



Fermanagh & Omagh
District Council
Comhairle Ceantair
Fhear Manach agus na hÓmaí



**Monday 2 March -
Saturday 14 March 2020**

**Inclusive Celebration
to promote
Ability & Independence**



Foreword

Councillor Siobhán Currie

Chair of Fermanagh & Omagh District Council

"Fermanagh and Omagh District Council is delighted to launch the 'ican fest' for a second year, building on the success of the inaugural festival last year. The Council is grateful for support and funding from the Public Health Agency to help provide such as fantastic programme of activities.

It is important that everyone in society has a chance to socialise, be active and creative, and most importantly have fun. One of the key themes of the Fermanagh and Omagh District Community Plan 2030 is to ensure the health and well-being; physical, mental and emotional, of all the people of the district. The two-week festival will go some way towards this, by helping to promote inclusion and access to activities within the District.

With 1 in 5 residents of our district living with a disability, it is important for us all to promote ability and inclusion by encouraging people to get out and enjoy activities, not just during the festival but all year round.

I'd like to encourage everyone to support the festival, take part in activities, and have as much fun as possible."



Siobhan Sweeney

Public Health Agency

"PHA is delighted to continue to support the Access and Inclusion Project within Fermanagh and Omagh District Council through the delivery of the second 'ican fest', following on from the success of last year's festival. This is a real celebration of a five year investment from PHA in promoting access and inclusion within arts and cultural services. With over 40 activities for children, young people and adults with disabilities there will be a wealth of opportunities for people to experience the positive impact of engaging in activities on their health and social well-being."

How to Book



All activities during the ican fest are open to people with disabilities and carers. Please see each activity for more information on age restrictions.

Spaces for all activities are limited, so booking is essential and will be offered on a first-come-first-served basis.

Activities on pages 4 - 9

For Activities on pages 4 - 9 please contact Access & Inclusion by telephoning 0300 303 1777 or emailing disability@fermanaghomagh.com

Activities on pages 10 & 11

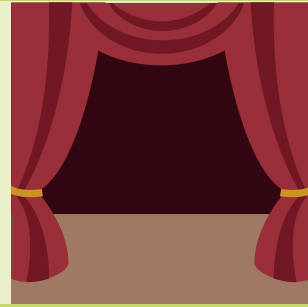
For Activities on pages 10 & 11 please contact Leisure, Recreation & Sport by telephoning 0300 303 1777 or emailing sport@fermanaghomagh.com

Monday 2 March

Opening of Festival

10:30 - 12:30 Fermanagh Lakeland Forum

Join us for a celebration of ability and inclusion to help kick off the festival. A number of groups will be showcasing their talents.



Introduction to Watercolours (Age 18+)

10:30 - 12:00 Omagh Leisure Complex

Come along and enjoy a relaxing workshop on how to paint using watercolours.

Jiving (Age 18+)

18:00 - 19:30 Strule Arts Centre

Want to learn how to jive or just have some fun, why not come along to this workshop?



Tuesday 3 March

Jewellery Making (Age 18+)

10:30 - 12:00 Enniskillen Castle

Have some fun creating colourful pieces of jewellery.



Caricature (Age 18+)

10:30 - 12:00 Strule Arts Centre

Come along and get you and your friends' caricatures sketched.

DJ Training (Age 18+)

13:30 - 15:00 Fermanagh Lakeland Forum

Come along and learn how to mix a few tracks.



Fairy Door Workshop (Age 4 - 11)

17:30 - 19:00 Strule Arts Centre

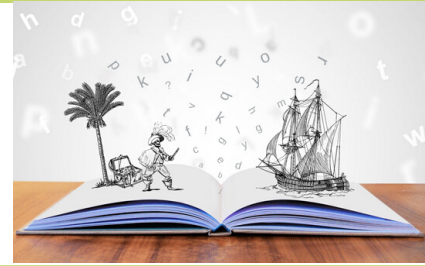
Want to create a Fairy Door to decorate your garden or bedroom, then why not attend this workshop?

Wednesday 4 March

Words Across Water

10:30 - 12:00 Townhall, Enniskillen

Join us for the launch of the 'Words Across Water' Book created by pupils from Willowbridge School, Enniskillen.



Eco Crafts (Age 18 +)

14:00 - 15:30 Camphill Community Clanabogan
An exciting workshop exploring and learning about eco crafts.

