



HAPPY HOME

February 2021

Welcome

As Chair of Fermanagh and Omagh District Council, I am delighted to welcome you to the February edition of "Happy at Home".

Following on from the success of the December edition which proved to be very popular, Fermanagh and Omagh District Council is delighted to be renewing its very successful partnership with Western Health and Social Care Trust and South West Age partnership to bring you the 2nd in a series of 3 editions of the "Happy at Home" publication.



2021 has unfortunately started much the same as 2020 ended, with restrictions introduced by the Northern Ireland Executive to help curb the spread of the coronavirus pandemic. However, there is light at the end of the tunnel and the roll out of the vaccine programme has commenced in the Community so hopefully it won't be too long before a semblance of normality returns.

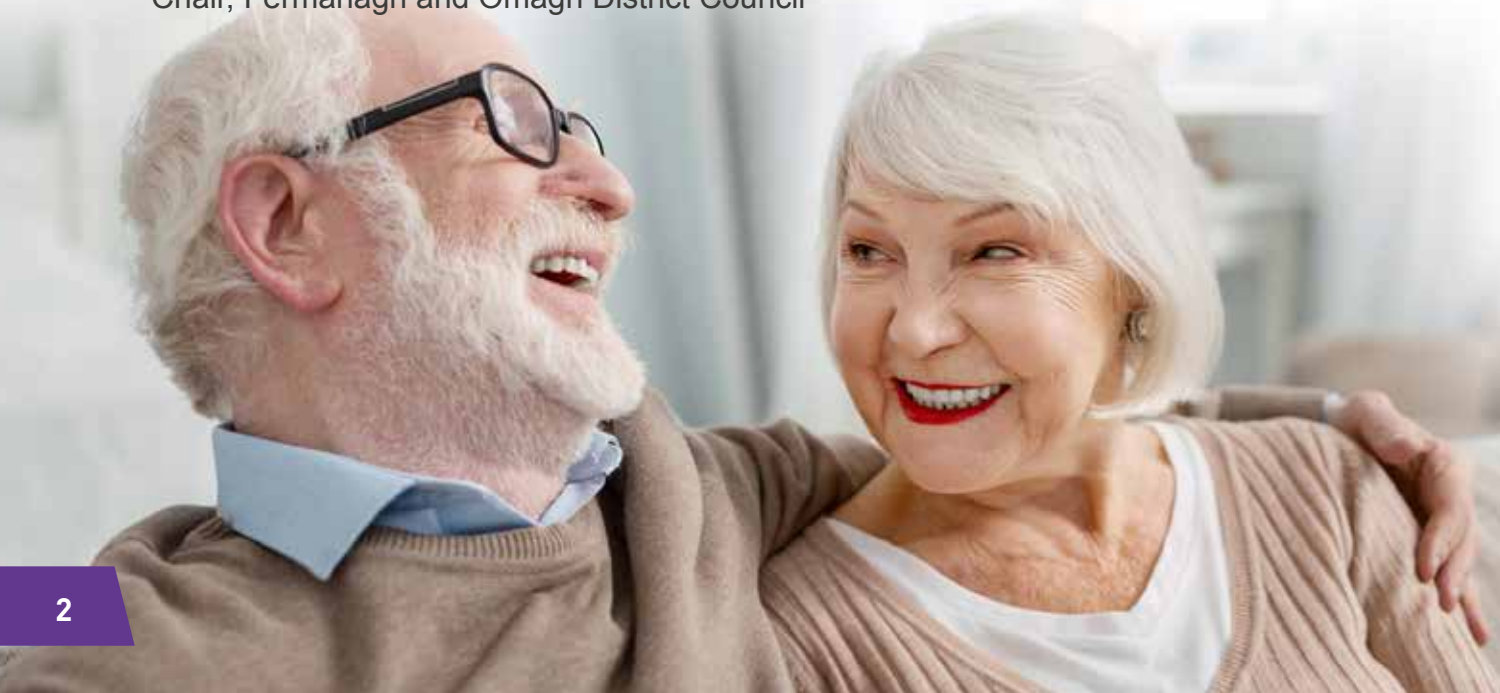
This edition is packed with articles, tips and puzzles and will hopefully keep you entertained over the next few weeks.

