



# HAPPY AT HOME

April 2021

# Welcome

As Chair of Fermanagh and Omagh District Council, I am delighted to welcome you to the third and final edition of this series of “Happy at Home”.

Following on from the success of the previous editions, Fermanagh and Omagh District Council is delighted to be once again partnering with Western Health and Social Care Trust and South West Age Partnership to bring you the 3rd edition in a trilogy of “Happy at Home” publications.

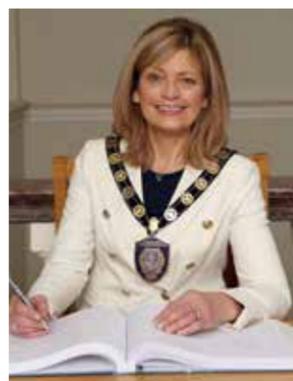
This edition is packed with articles, tips and puzzles and will hopefully keep you entertained over the next few weeks. There is also an article on biodiversity and to support it, this edition comes with a free packet of nasturtium seeds which will look beautiful in the garden when in bloom.

Hopefully, this month will see the commencement of an easing of restrictions in our phased return to what we hope will be a brighter future. The vaccine programme has been successfully rolled out across the community and already more than half the population eligible to receive the vaccine in Northern Ireland have received at least one dose.

I hope that the previous “Happy at Home” publications have kept you connected and entertained over the winter months and I know you will enjoy the April edition.

## Councillor Diana Armstrong

Chair, Fermanagh and Omagh District Council



Welcome to the final edition of the Happy at Home series.

I would like to take this opportunity to thank Fermanagh and Omagh District Council and South West Age Partnership for developing and distributing the newsletters to the older population of Omagh and Fermanagh area which has provided lots of useful information and activities to keep everyone occupied over the winter months.

As we have now turned our clocks forward and entered Springtime, we are seeing brighter nights ahead. The kids have started to return to school, the Covid Vaccination programme continues with now over 75,000 people in the Western Trust area vaccinated and 2 households can meet up in a private garden again (numbers depending on what date you are reading this). All this could mean brighter days ahead for us too, although we still need to be vigilant and continue to take measures to stop the virus spreading.

In the meantime, keep an eye out for future programmes and activities that Fermanagh and Omagh District Council and South West Age Partnership will be organising for 2021.

## Seamus Ward

Head of Health Improvement, Equality and Involvement, WHSCT



Welcome to the 3rd and final edition of the Happy at Home booklet. It has been wonderful to receive the feedback from the last 2 copies of the booklet, it is great to see the impact this has had across the district and see people engaging in activities

We were faced with so much uncertainty at the start of Winter and we were determined to do something that would keep people well, whilst staying at home. Thanks to the hard work of Sharon and Allison we have had a busy few months. I myself have enjoyed learning new skills, taking part in zoom classes and completing the various puzzles and competitions over the last few months.

We have made it through this long winter into Spring and watching the flowers start to bud and bloom. Enjoy the treats included with this booklet and please send us through some photographs later in the year of your nasturtiums as they start to flower.

Stay well

## Marj Aitken

Chairperson, South West Age Partnership



# Around the Meadow...

(Coming soon in Spring 2021)

A visit to neighbouring Co Cavan by older people 2 years ago resulted in feedback that an Age Friendly walk would be ideal for the District. The provisional site was suggested as the Broadmeadow which is regularly used by older people and has ideal parking and infrastructure already in place. The Reminiscence Trail was named Around the meadow as that is how visits there were referred to years ago. The proposed trail will include a series of signs and an information panel. The signs are designed to prompt thoughts, conversation and memories of times gone past. It is not a history walk, but more a way to delve into your memories – be they of the meadow or a different place entirely.



**Picnics at the meadow**  
From the Gunning Family Album © FODC Museum Services

For many people the local history references will be of great interest and the Castle will be launching an associated exhibition with further information. Further information will be published as soon as it becomes available.

The water around the Broadmeadow forms a magical stream of memories, of journeys, playing, fishing, swimming and being young.



Around the Meadow is a celebration of The Broadmeadow and these memories; just a short path along the water's edge on the west of the town it has, for decades, been enjoyed by many.

A place in the heart of locals and visitors; a place where childhoods were spent, romances blossomed, and family days were full of fun by the water overlooked by the Castle and Watergate.

Around the Meadow will allow you to think about these days gone by and memories made in this place. A reminiscence trail it hopes to stimulate memories and provide prompts not just of this meadow or town but your own past by placing a number of signs along the way. These are designed to be memory prompts and conversation starters which allow you to delve into your past and perhaps share these memories with others.

Around the Meadow includes photographs, a little history and poetry too.

You are invited to take a moment, perhaps take a seat, to just stop and think along the way.

Around the Meadow is part of Fermanagh and Omagh District Council Age Friendly Strategy to allow older people to lead more independent, engaged and socially connected lives and is funded through the Department for Communities.

