

Fermanagh & Omagh District Council Community Support News – September 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 26 September

Council News & Events

Help Shape the Development of a new Age Friendly Action Plan

Fermanagh and Omagh District Council in partnership with [South West Age Partnership](#) (SWAP), currently has a survey open. The survey aims to establish how you feel about various issues that can impact your quality of life as you grow older.

If you are 50+ and reside in the Fermanagh and Omagh area, you can contribute towards developing a new Age Friendly Action Plan by filling in the following survey www.surveymonkey.co.uk/r/JGHZHCL.

Alternatively, printed copies are available by contacting:

Sharon Howe Tel 0300 303 1777 or email sharon.howe@fermanaghomagh.com

Allison Forbes at SWAP Tel 028 8225 1824 or email aforges@southwestagepartnership.co.uk

For more information, see www.fermanaghomagh.com/agefriendly.

Age Friendly is supported through funding from the Public Health Agency.

Furniture Reuse Scheme

Expression of Interest

Are you a Registered Charity, Social Value or Community Group based in the Fermanagh & Omagh District and interested in collecting materials recovered from our recycling centres?

We are currently seeking partners who are interested in collecting household items, Bric-a-Brac, furniture and other items for the purposes of reuse, upcycling, restoration or resale for charity or social benefit groups. These items must then bring a benefit to the residents of the District.

Upon completion of registration and once granted approval, groups can avail of items free of charge from the following locations:

- Drummee Recycling Centre, Derrygonnelly Rd, Enniskillen, Co Fermanagh, BT74 7PY
- Gortrush Recycling Centre, Gortrush Industrial Estate, Great Northern Rd, Omagh, BT78 5EJ

Interested parties can receive an application form by telephoning 0300 303 1777 or emailing recycling@fermanaghomagh.com

Good Relations Week 2023

Monday 18 September to Sunday 24 September 2023

Coordinated by the Community Relations Council, the theme for this year's celebration is 'Together' which will shine a light on individuals and organisations working together and sharing ideas and experiences in tackling everything from sectarianism and racism to gender inequality, shared spaces, peace-building, and cultural diversity.

If you are interested in hosting an event during Good Relations Week you can sign-up and log-in to register using the automated online registration system at www.goodrelationsweek.com

The deadline for event registrations is Friday 1 September 2023 at 5pm.

REAP Programme Introduction

Fermanagh and Omagh District Council and Fermanagh Rural Community Initiative (FRCI) are delivering the Rural Economic Accelerator Programme (REAP). REAP follows in the footsteps of the previously delivered and highly successful ASPIRE Employability Programme.

The REAP Programme is funded by the UK government through the UK Shared Prosperity Fund. REAP offers support to people who are currently Economically Inactive as they consider entering or returning to employment.

Participants of the REAP Programme will avail of one-to-one mentoring support to identify job and career opportunities, with an individual action plan detailing the steps to be taken to achieve it. The Action Plan will allow the participant to challenge any currently restricting circumstances whilst setting out a step-by-step approach to reaching their goals.

Participants will have the opportunity to develop new skills, gain qualifications, complete industry specific training, build confidence and participate in health and well-being activity. An optional voluntary work placement provides valuable work-based skills and experience.

To find out more, get in touch with a member of the team for a no obligation chat –

Email REAP@fermanaghomagh.com Tel Omagh 028 82246535 Enniskillen 028 66326478 or apply here <https://bit.ly/REAP-Application-Form>

Cuilcagh Lakelands Geopark

Guided walks and talks, caving, water sports, poetry, beekeeping, boat tours, willow weaving, star gazing, kids' events and much more!

We have some fantastic events coming up, making the most of the stunning UNESCO designated region which covers West Fermanagh and West Cavan.

Some highlights include:

- Saturday 9 September - Intro to beekeeping and honey tasting experience at Enniskillen Castle
- Friday 22 & Saturday 23 September - Two-day willow weaving workshop in Enniskillen Library
- Sunday 1 October - Foraging at Killykeen Forest Park
- Friday 6 & Saturday 7 October - Dark sky star gazing at Cavan Burren Park

Further details and our full programme of events can be found at www.cuilcaghlakelands.org or email info@cuilcaghlakelands.org

FEARmanagh, the Fermanagh Endurance Adventure Race,

or FEAR for short, is set to celebrate its tenth anniversary this September.

The event has proven a massive hit on the adventure race circuit, and the Council is preparing to welcome around 300 participants to Derrygonnelly again this year on **Saturday 30 September**.

Participants can register here: www.fearmanagh.com

To read more: <https://bit.ly/Fearmanagh2023>

Consultation on Bye-Laws for Pleasure Grounds

We are consulting on the Bye-Laws for Pleasure Grounds managed by Fermanagh and Omagh District Council, including public parks, play parks, amenity sites, water recreation areas, playing fields, public walks, picnic areas or parking areas.

Closing date: Monday 11 September 2023

The Bye-Laws are available online or in The Townhall, Enniskillen or Connect Centre, Omagh. For more information visit [bit.ly/3qiaSzF](https://www.fermanaghomagh.com/costoflivinghelp)

Council's Cost of Living Support Hub

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

For a list of events across the District visit

<https://www.fermanaghomagh.com/events-and-festivals/>

Community Support

The Community Services Department offers support to individuals and organisations within the community and voluntary sector promoting community action. Officers within the Community Services Team are available to assist community groups and voluntary organisations make as big a difference as possible to local lives and issues. For further information, please visit [Community – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](https://www.fermanaghomagh.com)

The link below can help you find your local Community Support Officer - please contact us for any assistance you or your organisation may require on 0300 303 1777

<https://fermanagh.maps.arcgis.com/apps/ZoneLookup/index.html?appid=82210c413ab74bcd8da1750af0321163>

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

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.

