



HAPPY AT HOME

December 2020

Welcome

As Chairperson of Fermanagh and Omagh District Council, I am delighted to have been afforded the opportunity to provide a welcome for this brochure for the “Happy at Home” initiative.

Following on from the success of the third annual Positive Ageing month in October, Fermanagh and Omagh District Council is delighted to be renewing its very successful partnership with Western Health and Social Care Trust and South West Aged partnership to bring you “Happy at Home”.



2020 has been a very challenging year for all of us irrespective of age. We are living in unprecedented times and the “Happy at Home” initiative, running from January through until March, will prove an ideal outlet for you to get involved in something new from the comfort of your own homes.

Fermanagh and Omagh District Council, through the Fermanagh and Omagh Community Plan 2030 and through the Council’s Corporate Plan, is committed to promoting inclusion and connectivity and this initiative will help older people to stay connected through a range of interesting events and programmes.

Happy at Home, is the perfect way to shorten the long winter evenings and I would encourage you all to participate as widely as you can.

Councillor Diana Armstrong
Chair, Fermanagh and Omagh District Council

Welcome to the first edition of the Happy at Home newsletter. SWAP is working in partnership with Fermanagh & Omagh District Council, Western Health & Social Care Trust, Public Health Agency and members of the Fermanagh & Omagh Interagency Forum for Older People to bring you some happiness over the winter months. Since March 2020 we have worked hard to keep our local older people well at home with a variety of initiatives, we are now facing a Christmas and winter at home, things will be different but we can make it better. I have been struck by how resilient our local older people are, we’ve many learning new skills, especially accessing online activities and learning. Craft classes and exercise programmes at home are proving popular, people are giving it a go. It’s a joy to see it. We want this newsletter to go that little bit further and also reach the people who aren’t online, inside you will find puzzles, information and contact details for a variety of different services. I hope there’s something inside you find useful and relevant.



On behalf of the SWAP Board and Allison I’d like to take this chance to wish you a peaceful and restful Christmas and New Year. We will get through this together. Stay safe and stay well

Marj Aitken
Chairperson - South West Age Partnership

The Western Health & Social Service Trust is delighted once again to be working in partnership with South West Ageing Partnership and Fermanagh & Omagh District Council on the ‘Happy at Home’ initiative which will be running over the winter months. The Fermanagh and Omagh District Council area has a thriving network of older people’s projects and offer a wide variety of events and programmes to suit all. As the nights get shorter and we find ourselves indoors once again, I would like to encourage older people in the Fermanagh & Omagh area to take part in the upcoming range of initiatives, get involved and connect with others to try something new. You won’t be disappointed!



Seamus Ward
Head of Health Improvement, Equality and Involvement, WHSCT



Christmas is coming and so is Census 2021

Christmas is coming and so is Census 2021. Households across Fermanagh and Omagh District will soon be asked to take part in the next Census. The census happens only once every 10 years and gives us a picture of all the people and households in Northern Ireland.



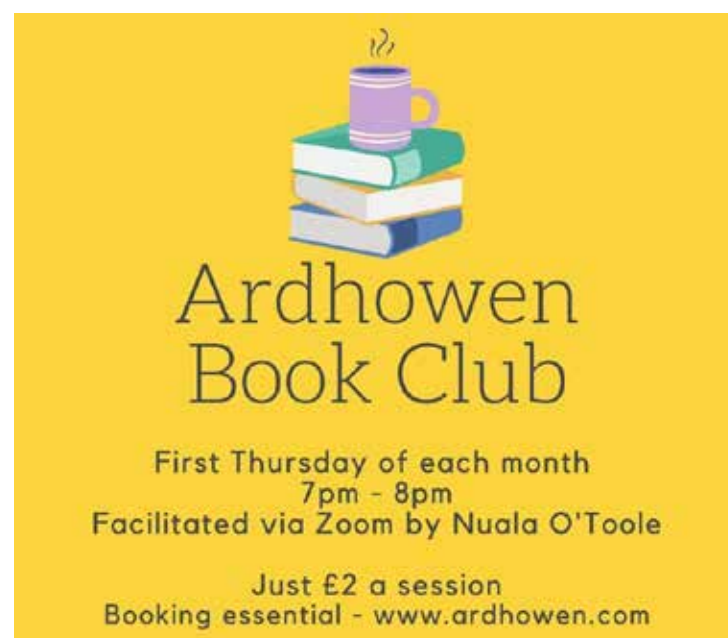
The word census comes from the Roman word 'censere', which means to assess. Without a census the Christmas story would not have happened in Bethlehem. Thankfully you will not require a donkey or a stable to complete your census. There are options available to complete online, on paper or by telephone. Census Day will be Sunday 21st March 2021.