# Around the Meadow Wordsearch

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | L | L | A | B | T | O | O | F | P | J | O | R | W |
| C | O | W | C | O | M | T | U | P | E | S | W | H | O |
| N | T | H | T | R | A | I | L | H | A | O | P | C | T |
| E | H | E | C | B | E | S | E | F | U | T | C | P | S |
| C | I | R | H | M | P | O | E | T | R | Y | H | I | A |
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| I | C | I | P | N | I | N | H | A | B | S | S | C | U |
| M | F | I | N | G | P | E | W | M | L | N | H | S | G |
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| N | T | M | I | R | S | R | F | R | I | E | N | D | S |

- PAST
- PICNICS
- FOOTBALL
- WHO
- SIGHTS
- CATCH
- TIME
- TRAIL
- WHERE
- CLOCKS
- MEMORIES
- SKIP
- SMELLS
- LOUGH
- REMEMBER
- WATER
- FISH
- REMINISCENCE
- WHEN
- SENSES
- PATH
- THINK
- POETRY
- FRIENDS

# Calling all Centenarians

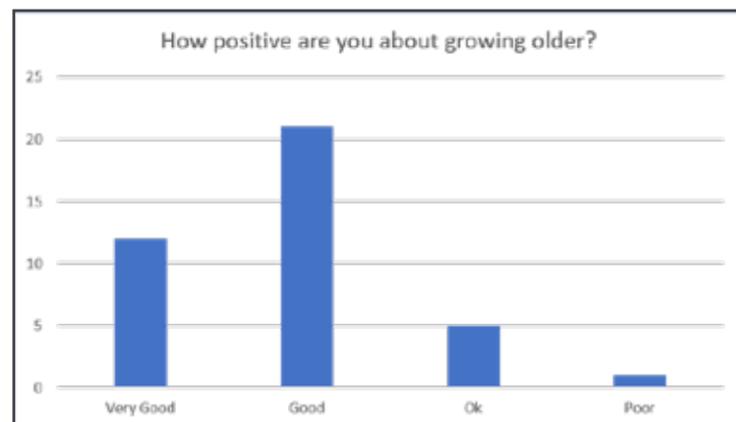
As part of the Council's plans to mark the centenary of the establishment of Northern Ireland in 1921 we have launched a reminiscence project to provide a lasting legacy of stories about people born 100 years ago.

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](mailto:age.friendly@fermanaghmagh.com) or contact Sharon Howe on **0300 303 1777** for more information.



# Making Fermanagh & Omagh District more 'Age Friendly'

More than 60 older people from across the Fermanagh and Omagh district attended the annual 'Age Friendly' conference on Wednesday 24 March 2021 which was held virtually for the first time due to restrictions currently in place to curb the spread of Covid-19.



The conference, organised by Fermanagh and Omagh District Council, in partnership with South West Age Partnership, with funding from the Public Health Agency (PHA provided those in attendance with the opportunity to hear from a number of speakers on issues relating five steps to wellbeing – keeping well at home).

Welcoming delegates to the event, Chair of Fermanagh and Omagh District Council, Councillor Diana Armstrong, said;

“Fermanagh and Omagh District Council is committed to establishing a District in which our older people can live active and engaged lives, making a valuable contribution to their communities. A core objective of the Fermanagh and Omagh Community Plan 2030, which has been developed by the Council in partnership with other key statutory stakeholders, is to help older people to live more independent, engaged and socially connected lives.

The events of the past year have demonstrated the need to be more socially connected than ever particularly for older people. I am delighted that the today's conference could be facilitated virtually as it is important for older people to have a platform to voice their concerns to have their needs addressed.”

Rosemary McMullen Vice Chair SWAP said “ This is a fantastic opportunity for us to have our say and help shape future services for older people in Fermanagh and Omagh. The enthusiasm and engagement today is encouraging, it's wonderful to see people embracing the new technology and attending this virtual event.”

The keynote speaker at the event was Gerry Farrell, Psychotherapist, Lyceum Counselling and Training. Other speakers on the day were Adele Dunne, Senior Health Improvements Officer, Health and Social Wellbeing Improvement West, Public Health Agency, and projects recently delivered by South West Partnership including Mindfulness Stitching with Morag Donald and Lessons from Lockdown with Briege McClean.

The morning session closed with a singalong by renowned local opera singer Andrew Irwin accompanied by Jim McGrath.

Delegates returned for an interactive afternoon session around shaping Age Friendly after the pandemic. A poll carried out as part of the conference revealed that over 85% of the delegates felt good or very good about getting older, which given the challenges of the last year was very positive. In another Conference first, all delegates received a conference pack and afternoon tea box delivered by Easilink and Fermanagh Community Transport.

Thank you for the tasty afternoon tea. I enjoyed every crumb of it! Thanks for all the hard work you did organising the Age Friendly Conference Zoom presentation. It was very informative and I picked up ideas for the way forward for our group, proving it's good to talk.

Thank you for affording me the opportunity to join the Conference today on Zoom, I enjoyed it very much. Gerry Farrell's talk was very informative and interesting.