One of the key difficulties which has been amplified by the pandemic is the issue of isolation. I am confident that February's edition of Happy at Home, will keep you connected in some way to what is going on. I am reminded of an old BT advertisement featuring actor Bob Hoskins, who reminded us that "it's good to talk." This has never been more relevant than today and I would urge you to stay connected with your family and friends at this time.

Enjoy the February edition of "Happy at Home".

Councillor Diana Armstrong

Chair, Fermanagh and Omagh District Council



I would like to take this opportunity to wish you all a Happy New Year on behalf of the Western Health & Social Care Trust. As you know the Covid Vaccination Programme has commenced and is being rolled out in your area through local GPs. GPs will invite their patients in for vaccination in line with the agreed prioritisation list, starting with all those aged 80 years or over, before working their way down through the age groups. The roll out of the vaccine gives us all some hope and positivity looking towards the future. In the meantime we are delighted to be working with Fermanagh and Omagh District Council and South West Age Partnership to bring you the latest edition of Happy at Home newsletter.



Seamus Ward

Head of Health Improvement, Equality and Involvement, WHSCT

Hi everyone and a belated Happy New Year to you. I'm delighted to see the 2nd edition of our Happy at Home booklet in print.

As ever this booklet has lots of relevant and very useful information within it for local older people, please take the time to read through it. Let us know what you think and send us ideas for activities you think would be useful. We have tried to include activities within this for people that are online but also for people who don't have access to the internet.



I want to acknowledge that this has been a difficult start to 2021, we'd all hoped things would have improved much more by now so it's easy and natural to feel overwhelmed by all the negative news. So, I want to focus on the positives ahead, we are a couple of months from Spring and the better weather. Many of you are telling us about the signs of Spring showing in your gardens and indeed I can see the bulbs I planted starting to peek through. This gives me hope of a better year ahead.

So, stick with us, we will get through this together. Most importantly keep in touch. Stay safe and stay well

Marj Aitken

Chairperson, South West Age Partnership

Census 2021 is Almost Here...

We've been planning for almost ten years but households across Northern Ireland will soon be asked to take part in the 2021 Census. Census day is March 21st 2021.

There's nothing else that provides a snapshot of society quite like the census. It gives us three windows on our world: one looks at life in the past, another shows how we live now in the present, and one helps us predict what we might need in the future. Many of you will have seen and lived through the many changes Northern Ireland has gone through since our first census in 1921.

The information collected in the census is used to help make decisions about how vital services such as education, transport and health are planned and funded. Now more than ever we can see how important these services are to keep us safe and healthy.

It will be the first census run mostly online. In the first week of March 2021, you will receive a pack in the post with either an online code or paper questionnaire. It's easy to complete online by following the steps in your letter but don't worry if you aren't online. Paper questionnaires including a large print version are still available - give our contact centre a call and they will post one to you. This number is on your letter and it's free to call.

For more information, visit census.gov.uk/ni or follow us on Facebook and Twitter @NICensus2021



Chair Exercises with Marty



Keep moving with Fermanagh and Omagh District Council Chair based exercises with Marty. Funded by the PHA these exercise classes will be delivered in the comfort of your own home free of charge using zoom Tuesdays @10.30 am for 4 weeks starting Tuesday 16 February 2021. For more information and to book one of the limited spaces email age.friendly@fermanaghmagh.com or contact Sharon Howe on 0300 303 1777.

Calling all Centenarians

As part of the Council's plans to mark the centenary of the establishment of Northern Ireland in 1921 we have launched a reminiscence project to provide a lasting legacy of stories about people born 100 years ago.

If you know someone who is turning 100 in 2021 and were born or reside in the Fermanagh and Omagh District Council area, please contact age.friendly@fermanaghmagh.com or contact Sharon Howe on 0300 303 1777 for more information.



Council extends survey to ascertain level of Broadband access across the district

Fermanagh and Omagh District Council are committed to ensuring that high quality broadband is accessible to residents in the Fermanagh and Omagh area and has undertaken a consultation process to better understand the level of broadband access across the district.