If you would like to find out more visit www.census.gov.uk/ni

Ardhowen at Home and Christmas from Strule

Fermanagh and Omaghs two amazing theatres are very excited about their Christmas programmes. An exciting mix of music, film and book clubs, drama and craft are designed to entertain and engage you!

Keep an eye on the Ardhowen and Strule facebook page for the full line up details of talented musicians and artists that you can all watch from the comfort of your own home #stayathome.



Fermanagh and Omagh District Council

Christmas & New Year Arrangements

Household bin collections

There will be no bin collection service on Friday 25 December 2020. Bins due for collection on Friday 25 will be collected on Saturday 19 December. Household bin collections will take place as normal on Monday 28 December and Friday 1 January 2021.

Offices and administrative centres

The Council's main administrative centres will close at 5.00 pm on Wednesday 23 December 2020 and will reopen at 9.00 am on Monday 4 January 2021. These include the Townhall, Connect Centre at County Buildings (including Registration of Births, Deaths and Marriage and Civil Partnerships), and Killyvilly Works Depot, Enniskillen and the Grange, (including Registration of Births, Deaths and Marriages and Civil Partnerships), Connect Centre at Strule House and Gortrush Works Depot, Omagh.

Other Council facilities & venues

For up-to-date information on opening hours of Leisure Centres, Community Centres, Visitor Attractions and Recycling Centres over the festive period please contact the venue directly or visit the Council website at www.fermanaghmagh.com.

Shopping Safely Online

Protecting your computer

Before you even start it's important to protect your computer from viruses and online security threats. For a simple explanation of what to look out for and what software you need to install, visit www.getsafeonline.org or www.which.co.uk



Online Shopping

More than 1 in 3 consumers in Northern Ireland shop online regularly but very few think to check if the website will keep their payment details safe and many don't know about their right to cancel and get a refund.

Here are some tips which will help you to shop safely online



Protecting your rights

- The law has been developed over the years to cater specifically for online shoppers. It says: You have the right to clear information about a product or service which enables you to make an informed decision about whether or not to buy. The information should be easy to see and understand and should include the trader's geographical address and telephone contact details. The website should also clearly explain your right to cancel an order.
- The full cost of the item or service should be made clear before you buy. This includes any 'hidden' costs such as additional charges or credit card payment or booking fees.
- Websites can no longer use pre-ticked boxes for optional extras like seat selection or travel insurance and must make it clear when you're agreeing to make a payment.

Protecting your money

You have added protection when paying by credit card for goods costing between £100 and £30,000. If a problem occurs, for example the trader goes bust before you take delivery of your order, by law your credit card provider must help get your money back under '**equal or joint liability**'.

Always try to pay your credit card bill in full to avoid paying interest!

Before you enter your payment details look for **https** appearing in the internet address shown in the browser bar. The 's' stands for secure e.g. <https://examplewebsite.com>

A padlock icon will often appear in the browser bar too. If you click on this you will see the website's security certificate. Do not trust a padlock icon on the web page itself as this can be easily faked. The colour of the browser bar will turn green on some websites to show it's safe.

If you need more detailed information on paying safely online you should check out the Consumer Council for Northern Ireland website <https://www.consumercouncil.org.uk/node/658>



Top Tips for Shopping Safely Online

- 1** Do your research before buying from a website you have not used before. Check reviews or previous customers' feedback to see if others were pleased with their purchase and the service they received.
- 2** If you see an offer promising expensive items or hard to come by concert tickets at an incredibly low price, ask yourself why. It's most likely a scam so remember: **If it seems too good to be true, it probably is!**
- 3** Always keep a copy of your order confirmation and check your credit or debit card statement to make sure you've been charged correctly.

South West Age Partnership (SWAP)



SWAP is a network supporting older peoples groups and individuals in the Fermanagh and Omagh District Area. Run for older people by older people we provide a wide range of support from advice to signposting to programme delivery. A wide range of different funders support SWAP.

It's more difficult for many of us now but we encourage you to keep in touch however you can. If you have any ideas or want to discuss how to fund a programme or initiative you have for your area give Allison a call.