For further information visit <https://www.fermanaghomagh.com/services/community/>

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 <https://form.jotform.com/222782646405055>

For any enquiries regarding Council support to charities, please email communitysupport@fermanaghomagh.com

Community News

Northern Ireland Blood Transfusion Service

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

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

Fermanagh Gardening Society

New season commences on Tuesday 19 September at 7.30pm. (Doors will open at 7.00pm).

The group meet in the Killyhevlin Hotel (Lisgoole Suite) and their first speaker of the season will be Seamus O'Brien from Kilmacurragh National Botanic Gardens.

The yearly membership is £15 for a single or £25 for a pair. The season runs from September through to end August. New members welcome. Visitors for the night welcome £5 at door.

European Heritage Open Days 2023

Saturday 9 and Sunday 10 September

This brochure showcases the venues and events across Northern Ireland which are open to the public. Venues are listed by county and include information on activities, opening hours, and accessibility.

For listings for Antrim, Armagh and Belfast visit

[EHOD digital brochure 2023 - part 1](#)

[PDF \(27.4 MB\)](#)

For listings for Down, Fermanagh, Derry/Londonderry and Tyrone visit

[EHOD digital brochure 2023 - part 2](#)

[PDF \(23.9 MB\)](#)

Live Here Love Here

Healthy Oceans Healthy Minds is back for 2023 to connect people to our incredible blue spaces.

Saturday 2 September

Currach Row Boat Trip - Lough Erne

10am – 11.30am https://www.eventbrite.com/e/currach-row-boat-trip-lough-erne-tickets-692924524907?aff=odcleoeventsincollection&keep_tld=1

12 noon – 1.30pm https://www.eventbrite.com/e/currach-row-boat-trip-lough-erne-tickets-692925888987?aff=odcleoeventsincollection&keep_tld=1

Food poverty - learning from lived experiences

An event brought to you by the All-island Food Poverty Network hosted by Safefood and the Food Standards Agency.

Tuesday 26 September, 9.30am - 1.30pm

F2 Centre, 3 Reuben Plaza, Rialto, Dublin and online via Zoom

For further information and to register visit <https://www.safefood.net/professional/events/aifpn-sep-2023>

Digital Switchover in Northern Ireland

Digital Voice is the name of BT's new home phone service. Digital calls are made over our broadband network, rather than the old analogue network, which has been around for more than 40 years and is becoming increasingly unreliable, energy hungry and can't give our customers the world-class service we want to provide. Switching to Digital Voice will give our customers clearer call quality and help prevent the majority of scam calls. The good news is, the landline isn't going away, it's just being upgraded.

For most people, Digital Phone lines will have no impact on how you use your home phone.

The upgrade will be as simple as connecting your home phone handset to a router rather than the phone socket on the wall. You'll still have the same service, and your price plan and bills will stay the same. We'll be in contact when it's time to switch over, with simple instructions on what to do when it's your turn to make the switch. Elderly and vulnerable customers will be supported and guided through this change.

BT are carrying out a series of Regional Engagement initiatives and a local event is taking place on **Wednesday 20 September in Enniskillen Library** to help spread the message and support the migration of customers from the current home phone service to Digital Voice.

For further information visit https://www.bt.com/broadband/digital-voice?s_cid=con_FURL_digitalvoice

Public Health Agency

Community Development Capacity Building for Health programme

Are you a Community Development Practitioner and/or do you work/volunteer in a role which promotes using community development approaches to tackle health inequalities?

If yes, can you help shape our Community Development Capacity Building work?

A Community Development Capacity Building Programme has now been established and delivered for the last 3 years. Further details on the current programme can be found here: [The Elevate Programme](#).

We have a series of conversations planned to seek to inform the next phase and help shape the onward development of this Community Development Capacity Building for health work. We invite you to take part.

You do not need to have been involved in the current Capacity Building Programme to participate.

Dates

- Thursday 31 August 10am – 12.30pm
- Monday 4 September 2pm – 4.30pm
- Tuesday 5 September 6.30pm – 9pm

To register to attend, please complete the registration form at:

<https://scanner.topsec.com/?d=1783&r=show&u=https%3A%2F%2Fforms.office.com%2Fe%2FKL40EvVJX3&t=2dfb4d8f3e8f49896347f1906cc3aba04d9b9107>

If you are unable to attend any of the sessions but would still like to be involved, there is an option within the form to register for details of an online survey.

Omagh Volunteer Centre

Volunteer Friendly Award

This is a user-friendly quality standard to support, recognise and reward groups who are good at involving volunteers.

It has never been more important for groups to be able to show how good they are at involving and managing their volunteers. We believe regardless of your group/organisation size or set up you should be rewarded and recognised for the difference your volunteers make.

Volunteer Friendly's requirements are set at an achievable level for each volunteer programme, allowing for more groups to engage with Volunteer Friendly, who will be recognised for the work they do. This Award is now available through Omagh Volunteer Centre.

What's the process?

The Volunteer Friendly Award has been designed to be an effective and involving six-step process.

It ensures that your volunteers receive the best possible support, and your organisation receives maximum benefit from your volunteers' contribution.

How long does it take?

There is no fixed deadline, but we would expect organisations to complete the six steps within 6 to 9 months.

For more information please email Martin at volunteer@omaghvolunteercentre.org

Or call 028 8224 0772

Alzheimer's Society

Killyhevlin Hotel, Enniskillen – Thursday 21 September

At this event, we hope to give you the opportunity to learn more about the impact gifts in Wills make, meet fellow supporters who have decided to leave a gift in their Will, and get to know more about this incredible way of giving. It's also a great way to discover more about what we do at the Alzheimer's Society, the support that is available, as well as our research action and ways to get involved.

