



HAPPY AT HOME

December 2021

Welcome

As Chairman 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 last year’s “Happy at Home” campaign, 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 “Happy at Home”.

We are living in unprecedented times and the “Happy at Home” initiative, will prove an ideal outlet for you to get involved in something new from the comfort of your own homes. These are challenging times for all of us irrespective of age.

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 the provision of useful contact details and a range of interesting events, programmes and information.

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. A further booklet will be produced in Spring 2022.

I would like to take this opportunity to wish you a Merry Christmas and a Happy New Year.

Councillor Errol Thompson

Chair, Fermanagh and Omagh District Council



Following on from the very successful Positive Ageing Campaign in October, the Western Health & Social Service Trust is delighted once again to be working in partnership with Fermanagh & Omagh District Council and South West Age Partnership on the ‘Happy at Home’ initiative this winter. We hope that this booklet will provide lots of useful information and activities to keep you occupied over the winter months.



I would like to take this opportunity to wish you all a Merry Christmas on behalf of the Western Health & Social Care Trust.

Seamus Ward

Head of Health Improvement, Equality and Involvement, WHSCT

Welcome to the 4th issue of the Happy at Home booklet. It’s wonderful to see this resource and campaign back this winter. South West Age Partnership is continuing to work 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 some more positivity and happiness to you over the next few months.



We were able to provide programmes over the winter last year and we will be doing the same again, some will be face to face and some will be online, hopefully there will be something for everyone. We will have speakers, craft programmes, exercise programmes and more available virtually but we are also excited to share details of the face to face initiatives being provided locally for older people. We are staying strong and resilient despite the ongoing situation, thank you for all the support over the last year, you have kept us going.

I hope you find something inside the booklet useful and uplifting.

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.

Stay safe, stay well and stay in touch

Marj Aitken

Chairperson, South West Age Partnership



Happy at Home has been funded through
Department for Communities Covid Recovery Fund.

Is your local AED registered on 'the circuit'?

Fermanagh and Omagh District Council are working with NI Ambulance Service (NIAS) to improve provision of Automated External Defibrillators within the district.

AEDs are a compact portable device which can be used by anyone on a person who has had a sudden cardiac arrest. AEDs used along with cardiopulmonary resuscitation (CPR) can save a life.



'The circuit' is a live national defibrillator database connected to the NIAS. It is vital that all AEDs are registered on 'the circuit', this is regardless of whether they are available 24/7 or if they are available only some of the time or even not available to the public at all, due to being in a closed hall for private use.

If you are actively involved in a group or premises where there is an AED please register this on www.thecircuit.co.uk or for more information contact **Keith Collen** keith.collen@fermanaghmagh.com or **0300 303 1777**.

Age Friendly Calendar



Whilst we are 'going digital' on many things the feedback on the Age Friendly Calendar 2021 showed that everyone still loves a paper calendar.

Produced in partnership with the Western Health and Social Care Trust, South West Age Partnership, Derry City and Strabane District Council, Causeway Coast and Glens Borough Council and the Public Health

Agency we have launched an Age Friendly Calendar 2022.

The calendar features entries of "Your Happy Place" competition from across the Western Trust Region. The winning entry for Fermanagh and Omagh area was Margaret Scott with her painted entry of a Dormouse which can also be found on the front cover. Sometimes your happy place is a state of mind, not just a place. Painting can provide just such an escape to your own "Happy Place".

You can use your Age Friendly calendar to improve your health and wellbeing in 2022 by setting simple tasks in line with the five steps to well-being, connect, be active, take notice, keep learning and give.

Funded by the Department of Health through the Western Protect Life Implementation Group, the calendar addresses emotional health in later years. If you haven't received your FREE copy and would like to contact age.friendly@fermanaghmagh.com or **0300 303 1777**.



Fermanagh and Omagh District Council

Christmas & New Year Arrangements 2021

Household bin collections

Bin collections will operate as normal over the holiday period.

Offices and administrative centres

The Council's main administrative centres will close at **5pm on Thursday 23 December 2021** and will reopen at **9am on Tuesday 4 January 2022***. These include the Townhall, Connect Centre and County Buildings (including Registration of Births, Deaths and Marriages and Civil Partnerships), Killyvilly Works Depot, Enniskillen (Killyvilly Works depot will take calls 23 and 29-31 December inclusive however depot building will be closed), The Grange, (including Registration of Births, Deaths and Marriages and Civil Partnerships), Connect Centre at Strule House and Gortrush Works Depot, Omagh. (Gortrush Works Depot will take telephone calls 23 and 29 -31 December inclusive however depot building will be closed).