Balloon Modelling (Age 11 - 17)

18:00 - 19:30 Strule Arts Centre

Come along and learn how to make shapes with balloons.



Jumping Clay (Age 4 - 11)

18:00 - 19:00 Fermanagh Lakeland Forum
Why not come along and have some fun using clay to create a figure?



Thursday 5 March

Words Across Water

10:30 - 12:00 The Grange, Omagh

Join us for the launch of the 'Words Across Water' Book created by pupils from Arvalee School & Resource Centre, Omagh.

Block Printing (Age 18+)

10:30 - 12:00

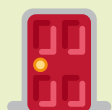
Enniskillen Castle

Get creative and have some fun making a colourful print.

DJ Training (Age 18+)

13:30 - 15:00 Strule Arts Centre

Come along and learn how to mix a few tracks.



Fairy Door Workshop (Age 4 - 11)

17:30 - 19:00 The Ardhowen

Why not come along and have some fun making a Fairy Door for you Garden or Bedroom?



Friday 6 March

Carers'
Day

Introduction to Weaving (Age 18+)

10:30 - 12:00 Enniskillen Castle

Come along to a relaxing session and learn how to weave.



Yoga (Age 18+)

10:30 - 12:00 Omagh Leisure Complex

Want to try to relax and do a work out at the same time, why not come along to this Yoga Session?



Therapy Art (Age 18+)

14:00 - 15:30 Strule Arts Centre

Come along and relax while creating patterns using pencils.

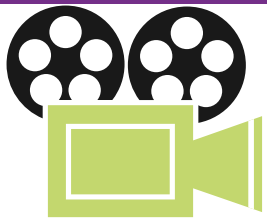
Jiving (Age 18+)

18:00 - 19:30 The Ardhowen

Want to learn how to jive or just have some fun, why not come along to this workshop?



Saturday 7 March



Relaxed Film - Trolls 11:00 - 13:00 Strule Arts Centre

Join us for a relaxed screening of 'Trolls' the film.

Circus Tricks (Age 4 -11) 12:00 - 13:30 Fermanagh Lakeland

Circus Tricks (Age 11 - 17) 14:00 - 15:30 Forum

Have some fun and learn juggling, hat tricks, flower sticks and much more.



Keyring & Fridge Magnet Workshop (Age 4-11)

11:00 - 13:00 Strule Arts Centre

Have some fun and make your own key-ring or fridge magnet to take home.

Monday 9 March

Arts & Crafts (Age 18 +)

10:30 - 12:00 Bawnacre Centre

Why not come along and have some fun creating crafts?



Make a Card (Age 18+)

10:30 - 12:00 Strule Arts Centre

Come along and create a card for an upcoming special event.



Shadow Art (Age 18+)

10:30 - 12:30 Bawnacre Centre

14:30 - 16:30 Strule Arts Centre

Explore the magic of photography by casting shadows and creating images.



Tuesday 10 March

Relaxed Film - Muppet Treasure Island

11:00 - 13:00 Strule Arts Centre

Join us for a relaxed screening of 'Muppet Treasure Island'.



DJ Training (Age 11 - 17)

16:00 - 18:00 Fermanagh Lakeland Forum

Come along and learn how mix a few tracks.



Photography Workshop (Age 18 +) 11:00 - 12:00 Enniskillen Castle

Join us for a photography tour of the Broadmeadow. Bring your cameras along and capture your own images.



Arts & Crafts (Age 11 - 17)

17:30 - 19:00 Strule Arts Centre

Come along, be creative and have some fun.



Wednesday 11 March



Photography Class (Age 18 +) 10:30 - 11:30

The Grange, Omagh

Join us for a photography tour of Grange Park.
Bring your cameras along and capture your own images.

Balloon Modelling (Age 11 - 16)

18:00 - 19:30 Fermanagh Lakeland Forum

Come along and learn how to balloon model.



Jumping Clay (Age 4 - 11)

18:00 - 19:00 Strule Arts Centre

Why not come along, get creative and make a figure from clay?

Thursday 12 March

Caricature (Age 18+)

10:30 - 12:00 Fermanagh Lakeland Forum

Come along and get you and your friends' caricature sketched.



DJ Training (Age 11 - 17)

16:00 - 18:00 Strule Arts Centre

Come along and learn how to mix a few tracks.