Lunch and refreshments will be provided on the day, therefore we ask that you register your interest as we will be requesting your dietary requirements. For more information on attending this event please visit alzheimers.org.uk/legacy-events. Sign up by Friday 1 September to secure your place.

To find out more about leaving a gift in your Will or the event, have a chat with your local Legacy Giving Officer Tori@alzheimers.org.uk

Fermanagh Young Leaders Forum

Now open for Applications

If you know of any young people aged 16-25 who are interested in making a difference, whether in their local community or if they have a passion for the environment, animal welfare, poverty etc. then this 7 month programme of activities will enable participants to work with others to develop the knowledge and skills required to take this forward.

For more information or to apply to join the programme [CLICK HERE](#) /

E: sonya@fermanaghtrust.org / Tel: 028 6632 0210

We Care Project Omagh

Free help and support for those who:

- Care for Adults and Children
- Work within the caring profession
- Receive direct payments
- Paid and unpaid care workers

Support with:

- Behaviour management
- Caring challenges resolution
- Attending planned activities/meetings
- Health and wellbeing
- Training and specialised personal development
- Information on services and resources
- Social Development – opportunity to meet other carers

For further information contact wecareomagh@outlook.com

Tel: 028 8224 0991 Mobile: 07850 441985

Odyssey Parenting Your Teen

Wednesday 27 September – Wednesday 15 November, 7pm-9pm

Online

An 8 week evidence based, structured programme designed for parents/carers of teenagers. The programme aims to improve the relationship and communication between parent and teen whilst supporting parents to navigate their way through raising an adolescent. The programme covers a range of themes including teen development, self-esteem, rules and consequences, dealing with conflict, risk taking behaviour and problem solving. The programme promotes the authoritative parenting approach which has been proven to be the most effective parenting style. Parenting Your Teen has also been found to improve outcomes for parents, their teenage children and the family as a whole.

To register call 08088 010722

This programme is open to all parents/carers of teenagers living within the Western Trust area.

Epilepsy Action

New Support Group in Fermanagh House, Enniskillen

Takes place monthly. For further information/to register visit:

<https://www.eventbrite.com/cc/epilepsy-action-fermanagh-talk-and-support-group-2363889>

Tel 0113 210 8899

Epilepsy Action Helpline – Freephone 0808 800 5050

The King's Award for Voluntary Service 2024

The awards celebrate the outstanding work of local volunteer groups across the UK and are the highest Award given to local voluntary groups. Nominations for the 2024 Awards will be accepted until 15 September 2023.

For further information visit <https://kavs.dcms.gov.uk/>

The NOW Group

An award-winning social enterprise and charity supporting people with Autism, hidden disabilities and neurodiverse conditions whether just leaving school or college, unemployed, returning to work or graduates. We also offer a family service for new or expectant parents with a learning difficulty or autism and social groups.

- Training and Job Academies for jobs in Admin, Catering, Cleaning, Digital, Horticulture, Hospitality, Retail, Warehouse and Essential Skills for aged 16+. To register visit www.nowgroup.org/training-jobs
- Community provision in Belfast, Enniskillen and Omagh.
- We offer a range of soft skills to enhance learning in a variety of areas. Some examples include - money management, time awareness, independent travel training, emergency services, essential skills in Literacy and numeracy. Criteria for this is 18+ and participants.
- Our supported Employment programme is for those aged 16+ who have a Learning Need/ Disability/Autism/ or feel they have a barrier and are interested in getting into jobs for the future, training, work placements or volunteering.
- We have no age limit
- No time limit to work with the individual
- Everything is participant led
- There does not need to be evidence shown to us of the learning need/disability
- We offer a range of OCN accredited courses some can be 5 weeks to 12 week courses. Eg Driving Theory
- Parenting Programmes
- Social Groups for drama, art, creative writing, Fandom and our football club.
- Jam Card which allows a user to ask for 'Just a Minute' of patience in social or business situations. You can download the app from the [Play Store or Apple](#). You can order a physical card via our website: <https://www.jamcard.org> or by phoning 028 9043 6400.

Any questions about any of our services please do not hesitate to get in touch.

Contact Marie Maguire, Employment Officer (Fermanagh)

Tel: 028 9043 6400 Mob: [07818749712](tel:07818749712) Web: www.nowgroup.org

Children & Young People's Resource Pack

The Back to School Edition of the Children & Young People's Resource Pack is out now!

It includes useful resources & information on exam results, returning to school, looking after your mental health, disability, play ideas, colouring activities and recipes.

Download at: <https://cypsp.hscni.net/download/426/cyp-resource-pack/41338/cyp-resource-pack-august-2023.pdf>

(Note: Newsletter will download directly to your device. Look out for the pop-up box and click on open file when it appears).

Resources and activities are free.

Free online Parenting Courses

We have developed a new section under parenting support and on the Youth Wellness Web on the CYPSP website with information on a suite of Solihull free online courses available to residents in Northern Ireland - <https://cypsp.hscni.net/free-online-parent-training-solihull/>

Deafblind UK

Friendly, accessible group talks

We support people to live better with sight and hearing loss. Our team offer an engaging and informative talk about the specialised, expert support we provide across Northern Ireland.

To arrange a talk that works for your group, contact us today:

Email: paula.meenan@deafblind.org.uk Mobile: 07876 881012

RNID - free walk in Support Service

First Thursday of every month

Fermanagh House, Enniskillen

RNID in partnership with the Department of Health will:

Re-tube mould style hearing aids, Clean Open-Fit style hearing aids, Change and supply RIC wax filters, Supply hearing aid batteries, Advise on getting the best from your hearing aids, Advise on equipment, Provide information on deafness, hearing loss and tinnitus, 3-minute hearing checks.