The Council is keen to hear from residents right across the district about broadband provision, strength and reliability in their areas and have devised an online survey for residents to complete. (The survey is also available in hard copy format upon request.)

The survey launched in November 2020 and has been so well received by the public that the Council have extended the closing date for responses to Friday 26th February 2021.

To access the online survey, please visit the Council website at www.fermanaghmagh.com. The survey now closes on Friday 26 February 2021.

Everyone who completes the survey will be entitled to enter into a prize draw for a £100 shopping voucher for either Omagh or Enniskillen.

Need transport to get your covid vaccine?

We can help!

If you live in the Easilink operational area (Omagh, Strabane and rural Derry/Londonderry), and do not have access to public transport or your own transport, you can avail of our new Covid vaccine transport support service.

You do not need to be a member to avail of this service. Bookings must be made at least two working days before the date of your appointment.

For more information contact your nearest Easilink office:

OMAGH OFFICE : 028 8224 8140

STRABANE OFFICE: 028 7188 3282

 easilinkcommunitytransport

 EasilinkCT

easilink
community transport



Important Community Announcement

Transport to COVID-19 GP Vaccination Centres

Fermanagh Community Transport is delighted to be in a position to introduce a new COVID-19 support service to assist those who are being called forward to receive a COVID-19 vaccination at this time. This service is aimed at those individuals who do not have access to a private car or other means of transport to access the vaccination centre. We can provide transport to a vaccination centre within Fermanagh or in a neighbouring county.

Full and Half Concessionary Passes can be used.

FREE COVID Support Services

- **FREE WEEKLY GROCERY SHOP COLLECTION AND DELIVERY SERVICE** (Clinically Extremely Vulnerable and High Risk Groups)
- **FREE PRESCRIPTION COLLECTION and delivery service** (Clinically Extremely Vulnerable and High-Risk Groups)

Rural Door-to-Door Service - Dial-a-Lift

- Other Essential Journeys within Government Guidelines (Members Only)

All services available Monday to Friday from 8am to 5:15pm. Booking required two days in advance.

To request a journey, please phone us on: 028 6632 4260

DATS
Disability Action Transport Scheme

Department for
Infrastructure
www.infrastructure-ni.gov.uk

Company No: NI 610269 Charity No: 101626 VAT Reg No: 135 1106 59



Age Friendly Calendar

Recognising that we all need a little extra help and support especially at this time, the Western Health and Social Care Trust has launched a 2021 calendar for older people in partnership with South West Age Partnership, Fermanagh and Omagh District Council, Derry City and Strabane District Council, Causeway Coast and Glens Borough Council and the Public Health Agency.

Funded by the Department of Health through the Western Protect Life Implementation Group, the calendar addresses emotional health in later years, encouraging older people to take five simple steps to improve their wellbeing – connect, be active, take notice, keep learning, give.

Calendars have been delivered to around 10,000 older people's homes across the Western Trust area.

If you haven't received a calendar and would like to do so please contact age.friendly@fermanaghomagh.com or contact Sharon Howe at Fermanagh and Omagh District Council on **0300 303 1777**.



Numbering your property

Fermanagh and Omagh District Council are urging residents to ensure that their house or property number is displayed clearly. House or property numbers are extremely important, especially in a medical emergency where every second counts. They also make it easier for postal and delivery staff to find the correct address for deliveries.

Please make sure your house or building number is:

- Displayed on your house or other building,
- Easy to read from the roadside
- Clearly visible in the dark



SWAP Happy at Home activities



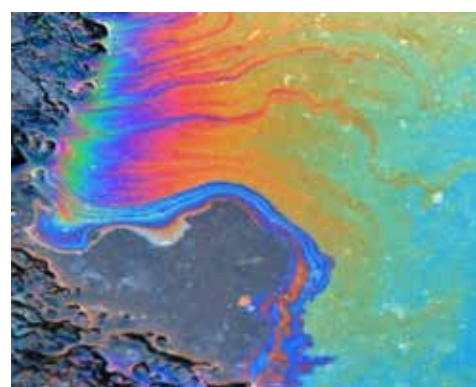
South West Age Partnership is a network for older people in the Fermanagh and Omagh District Council area. For more information or to register for any of the courses below please contact the Project Manager Allison on Facebook messenger by email on aforbes@southwestagepartnership.co.uk or by phone on **07873 392 365**.