Thank you so much for having me today...it was brilliant and I really enjoyed it. The lunch was delicious too.

## Let's Get Connected! - Update

Let's Get Connected is a project designed to get people not previously online connected digitally.

Twelve participants are currently learning to use the ipads which have are provided on a loan basis for three months.

In addition to providing a weekly one to one digital support from an experienced ipad support worker a range of different courses are available for participants.

The ipads are 4g enabled which mean that you don't need broadband in your own home. This is a pilot project and is delivered collaboratively between PCSP, Place EE, Age Friendly and SWAP.

There has been a lot of interest in this project and we have a waiting list for those interested. It will take some time to reach everyone as each cycle of delivery is over 3 months. In addition support may vary depending on available funding. To register your interest for a place email [aforges@southwestagepartnership.co.uk](mailto:aforges@southwestagepartnership.co.uk)



# Happy at Home with



This has been a busy 6 months in South West Age Partnership. I want to share some of the details of everything that has happened throughout our Happy at Home winter campaign.

We started running Zoom classes just to see how they would go back in October. We really weren't sure what would happen and if people would engage. I have been amazed at the support we have received with these classes. We've run classes in the following, decoupage, calligraphy, watercolours, Christmas card making, glass painting, ceramics, stitching, sewing, creative writing, stoytelling, crochet, gardening, chair exercises and I'm sure I've forgotten some. Over 60 older people across the district have taken part on a regular basis in these classes and the interest is growing. We are learning new skills and that is so important for our wellbeing.



This made me very conscious that we needed to do more for people at home with no access to Zoom, what could we provide for them so I have tried to come up with activity projects that people can do at home with online classes. We've given out over 500 kits at this stage across the district, these kits range from decoupage, quilling, gardening projects, crochet kits, jigsaws, puzzles books, knitting packs, embroidery kits and dishcloth knitting kits, decoupage and quilling. These kits are all funded by a variety of different from the WHSCT, The CLEAR project and the National Lottery Community Fund. I hope these kits have brought some joy and hope to the recipients.



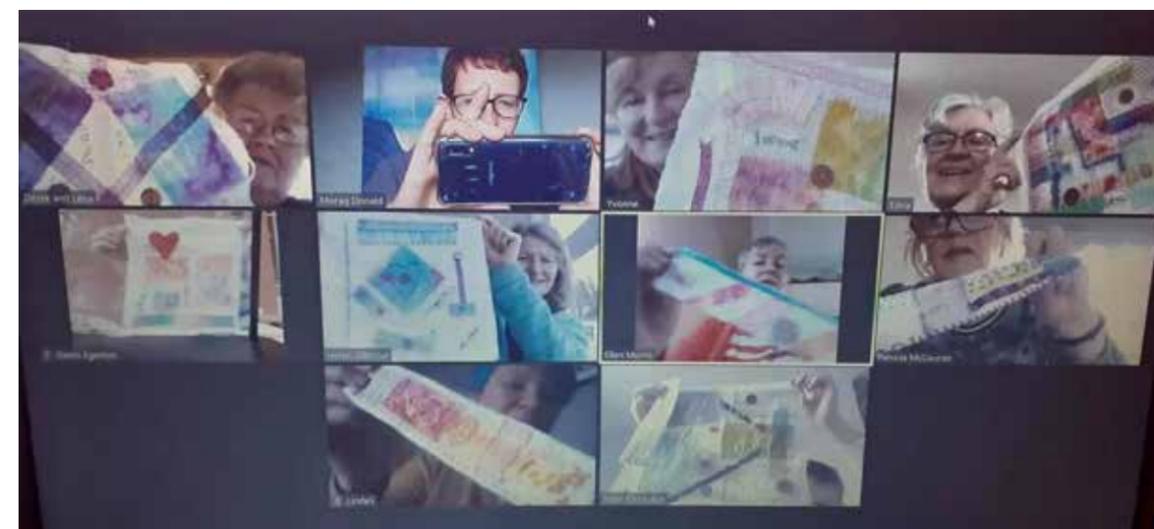
SWAP has also supported 47 clubs with the Fermanagh Omagh District Council grant aid for this year, we've supported them to provide activities for their members, Christmas dinners to their doors and afternoon teas. A little slice of normality for us.

One of the biggest achievements of the Happy at Home campaign has been our meals project. Through the month of March we have supported over 1250 club members with a one off nutritious meal to their home. We have a large membership and we have missed so much over the last year, I wanted to acknowledge the clubs. This has been a great project, I've enjoyed working with local suppliers who have provided nutritious tasty meals over the last few weeks. It's been a challenge for us between finding houses, punctures, a few frantic phone calls and many WhatsApps and emails at all hours but it's been worth it. The feedback has been so positive.