*Public access to The Grange, Omagh remains strictly by appointment, however can be contacted by calling 0300 303 1777 or emailing info@fermanaghmagh.com

Other Council facilities & venues

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

Christmas Sing a Long



Christmas is always a wonderful time of year for music and this year is no different.

Caitlyn from Together with Music will deliver a singalong based on songs from the musicals that we watch around Christmas

Join us at 3pm on Wednesday 15 December 2021 for a Christmas sing along with a mixture of your favourite Christmas songs and musicals! An afternoon of nostalgia awaits you so email aforbes@southwestagepartnership.co.uk for the zoom code to get online and get in the Christmas spirit.

Songs:

- Have yourself a merry little Christmas - Meet me in St Louis
- The Trolley Song - Meet me in St Louis
- I believe - Polar Express
- O Holy Night -Carol
- Silent Night - Carol
- White Christmas - Carol
- Hallelujah - Christmas Version

Christmas Community Countdown

This year our local schools and community groups will be spreading some Christmas cheer around the district. They have warmed up their vocal cords, dusted off their santa hats and are bringing bring the magic of Christmas direct to you!



Streamed on our Fermanagh and Omagh District Council youtube page from early December onwards you will bring their performances into your own home!



Critical Care Registers

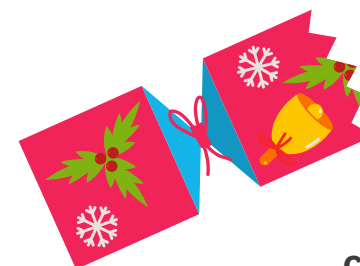
Northern Ireland Electricity Networks (NIE Networks) and NI Water operate a Critical Care Register where they keep details of consumers who rely on electrical equipment or on a water supply for their day to day care. In the case of electricity customers this includes medical equipment such as oxygen concentrators, patient vital signs monitoring systems and home dialysis. NI Water's critical care register is for consumers with serious medical conditions.



Customer Care Register - Northern Ireland Water (niwater.com) or telephone Waterline on 03457 440088



Register for NIE's critical care service | Northern Ireland Electricity Networks (nienetworks.co.uk) Or telephone 03457 643 643.



What type of key do you need for a Nativity play?

A don-key!

What do you get when you cross a snowman with a vampire?

Frostbite!



Join one of the Access Advisory Groups to make your voice heard

Fermanagh and Omagh District Council has a number of Advisory Groups to help improve accessibility to Council Services. Members of the Fermanagh Access Advisory and Omagh Access Advisory Groups provide support, guidance and direction to Council venues and services on matters relating to access and disability.

The groups meet up to three times per year and also as a joint group at least once a year. The Joint Group allows members to share good practice across the District.

Membership is made up of people with disabilities and organisations who represent people with disabilities. Registration is constantly open, so people who wish to be part of the Group can contact staff/ members at any stage of the year.

For more information please email disability@fermanaghomagh.com

Christmas

EVENTS 2021

Age-
friendly
Belfast

Christmas Big Quiz

Tuesday 14th December 2021
3pm – 4pm

Join us via zoom for a quiz with a difference
hosted by Annabelle Dunwoody

<https://us02web.zoom.us/j/82472104253?pwd=M29uS21VV2grbDRMVFlpZW9vUT09>

Meeting ID: 824 7210 4253

Passcode: Quiz



Christmas & New Year Tea Dance at Home

Tuesday 28th December 2021 // 3pm – 4pm

Dance your way into 2021 with our at home Tea Dance with Victor Mawhinney, you can grab a cuppa, relax and enjoy the music or put on your dancing shoes clear some floor space and dance away!

Look forward to seeing you there....Keep on Dancing!!