For our daily updates don't forget to follow SWAP on Facebook and Twitter <https://www.facebook.com/swapnetwork/>

<https://twitter.com/PartnershipSw>

SWAP can provide an activity pack to your door over the winter months to keep you busy if you don't have access to technology. For those who can access zoom see courses listed below. An activity pack to accompany the class will be delivered to you.

Activities on zoom:

Christmas Wreath Making

10 & 17 December

7.00 - 8.30 pm

Calligraphy

12, 19, 26 January, 2 February

7.00 - 8.30 pm

Gentle exercise

11, 18, 25 January, 1 February

11.00 am

Resilience Training

13 January

2.00 - 3.00 pm

Keeping Well at Home Move with Mary

Move with Mary is a series of five exercise videos. They cater for every level of capability, ranging from simple seated stretches, to balance, strength and gentle aerobic exercises suited to older people. The videos have been developed in partnership to support the work of the Northern Ireland Frailty Network, Age Friendly Network NI, care homes and Age Sector Networks delivering locally for the benefit of older people. A booklet, 'Keeping Well at Home' compliments this online resource – a large number of these were distributed during Positive Ageing October. The videos are available on-line on YouTube however SWAP also have a limited number of DVD's. For more information on Keeping Well at Home or to order a FREE DVD contact Allison.



Front and back cover photos are entries to the recent SWAP Christmas Card competition.

The winning entry on the front page by Pat Fletcher will also be the front cover of SWAP Cosy at Christmas card.

Stay safe, stay well and stay in touch.
Happy Christmas and New Year from the SWAP Directors and Allison.



SWAP also offer a Text Alert Service to provide information, advice and support to older people living in Fermanagh and Omagh.

Sign up by calling or texting: 07955 787 456 or contact Allison. Please provide your name, area where you live and a mobile. This initiative is supported by Fermanagh and Omagh District Council.

For more information contact Allison on 0258 8225 1824 or aforbes@southwestagepartnership.co.uk for more information

Cosy at home

A collaborative project between SWAP and Fermanagh and Omagh District Council and funded through the Public Health Agency (PHA). A limited number of packs to create your very own draft excluder will help keep your home warm and cosy this winter.

You will receive a pack with materials and a link to an interactive zoom class with Sonya to demonstrate how to create the trip friendly draft excluder. Designed simply for the most basic sewer this draft excluder will help keep out the draft this winter.

The demonstration class will be held on 15 December 2020 at 10.30 am

You will need your own sewing machine, scissors, measuring tape and some rice (for stuffing) and you can then complete this project in your own time in your own home. For more information, the zoom invitation and a pack contact Allison on 028 8225 1824 or aforbes@southwestagepartnership.co.uk.



Our community mental health team at WHSCT would like to remind us all to take a moment

Mindfulness can be described as paying attention to what we are experiencing in this moment, and doing so with a particular attitude: One of curiosity, openness, acceptance and warmth.

Simply observing what we are experiencing, right now, and bringing a warm curiosity to whatever arises. Allowing thoughts and feelings to come and go without getting caught up in them and without a need to change what you observe. This is your experience. Mindfulness is something that we can bring to any aspect of our day to day life. It can help to create feelings of calmness, warmth and self-compassion.

Take a moment to feel your breath and ask yourself: How is my mind right now? Is it busy or calm?



Top Tips for a Warmer Winter

- 1 Shop around for the best price**
Whether it's oil or electricity, you can save money by picking up the phone or surfing the web
- 2 Budget for your fuel throughout the year**
The St Vincent de Paul Oil Buying Scheme is available in many areas throughout the District
- 3 Oil prices are always changing**
If you heat your home with oil, purchase the oil when it is less expensive
- 4 Many people's financial circumstances have changed in the last few months**
A benefit entitlement check can help determine if you are eligible for additional income. Contact 'Make The Call' on 0800 232 1271 for more information.
- 5 When buying gifts for loved ones, consider giving the gift of heat by purchasing vouchers from energy suppliers**
Practical gifts are always appreciated
- 6 Contact FODC's Health Improvement Team on 0300 303 1777 to determine if you are eligible for grants for cavity wall/loft insulation or a new boiler**
The team can help you complete any applications and submit them on your behalf (only available for owner occupiers or private renters)

Poetry Competition winter

During Positive Ageing October Fermanagh and Omagh District Council launched an innovative way to make us think about heating our homes in winter. The fabulous winning entry was submitted by Valerie McManus, Derrylin, Co Fermanagh who clearly has a way with words!



Keeping Warm In Winter....