Oak Healthy Living Centre

Lisnaskea

For a copy of our latest newsletter of programmes and activities scheduled in the centre from September to December 2023 please visit <https://www.oakhealthylivingcentre.com/>

Tel: 028 6772 3843

Email: Info@oakhlc.com or admin@oakhlc.com

Libraries NI - Go ON Courses

<https://www.librariesni.org.uk/go-on-events/>

Go ON is a nationwide initiative to reach anyone who may have been or are “digitally excluded”. Libraries NI offer a number of courses demonstrating how using technology can enhance your life. 1-2-1 sessions can be delivered or small groups can be accommodated if there are a number of people looking for the same course. Community Groups can also benefit from an information session as to what Libraries NI offer. All courses are free of charge.

Please contact Christine Aiken to discuss your requirements t: 028 8244 0733 m: 07512 308 736 email: Christine.Aiken@librariesni.org.uk

Consultation on Grosvenor Barracks, Enniskillen

The Department for Communities is submitting an application to renew its current Outline Planning Permission for a residential development at Grosvenor Barracks in Enniskillen. The application is for the development of this site for residential use, with associated open space, play areas etc

For full details visit <https://www.communities-ni.gov.uk/consultations/consultation-grosvenor-barracks-enniskillen-application-renewal-outline-planning-permission>

Closes Monday 4 September 2023

Bonding with Baby

Before Birth and Beyond

Thursday 12 October, 9.30am-1pm online

Western Trust's, Health Improvement, Equality and Involvement department is delighted to be supporting the organising of this event. It's a regional online Infant Mental Health event with some great speakers.

To register, [Click here for the Eventbrite link.](#)

Aisling Centre

Self-Care Sessions

Care for tired bodies and busy minds, with practical techniques, and guided relaxation sessions on an exciting new 5-week programme. This programme will have a particular focus on managing anxiety.

Induction – Tuesday 12 September 10am – 11am

Programme – Tuesday 26 September 10.30am – 12 noon

Suggested Donation - £3.00 per session

Numbers Limited; Registration of interest essential

8-Week, Mindfulness Based Stress Reduction Programme starting October 2023.

Date to be confirmed.

Numbers Limited; Registration of interest essential

Modern Energy Tapping

A simple technique that you can learn to help manage everyday stress and anxiety.

Thursday 21 September 10am – 11.30am (further dates to follow)

Suggested donation £3

To register or for further information on any of the above events

Email info@theaislingcentre.com or telephone 028 6632 5811

Aisling Centre Well-being Wednesdays continue at our local National Trust Properties.

Suggested donation £3 towards the cost of admission to properties.

Numbers limited. Register via <https://www.eventbrite.co.uk/o/aisling-centre-31877989765>

AA

3 evening meetings every week. For more info contact Aisling Centre 028 6632 5811

Aware

Support group for people affected by Depression

Meet every other Tuesday, 7pm - 9pm. To book a place email info@aware-ni.org

Forget me not Group

Support group for those bereaved by suicide

First Monday of the Month, 7.30pm - 9pm. Contact Aisling Centre 028 6632 5811

Yoga

Thursdays 12 noon-1.30pm. Jenni Brown (Yoga Ocean) 028 8954 1994

Wednesdays 6.30pm-7.30pm. Shauna McMorrow (Aurora Yoga) 07526 465004

Thursdays 7pm-8pm. Theresa Cleary (TLC Yoga) 07923 694523

Fermanagh Pride

Group meets first & third Tuesday every month

For more info email fermanaghpride@gmail.com

Fareshare

Fighting hunger, tackling food waste

At Fareshare, we re-distribute surplus food to over 150 charities throughout Northern Ireland. From April 2022 – March 2023, we took almost 670 tonnes of food that was heading for landfill, and delivered it to our Community Food Members (CFMs), this equated to 1.59 million meals. We receive food donations from supermarkets, local suppliers and food producers; it is good quality but would otherwise be going to waste.

How can we help you?

Last year, we helped to reach over 26,000 people who were in need of support, this equated to 1.59 million meals made up of meat and fish, fresh fruit and veg, dairy products and tinned items. If you are an organisation that would benefit from our service then we have good news - we are actively recruiting for new Community Food Members so we can reach more people in need throughout our communities.

If this sounds like something you would benefit from then you can find more info and an application pack on our website at [FareShare Get Food - Homeless Connect](#) or give us a call on 028 9033 2230

A full version of this newsletter can be found here [Becoming a Community Food Member - Homeless Connect](#)

Condition Management Programme (CMP)

The Condition Management Programme (CMP) is a 12 week programme of short, work focused, cognitive educational interventions aimed at helping people to understand and manage their health conditions. A multidisciplinary team of health professionals work together to offer help and support to cope with single or multiple health conditions that are causing a barrier to work. Clients may be eligible to participate on the Condition Management Programme if:

- in work
- struggling to stay in work due to a health condition;
- recently off work due to a health condition; or
- are in receipt of benefits and struggling to find work due to a health condition

Depending on individual needs, participants may work with one or more of our experienced healthcare professionals, which can consist of an Occupational Therapist, Physiotherapist, Social Worker, Specialist Mental Health Nurse, Exercise Professional.

The programme offers advice on topics such as:

- Dealing with stress and anxiety
- Managing low mood and depression
- Coping with pain and fatigue

There is also an exercise programme specifically tailored by our CMP Exercise Professional.

For more information regarding the Western Trust Condition Management Programme please telephone (028) 71 376911 or 028 66324950, Email:

condition.management@westerntrust.hscni.net or visit the Western Trust Website www.westerntrust.hscni.net/service/condition-management-programme

Easilink Volunteer Car Driver opportunities

Are you from Omagh or surrounding rural areas and looking for a volunteering opportunity? Easilink Community Transport are on the lookout for Volunteer Car Drivers to help deliver services in the local community.