Arts & Crafts (Age 4 - 11)

17:30 - 19:00 The Ardhowen

Be creative and have some fun making sparkly crafts.



Friday 13 March

Come & Meet FODC's Disability & Access Advisory Group Members

10:00 - 12:00 & 13:00 - 15:00
Connect Centre, Enniskillen &
Connect Centre, Omagh

Come along and talk to Members of the Advisory Groups about how Fermanagh & Omagh District Council can improve it's provision of services for people with disabilities.

Therapy Art (Age 18+)

14:00 - 15:30

Fermanagh Lakeland Forum

Come along and relax while creating patterns using pencils.

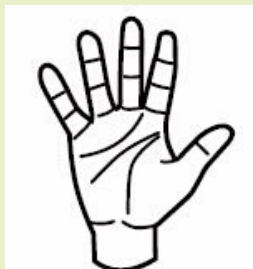


Saturday 14 March

Signed Tour of Enniskillen Castle

11:00 - 12:00 Enniskillen Castle

A chance to experience a BSL & ISL interpreted tour of Enniskillen Castle.



Relaxed Play (Age 7 - 11)

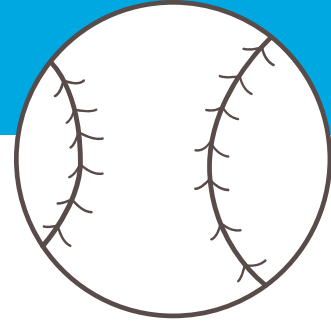
Monday 2 March

16:00 - 17:00

Bawnacre Centre

Come along for a relaxed session on the bouncy castle and toys.

Leisure Activities



Monday 2nd March

Wheelie Active Club Fermanagh Lakeland Forum, 17:00-18:00

Cost £2.60 per person (Carers go free)

For young people aged 4-13 years old with physical disabilities, to take part in multi-Sports with their siblings and friends.

Boccia Club Fermanagh Lakeland Forum, 19:30 - 20:30

Free to attend.

Boccia session for Adult with disabilities.

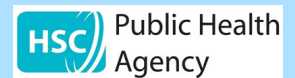


Tuesday 3rd March

Inclusive Activity Class Arc Healthy Living Centre, Irvinestown, 11:00 - 12:00

Free to attend.

Chair based exercises and Boccia.



Boccia Club Omagh Leisure Complex, 18:00-19:00

Free to attend.

Boccia session for Adult with disabilities.



Wednesday 4th March

Disability Multi-Sports Morning

Fermanagh Lakeland Forum, 11:00 - 12:00.

Cost £2, payable at reception.

Walking Clubs

Meeting points at Omagh Leisure Complex & Fermanagh Lakeland Forum, 19:30-20:30.

Free to attend.



Monday 9th March



Wheelie Active Club Fermanagh Lakeland Forum, 17:00-18:00

Cost £2.60 per person (Carers go free)

For young people aged 4-13 years old with physical disabilities, to take part in multi-Sports with their siblings and friends.

Boccia Club Fermanagh Lakeland Forum, 19:30 - 20:30

Free to attend.

Boccia session for Adult with disabilities.

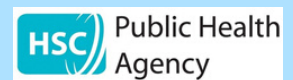


Tuesday 10th March

Inclusive Activity Class Arc Healthy Living Centre, Irvinestown, 11:00 - 12:00

Free to attend.

Chair based exercises and Boccia.



Boccia Club Omagh Leisure Complex, 18:00-19:00

Free to attend.

Boccia session for Adult with disabilities.



Wednesday 11th March

Disability Multi-Sports Morning

Fermanagh Lakeland Forum, 11:00 - 12:00.

Cost £2, payable at reception.



Walking Clubs

Meeting points at Omagh Leisure Complex & Fermanagh Lakeland Forum, 19:30-20:00.

Free to attend.



Venue Accessibility

The Ardhowen



Strule Arts Centre



Enniskillen Castle



Bawnacre Centre



Castle Park Leisure Centre



Fermanagh Lakeland Forum



Omagh Leisure Complex



Automatic
Doors



Lowered
Counter



Accessible
Toilet



Hearing
Loop



Disability
Awareness
Training



Lift



Accessible
Changing



Moveable
Furniture



Blue
Badge
Parking



For more information please contact
Fermanagh & Omagh District Council:
Phone: 0300 303 1777
Email: disability@fermanaghomagh.com
Textphone: 028 8225 6216