoples of Enniskillen. The Irish language grouping based in Enniskillen's Fermanagh House called Sruth na hÉirne are hosting a public lecture by Seamas mac Annaidh.

A renowned author of Irish literature, historian and archivist, Seamas will delve into the Irish origins of Enniskillen and district's many townlands, street names and islands. Many of the street names are actually taken after the islands near Enniskillen such as Devenish and Trasna.

The proceedings will be in both Irish and English so as to encourage an introduction to the Irish language whilst exploring the heritage of the district.

Seamas Mac Annaidh's passion for the spoken and written language will "shine through" on the night and attendees are encouraged to ask questions or forward written queries in Irish or English in advance to jimledwith@outlook.com or tel 07971 075955 .

The event is funded by Fermanagh and Omagh District Council and Conradh Na Gaeilge .

Omagh Women's Beginner Aquathlon

Sunday 5 March, 11am, Omagh Leisure Complex

Triathlon Ireland in partnership with FODC and [Omagh Triathlon Club](#) are hosting a women's aquathlon to celebrate International Women's Day

The event consists of a 200m pool swim and 4km track run - ideal for an introduction to triathlon!

This is a social event so there will be no prizes for first place.

It's all about finishing and having fun.

For more information and to register visit bit.ly/OmaghWomenBeginnerAquathlon

Free home safety checks for families with children under 5

Wednesday 8 March, 6pm

Devenish Partnership Forum, 35 Yoan Road, Enniskillen BT74 6EL

The checks offer tips on all aspects of home safety.

Discuss potential risk areas in your home, issue home safety equipment, provide advice on how to make your home safer, refer you for a free smoke alarm installation

To book a slot to speak to a Home Safety Officer contact Karen on 028 6632 7808

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>

The Oak Healthy Living Centre

Mental Health & Well-being Conference

Friday 24 March, 10am-1pm

Archdale Centre, Lisnaskea

We are delighted to announce our upcoming Mental Health & Well Being conference - "How to get the best from life " with guest Speaker [Shane Martin Moodwatchers](#), well know Psychologist & Author. Register for the event by clicking on

<https://www.eventbrite.co.uk/.../mental-health-well-being...>

Look forward to seeing you all there

'Talking really helps' suicide prevention campaign

If you are in distress or crisis, or you know someone who is, you can talk to one of Lifeline's qualified counsellors for free, 24/7. Call Lifeline on 0808 808 8000.

Learn more at lifelinehelpline.info

Directory of services to help improve mental health and emotional wellbeing

[Western Area Card 02.23 final.pdf](#)

Belleek looks forward to Saint Patrick's Day

All roads lead to the border town of Belleek this Saint Patrick's Day for the long awaited return of a parade and fun day for all the family. A small committee of volunteers supported by Belleek Development & Heritage Group, are hoping that all local community organisations, Townlands, schools and businesses will come forward to showcase themselves to locals and visitors alike. Belleek pottery have kindly agreed to sponsor a trophy and Patsy McCauley, funeral director, a prize for the best float in the parade. There is also a prize for the best window or door display with the "go green" theme. If you would like to be involved in any way, please message the Belleek Village Facebook page or speak to Jenna Robinson on 07933 368098.

Other Events Taking Place –

- Irish Language Classes with Belleek CCE Saturday 11 March for beginners and improvers.
- Belleek Pottery leprechaun hunt - all children can call into the pottery to pick up their entry forms from Monday 13 to Thursday 16.
- Centra are also running an art competition for all children to take part in.
- The Black Cat Cove is the place to be on Thursday 16 March – a quiz fundraiser with all profits going to Belleek playschool starts at 9pm (table of four is £20) a fun night is guaranteed.