SWAP have some more classes coming up including decoupage, applique, mandala art for beginners, print-making, reminiscence (a look at our lockdown stories) and more. Not all of these activities require you to be online as we try to cater for as many people as we can.

Reflections “A mindful stitching project”

with **Morag Donald**

Morag was inspired by seeing petrol spilled in a puddle. Morag is dyeing soft cotton lawn in rainbow colours to add to lovely soft cotton flannel. The flannel is lovely to work with, warm and comforting and the idea is to pin on a few pieces of lawn and then take your needle and thread for a walk across the snowy cotton and just see how the piece evolves. Mindful stitching is a soothing, calming and spontaneously creative activity. Embellishments can be added with buttons lace and ribbons.



Packs will be delivered to participants to sew at their leisure and when they are completed Morag will stitch them all together into a beautiful wall hanging for the SWAP offices. You don't need to be online to complete this project and it is for people aged 60+ in the Fermanagh and Omagh District. This project is funded through The National Lottery Community Fund.

Let's Get Connected!

If nothing else these last few months we have learnt the value of connecting with people and having access to reliable and reputable information. One way of doing that is digitally. SWAP has developed a programme for older people that are not connected, either because they don't have access to broadband or a device they can use.

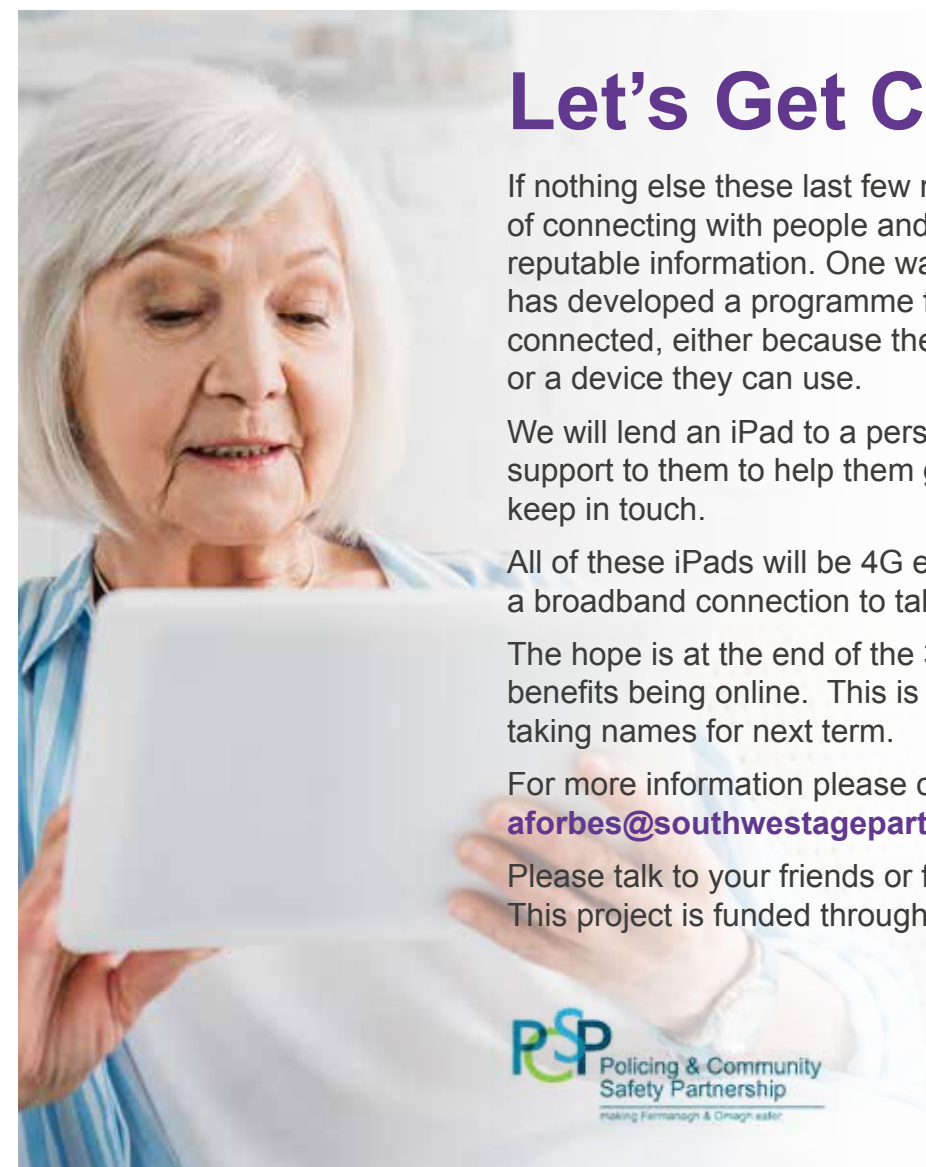
We will lend an iPad to a person for 3 months and also provide support to them to help them get used to using the internet to keep in touch.