Join Zoom Meeting

<https://us02web.zoom.us/j/85457530252?pwd=US9GckJNRXlhbjlzbnBKVmFHWXZDZz09>

Meeting ID: 854 5753 0252

Passcode: 2022

No need to book just come along but if you want more information email seniorsinfo@belfastcity.gov.uk or phone **077713684705**

Home Safety Poetry Competition

Falls are the single biggest cause of accidental injuries in the home. While they can affect people of all ages, they are most common and tend to be more serious for people in later life. But accidents at home, including falls, can be prevented. Keeping active and improving strength and balance and eating a diet rich in calcium and protein could reduce the number of falls or could lessen the effects of a fall.

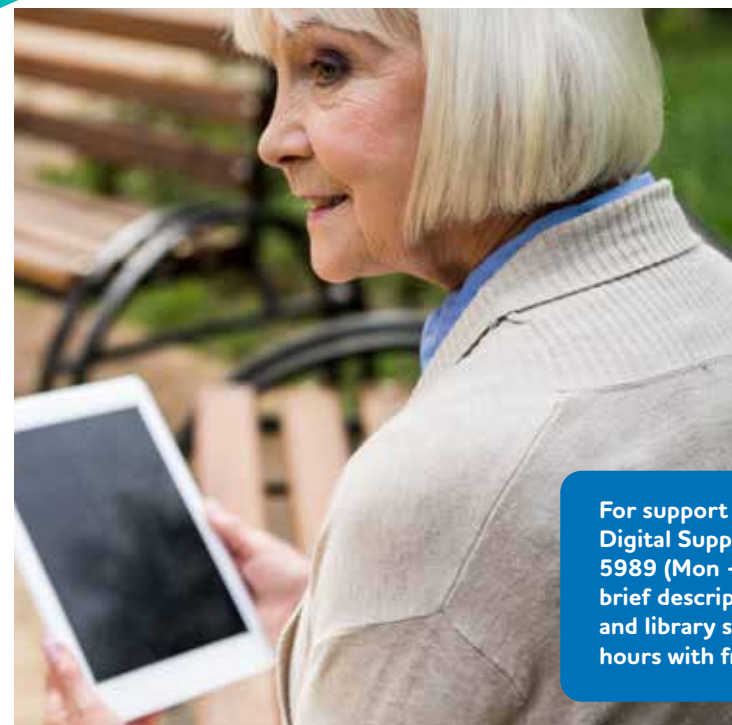
We would love to hear about your experiences of making your home a safer place and invite you to write a short poem with the starting line being 'My home is safer.....'. Entries should be submitted by 31st January 2022 and can be posted to: **Pearl Coalter, Fermanagh and Omagh District Council, The Grange, Mountjoy Road BT79 7BL**

Please include your name, address and contact telephone number. There will be prizes for the top 3 entries. Good luck!



What do you get if you eat
Christmas decorations?

Tinselitis!



Connect

It's good to talk!

Connecting with others and being sociable can do wonders for our mental health and wellbeing. If being in the same room as someone cannot be safely done face to face, pick up the phone or use a video messaging service like FaceTime.

For support how to get online contact Digital Support at Libraries NI on 028 9039 5989 (Mon - Fri 9:15am - 4:45pm) with a brief description of how you need IT help, and library staff will phone you within 48 hours with free and helpful advice.

Move More Live More

NOW LIVE!



Age NI are incredibly excited to announce our new set of online exercise programmes “Move More Live More” has been launched! This has been created in partnership with the PHA, featuring a range of exercise programmes for all abilities, being broken down into two categories: “Gentle & Seated” and “Active & Standing”

In total there are 12 individual exercise programmes for people to choose from, featuring well know fitness celebrities such as Jane Fonda, Joe Wicks and Mary Peters, along with others from the Health and Social Care Trusts and the Chartered Society of Physiotherapy.

If you would like to take a look at some of the exercise programmes, or even just read through the Move More Live More PDF, go to website and download:

www.ageni.org/movemorelivemore

Get on the Age NI Signpost Express

Mailing list: Email Michele Michele. young@ageni.org. If your contact details change, please help us keep your information up to date by calling **028 9024 5729**.

Age NI Advice and Advocacy

Service: Free independent and confidential support for older people, their families and carers. Call Freephone **0808 808 7575**

Age NI Personal Alarms:

Call **0808 100 4545** this number takes you in to the main UK system for Age NI's partner supplier, Taking Care. Local contact email is: ni.staff@ppptakingcare.co.uk

Independent Living Products:

Bathroom aids & adaptations, mobility products and stair/through the floor lifts **028 9024 5729**.