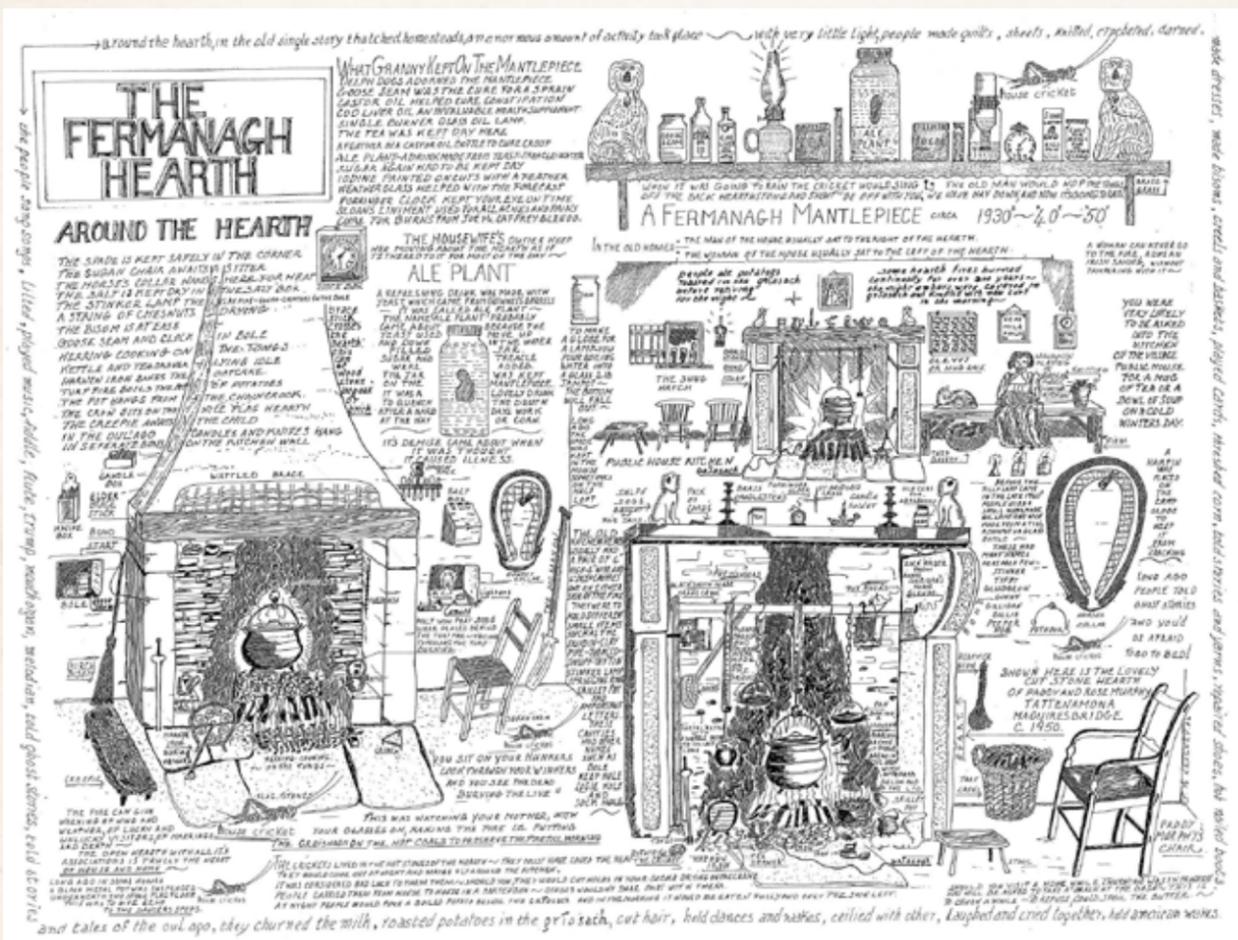
There's so much more we have done that I don't have room to tell you about but I want you to know from myself and the SWAP Board that we will continue to work on these projects. Happy at Home is our Winter campaign, we will continue with the home activities. Please let me know what you're interested in, you don't have to be a member of a club to get involved.

I hope you have enjoyed the Happy at Home booklets and the projects, I will see you in the Spring with more programmes. Contact me on [aforges@southwestagepartnership.co.uk](mailto:aforges@southwestagepartnership.co.uk) or 028 8225 1824 for more information.



# MUSEUM AT HOME

## A Modern Antiquarian, Folklorist and Artist



Johnny McKeagney was born in 1938 in Tempo. He lived in the Diamond of Tempo village. The family had established a successful coach building business here in 1835. After finishing school when he was 15, Johnny joined the family grocery business. Over time Johnny's interest in folklore and local history grew. He would spend over 40 years collecting stories and artefacts for his folklore museum; a hugely impressive folklife collection of Fermanagh and beyond. It was with a unique style that

Johnny recorded this folklore; through beautifully detailed and highly skilled drawings that captured all aspects of Fermanagh's heritage, from buildings, traditions, customs, folklore, and characters. Johnny had no formal art training, but was encouraged by Mr. Leslie Stewart, who taught at the Technical College, to continue with his recording of heritage and folklore in this beautiful style.

Johnny's depiction of the Fermanagh Hearth is one such drawing and forms the basis of the Fermanagh

Hearth Exhibition at Enniskillen Castle Museums.