Is not the hardest thing to do

*We can always put our woollies on or even buy some new
When the summer is over and winter nights draw near
We must stay isolated now to put an end to the Covid Fear
When we say goodbye to summer & the colder days are here
There is only one thing we can do to fill us up with cheer...
And that is just turn up the heating & snuggle down together
Forget about the cost & price for it won't go on forever.
Just enjoy the warmth & comfort when the winter nights are long
And we can all join together in a happy Christmas song!*



BritishRedCross

Christmas CAROL CONCERT

MALACHI CUSHE **PLUNKETT MCGARTLAND**

2020 has been a challenging year for all of us. You can put it all behind you and get into the festive spirit by joining our virtual Carol Concert. Enjoy this beautiful festive concert from the comfort of your own home.

We are delighted to have the renowned Malachi Cushe and Plunkett McGartland to perform all of your favourite carols and festive songs.

The Carol Concert will take place on **Thursday 17th December** from 8.00 to 9.00pm

If you would like to be part of this memorable event please contact: Siobhan McGlone on 07702338930, Nicola Reid on 07860715718 or Tiernach Mahon on 07968741745

Bringing the Nativity and Christmas to your home!

Fermanagh and Omagh District Council are determined to bring Christmas Cheer to your door. The magic of Christmas is often captured best through the eyes of young children and watching their Christmas performances is one of the best experiences at Christmas. Primary schools throughout the district have been invited to share this joy with you by sending some clips of Christmas performances. These will be held on the Fermanagh Omagh YouTube channel for you to enjoy in the comfort of your own home bit.ly/FODCYoutube.

Easilink & Fermanagh Community Transport

Making Accessible Community Transport Safer

Dial a Lift (DAL) is a transport option for individuals living in rural areas outside of Omagh and Enniskillen towns without access to public transport or a car.

Dial a Lift (DAL) can be used to access a variety of local services including:

- Local Shopping
- Some Local Health Services
- Post Office and Banking
- Training and Employment
- Visiting Friends and Family
- Link to Public Transport to travel further afield

YOU MUST BECOME A MEMBER TO USE DAL.

The Disability Transport Scheme (DATS) provides a transport solution for people living in the urban areas of Omagh or Enniskillen.

Easilink and Fermanagh Community Transport provide this service on behalf of Disability Action.

Criteria based membership service

- A. Registered Blind
- B. 80 Years old +
- C. Disability Living Allowance (Mobility)
- D. Disability Living Allowance (Care)
- E. Attendance Allowance (Care)
- F. Doctor or Health Care Professional



MAX 5
Person Capacity

Making the vehicles safer for the members / passengers at this time

COUGH
FEVER
TASTE
SMELL

Check your symptoms

Wash Your Hands

Wear a face covering

Keep your distance

Sit away from others

DIAL A LIFT OPERATES
Monday - Friday
8am - 6pm

T: 028 66324260 (Fermanagh)
T: 028 8224 8140 (Omagh)

easilink
community transport

FERMANAGH
COMMUNITY TRANSPORT

Let's Get Connected

SWAP are delighted to receive funding from Fermanagh and Omagh PCSP to support a project designed at getting older people online using 4G enabled tablets. These tablets will be lent out with training provided to let people experience getting online. The tablets will have a sim card within these similar to that used for mobile phones and mean that you don't have to have broadband in your home to access the internet. This is a pilot project with a small number of tablets available for a 3 month loan period to let you experience if this is something would be of benefit to you. These will then be returned to be re-loaned to ensure we reach as many people as possible.

If this is something you would be interested in please contact Allison at SWAP on aforbes@southwestagepartnership.co.uk or **028 8225 1824**.

RSP
Policing & Community
Safety Partnership
making Fermanagh & Omagh safer

South West
SWAP
Age Partnership

Courses at Oak Healthy living

Designed for over 50's this gentle exercise and movement programme has been adapted to sitting or standing and can be completed from your own home via zoom.

Starting 8 December 2020 at 11.30 am for 1 hour.


The Oak Healthy Living Centre

Do you live with Chronic Pain?

Do you live with Chronic Pain, why not register for this 12 week programme which helps you understanding the pain tool kit, covering all aspects of self management techniques including Tai Chi, Relaxation, Music & Art Therapy, Medication management and wide range of self management helps. A 12 week programme starting 13 January at 12.00 to 1.30 pm this will be delivered via zoom.

To register for either of these classes just email Davina at davina.coulter@oakhlc.com for your link or call **07593 446201** for more information.