What kind of motorbike does Santa ride?

A Holly Davidson!

When is a boat just like snow?

When it's adrift



StoryTrails is coming to Omagh!

StoryTrails is an immersive storytelling project that will take place in Omagh public library and throughout the area in 2022. Local residents will be invited to storytelling workshops in spring and then to a multimedia show, playing back the communities stories in magical ways through immersive technologies on the 1st and 2nd July 2022. StoryTrails will take place in 15 locations across the UK and Northern Ireland as part of Unboxed: Creativity in the UK.

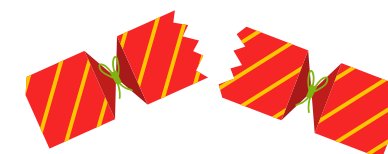
As well as telling the communities untold stories, the project will remix the British Film Institute and the BBC's unparalleled film and television archives so that audiences can experience history where it actually happened, revitalising the streets upon which they stand with new voices and untold stories of the past. Take a look at the website for more information StoryTrails (story-trails.com) and keep an eye out in local press, in newsletters and at the Omagh library for information on the workshops and show in early 2022.



A trail of memories...

Omagh is a town full of memories and a reminiscence project to unlock these is being developed. It is hoped to deliver this with a mix of online and face to face.

Please contact Allison to register your interest on aforbes@southweststagepartnership.co.uk.



Did Rudolf go to school?

No, he was Elf-taught!

Consumer Council Puzzle

The Consumer Council is your consumer representative body and is responsible for making sure your consumer rights are protected.

It provides free, independent support and advice about your consumer issues. It also has the power to investigate complaints on your behalf in the areas of:

- Energy;
- Water;
- Transport;
- Postal services; and
- Private car parking.

Over the last 12 months the Consumer Council has helped return over £1 million to consumers in Northern Ireland and could help you too!

The Consumer Council's website has a number of free resources including a budget planner and an energy price comparison tool. These resources can help you take control of your spending and identify areas where you can save some money. You can also find dedicated COVID-19 and EU Exit hubs containing guidance and advice in many areas including shopping, food, energy, postal services and more.

For more information and support visit www.consumerCouncil.org.uk, call **0800 121 6022**, or email contact@consumerCouncil.org.uk



Scam word scramble

Identity the different scams. Answers can be found on page 21

1. SIANORUCVRO CMAS _____
2. MCRH TAX ASMC _____
3. YMENO NMGUIL _____
4. NISNOPE CSAM _____
5. VLAD ENRDFU SAMC _____
6. LEOINN AMCS _____
7. LIAM ASCM _____
8. SPETOROD SCMA _____
9. NHPOE SCAM _____
10. AUTMDETAO CALL CSMA _____



CHRISTMAS AT THE CASTLE Christmas Traditions

Traditionally, in rural areas, families whitewashed every building in December. They were covered in limewash, to symbolically purify them for the coming of the Saviour.

Before Christmas trees families would decorate their homes with holly and ivy; they would decorate the mantle piece too. Children collected the holly branches; finding a branch with lot of berries was considered to be a sign of good luck for the coming year. A ring of holly was placed on the front door.

One old and simple tradition is one that still lights dark roads on Christmas Eve; the tradition of placing a candle in the window. It was traditionally there to light the Christ child home or to welcome deceased family members returning for a Christmas visit.

It was considered bad luck to take decorations down before "Little Christmas."

Having a crib or a nativity scene in the house is a long Irish tradition.

"Little Christmas" January 6, traditionally the day for women to leave their housework and have a "holiday" from chores.

There are several colours traditionally associated with Christmas: red, green and gold.

Green represents the evergreen plants like holly and ivy. Red is the colour of apples and berries.

Gold is the colour of the sun and light-important in the dark winter.