*"A woman can never go to the fire without tampering with it."*

Traditionally, the hearth was the focal point, the heart of the home. Much activity took place around the hearth including cooking, baking, story-telling and ceilidhs. The fire provided heat and light; it also provided companionship.

### Reminiscences of the Past

These drawings and stories brought together in Johnny's book, *In the Ould Ago: Illustrated Irish Folklore*, capture

the history of many local characters, stories and places of huge significance in our landscape. The collection has special resonance with each of us. As well as being eye-catching works of art, Johnny McKeagney's drawings are an invaluable historical record of local life. Each drawing is a wealth of information concerning the heritage of Fermanagh passed down through generations – detailing its people and traditions, as well as the landscape and historic sites. Fermanagh is steeped in rich heritage, a place of rich important archaeological sites, craftsmanship and customs. These were all celebrated by Johnny.

Johnny McKeagney died in 2010, just five weeks after publishing an illustrated book of local folklore.



We support people who have any level of sight and hearing loss to live the lives they want. Living with deafblindness can be frightening and isolating, but our team of experts is here to reassure, advise or to simply be someone to talk to.

**Contact us on:**

**Tel:** 0800 132320

**Text:** 07903572885

**Email:** [info@deafblind.org.uk](mailto:info@deafblind.org.uk)

**Text relay:** 18001 then 0800 132320

**Facetime:** (Not BSL)

**BSL video relay:** [helpline.dbuk@deafblind.org.uk](mailto:helpline.dbuk@deafblind.org.uk)



# Gardening at Home

## Nasturtiums

The old-fashioned nasturtium, is a popular garden edible. Nasturtium flowers can be used as a spiller in window boxes and hanging baskets and as aphid traps in the vegetable garden. Add the leaves to salads for a peppery taste or decorate a cake with the flowers.

Nasturtiums are amongst the most versatile plants we can grow in our gardens. They are attractive, colourful, tasty and the bees love them! They require very little care, in fact they thrive on neglect and prefer well drained, poor soil.

Sow from March to May where they are to flower

(they don't transplant well). Make sure to plant them somewhere they'll have plenty of room to spread.

Nasturtiums will flower from Summer right through to Autumn.

### Try your hand at Nasturtium Pesto!



#### Ingredients

50 large nasturtium leaves or twice as many if small

1/4 cup of your favourite nuts

1/2 cup olive oil

1/2 cup Parmesan cheese

1 pinch red pepper optional

Salt and pepper to taste

#### Instructions

- Wash and dry the nasturtium leaves
- Toast the nuts in a small saucepan over a low heat until just browned
- Add all the ingredients to the bowl of a food processor and whizz until smooth
- Spoon into a clean jar and add to pasta, soup or use as a dip.
- Keeps in the fridge for about 10 days.

## Gardening is good for you!

Last year, as lockdown set in, people across the country found themselves bored, anxious and isolated. In response, record numbers of people reached for their tools and started gardening. As it happens, gardening is actually scientifically proven to be one of the best things to do in a crisis.



Studies have shown that gardening helps boost our immune systems, helping our bodies fight off infection and disease. Gardening also counts as exercise! Working in the garden uses every major muscle group in our body, offsetting age related weight gain and even promoting better sleep. Gardening also has a beneficial effect on our brains, improving memory, boosting our mood and reducing stress levels. Spending time in the garden

has a lasting effect on our mental health, reducing levels of anxiety and depression after stressful events. Most importantly, gardening brings us together, whether it's discussing gardening tips, sharing seeds, cuttings and produce or working together in community gardens or allotments. Gardening opens us up to new experiences with people from different ages, abilities and backgrounds which helps us expand our social circle and knowledge.

#### Gardening For Wildlife

We can encourage wildlife into our gardens as well by planting fruit trees, allowing wild-flowers to bloom on our lawns, creating small ponds or providing homes for insects, birds and wild animals. The Wildlife Trust's website [www.wildlifetrusts.org/gardening](http://www.wildlifetrusts.org/gardening) has a host of wild ideas to help you adapt your garden to support declining species.

<https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/>

### Revamp Your Garden Space for Less

Repurposing salvaged materials in a sustainable way can be a cheap, environmentally friendly and unique way to revamp your garden. You can be as creative as you want! Use old sinks, rubber boots, mirrors and almost anything you can think of to spruce up your garden and add some much needed colour.