All of these iPads will be 4G enabled so you don't need to have a broadband connection to take part.

The hope is at the end of the 3 months the person will see the benefits being online. This is fully booked up for this term but taking names for next term.

For more information please contact Allison on **07873392365** or aforbes@southwestagepartnership.co.uk

Please talk to your friends or family that could benefit from this. This project is funded through Fermanagh & Omagh PCSP



Keeping Active in 2021

Gentle Exercises with Teresa are back again on a Monday morning at 11am via Zoom. Please contact Allison on **07873392365** or aforbes@southwestagepartnership.co.uk for the login details. These classes were really popular before Christmas, please come along and give it a go.

For anyone aged 60+ living in Fermanagh and Omagh area funded by



So you think you are safe at home?



Each Year in Northern Ireland as a result of a HOME accident...

71,000
people are
injured

9,000
people are
hospitalised

70
people die from an injury
caused in their HOME



Injuries

including slips, falls, burns & scalds, poisoning, choking



Accidents

including broken wrists, ankles and hips, severe & minor burns to the skin, time in hospital, scarred by accident.

HAVE A HOME SAFETY CHECK

It is **free of charge** if you are 65 or over and live in the Fermanagh and Omagh District Council area

Fermanagh and Omagh District Council offer free home safety advice for all residents who are aged 65 or over and living within our council area. The checks offer tips on all aspects of home safety, as well as specialist advice on topics like heating and energy efficiency. Participants will also be able to avail of FREE home safety equipment. To book your assessment please call **0300 303 1777**

FREE SAFETY EQUIPMENT may also be provided. Such as: Touch lamps, shoe horns, pill dispensers, low energy light bulbs, bath/shower mats, helping hands.

Accident Prevention Top Tips

- Test your smoke alarm on a weekly basis
- Plan & practice your fire escape plan
- Keep Landings, stairs and hallways well lit, insert a dual hand-rail on stairs/steps
- Replace worn carpets, remove loose rugs and mats and use non slip backings
- Wear suitable footwear
- Use stepladders instead of climbing on chairs
- Store everyday items in easy-to-reach places
- Review medication with your GP/ Pharmacist. Use a pill box
- Wipe up spills straight away, and use bath/ shower mats
- Make sure and go for regular eye checks
- Keep active



FREE Carbon Monoxide Detector to the first three correct word search entries received.



Y Q P X S I I Y M V C S Z C P
K T I F O E Z R M N J M A X M
M Q E I C W A R G P E R K T A
Y J B F K L L C R N B F N E L
Y T E F A S L E C O M R Q D H
Y D K E I S V E N I U D U Z C
A Z R I D E E M P B D H K I U
B I D A N G O R M I M E N R O
F U G T D N A H I F L D N O T
P E J V O F A L L F O S M T Z
I O U X D N A H G N I P L E H
R N I S H O E H O R N W H P E
T D T D U W B E A M U T I O S
E U C Y W L X N I X D C A T H
X Z B A W V I B P M D P F A L