If you have a full clean driving license, access to your own car and free time to help your local community, then becoming an Easilink volunteer driver could be the opportunity for you!

Volunteer car drivers help us transport people who do not have access to public transport or their own private vehicle to hospital appointments and other essential trips across the Western Trust area.

Volunteers will have the opportunity to:

- Help others in your local community
- Be reimbursed expenses at 50p per mile
- Retain your benefits
- Meet new people and make friends

For further information on becoming a volunteer car driver, contact Kerrie Grugan on 07702 852582.

Please note: Additional vehicle insurance is not required; however, all volunteers are subject to an Access NI Check.

The Executive Office (TEO) Public Consultation on the Provision of Free Period Products

Period inequality contributes to the poor mental health and wellbeing experience of those who are unable to access the basic health essentials of period products. This is a growing issue particularly in light of the increased cost of living.

Period products are essential items for personal care to address a normal biological need and should therefore be available to everyone who needs them, regardless of their economic status.

To address this need the [Period Products \(Free Provision\) Act \(NI\) 2022](#) was made by the Northern Ireland Assembly. The Act requires that period products will be made available from May 2024.

The Executive Office now wants to hear from you regarding what period products should be made available, where these should be available and how people can access these. The questionnaire should take no longer than 10 minutes to complete.

Visit: <https://consultations.nidirect.gov.uk/teo/provision-of-free-period-products-consultation/>

Deadline: Monday 18 September 2023.

Training Opportunities

South West College

Want to work in mechanical engineering fabrication or welding?
Why not start your journey with SWC Employment Academies.
Look at the mechanical engineering class in our summer provision academy. Wonderful opportunity to upskill, retrain, enhance your skills and gain a qualification.
Call Theresa on 07799 348858 to reserve your place on our next academy

NICVA Free Training

[Understanding Communications Challenges with Children with ASD](#)

Thursday 7 September, 10am – 1pm

via zoom

This training aims to help participants understand how ASD challenges communication channels and think about how to bridge the communication gap.

[BOOK NOW](#)

If you have questions or need assistance, please email info@ci-ni.org.uk or call 028 9040 1290

WHSCCT Health Improvement Equality & Involvement (HIEI) Department

Our latest Training Brochure offers **free training courses** taking place across the Trust from September 2023 to March 2024.

This edition of the HIEI Training Brochure is offering **four new courses**; Building our Children's Developing Brain, On your Feet, Food and Health Essentials and a Sexual Health Services Session. We are delighted to offer all of our nutrition courses again.

The courses will be delivered either via Zoom or face to face in a range of locations across the WHSCCT.

To view the Training Brochure click this link - [Health Improvement, Equality and Involvement Training Brochure | Western Health & Social Care Trust \(hscni.net\)](#)

For course details, including times and course content and to book a place, please click the 'Click Here to Register' icon below each course which takes you to the Eventbrite registration page.

For further information and any queries in relation to the Training Brochure, please email health.improvement@westerntrust.hscni.net or telephone 028 7186 5127.

Bryson Maximise Employment

Unlock your potential with our Employability Service. We are supporting people currently 16-64 years who are economically inactive with tailored support and skills building to succeed on your journey to employment. The holistic approach hopes to empower people as well as give them the practical support they may need in finding or sustaining employment.

As part of our commitment to your success:

- We provide a generous £15 per week to support you during your employability journey.
- Funding available of external training
- Free courses are available to help you to increase your confidence with numeracy.
- Ongoing support even after you find employment.

Contact your Local Employment Navigator ciara.balfour@brysonenergy.org for further information.

AWARE NI - Mental Health Awareness Training in Enniskillen

Mood Matters Adults (18+)

Monday 23 October, 10.30am-12.30pm

INSPIRE Offices, Fermanagh House, Enniskillen BT74 7HR

To register to attend please visit: <https://aware-ni.org/mood-matters-for-adults>

This light and interactive mental health awareness training session is an opportunity for you to think about how to look after your own mental health. The workshop will explore mental health stereotypes and look more closely at how to spot the early signs of mental health illness, stress, depression, anxiety disorders and bipolar. This session will teach individuals coping skills for everyday life, how to avoid getting caught in a vicious circle and how to break unhelpful habits that we sometimes have when our mood is low, as well as where to get further help and support. This session will focus on you as an individual and will then allow you to apply these skills to supporting family, friends and others.

Duration: 2hrs

Group size: 12- 25 people per session

Living Life to the Full (18+)

Monday 6, 13, 20, 27 November and 4, 11 December, 10.30am-12.30pm

INSPIRE Offices, Fermanagh House, Enniskillen BT74 7HR

To register to attend please visit: <https://aware-ni.org/booking-living-life-to-the-full/>

This is a programme that can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges. Delivered over 6 weeks the programme looks more closely at the ways in which mental health can be impacted by life events and unhelpful thinking styles which may also then affect our physical health and overall enjoyment of life.

Duration: 2hrs per week

Group size: 12- 18 people

The above Programmes/Workshops can be delivered free of charge face to face in other locations or via zoom

Contact Catherine McColgan

T: 028 9035 7820 Ext 224 | E: catherine@aware-ni.org | www.aware-ni.org

Action Mental Health

Funded Programmes for Community & Voluntary Sector Organisations

Mindset

A three-hour programme available to both young people 14 to 17 years and adult groups which aims to raise awareness and increase knowledge and understanding of:

Mental and Emotional Health and Wellbeing

the signs and symptoms of mental ill health

self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and wellbeing

the importance of self-care with respect to our well-being

Information and/or resources on mental health support organisations available (locally and regionally)

The YEW Programme

A six-week programme of two hour sessions once a week -

Session 1: Mental Health & Coping with Change: Improving knowledge of mental and emotional well-being and learning tools to cope with change.