**What did Adam say on the day before Christmas?
It's Christmas, Eve!**

Useful contacts

Age NI

3 Lower Cres, Belfast BT7 1NR
028 9024 5729
advice@ageni.org
www.ageuk.org.uk

Alzheimer's Society

Fermanagh Dementia Support Worker
0333 315 03456 / 0772 5475715
martin.bradley@alzheimers.org.uk
www.alzheimers.org.uk

Alzheimer's Society

Omagh Dementia Support Worker
0333 315 03456 / 0788 9604702
Julie-anne.casson@alzheimers.org.uk

Arc Healthy Living

Helping others to help themselves
028 686 28741
aidan.ormsby@archlc.com
www.archlc.com

The B Friend Hub - Fermanagh

Free telephone and home befriending for older people living in Omagh, Strabane and Fermanagh
028 669 80027 / 0759 1386189
rita@thebefriendhub.org
www.omaghvolunteercentre.org

The B Friend Hub - Omagh

028 822 40772 / 0759 1952133
jo@thebefriendhub.org

Carers support

Information and Signposting Service for unpaid Carers
028 663 44163 / 0752 5898985
Cathy.Magowan@westerntrust.hscni.net
www.westerntrust.hscni.net

Chest Heart & Stroke

Our mission is to prevent chest heart and stroke illnesses in NI and care for those already affected by them

028 903 20184 / 0779 3979870
nferguson@nichs.org.uk
www.nichs.org.uk

Community Advice Fermanagh

Free, independent confidential and impartial information, advice, advocacy and representation.
028 663 20210 / 0739 492173
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.
028 663 20230
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

Crimestoppers

0800 555 111
www.crimestoppers-uk.org

Deafblind UK

Deafblind UK supports people who have any level of sight and hearing loss, we help people to live with deaf blindness by making connections, building their confidence and independence.
0800 132 320
info@deafblind.org.uk
www.deafblind.org.uk

Dementia NI

028 969 31555 / 0796 6881422
www.dementiani.org

Drink Wise Age Well

Helping people make healthier choices about alcohol as they age
0808 801 0750
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.
028 822 48140
info@easilink.org
https://easilink.org

Fermanagh Omagh District Council

0300 303 1777
info@fermanaghomagh.com
www.fermanaghomagh.com

Fermanagh Rural Community Network

Provision of practical support, guidance, information, signposting and networking opportunities for groups throughout County Fermanagh.
028 663 27006
info@fermanaghrcn.org
www.fermanaghrcn.org

Fermanagh Community Transport

Provides rural transport services to people and communities.
028 663 24260
info@fermanaghcommunitytransport.com
www.fermanaghcommunitytransport.com

Fire, police, ambulance and coastguard

Emergency: 999 Non-Emergency: 112
www.psni.police.uk/crime/

Flooding Incident Line

0300 200 0100

GP Out-of-Hours Service - Western Urgent Care (Limavady/L'Derry/Strabane/Omagh/Enniskillen)

Attendance at GP Out-of-Hours centres is by appointment only so please phone in advance.
028 718 65195

Hourglass Northern Ireland

Safer Ageing – stopping abuse
nireland@wearehourglass.org
wearehourglass.org/ni

Housing Executive

Northern Ireland's regional housing authority. Our vision - Everyone is able to live in an affordable and decent home, appropriate to their needs, in a safe and attractive place.
General 0344 892 0900
Repairs 0344 892 0901
Homeless out of Hours 0344 892 0908
www.nihe.gov.uk/About-Us/Contact-Us

Lakeland Community Care

A Health and Social Care service that is shaped by the needs and experience of patients, clients, carers and communities
028 663 86934 / 0790 9530124
Frances@lakelandcare.org.uk
www.lakelandcare.org.uk

Libraries NI - www.librariesni.org.uk

Enniskillen: 028 663 22886
enniskillen.library@librariesni.org.uk

Irvinestown: 028 686 21383

irvinestown.library@librariesni.org.uk

Lisnaskea: 028 677 21222

lisnaskea.library@librariesni.org.uk

Omagh: 028 824 40733

omagh.library@librariesni.org.uk

Useful contacts

Fintona: 028 828 41774
fintona.library@librariesni.org.uk

Macular society
Emma Baxter, Regional Manager
028 9273 2147 mobile 0787 9529267
emma.baxter@macularsociety.org

Make the Call
Talk to us about accessing benefits, supports and services you may be entitled to.
0800 232 1271
makethecall@dfcni.gov.uk
nidirect.gov.uk/makethecall

Move with MacMillan
For anyone that has had a cancer diagnosis at any stage of their lives, offering Physical activity assistance to all participants in our council area. This includes, Walk Groups, Gym Memberships, Swimming Lessons and much much more free of charge
0300 303 1777 / 0746 4980250
aidan.mccarron@fermanaghomagham.com www.macmillan.org.uk

mPower - WHSCT
Supporting 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
028 663 82155 or 028 663 44042
0758 5102515 or 0758 4142197
mpower@westerntrust.hscni.net
https://mpowerhealth.eu