Useful contacts

Organisation	About	Landline	Mobile	Email	Website	Facebook
Action on Hearing Loss			0739323559	barry.grimes@hearingloss.org.uk	www.actiononhearingloss.org.uk/northernireland	Action on Hearing Loss - Northern Ireland
Alzheimer's Society	Fermanagh Dementia Support Worker	033331503456	07725475715	martin.bradley@alzheimers.org.uk	www.alzheimers.org.uk	
Alzheimer's Society	Omagh Dementia Support Worker	033331503456	07889604702	Julie-anne.casson@alzheimers.org.uk	www.alzheimers.org.uk	
Arc Healthy Living	Helping others to help themselves	02868628741		aidan.ormsby@archlc.com	www.archlc.com	Arc Hlc
The B Friend Hub - Fermanagh	The B-Friend Hub provides Free telephone and home befriending for older people living in Omagh, Strabane and Fermanagh	028 6698 0027	0759 138 6189	rita@thebefriendhub.org	www.omaghvolunteercen-tre.org	
The B Friend Hub - Omagh		028 8224 0772	0759 195 2133	jo@thebefriendhub.org		
Carers support	Carers Support – Information and Signposting Service for unpaid Carers	028 6634 4163	07525898985	Cathy.Magowan@westerntrust.hscni.net	Cathy.Magowan@west-erntrust.hscni.net	
Community Advice Fermanagh	Free, independent confidential and impartial information, advice, advocacy and representation.	0286632802	0739492173	speoples@communityadvicefermanagh.com		
Connect Fermanagh	Providing a friendly chat and information and help to link you to the right support and services in your area.	02866320230		info@connectfermanagh.org	www.connectfermanagh.com	
The Consumer Council	Promote and safeguard the interests of consumers in Northern Ireland.	0800 121 6022		contact@consumercouncil.org.uk	www.consumercouncil.org.uk	The Consumer Council Northern Ireland
Crimestoppers	Speak up Stay safe	0800 555 111			www.crimestoppers-uk.org	
Deafblind	Deafblind NI supports people who have any level of sight and hearing loss	01733973459	07876881012	paula.meenan@deafblind.org.uk	www.deafblind.org.uk	@DB.North-ernIreland
Dementia NI		02896931555	07966881422	paula@dementiani.org	www.dementiani.org	
Drink Wise Age Well	Helping people make healthier choices about alcohol as they age	0808 8010750			https://addictionni.com/ways-we-support-you/over-50s-alcohol-helpline	
Fermanagh Omagh District Council	Text Phone: 028 8225 6216. SignVideo for people who are deaf or are hard of hearing.	0300 303 1777	028 8225 6216	info@fermanaghomagh.com	www.fermanaghomagh.com	
Fermanagh Rural Community Network	The Local Rural Support Network for County Fermanagh	028 6632 7006		info@fermanaghrcn.org	www.fermanaghrcn.org	www.facebook.com/Fermanagh-rcn/
Fire, police, ambulance and coastguard		999 or 112			www.psni.police.uk/crime/	
Flooding Incident Line		0300 2000 100				
GP Out-of-Hours Service - Western Urgent Care	Monday to Friday 6pm to 8.30am and 24 hours weekends and bank holidays	028 7186 5195				
Housing Executive		03448 920 901			www.nihe.gov.uk/About-Us/Contact-Us	
Lakeland Community Care	Our vision is a Health and Social Care service that is shaped by the needs and experience of patients, clients, carers and communities	028 6638 6934	07909530124	Frances@lakelandcare.org.uk		www.face-book.com/LakelandCom-munityCare/