Session 2: Mental & Emotional Resilience: Discussing what resilience is and learning about ways to improve your resilience.

Session 3: Managing Stress: Learning more about how stress affects your mental health and the things you can do which will help you to manage it.

Session 4: Understanding Feelings & Emotions: Learning more about managing your feelings and emotions and learning tools to help you cope well with emotions.

Session 5: Communication & Relationships: Learning more about good communication skills and how they can support healthy relationships.

Session 6: Self Esteem & Confidence: Learning about the links between mental health and self-esteem and ways to boost one's self esteem.

If anyone has any queries or is interested in making a booking please contact Michael McLean, Project Worker (MensSana Team), AMH New Horizons

T: 07976 639909

E: mmclean@amh.org.uk

W: www.amh.org.uk

Network Personnel

We currently deliver the following accredited qualifications:

- Level 2 Basic Food Hygiene
- Level 2 Food Allergies and Risks
- Level 2 Award in Business Administration
- Level 2 Award in Customer Service
- Level 2 Award in Social Media
- Level 1 Health & Safety in the Workplace
- Level 1 Award in Health Awareness
- Level 1 Award in Health Improvement
- Level 1 Award in Awareness of First Aid for Mental Health
- Level 1 Award in Office Skills * Recommend clients have Microsoft Office or at least Word, Excel when undertaking this qualification
- Level 1 Award Manage Personal Finance
- Essential Skills - Numeracy and Literacy

And the following non-accredited qualifications:

- Awareness of First Aid for Mental Health
- Basic IT
- Confidence and Motivation
- Coping with Stress
- Understanding Anxiety
- Pain Management
- Introduction to Mindfulness
- Cover Letter
- Customer Service
- CV Building
- First Aid Workshop
- Goal Setting
- Health & Safety
- Intro to Complementary Therapies
- Leadership

- Manual Handling
- Money Management
- Preparing for Interview
- Building Resilience
- Self-Employment- Building a Presence on Social Media, Business Planning, Sources of Funding and Finance, Book Keeping and Guide to Entrepreneurial Potential

Our accredited and non-accredited is completely free for all eligible GROW Partnership participants and can be completed on a face to face or remote basis.

To be eligible for the GROW programme participants must be classed as economically inactive. That is that they are not claiming for any job seeking type benefits, are on a health journey i.e. waiting on WCAs and not looking for work in the meantime. To date we are working with those of ESA/sickness type benefits, PIP, Income Support and Caring type benefits, Child Tax Credits and those on no benefits. We are also working with a large number of school leavers.

Any queries, please contact Jillian Lennox, Tel: 028 7963 1032 Mobile: 07736 350773
Email jillian.lennox@networkpersonnel.org.uk

Diploma in Community Development & OCN (Level 2) Community Development

If you are working or volunteering in the Community'/Voluntary sector for years or just new to the sector then these courses will equip you with the knowledge, skills, understanding and confidence required to support the community or group you work with. We have 2 Courses currently recruiting for participants:

Diploma in Community Development accredited by University of Galway. Commencing October 2023, location of classes may vary but the majority of classes will be in Cookstown, 25 places available for this one-year (part time) course.

The Diploma has been designed to enable Community Activists (volunteers and paid staff in the community / voluntary sector) to develop the knowledge, understanding and essential practical skills and experience required to provide leadership within this field. The Diploma will be delivered by Rural Community Network and their partners Fermanagh Trust and Holywell Trust in conjunction with University of Galway. The Diploma is part of the 'Community Leadership in the West ' programme, offering training opportunities and qualifications to support the next generation of leaders.

Course content includes: Introduction to Social Analysis, Social Research Techniques, Community Profiling, Strategic Planning, Public Policy & Community Development, Social Inclusion & Civic Engagement.

Further details and the Application Form available at

<https://www.fermanaghtrust.org/images/custom/uploads/127/files/NUI%20Diploma%202023.pdf>

The Diploma Application Form can also be accessed directly

here: <https://forms.gle/VQfMky4vqwAqsdwF6>

OCN (level 2) Community Development. We are seeking expressions of interest with a view to providing this 4 week course in the Omagh area in October 2013, 15 places available.

The OCN NI Level 2 Award in Community Development qualification is appropriate for community development practitioners, providing learners with knowledge in community development, community group structure and understanding of diversity and inequality issues. This qualification is mapped to the new Community Development National Occupational Standards (NOS) and is the equivalent of GCSE Grade A-C.

6 Modules include:

Collaborative and Cross-sectoral Work
Community Learning for Social Change
Governance and Organisational Development
Group work and Collective Action
Understand and Engage with Communities
Understanding Community Development Practice
Location: Omagh

To submit an Expression of Interest Form click here: <https://forms.gle/nxWPoD1do21MVTnp7>

If you have any questions about either course or require further information, please get in touch with Sonya Johnston, Deputy Director, Fermanagh Trust on 028 6632 0210

Email sonya@fermanaghtrust.org

Network Personnel

GROW (Growth, Resilience, Opportunities, Work) Partnership Programme

If you are on a non-job seeking benefit but would like to improve your confidence, training and employment prospects, we can help!

GROW will enhance your skills and provide you with support to realise your full potential.

This support will include:

- A dedicated Key Worker
- Access to a range of qualifications and training
- Help with improving your motivation and resilience
- Advice on budgeting for you and your family
- Help with:
- CV Development
- Job search and application forms
- Interview preparation
- Contacting potential employers and securing work
- Sourcing work experience opportunities
- Exploring self-employment options.