Northern Ireland Electricity Networks
0345 764 3643
www.ninetworks.co.uk

Northern Ireland Water
0345 744 0088
www.niwater.com

The Oak Healthy Living
Connecting Our Community to Support Health & Well-Being
028 677 23843 / 0759 3446201
Davina.Coulter@oakhlc.com
www.oakhealthylivingcentre.com
Oak Healthy Living Centre

Omagh Forum for Rural Associations
Delivering the South West Rural Community Development Service
028 822 51559 / 0796 8741745
info@omaghforum.org
www.omaghforum.org

Omagh Hospital and Primary Care Complex
028 828 33100
www.westerntrust.hscni.net/hospitals/omagh-hospital

Omagh Independent Advice Service
Providing free, generalist, confidential, independent advice and representational service.
028 822 43252
info@oias.co.uk
www.aiac.co.uk

Patient and Client Council
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/

PSNI non-emergency
101

Phoenix/Firmus Gas
0800 002 001

RNID
Together, we'll make life more inclusive for deaf people and those with hearing loss and tinnitus.
0739 3233559
barry.grimes@rnid.org.uk
www.rnid.org.uk

RNIB
See Differently
kmcmackin@rnib.org.uk
www.rnib.org.uk

Shopmobility Omagh
028 822 40991 / 0751 7953536
shpmobilityomagh@outlook.com

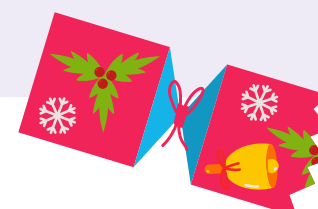
Shopmobility Enniskillen
028 663 29965
enniskillensm@live.co.uk
www.shopmobilityenniskillen.com

South West Age Partnership
Connecting Older People across Fermanagh and Omagh
028 8225 1824 / 0795 5787456
aforbes@southwestagepartnership.co.uk

South West Acute Hospital
028 663 82000
www.westerntrust.hscni.net/hospitals/south-west-acute-hospital

Stroke Association NI
Rebuilding lives after stroke.
028 905 08020
www.stroke.org.uk

Volunteer Now
Supporting organisations and individual with Volunteering
0746 7486638
lynn.johnston@volunteerow.co.uk
www.volunteernow.co.uk



Why couldn't the skeleton go to the Christmas Party?
Because he had no body to go 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



Winter Driving

Some Advice for Older Drivers



RSP
Policing & Community
Safety Partnership
making Fermanagh & Omagh safer

The PSNI has issued some advice for older drivers as winter approaches.

As the days get shorter and the nights get colder there are a few things we should consider before heading out in our cars. With a little common sense and a bit of preparation the dangers of driving in wintry conditions can be kept to a minimum.

- Check your tyres for tread and any sign of bulges or tears. Consider fitting Winter or All-Season tyres. Speak to your local mechanic or tyre depot for expert advice.
- Check your tyre pressure regularly.
- Check all lights are clean and in working order.
- Top up the screen wash and make sure your windscreen wipers are in good condition.
- It's a good idea to carry blankets, hot drinks, a warm coat and a charged mobile phone. It's also a good idea to carry a Hi-Viz vest in the car in case you have to leave the vehicle for any reason.
- Always use dipped headlights in conditions of reduced visibility.
- Plan your route, allow greater time for your journey and avoid driving at night if you find it stressful.
- Check your mirrors regularly and if you notice a build-up of traffic behind, pull in where it is safe and allow it to pass.
- If you need to make a longer journey consider taking a rest break for a tea or coffee to break up the trip.
- Have your eyesight checked and wear glasses if you need them. Remember you are legally obliged to report to DVA, any medical condition that may affect your ability to drive. Your Doctor can advise you about this.
- Prescription drugs can affect judgement and impair driving. If you're on medication, consult your GP before getting on the road. Alcohol can also have a hugely negative affect on our ability to drive safely. Avoid alcohol completely when using the car, and even the day before you're due to drive, as it can take some time to completely leave the system and may influence our driving the "morning after"!
- If you're carrying young children in your car, you are responsible for making sure they are properly restrained. Make sure you have an appropriate child seat with you.
- If you are bringing your pet with you in the car, it's important to make sure they are suitably restrained so they cannot distract you while you are driving or, worse still, injure you or themselves, if you stop quickly. A seatbelt harness, pet carrier or dog guard are good ways of restraining animals in cars.