Useful contacts

Organisation	About	Landline	Mobile	Email	Website	Facebook
Libraries NI - Enniskillen		028 6632 2886		enniskillen.library@librariesni.org.uk	www.librariesni.org.uk	
Libraries NI - Irvinestown		028 6862 1383		irvinestown.library@librariesni.org.uk	www.librariesni.org.uk	
Libraries NI - Lisnaskea		028 6772 1222		lisnaskea.library@librariesni.org.uk	www.librariesni.org.uk	
Libraries NI - Omagh		028 8244 0733		omagh.library@librariesni.org.uk	www.librariesni.org.uk	
Libraries NI Fintona		028 8284 1774		fintona.library@librariesni.org.uk	www.librariesni.org.uk	
Make the Call	Talk to us about accessing benefits, supports and services you may be entitled to.	07393 802318		makethecall@dfcni.gov.uk	nidirect.gov.uk/makethe-call	Make the Call
Move with McMillan - FODC	Living with Cancer? We'll help you get active.	03003031777	07464980250	aidan.mccarron@fermanaghomagh.com	www.macmillan.org.uk	
mPower - WHSCT	We deliver a service to support people to develop wellbeing plans in the Fermanagh area, who are over 65, with 1 or more long term health condition to live healthier and more independent lives	02866344042	07585102515 or 07584 142197		www.mpowerhealth.eu	
Northern Ireland Electricity Networks		03457 643643			www.ninetworks.co.uk	
Northern Ireland Water		03457 44 00 88			www.niwater.com	
The Oak Healthy Living	"Connecting Our Community to Support Health & Well-Being"		07593446201	Davina.Coulter@oakhlc.com	www.oakhealthylivingcentre.com	Oak Healthy Living Centre
Omagh Forum for Rural Associations	Delivering the South West Rural Community Development Service		07968741745	info@omaghforum.org	www.omaghforum.org	Omagh Forum for Rural Associations
Omagh Independent Advice Service	Providing free, generalist, confidential, independent advice and representational service. . We deal with Social Security Benefits, Employment Law, Housing, Debt/Money Advice, Consumer issues and other Welfare Rights matters.	02882243252		info@oias.co.uk	www.aiac.co.uk	
Patient and Client Council	The Patient and an independent, informed and influential voice that makes a positive difference and advocates for people across Northern Ireland in Health and Social Care.	0800 917 0222		info.pcc@pcc-ni.net	www.patientclientcouncil.hscni.net/	Patient and client council
PSNI non-emergency		101				
Phoenix/Firmus Gas		0800 002001				
Shopmobility Omagh		02882240991	07517953536	shpmobilityomagh@outlook.com		Shopmobility Omagh
Shopmobility Enniskillen		02866329965		enniskillensm@live.co.uk	www.shopmobilityenniskillen.com	Shopmobility Enniskillen
South West Age Partnership	Connecting Older People across Fermanagh and Omagh	02882251824	07955787456	aforbes@southwestagepartnership.co.uk		swapnetowrk
South West Acute Hospital		02866382000			www.westerntrust.hscni.net/hospitals/south-west-acute-hospital	
Stroke Association NI	Rebuilding lives after stroke.	028 90 508020	07764907731	helen.mills@stroke.org.uk	www.stroke.org.uk	
RNIB	See Differently			kmcmackin@rnib.org.uk	www.rnib.org.uk	http://www.facebook.com/groups/RNIBConnectNI

Omagh Forum for Rural Association

Omagh Forum for Rural Associations provides development support to Community and Voluntary Groups in the Omagh and Fermanagh areas.

Please email maryt.conway@omaghforum.org to register and get your zoom invitation for the **FREE** courses below.

Gentle Yoga

12, 19, 26 January and 2 February 7.30 - 8.30 pm

Running an online meeting

14 January - 7.00 pm

How to use zoom – The basics

10 December at 7pm and 19 January at 11.00 am

Old Christmas Cheer at Enniskillen Castle



Bring back the memories of Christmas of old through a series of videos on toys and Christmas past. Enniskillen Castle will reminisce with you through a series of videos which can be found on our Enniskillen Castle Fermanagh County Museum Facebook page.

Create your own at home

Christmas Tea Dances

Get dressed up, cut those sandwiches into triangles, get a cup and saucer out and dust off those dancing shoes... or just come along and reminisce !

Fri 11th Dec 3pm - 4pm
Join Zoom Meeting
Meeting ID: 824 9474 5962
Passcode: 953793

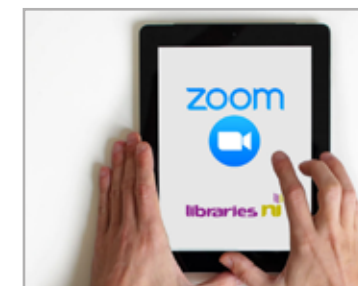
Live Music by
Jackie Rainey and Emma Doran

Wed 30th Dec 3pm - 4pm
Join Zoom Meeting
Meeting ID: 849 4055 1647
Passcode: 043025

Live Music by
Gerard Dornan

Engage with Age

Age-friendly




Need some IT help?

Sign up for a free Zoom session on any of the following topics:

- iPads
- Emails
- Messenger
- Androids
- Scams
- WhatsApp
- Kindle
- eBooks
- eMagazines
- Skype

See our Zoom programme for more details or visit librariesni.org.uk



Just for fun. All mixed up

Grab a cuppa and a pen and see if you can unscramble the letters to find lots of Christmas Cheer.