# Useful contacts

| Organisation   | About   | Landline      | Mobile        | Email                                 | Website   | Facebook   |
|--|---|---------------|---------------|---------------------------------------|---|--|
| <b>Action on Hearing Loss</b>                        |   |               | 0739323559    | barry.grimes@hearingloss.org.uk       | www.actiononhearingloss.org.uk/northernireland                        | Action on Hearing Loss - Northern Ireland                    |
| <b>Alzheimer's Society</b>                           | Fermanagh Dementia Support Worker   | 033331503456  | 07725475715   | martin.bradley@alzheimers.org.uk      | www.alzheimers.org.uk   |  |
| <b>Alzheimer's Society</b>                           | Omagh Dementia Support Worker   | 033331503456  | 07889604702   | Julie-anne.casson@alzheimers.org.uk   | www.alzheimers.org.uk   |  |
| <b>Arc Healthy Living</b>                            | Helping others to help themselves   | 02868628741   |               | aidan.ormsby@archlc.com               | www.archlc.com  | Arc Hlc  |
| <b>The B Friend Hub - Fermanagh</b>                  | 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  |  |
| <b>The B Friend Hub - Omagh</b>                      |   | 028 8224 0772 | 0759 195 2133 | jo@thebefriendhub.org                 |   |  |
| <b>Carers support</b>                                | Carers Support – Information and Signposting Service for unpaid Carers  | 028 6634 4163 | 07525898985   | Cathy.Magowan@westerntrust.hscni.net  | Cathy.Magowan@western-trust.hscni.net                                 |  |
| <b>Community Advice Fermanagh</b>                    | Free, independent confidential and impartial information, advice, advocacy and representation.  | 0286632802    | 0739492173    | speoples@communityadvicefermanagh.com |   |  |
| <b>Connect Fermanagh</b>                             | 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  |  |
| <b>The Consumer Council</b>                          | 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                        |
| <b>Crimestoppers</b>                                 | Speak up Stay safe  | 0800 555 111  |               |                                       | www.crimestoppers-uk.org  |  |
| <b>Deafblind</b>                                     | 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  |
| <b>Dementia NI</b>                                   |   | 02896931555   | 07966881422   | paula@dementiani.org                  | www.dementiani.org  |  |
| <b>Drink Wise Age Well</b>                           | Helping people make healthier choices about alcohol as they age   | 0808 8010750  |               |                                       | https://addictionni.com/ways-we-support-you/over-50s-alcohol-helpline |  |
| <b>Easilink</b>                                      | 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/         |
| <b>Fermanagh Omagh District Council</b>              | Text Phone: 028 8225 6216.<br>SignVideo for people who are deaf or are hard of hearing.   | 0300 303 1777 | 028 8225 6216 | info@fermanaghomagh.com               | www.fermanaghomagh.com  |  |
| <b>Fermanagh Rural Community Network</b>             | The Local Rural Support Network for County Fermanagh  | 028 6632 7006 |               | info@fermanaghrcn.org                 | www.fermanaghrcn.org  | www.facebook.com/Fermanaghrcn/                               |
| <b>Fermanagh Community Transport</b>                 | Provides rural transport services to people and communities throughout County Fermanagh.  | 02866324260   |               | info@fermanaghcommunitytransport.com  | www.fermanaghcommunitytransport.com                                   | https://www.facebook.com/FermanaghCommunityTransportService/ |
| <b>Fire, police, ambulance and coastguard</b>        |   | 999 or 112    |               |                                       | www.psni.police.uk/crime/   |  |
| <b>Flooding Incident Line</b>                        |   | 0300 2000 100 |               |                                       |   |  |
| <b>GP Out-of-Hours Service - Western Urgent Care</b> | Monday to Friday 6pm to 8.30am and 24 hours weekends and bank holidays  | 028 7186 5195 |               |                                       |   |  |
| <b>Housing Executive</b>                             |   | 03448 920 901 |               |                                       | www.nihe.gov.uk/About-Us/Contact-Us                                   |  |