Interested? Get in touch on 028 7963 1032 or email referral@networkpersonnel.org.uk

Stress Control Online Classes for 2023/2024

Although we all need some stress to be able to function effectively, too much stress creates an imbalance and has the potential to make us physically and mentally unwell. This year, the Public Health Agency is offering a new series of stress control classes online which will help you identify how and why you feel stressed and what to do about it.

You don't need to register or log in! With free online resources to support the learning available on the website, you can watch the six sessions at the scheduled time on the [Stress Control YouTube channel](#)

The next session is available from Monday 4 September at 9am.

To find out more about Stress Control and to download the resources, visit <https://ni.stresscontrol.org/> where you will also find the dates for all this year's classes.

Very Brief Advice for Smoking Cessation Support

Thursday 21 September – [Register Here](#)

The Health Improvement, Equality and Involvement Department has spaces remaining on upcoming 'Very Brief Advice for Smoking Cessation Support' sessions.

The sessions allow participants to increase awareness and knowledge of smoking and how to support and signpost motivated smokers who want to stop.

Connections Link Life Training

Thursday 28 September, Action Mental Health, Fermanagh - [Register Here](#)

Connections is for anyone in the statutory, community or voluntary sector wishing to develop a deeper understanding of mental health and suicide prevention.

Course Content:

- Spotting vulnerability to suicide
- Myths and stigma surrounding suicide
- The importance of self-care
- Steps for helpers
- Sources of support.

Allstate Cyber Safety for Older Adults

Do you know any Older Adults looking to navigate the internet safely?

Allstate Cyber Safety for Older Adults is a specialized training program designed to empower adults aged 60+ with the knowledge and skills to navigate the digital world. As technology advances, so do the threats that lurk online. By enrolling in our program, Older Adults will become equipped with the tools they need to protect themselves and stay secure in the digital realm.

Register now, using the link below and secure a spot for one of our upcoming sessions:

[Click here to register for a session](#)

- Friday 29 September at 10am - In person session

These **free** one-hour interactive training sessions are aimed at boosting the confidence of adults aged 60+ when navigating the internet. This interactive session will comprise of videos, conversations, and will cover the following three essential topics:

- Fraud and identity protection
- Email and telephone scams involving phishing
- Useful tips for staying cyber secure

[Click here to learn more about the program](#)

SafeTALK is back!

With the Launch of the new Health Improvement, Equality and Involvement Training Brochure covering April – September 2023 we are delighted to announce the return of SafeTALK.

As a SafeTALK trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide
- identify people who have thoughts of suicide
- apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.

Safe-TALK is delivered in a safe and contained environment by certified Action Mental Health staff who are there to support the participants throughout and following the programme as part of OUR Generation Mental Health Ambassador Programme.

If you would like to attend, register via Eventbrite on the following link:

- **Monday 11 September – Lisnamallard Industries, Omagh - [Register Here](#)**

Funding Opportunities

Community Development and Health Network

The funding for CDHN elevate programme is open now for 2023/24

Visit [The Elevate Programme – developing skills in your community | Community Development and Health Network \(cdhn.org\)](https://cdhn.org)

Tesco Stronger Starts

Giving thousands of children a healthier, active start in life

Grants will be awarded to schools, voluntary or community organisations (including registered charities/companies), health bodies (e.g. Clinical Commissioning Groups (CCGs), NHS Hospital Trust, Foundation Trust), Parish/Town Councils, local authorities and social housing providers. This list is not exhaustive and there will be many other types of organisations that will be funded.

Applications are open to all local good causes, but we are currently prioritising helping projects that support children's food security and health and local store nominated good causes.

This is not an exhaustive list and other project ideas also welcomed.

Examples include:

- School Breakfast clubs
- Holiday clubs
- Play areas
- Food banks
- Counselling and support services for children
- Equipment or non-statutory services for nurseries or schools e.g. forest schools, library books
- Equipment for Brownie, Guide or Scout Groups e.g. camping equipment, badges
- Services or equipment to support children and young people's health
- Equipment/kit for youth sports teams

For full details visit <https://tescocommunitygrants.org.uk/apply-for-a-grant/>

Micro Community Investment Fund

The fund will provide valuable investment for community initiatives making a difference in towns and villages across Northern Ireland.

It 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.

For more information visit <https://communityfoundationni.org/grants/micro-community-investment-fund/>

Walk Leader Grants

The Public Health Agency provides funding to support Walking for Health Groups delivering walking programmes in the Western Trust area. Funding will be allocated by the Western Health and Social Care Trust's Health Improvement, Equality and Involvement Department as small grants of approximately £150 per group, depending on the number of successful applicants.

The purpose of the grant is to support new or existing walking groups through the provision of promotional materials or items which will enhance and promote your walking group.

Criteria:

- Only Walk Leaders trained through the Walking for Health scheme who are registered on our database are eligible to submit a grant application;
- Only one grant will be allocated per Walking Group/Walk Leader;

- Groups applying for grants must have at least one trained Walk Leader facilitating all walks;
- Your Walking Group or host organisation must have a bank account in place in order to access funds as personal cheques cannot be issued;
- The Walking for Health logo should be used on all promotional materials and is available on request;
- Funding cannot be used to support one off or fundraising events;
- Walking Groups must adhere to all Walking for Health guidance, and complete required paperwork;
- Funding cannot be used to pay individuals to lead walks, as it is expected that trained walk leaders lead walks in a voluntary capacity or as part of their core work role in line with the Walking for Health programme ethos.

Please contact Camilla.lowry@westerntrust.hscni.net for a copy of the application form.

Please note this round of grants will stay open until 27 October 2023.

The Screwfix Foundation

The Screwfix Foundation currently offers local registered charities and not for profit organisations funding up to the region of £5,000. All applications are reviewed individually by our team on a quarterly basis; the review dates are in March, June, September and December. Please see our [Full eligibility criteria](#).