On St Patrick's Day

- Parade starts at 1pm from the GAA centre and will travel down the main street - it will be followed by live entertainment on the Gig Rig until approx.4pm.
- The Wark Hall - jumble sale with great bargains/refreshments 11am – 2pm.
- Belleek Pottery Visitor Centre open 10am – 4pm
- The Fiddlestone Pub - food all day with music by Paul & Bernie from 5pm onwards.
- All car parks in the town are free to use.
- Annual St Patrick's Day Fíor Ceili in Garrison - music by St Joseph's Ceili Band from 8.30pm in St Mary's Hall or a traditional music session starts at 9pm in the Riverside Bar – all welcome

CAFRE (College of Agriculture, Food & Rural Enterprise)

Free Course for Farming Families

Working Safe Online

Monday 6 March – Online Webinar – 7.30pm

Tuesday 14 March – Online Webinar – 7.30pm

'Working Safe Online' lasts for about 2 hours and is **free** to farmers, members of the farm family and employees. It aims to create awareness of risks and how to protect your online activities, providing you with information and guidance about:

- The benefits and risks of working online and using online services
- How to keep your devices safe and secure
- Protecting your operating systems and application software
- How to keep you and your information safe and secure while communicating, carrying out transactions and accessing information online

These are live webinars and you will have the opportunity to ask questions of the trainers.

You will need to pre-register to be sure of a place. Please use the link below at least 48 hours before the event to ensure you receive log-in details in advance.

<https://www.cafre.ac.uk/business-courses/working-safe-online/>

Lough Erne Landscape Partnership

Wellness through Nature: The Special Birds of Lough Erne Project

Arts Workshops

The available workshops to book now are:

Enniskillen (Saturdays from 9.30am-12.30pm: 11th March – 15th April)

Enniskillen (Fridays from 2.30-5.20pm: 31st March – 12th May)

Belleek (Fridays from 9.30am-12.30pm: 24th March – 5th May)

Led by Anna McGurn (Muddy Fingers), you will be using several mediums (painting, relief work, sculpture and mosaic) to explore the importance of breeding waders of Fermanagh, and the artwork will form part of a mural which will be installed in Fermanagh. This is part of the Wellness through Nature: The Special Birds of Lough Erne Project.

We recommend and would highly encourage those involved to attend each session. Please use the following link to sign up: <https://forms.office.com/e/Hzce5Hn1Bv>. Limited to 12 participants.

There will also be sessions announced in the coming weeks for Lisnaskea (Saturday mornings), Belcoo (Saturday mornings), Derrylin (Tuesday mornings), Irvinestown (Friday mornings) as well as a public workshop session in April for World Curlew Day - bookings for these areas will be released in the coming weeks.

Many thanks to the Arts Council of Northern Ireland and the National Lottery Heritage Fund for Northern Ireland for funding this project.

Woodcock Survey

If you can visit a local woodland this May/June for 3 or 4 evening visits, you would be very welcome to participate – visit www.bto.org/woodcock to sign up

Training Evening - Tuesday 7 March, 7.30pm

No experience is necessary, and all are welcome to come along to Fermanagh House, Enniskillen. For further information contact Michael on 07890 358239 or michael@erne-environmental.com

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>

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:

- Public engagement events have taken place but you can click [here](#) for details 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.

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.

Aisling Centre, Enniskillen

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

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)

“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

Saturday 25th March 2023, 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

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@commonyouth.com

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

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

**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)

**Oak Healthy Living Centre
Lisnaskea**

For a copy of our current newsletter detailing programmes and activities for this term to March 2023 please visit <https://www.oakhealthylivingcentre.com/>

Breastfeeding RTW Packs

We have extended the 'Return to work' pack initiative to the employees of all organisations throughout the WHSCT area.

This pack contains a cool bag, ice block, reusable water bottle and breastmilk storage bottles to assist staff in continuing their breastfeeding journey. The pack also contains additional information on safe storage of breastmilk.

Any staff member or organisations wishing to avail of this on behalf of a staff member, should contact the Health Improvement Equality and Involvement Department on 028 7186 5127 or email health.improvement@westerntrust.hscni.net

**Child Sexual Exploitation Course
Monday 13 March from 2pm to 4pm**

This course aims to raise awareness about Child Sexual Exploitation (CSE) and support participants to identify warning signs and indicators of CSE.

Early registration is advised. To register please click [HERE](#).

Omagh Volunteer Centre

For a copy of our latest Volunteering Newsletter containing lots of opportunities, please visit <https://omaghvolunteercentre.org/opportunities>

Northern Ireland Blood Transfusion Service

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

St Patrick's Hall, Castlederg

Friday 10 March, 1pm – 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**

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.

Erne Paddlers

March will see our final block of pool kayaking sessions. Courses for all levels of experience from beginners upwards in Enniskillen and Fivemiletown. For full details of pool courses and our popular 'No Work Wednesday' morning paddles, go to www.ernepaddlers.org.uk/events.