# Useful contacts

| Organisation                                 | About   | Landline       | Mobile                      | Email                                  | Website  | Facebook                                     |
|--|---|----------------|-----------------------------|--|--|--|
| <b>Lakeland Community Care</b>               | 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/      |
| <b>Libraries NI - Enniskillen</b>            |   | 028 6632 2886  |                             | enniskillen.library@librariesni.org.uk | www.librariesni.org.uk   |  |
| <b>Libraries NI - Irvinestown</b>            |   | 028 6862 1383  |                             | irvinestown.library@librariesni.org.uk | www.librariesni.org.uk   |  |
| <b>Libraries NI - Lisnaskea</b>              |   | 028 6772 1222  |                             | lisnaskea.library@librariesni.org.uk   | www.librariesni.org.uk   |  |
| <b>Libraries NI - Omagh</b>                  |   | 028 8244 0733  |                             | omagh.library@librariesni.org.uk       | www.librariesni.org.uk   |  |
| <b>Libraries NI Fintona</b>                  |   | 028 8284 1774  |                             | fintona.library@librariesni.org.uk     | www.librariesni.org.uk   |  |
| <b>Make the Call</b>                         | 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                                |
| <b>Move with McMillan - FODC</b>             | Living with Cancer? We'll help you get active.  | 03003031777    | 07464980250                 | aidan.mccarron@fermanaghmagh.com       | www.macmillan.org.uk   |  |
| <b>mPower - WHSCT</b>                        | 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  |  |
| <b>Northern Ireland Electricity Networks</b> |   | 03457 643643   |                             |  | www.ninetworks.co.uk   |  |
| <b>Northern Ireland Water</b>                |   | 03457 44 00 88 |                             |  | www.niwater.com  |  |
| <b>The Oak Healthy Living</b>                | "Connecting Our Community to Support Health & Well-Being"   |                | 07593446201                 | Davina.Coulter@oakhlc.com              | www.oakhealthylivingcentre.com                                 | Oak Healthy Living Centre                    |
| <b>Omagh Forum for Rural Associations</b>    | Delivering the South West Rural Community Development Service   |                | 07968741745                 | info@omaghforum.org                    | www.omaghforum.org   | Omagh Forum for Rural Associations           |
| <b>Omagh Independent Advice Service</b>      | 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   |  |
| <b>Patient and Client Council</b>            | 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                   |
| <b>PSNI non-emergency</b>                    |   | 101            |                             |  |  |  |
| <b>Phoenix/Firmus Gas</b>                    |   | 0800 002001    |                             |  |  |  |
| <b>Shopmobility Omagh</b>                    |   | 02882240991    | 07517953536                 | shpmobilityomagh@outlook.com           |  | Shopmobility Omagh                           |
| <b>Shopmobility Enniskillen</b>              |   | 02866329965    |                             | enniskillensm@live.co.uk               | www.shopmobilityenniskillen.com                                | Shopmobility Enniskillen                     |
| <b>South West Age Partnership</b>            | Connecting Older People across Fermanagh and Omagh  | 02882251824    | 07955787456                 | aforbes@southwestagepartnership.co.uk  |  | swapnetowrk                                  |
| <b>South West Acute Hospital</b>             |   | 02866382000    |                             |  | www.westerntrust.hscni.net/hospitals/south-west-acute-hospital |  |
| <b>Stroke Association NI</b>                 | Rebuilding lives after stroke.  | 028 90 508020  | 07764907731                 | helen.mills@stroke.org.uk              | www.stroke.org.uk  |  |
| <b>RNIB</b>                                  | See Differently   |                |                             | kmcmackin@rnib.org.uk                  | www.rnib.org.uk  | http://www.facebook.com/groups/RNIBConnectNI |

## 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.



## Scams with Greg



Greg from Policing Community Safety Partnership will be on-hand to talk to you about online scams and how to spot one.

**Monday 19 April from 11:00am -12:00noon**

Join Zoom Meeting  
<https://zoom.us/j/98362106311?pwd=MnBneTloMEV2NFEwbGc4K25kcmhZdz09>

Meeting ID: 983 6210 6311  
 Passcode: 115788



With online scams and texts becoming more and 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.

## Spring Wreaths Ardhowen @ Home



Celebrate spring with a bespoke spring themed rag wreath. Cruising Quilter Angela will be on hand during 2 x zoom sessions to help you create the wow factor for your door. Limited number of spaces available by emailing [ardhowen@fermanaghmagh.com](mailto:ardhowen@fermanaghmagh.com)

Zoom sessions will be held on **28 and 29 April 2021 at 7:00pm**



**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](http://librariesni.org.uk)






**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](mailto:aforbes@southwestagepartnership.co.uk) for more information

# April is stress awareness month

Stress is the feeling of being under too much mental or emotional pressure. Too much stress can lead to a feeling of being unable to cope. Experiencing stress is a normal part of everyday life and too much stress doesn't just make you feel bad, it can also be bad for your health. The good news is there are steps you can take to help manage it better. Research shows that small steps can make a big difference.



People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else. Stress is not an illness itself, but it can cause serious illness if it is not addressed. Sometimes when stress is severe it can lead to burnout, with extreme emotional and physical exhaustion. The key is to take positive action before stress really begins to affect your health and wellbeing.

## There are some practical ways for you to start dealing with stress right now, and to stop it building in future:

- Learn how to relax - taking steps to unwind can help stop stress building up
- Try mindfulness - studies show this can reduce stress and remind you to stay in the moment
- Eat a balanced diet - healthy eating can have a positive effect on your emotional wellbeing
- Be Active - take regular exercise by going for a stroll, take the dog for a walk or do some gardening
- Connect with People – spend time with family or friends - talking about your feelings can really help identify what is causing the additional stress
- Share your problems - a problem shared is a problem halved
- Make time for sleep
- Accept the unchangeable

## Common signs of stress include:

### Emotionally

- Overwhelmed
- Irritable
- Anxious or fearful
- Lacking in self-esteem

### Mentally

- Racing thoughts
- Constant worrying
- Difficulties concentrating and making decisions

### Physically

- Headaches
- Muscle tension or pain
- Dizziness
- Sleeping problems
- Feeling tired all the time
- Eating too much or too little

### Behaviour

- Drinking or smoking more
- Snapping at people
- Avoiding things or people you are having problems with