ACCIDENT
BURN
CARBONMONOXIDE
FALL
FIREALARM
FIRESAFETY
HELPINGHAND
PREVENT
SAFETY
SHOEHORN
SLIP
SOCKAID
TOUCHLAMP
TRIP

Send your entry to:
Fermanagh and Omagh District Council, Health Improvement Team, The Grange, Mountjoy Road, Omagh. Co Tyrone BT79 7BL by **26th February 2021** or by email to **home.safety@fermanaghomagh.com**

Name:

Address:

Tel:

Enniskillen Castle brings you a Museum at Home

Pat collected items, which he described as “the things your granny threw away.” People from the local area brought a wide variety of items to Pat and his museum. In 1981 The Pat Cassidy Collection and his notebooks were given to Fermanagh County Museum. This collection was formerly displayed in the Corner House Museum in Mr. Cassidy’s public house in Lisnaskea.



He said: “When we came to Lisnaskea we started up in this old house here and I thought it would be a good idea that we would have an old-time kitchen.”

“Well when I lived in the country everything took place in the kitchen. Well you dined in the kitchen and you ceiled in the kitchen and of course the old pair were always there to talk to you, the old man sat in the

one corner and the old woman sat in the other, and it was mostly a turf fire with sometimes some sticks and sometimes you’d have sods at the back.”

He collected folklore, photographs, memories and sayings as well artefacts. He collected history in all its forms.

“No-one at home but the fire, and that’s out.”

“Will you not take a wee drop o tay?” You might say “Aw well, I’m in a hurry.” “Well you’ll take a wee drop in your hand.”



‘Creepie’ Stool

Used by many children to seek warmth from the fire by ‘creeping’ up quietly to the open fire. The ‘creepie’ stool was a familiar seat for young children to watch the many activities around the fireside setting or simply to hear the storytelling tales.’

Floatation ring made of woven rushes.



scamwiseNI

PARTNERSHIP

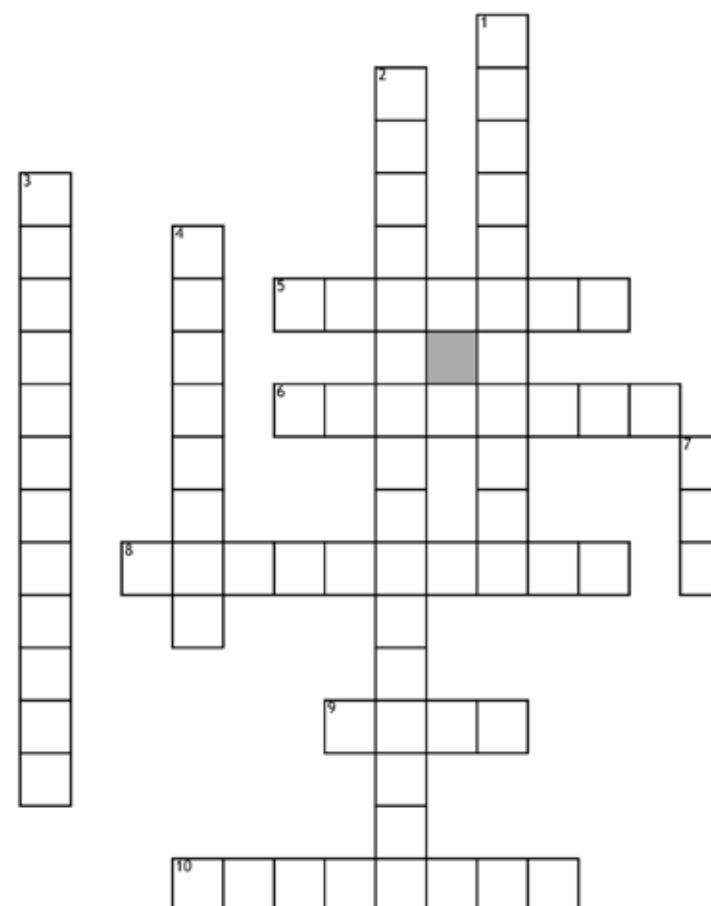


Challenge:

Complete the crossword puzzle using the clues to find the correct words. If you have a printer, print off the scam crossword puzzle for each member of the family. Ages 15+

Across:

- What L could be a scam where you are told you have won a large prize? (7 letters)
- What H could be a scam claiming that you are due a tax rebate? (8 letters)
- What is the name of the partnership in Northern Ireland fighting scams? (10 letters)
- What F is the number of steps in the SCAM test? (4 letters)
- What Mis one way people can be scammed? (8 letters)



Down:

- What do you need to watch out for on social media that sells goods online? (11 letters)
- What types of goods do you need to be careful of when buying online? (16 letters)
- What Dis one way people can be scammed at their house? (12 letters)
- What N is the name of the official government website to find information on scams? (8 letters)
- What is an example of a fake good being sold during the coronavirus lockdown? (3 letters)

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.omaghvolunteercentre.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@western-trust.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.NorthernIreland
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	
Easilink	We provide a transport option to rural dwellers across the Omagh, Strabane & Foyle areas who have difficulty or are unable to access public transport, and who do not have access to private transport.	02882248140		info@easilink.org	www.easilink.org	https://www.facebook.com/easilinkcommunitytransport/
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/
Fermanagh Community Transport	Provides rural transport services to people and communities throughout County Fermanagh.	02866324260		info@fermanaghcommunitytransport.com	www.fermanaghcommunitytransport.com	https://www.facebook.com/FermanaghCommunityTransport-Service/
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	

Useful contacts

Organisation	About	Landline	Mobile	Email	Website	Facebook
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.facebook.com/LakelandCommunityCare/
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/makethecall	Make the Call
Move with McMillan - FODC	Living with Cancer? We'll help you get active.	03003031777	07464980250	aidan.mccarron@fermanaghmagh.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

Phone First Service

A new 'Phone First' service is being rolled out to cover our Emergency Departments at Altnagelvin and South West Acute Hospitals and Urgent Care and Treatment Unit in Omagh Hospital

Phone First is designed for patients, including children, who are feeling unwell and considering travelling to an ED or Minor Injuries Unit with an injury or illness which requires urgent treatment but is not immediately life threatening.

When you call the Phone First service your condition, or that of the person you are calling on behalf of, will be clinically assessed and arrangements made for you to access the most appropriate service to your needs. At present units in the Western Trust are only offering booked appointments for minor injuries in adults. You may receive telephone advice on minor illness via the phone first service or be directed to see your General Practitioner or to attend ED.

The Western Trust 'Phone First' service will operate from 08:00am to 12midnight, seven days a week using the following contact options:

 **PHONE**
0300 020 6000

 **TEXT**
0870 240 5152

For all **EMERGENCIES** that are life threatening always call 999 immediately. This can include: Stroke, heart attack, loss of consciousness, breathing difficulties, severe bleeding or major trauma.



SWAP 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



PHONE FIRST

Make sure you **PHONE FIRST** before going to Altnagelvin and South West Acute Hospital's Emergency Departments and the Urgent Care and Treatment Unit in Omagh Hospital and Primary Care Complex.

0300 020 6000

TEXT RELAY: 0870 240 5152

Operating from 08:00 to 12 Midnight 7 days per week.

Get directed to the right care
Avoid busy waiting rooms
Stay safe
Save time



FOR EMERGENCIES - 999

Including: stroke, heart attack, loss of consciousness, breathing difficulties, severe bleeding or major trauma

ALWAYS CALL 999 IMMEDIATELY

English

 **Health and Social Care**

 **DoH**
www.health-ni.gov.uk

Are you part of a group interested in sourcing cheaper oil for your members? What about setting up an Oil Buying Club?

- Members, within 15 mile radius join together to buy oil (min order 200 litres)
- The more people that buy oil together, the cheaper the cost
- Free to join, but members must make one order per year
- Reduces number of tanker journeys which will reduce CO2 emissions.
- Each month members are contacted by the Northern Ireland Housing Executive Oil Buying Club team (by text, email or phone call) and asked if they wish to place an order
- Orders gathered and Suppliers asked to provide a price per litre and a delivery timescale
- Members who have placed an order are then contacted and informed of the successful supplier and total cost of their order
- The order details are sent to the supplier who then arranges payment and delivery with the member
- If your group is interested, please contact the Health Improvement Team at Fermanagh and Omagh District Council on 0300 303 1777.