An Easter Camp for Kids will run from Mon 10th – Fri 14th April. Five days of paddlesports fun suitable for age 7yrs+, fully supervised morning and afternoon sessions, all paddling equipment provided. Tickets will be available to book soon. Register your interest here

email@ernepaddlers.org.uk

Erne Paddlers can provide bespoke courses and activities for all demographics and abilities and we are keen to develop more partnerships with other community organisations, charities and local providers. We can offer progressive group courses over a period of weeks, allowing participants time to learn and develop specific paddling skills and grow in confidence. We can also facilitate one-off taster sessions and events. We are proud to have formed effective links with local schools and other groups to successfully provide training for Prince's Trust, Duke of Edinburgh and other developmental awards and courses, and we are keen to build on this work so that more people can access and enjoy paddlesport. So if your organisation is looking for a fun and challenging group activity, please get in touch.

Erne Paddlers is an inclusive club. If you need extra support to paddle, please contact us to discuss how we can help. Find us on Facebook, Instagram and Twitter for regular updates too. If anyone would like to find out more, please email email@ernepaddlers.org.uk or call 07468911398 or find us on social media.

No Smoking Month communications toolkit

The Public Health Agency in partnership with Cancer Focus NI and the No Smoking Month Committee, have developed a communications toolkit. The aim is to support you to deliver your own social media campaign to engage with local smokers.

The toolkit

- Highlights the No Smoking Month themes for March.
- Provides suggested social media posts and graphics.
- Offers a range of promotional assets to download.

It is based around a handy set of themes and suggests ways to use them.

Could this help you share 'No Smoking Month' messaging throughout March?

Please use the themes most important to you, your work, and your local audiences. The important thing is to keep the momentum going throughout March to reach as many people as possible with your No Smoking messages.

[Access the toolkit here](#)

Census 2021: Further results published

Census 2021 person and household estimates were published 21 February 2023, for the District Electoral Areas (80 areas), Super Data Zones (850 zones) and Data Zones (3,780 zones) in Northern Ireland.

Super Data Zones and Data Zones are the new statistical output geographies for the Census 2021. Further information on these output geographies is available via the NISRA Area Explorer explore.nisra.gov.uk and the NISRA website www.nisra.gov.uk/census2021.

Further results from Census 2021 to be released on 21 March 2023.

The March release will cover topics such as sexual orientation, household composition, labour market, qualifications, communal establishments, migration and travel to work or study. The results will be available on the NISRA website and will include statistics at both Northern Ireland and Local Government District levels.

The [Census 2021 outputs prospectus](#) provides more information on this and future releases. If you have any queries, please do not hesitate to email us at census@nisra.gov.uk.

Get excited for the big big Fermanagh Litter pick!

With the support of Fermanagh and Omagh District Council and Live Here Love Here, the Lough Erne Landscape Partnership are hosting Fermanagh's biggest ever litter pick and we need your help.

Taking place anytime between Friday 28th and Saturday 29th April 2023, you can get involved on water or on land. We want to cover all of Fermanagh so whether you are part of a local community group and want to keep your area clean, a school who wants to teach children the importance of keeping Fermanagh's natural heritage looked after, or a resident who wants to tidy their street, then this is for you!

You will also have the opportunity to sign up and litter pick on Lough Erne (locations and times to be confirmed) through the help of some of our water-based heritage providers, but more information on this will come soon. You can however express your interest for this in the below form.

All you need to do is sign up. Use the following booking form to register where and when you can litterpick. Remember anything you can do to help, will make a big impact. Once you sign up, we will get in contact with you about getting your group the equipment you need to take part.

For more information: [The Big BIG Fermanagh Litterpick – Lough Erne Landscape Partnership \(lelp.org.uk\)](#)

Sign up here: <https://tinyurl.com/ycku29u5>

Training Opportunities

Free Registered Childminding Training Academies!

Some places are still available on Fermanagh and Omagh Labour Market Partnership's Free Registered Childminding Academies being delivered in partnership with [South West College](#).

- Enniskillen: from 21 February 2023
- Omagh: from 6 March 2023

Contact david.taylor@swc.ac.uk for more information or to register

Training Opportunity to be a Drug and Alcohol Responder

Our Responders training provides you with tools to have effective conversations and signpost individuals seeking help about their alcohol and drug use.