## 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

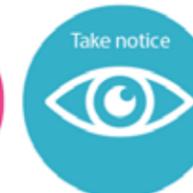


HSC Public Health Agency

# Take5

steps to wellbeing

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

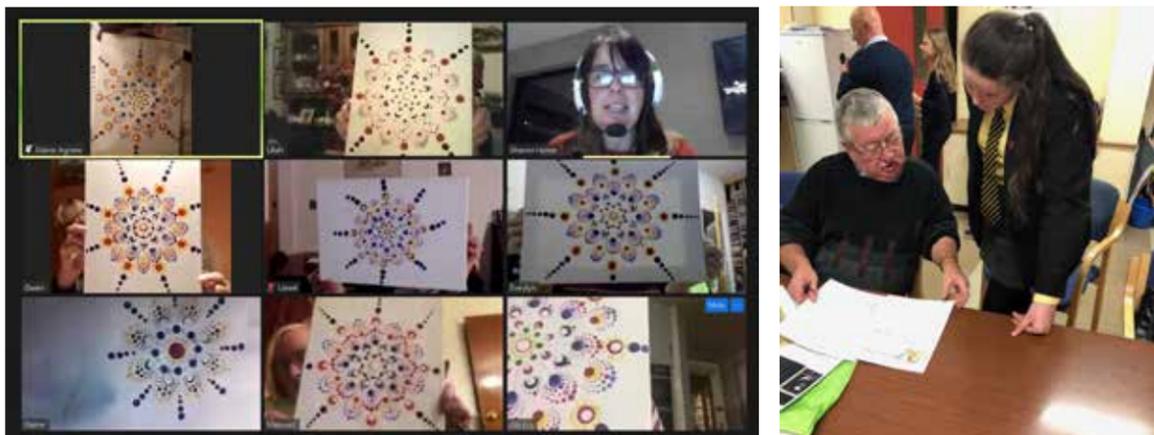


## Chair Exercises with Marty



Keep moving with Chair Based Exercises by Marty. Funded by the PHA these exercise classes will be delivered in the comfort of your own home free of charge using zoom Tuesdays at 10.30 am. Classes will run from Tuesday 20 April until Tuesday 29 June. For more information and to book one of the limited spaces email [age.friendly@fermanaghmagh.com](mailto:age.friendly@fermanaghmagh.com) or contact Sharon Howe on **0300 303 1777**.

# Platform for Ageing Community Engagement



Many of you may have participated in the Place EE project. Prior to the pandemic this project was delivered face-to-face in an intergenerational approach with local schools including St Aidans, Derrylin; St Marys Brollagh; St Johns Business and Technical College, Dromore and Killyhommon Primary School. Post pandemic the delivery was changed to all online using zoom with classes on art, gardening, history etc.

One of the outcomes for the PLACE-EE Project was to create a Cultural Archive from the four partner areas. The Cultural Archive has shared stories, photographs and experiences Fermanagh & Omagh, Limerick, Fjordabygd in Iceland and Västerbotten in Sweden

The project is now almost complete and

we would invite you to please take a look at the website and answer some questions about the archive's usability.

We will use the information to write a report for PLACE-EE that supports this project. We will not include any names in our report. We will store your information securely and only the project team and our evaluators will have access to it.

The form on the back cover of this booklet should take no more than 10 minutes to complete. Please return to Leza Cleary at the address below, scan or email Leza for an email version.

If you have difficulty in understanding the questions, please do not hesitate to contact me on [leza.cleary@fermanaghomagh.com](mailto:leza.cleary@fermanaghomagh.com)

The link for the website is <https://place-ee.informatik.umu.se/>



## Place-EE questionnaire

1. How easy is it to access to the website/archive?

2. What do you think of the look of the site?

3. Is the language used understandable/suitable?

4. Is it easy to navigate through the different aspects of the archive?

5. Does the content make sense?

6. Is the search facility useful?

7. What else would you like to see?

8. Do you have any other comments about the website?

### About You

We would be grateful if you could complete the following questions for monitoring purposes. This data will only be reported collectively and will not be used to identify individuals. If you would prefer not to share any of this information, please tick the 'prefer not to say' under the relevant question.

What is your gender? Tick one:

|                   |                          |
|-------------------|--------------------------|
| Female            | <input type="checkbox"/> |
| Male              | <input type="checkbox"/> |
| Prefer not to say | <input type="checkbox"/> |

What is your age? Tick one:

|                   |                          |
|-------------------|--------------------------|
| 25 - 40           | <input type="checkbox"/> |
| 41 - 54           | <input type="checkbox"/> |
| 55 - 64           | <input type="checkbox"/> |
| 65 - 74           | <input type="checkbox"/> |
| 75+               | <input type="checkbox"/> |
| Prefer not to say | <input type="checkbox"/> |

Thank you for taking the time to complete this questionnaire. Please tear off and post or email your completed questionnaire to [leza.cleary@fermanaghomagh.com](mailto:leza.cleary@fermanaghomagh.com) by 15 April 2021



Tear questionnaire off.  
Fold & seal before posting.  
Thank You

AFFIX  
POSTAGE  
STAMP  
HERE

Fermanagh & Omagh District Council,  
FAO Leza Cleary

County Buildings,  
15 East Bridge Street,  
Enniskillen,  
BT74 7BW