- 1) ighlfyirast
- 2) rnbday ieismcnpe
- 3) rnnfaiekcens
- 4) lcrao niressg
- 5) hitcrmssa dgaarl
- 6) rats fo helhmbtee
- 7) umdell neiw
- 8) umlp dgidupn
- 9) nbrrrcaey acsue
- 10) ttllie rmumdre ybo
- 11) kahr het radhel neagsl nsig
- 12) soyftr eht onasnm



STROKE

If not treated **urgently**, a person is at a higher **risk of death or disability** if they take a **stroke** than from COVID-19.

You must act F.A.S.T

Know the symptoms of stroke:

- F**ace - Has it fallen on one side?
- A**rms - Can they raise them?
- S**peech - Is it slurred?
- T**ime - If you notice any of these signs make the call, dial **999**

Visit www.pha.site/ActFAST It could save a life.



Festive Food

In the busy run up to Christmas, healthy eating tends not to be the main priority and can be forgotten about. It's easy not to notice the 'extras' you're eating each day, especially when that box of sweets has been opened! Eating just 3 sweets adds 100 calories to your diet and having that extra 100 calories a day could mean 10lbs of weight gain a year.

WHSCT Community Food Nutrition Team
WHSCT provide some tips for healthier and tasty food over the festive season:

- A simple and easy option is to trim the skin from your turkey or fat from your ham.
- Steaming vegetables instead of boiling can lock in nutrients as well as adding more flavour. If boiling, try using the left over water to make your gravy, this way the nutrient-rich water won't go to waste.
- Roast potatoes can be made using a little vegetable oil as a healthier alternative to butter or goose fat, while still making them crispy. Add some garlic and herbs like rosemary and thyme to give extra flavour!
- Swapping out the sausage stuffing for a breadcrumb, nut and seed stuffing makes for a healthy alternative and the perfect opportunity to try something new!
- Being mindful of overindulging on alcohol, try alternating every alcoholic drink with a glass of water to keep hydrated
- Swapping fizzy drinks for diet or light alternatives, can help reduce the amount of sugar while still having the sparkle.

Give this Winter Warming recipe a go!

Vegetable and lentil soup Serves 2

- 2 carrots
- 3 stalks celery
- 2 small leeks
- 3 garlic cloves
- 85g dried red lentils
- 1 tbsp thyme leaves
- 1 tsp ground coriander
- 2 tbsp tomato puree



1. Wash and chop carrots, celery, leeks and garlic
2. Put lentils in a sieve and rinse well with cold water
3. Place all ingredients into a large saucepan
4. Pour over 1½ litres boiling water and stir well
5. Cover and leave to simmer for 30 minutes until vegetables and lentils are soft

If you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor

Soup can be made in advance and stored in the fridge for up to 2 days

FREE Home Fire Safety Check!



**Northern Ireland
Fire & Rescue Service**



Northern Ireland Fire Service have seen an increase of the impact of fires in the home over the COVID-19 pandemic period. In addition December, January and February can be a high risk period within the community. Christmas decorations, candles and fairy lights can all add to the risk of fire in your home.

If you:

- are aged 50 and over; have a disability, impaired mobility, or a health condition that would impact on your ability to acknowledge and respond to an emergency in the home; or
- receive assistance from an agency which has a Safety Partnership with NIFRS, then contact us for a FREE HOME FIRE SAFETY CHECK! Telephone 028 9266 4221, or email aforbes@southwestagepartnership.co.uk or visit www.nifrs.org/fire-safety/fire-safety-check-form/

Online Fire Safety Information Session - Winter Fire Safety

NIFRS are hosting an informative online session 'Winter Fire Safety' on Thursday January 21, 2021 at 2.00 pm. Meeting ID: 820 6044 4830 Password: 341374. Contact Allison at South West Age Partnership (SWAP) for the link.



**Looking after your
mental health while
you stay at home.**



ONside

creating community connections

The ONside project aims to improve the health and wellbeing of disabled people* through increasing their social and digital involvement in the community.

Over a six-month period, we will deliver person-centred support to:

- increase your community connections both digitally and socially.
- attend a digital skills programme which will train, equip and support you to become connected online.

The ONside project offers participants independence, choice and control.

*over 16 years old

For further information:

028 9029 7880
info@onsideproject.org
www.disabilityaction.org/onside

@ONsidecccc
@onside_project
@onside-project

Disability Action, ILMI, Housing Executive, Supporting Communities, Interreg

The project is supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body (SEUPB).