To apply visit <https://www.screwfix.com/help/screwfixfoundation>

The Duke of Edinburgh's Award/Joint Award Initiative

We are the world's leading youth achievement Award, giving 14-24 year olds the opportunity to take on their own challenges, follow their passions, make a difference in their communities, and discover talents they never knew they had. Each young person builds their own Award programme – picking their own activities for the 4 sections of the Award: Volunteering, Physical, Skills and Expedition (with an additional Residential section at Gold) – to achieve a Bronze, Silver, or Gold Award.

Gaisce – The Irish President's Award and The Duke of Edinburgh's Award work in partnership through the Joint Award Initiative (JAI) to offer Award participants in Northern Ireland a choice of recognition for their achievements. On completion of their Award programme, they can choose a Duke of Edinburgh's Award, a Gaisce – The President's Award or a Duke of Edinburgh's International Award certificate.

Eligible voluntary and community organisations which do not currently offer the Award programme can access up to £10,250 of grant funding combined with support from a dedicated member of staff to help set up, launch, and deliver the Award programme.

For more information go to <https://www.dofe.org/access-without-limits/community/ni/> or email Jim at jim.peacock@dofe.org.

If you are interested but don't currently meet eligibility criteria, please do get in touch to discuss how we could support young people in your organisation to take part in the Award.

Below is a link to a short recruitment film:

<https://www.dofe.org/wp-content/uploads/2021/09/Recruitment Film NORTHERN IRELAND.mp4>

Nationwide Community Grants

Together with our members, we're supporting communities with grants for local housing projects. If you're a local organisation with a great housing solution, you can apply for a Community Grant of up to £60,000. Your project will need to support one of our three aims: helping people into a home, preventing them from losing their home, or supporting them to thrive at home.

For further details visit <https://nationwidecommunitygrants.co.uk/>

National Lottery Heritage Fund

National Lottery Heritage Fund have increased the upper limit of their National Lottery Grants for Heritage to support larger-scale heritage projects across the UK. This increase, the first increase in twenty years, aims in part to offset some pressures of inflation and the cost-of-living crisis as well as enabling investment in more ambitious heritage projects that share their belief in the power of heritage to bring people together, build pride in place and connection to the past. 2023–2024 is a transition year ahead of full implementation of [Heritage 2033](#). They will be making changes to their approach in stages - this increase is their first change.

For full details visit [National Lottery Heritage Fund now offering up to £10m](#)

The National Lottery

Climate Action Fund - Nature and Climate

This funding aims to inspire and support communities across the UK to address the energy and climate crisis. We're looking for projects that show how communities can address climate change while tackling the energy challenges through community-led climate action.

Visit [energy and climate funding](#).

Prince's Trust Grants for 16-30 year olds

Development Awards Programme

Small grants that can help towards the cost of course fees, tools or licenses to remove financial barriers between you and your goals.

Apply for an average amount of £160 to help with: Fees for courses (up to Level 3, lasting 2 days or more); Course equipment, eg tools or beauty kits; Mandatory uniforms; Licenses and short training programmes.

Doesn't affect your benefits - Must apply before course start date

Search Facebook 'Prince's Trust Northern Ireland'

Call for free on 0800 842 842

Email: outreachni@princes-trust.org.uk

The Community Foundation

Micro Community Investment Fund

The fund will provide valuable investment for community initiatives making a difference in towns and villages across Northern Ireland.

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.

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 wellbeing 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.

Community projects should focus on improving at least one of the following:

- Financial wellbeing
- Physical wellbeing
- Mental wellbeing

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

Tesco Community Grants

Tesco Community Grants, now called Tesco Stronger Starts, fund local good causes whose focus is on supporting Children and Families across the UK. Three projects from each local area will be shortlisted to go to the public vote by Tesco customers every three months, with grants awarded depending on the number of votes their project receives. First place wins £1,500, second place wins up to £1,000, and third place wins up to £500.

For more information visit <https://tescocommunitygrants.org.uk/>

Brighter Communities Fund

Power NI set up the Brighter Communities fund to provide help and funding support for local community groups.

Small or large community, sporting, charity and youth groups across Northern Ireland can apply for support from the £1,000 Brighter Communities fund provided by Power NI.

Apply now at <https://bit.ly/3XBJTeB>

Kingspan Kickstart Sports Fund

Amateur athletes and sports clubs across the island of Ireland are invited to apply for the Kingspan Kickstart Sports Fund, a fund created to help budding athletes get a financial boost to achieve their goals. Already committed to elevating and developing sports across Ireland through various sponsorships, including Ulster Rugby and Cavan GAA, we are also keen to provide a launch pad for grassroots level athletes, sports clubs and community sports facilities. The fund, which has Shane Lowry as ambassador, will run on a quarterly basis, and offer up to 1,000 euro / 850 sterling, per applicant, per year to help provide financial support for equipment, training, and other necessary resources.

Applications are currently open. To apply for the Kingspan Kickstart Sports Fund, you must be an amateur athlete, amateur sports club or community sports facility open to the whole community and based on the island of Ireland. To find out more visit [Kickstart Sports Fund | Kingspan Group](#)

Alzheimer's Society Accelerator Programme

- What could you do with an idea and up to £100k of funding?
- Do you have an idea or product that will transform the lives of people living with dementia? We want to help you make this a reality and Alzheimer's Society Accelerator Programme is looking for someone like you. Applications open 30 August.

Our programme can offer you:

Up to £100K of funding

Expert innovation and dementia support for 12 months

Peer-to-peer learning

Opportunities to learn from people living with dementia through co-creation

Support during the application process

To find out more visit alzheimers.org.uk/accelerator.

Any questions? Contact Innovation@alzheimers.org.uk