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/

Worried about your drinking?

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

Call 0808 8010750



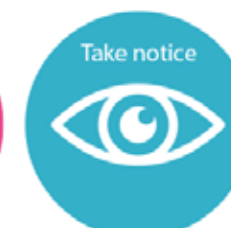
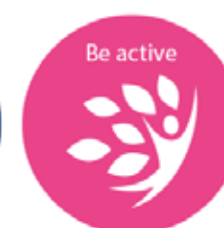
**we are
withyou**



addictionni
supporting health, promoting recovery

Take5
steps to wellbeing

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



HSC Public Health
Agency

Online fraud protection Wordsearch



With online scams and texts becoming more and more common remember – if it sounds too good to be true it probably is. Follow our facebook page <https://www.facebook.com/FermanaghandOmaghPCSP> to keep up to date with any new warnings on potential scams.

Y W Z S L I A M E T N E L U D U A R F Y Z G L C
T E O E S L C H G W M P O W X J E Q J B L B E S
U Z S R R N D K J S M R U I Y O X H C Z O V V S
D V R N E G S K V S J E M P A S S W O R D P S Z
T U M U T E I W L E K V H E L O G E Q O J R N G
P N U K S I K F S C C E W D O W N L O A D I N G
F A N L D R F B V C Q N T V C W N L G U G Y E R
Q U C S U D K K G A T T Y L G E E Y I F I U W H
K T W E A T N T W T P L E H K Q G H D E U W S F
R H T C R A I Z M N Y A N Z B I P T E W S S B Q
O O T U F N E E G U P P I C S I N R N S E J M F
W R L R D T V P X O R E B Y C S L O T R U X E X
T I R I F I K S O C A S A I U Y N W I E G V Y C
E S P T D V S H L C N U K W L O N T T K O S V C
N E B Y H I U Q B A F O U W B D Q S Y C R L Z Y
S D E S Y R P T M J Z V T V J U W U T A X A E R
S T A E F U E T W S P Y W A R E Q R H T I I V W
E O G T H S E D P Q Z Q U G L H I T E T S T Y O
L L O T Y N G C E G N I H S I H P L F A B N E D
E I Y I M A S R X L I R Y T B S D L T T I E X G
R B U N M D W J D C Q R O G S S E T C N L D I H
I G B G Y M X C W J K E G K M O P Q G I T E C L
W C D S A J R G S O C I A L M E D I A B A R C X
O D F Y Z O P E R A T I N G S Y S T E M N C N S

CYBER
TRUSTWORTHY
ATTACKERS
UNAUTHORISED
SECURITY SETTINGS
DOWNLOADING
ANTIVIRUS
SPYWARE
FRAUDULENT EMAILS
FRAUDSTERS
CREDENTIALS
PREVENT
SOCIAL MEDIA
ACCOUNT ACCESS
IDENTITY THEFT
OPERATING SYSTEM
WIRELESS NETWORK
PASSWORD
ROGUE
PHISHING

Northern Ireland vaccine programme

Indicative timing and details of phases

Phase 1 (Priority groups 1 and 2)	December 2020
Care home residents	12,000
Care home staff	20,000
Health and Social Care staff	70,000 +
Over 80 year-olds	72,000
Phase 2 (Priority groups 3 to 6)	February 2021
Over 75 year-olds to 65 year-olds	233,000
<i>Clinically vulnerable under 65 year-old</i>	
Extremely vulnerable	95,000
Moderately vulnerable	135,000
Phase 3 (Priority groups 7 to 9)	Spring 2021
Over 60 year-olds	106,000
Over 55 year-olds	125,000
Over 50 year-olds	135,000
Phase 4 (Mass vaccination programme)	Summer 2021
General population not already vaccinated	
Phase 5 (Mass vaccination programme)	2022 onwards
Routine vaccination programme	