Winter WELLNESS

KEEP ACTIVE

STAYING ACTIVE IS ESSENTIAL FOR YOUR GENERAL FITNESS AND IT ALSO GENERATES HEAT AND HELPS TO KEEP YOU WARM.

WEAR CORRECT FOOTWEAR
BE CAREFUL WHEN WALKING ON WET OR ICY SURFACES. WEAR RUBBER-SOLED, LOW-HEELED SHOES OR LACE-UP SHOES WITH NON-SKID SOLES THAT FULLY SUPPORT YOUR FEET.

STAY CONNECTED
KEEP IN TOUCH WITH FAMILY AND FRIENDS AND IF YOU CAN'T VISIT THEM, PHONE THEM OR USE SOCIAL MEDIA TO CONNECT WITH THEM.

EAT A BALANCED DIET
INCLUDE CALCIUM AND VITAMIN D TO KEEP BONES STRONG.

KEEP WARM
STAY WARM WHETHER YOU'RE IN OR OUT AND ABOUT. CHOOSE LOTS OF LAYERS TO TRAP IN THE HEAT AND DON'T FORGET TO WRAP UP WHEN OUTSIDE.

Western Health and Social Care Trust, HSC, Health Promotion

Step Challenge

Fermanagh and Omagh District Council, in partnership with the Public Health Agency (PHA), under the Making Life Better framework of Empowering Healthy Living, is encouraging people who take little or no exercise to sign up to its new year Step Challenge programme.

The free programme, which aims to help people make positive changes to their lifestyle by getting active, encourages participants to get out and about and take more steps every day.

To help participants reach their goals, weekly organised walks lasting one hour will take place at Fermanagh Lakeland Forum, Enniskillen and Omagh Leisure Complex commencing on Tuesday 12 January 2021 at 7.30pm. Each walk will be led by a fully qualified walk leader. Each participant who completes the programme will receive a free hoodie.

For further information regarding the Healthy Towns initiative please contact Chris Elliott by telephone on 0300 303 1777, (all calls charged at local rate), textphone on 028 8225 6216, by email at chris.elliott@fermanaghomagh.com or register at

<https://www.fermanaghomagh.com/residential-services/leisure/healthy-towns-2020-2021/>

OUR DIGITAL VOLUNTEERS ARE HERE TO HELP

www.bitcni.org.uk

Do you need help with any digital issue or device?

Business in the Community, in partnership with Go ON NI and NI Direct, is offering free digital help for anyone who needs it.

If you have a tablet, laptop or phone and need help to address a specific problem, our digital volunteers can help. Simply text the word **DIGITAL** to 67300* with a brief description of what you require help with, or call 07551 852684* and leave a message, and a volunteer will phone you within 48 hours with free, helpful advice on many topics such as:

- Any online video calling, e.g Zoom, Facetime, Facebook
- Any social media, e.g Facebook
- Email
- Attachments
- Staying safe online and scams
- Online payments
- Shopping online
- Saving and sharing photos
- Computer settings

*All calls and text messages will be charged at your network operator's standard rate. Information is held securely and is non-identifiable and not shared with a 3rd party. Information will be used by Digital Partners for this service only. There is no charge for receiving texts from this service while in the UK.

Business in the Community, The Responsible Business Network, Northern Ireland, Go ON NI, nirect

For FREE digital help, text DIGITAL to 67300*, call 07551 852684* or visit www.nidirect-ni.gov.uk/go-on-ni

FREE Grocery and Prescription Collection and Delivery Service

FERMANAGH COMMUNITY TRANSPORT

Are you or someone you know in a higher risk category or feel more vulnerable due to COVID-19 and who could benefit from our free Grocery and Prescription Collection and Delivery Service?

If you or someone else you know is, let us help take the pressure off you.

One of our professional, caring, and vetted drivers will collect your pre-paid groceries and prescriptions and leave them safely to your door, ensuring social distancing.

Available to Registered Members & Non-Members

STAY SAFE AND STAY WELL: WE ARE HERE TO HELP!

Please Ring Us On 028 66 324260
E: info@fermanaghcommunitytransport.com

Department for Infrastructure, DATS, www.fermanaghcommunitytransport.com, Charity No. 101628

Worried about your drinking?

The Over 50s Alcohol Helpline provides information, advice and support for older adults in the UK.

Call 0808 8010750

we are withyou

Age UK

addictionni





HAPPY  HOME