Full Day Group A – Thursday 9 March, 10am-4.30pm

Half Days Group B – 15 and 22 March, 10am-1pm
 Group C – 23 and 30 March, 10am-1pm

Apply by contacting your local Connections Team.

Contact us via this link: <https://drugsandalcoholni.info/the-ni-dacts/>

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:

- **Friday 24 March 2023 10am to 1pm** – [Register Here](#)
- **Friday 31 March 2023 10am to 1pm** - [Register Here](#)

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

WHSC 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

Department of Foreign Affairs Reconciliation Fund

We would like to remind you that the Reconciliation Fund's Annual Funding Round (for 12-month funding) will open on Monday 27 February at 11am. We will accept applications through our online application portal until the final closing date of Tuesday 14 March 2023 at 12pm.

The link to the online portal will be made available on our website www.dfa.ie/reconciliation on Monday morning at 11am.

Please note any application submitted before the opening time of 11am on Monday 27 February, or submitted after the closing time of 12pm on Tuesday 14 March, will be regarded as invalid and will not be accepted.

We look forward to receiving your applications.

SPAR £100,000 Community Cashback Scheme

Shoppers from all over the UK can apply for a grant for an organisation or charity they feel deserves funding. All applicants need to do is share details of the exceptional contribution a local organisation has made to their community and what the grant would be put towards.

There are grants available, covering all geographical regions across the UK and amounts up to £10,000 are available, with a total pool of grants valued at £100,000. Successful applicants will be visited and awarded their grant from their local SPAR representative.

The breakdown for Northern Ireland will be:

- 1 x £10k Grant
- 1 x £5k Grant
- 1 x £2k Grant
- 3 x £1k Grants

[Click here to Apply.](#)

Applications will close on Wednesday 15 March 2023.

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>

Carers' Support Fund

The Community Foundation NI on behalf of the Department of Health is delighted to open for application a Carers' Support Fund. The Carers' Support Fund will provide support for organisations working for and with carers.

Grant values of between £2k and £75k will be distributed to properly constituted community groups and voluntary organisations.

For more information and to apply, please visit <https://communityfoundationni.org/grants/carers-support-fund-2/>

Closing date for applications is Monday 13 March 2023.

Asda Foundation

Investing in Spaces and Places Grant 2023

Grants are available for small, local groups in the UK to improve community spaces and places where local people can be together and thrive.

There is a five-stage application process:

- **Stage 1 - Applications are accepted from 6 February 2023 to 19 March 2023**
- Stages 2-4 – Internal Asda Foundation review. This will take place from March through May 2023.
- Stage 5 – Announcement of the funding from 5 June 2023.

Maximum grant value is £25,000.

For more information visit <https://www.asdafoundation.org/foundation-grants>

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.

Building the Community Pharmacy Partnership Programme

The Building the Community Pharmacy Partnership supports communities and community pharmacists to work in partnership to address locally defined needs so that people make connections, listen to and understand each other better and work together to address the social determinants of health and health inequalities. Funding is open to partnerships between constituted community/voluntary organisations and community pharmacies based in Northern Ireland.

Round 44, Level 2 deadline is Thursday 23 March 2023.

For more details visit [Building the Community Pharmacy Partnership Programme](#)

Project Re-Boot – Activate Funding Programme

Does your club/organisation have a participation project that could benefit from £5,000 of funding?

Delivered in partnership with Crowdfunder; Project Re-Boot: Activate has been set up to support the sports sector in response to the COVID-19 pandemic; and can provide up to 50%/60% of total costs in match-funding, up to a maximum of £5,000.

Eligible organisations include:-

- Sports clubs (affiliated to a recognised governing body),
- Community/voluntary sector organisations,
- Charities with a primary purpose of delivering sport and physical activities
- Parent Teachers Associations' (PTAs) for the provision of extra-curricular sport and/or outdoor activities.

The programme will close for applications on Monday 20 March 2023, unless the fund is exhausted before this date. Further information about the Activate programme is available on the SNI website [Project Re-Boot: Activate | Sport NI](#)

If you have any specific queries, please do not hesitate to contact one of the team at projectreboot@sportni.net.

Arts Council of Northern Ireland

Small Grants Programme.

Deadline for Application: Friday 31 March at 12pm

Up to £10k for groups for arts events

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>