ROAD SAFE NI
CHARITY
WORKING TOGETHER SAVES LIVES



SENIOR DRIVER (VIRTUAL) WORKSHOPS

Road Safe NI Charity Fermanagh and Omagh Committee along with partners in South West Age Partnership and PSNI are recruiting participants and groups to take part in safer driving workshops aimed at senior drivers.

Training will be provided by Approved Driving Instructors (ADI) and delivered virtually through Microsoft Teams or Zoom. For more information or if you would like to book this workshop for a group please contact Tricia by email at roadsafenicharity@gmail.com

Online Event:

Tuesday 7th December 2021 at 7pm

For more information please contact Alison at Telephone:
[028 8225 1824](tel:02882251824) | alforbes@southwestagepartnership.co.uk

Libraries NI Health Events

On alternate Tuesdays between now and March, Libraries NI will be running a series of online events designed to improve your health and wellbeing. To take part in these Zoom sessions, register on the library website: [Events \(librariesni.org.uk\)](https://www.librariesni.org.uk) or ask library staff for more information.

Chair Yoga

This is a gentle form of exercise suitable for everyone, helping to improve flexibility, concentration and strength as well as boosting mood and reducing stress and joint strain. With facilitator Karen Deery

Chair Yoga sessions will be taking place on Zoom on these dates:

Tuesday 1 February 2:00pm – 3:00pm

Hatha Yoga

This form of yoga focuses on breathing and posture. It helps to increase core strength and can contribute to better sleep and the reduction of stress.

With facilitator Edel McGinley

Hatha Yoga sessions will be taking place on Zoom on these dates:

Tuesday 4 January 2:00pm – 3:00pm

Tuesday 1 March 2:00pm – 3:00pm

Tai Chi

This is a graceful form of exercise involving slow focused movements and gentle breathing techniques. It helps to reduce stress and increases flexibility and balance. With facilitator Jane Burke

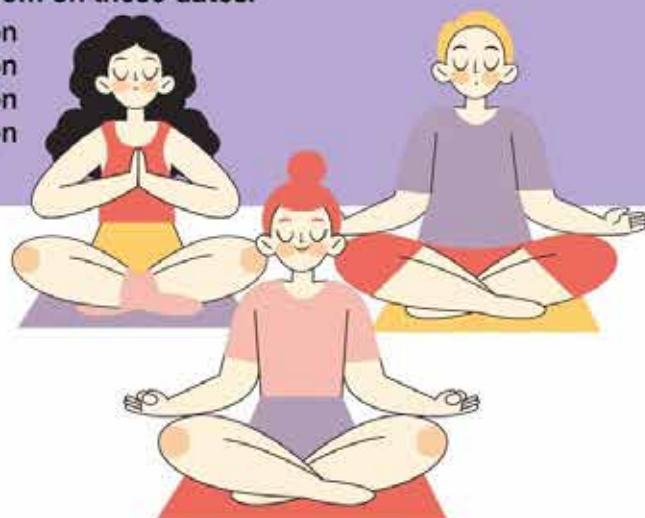
Tai Chi sessions will be taking place on Zoom on these dates:

Tuesday 14 December 11:00am – 12 noon

Tuesday 18 January 11:00am – 12 noon

Tuesday 15 February 11:00am – 12 noon

Tuesday 15 March 11:00am – 12 noon



Booking essential

Register on Library website

www.librariesni.org.uk/events

www.librariesni.org.uk



V for Life

V for Life is a charity which supports older vegans and vegetarians run a national monthly vegan lunch club on the 4th Tuesday of every month. It's open to vegans, vegetarians, and meat reducers aged 65 and over, living anywhere in the UK. This is currently run online via Zoom. A great social activity for people who may still be shielding, or who would simply like to meet others and relieve feelings of isolation. A recipe is provided each week and we meet virtually to chat and enjoy the recipe. Next session is on 14 December 2021 – Festive Meal. To book your place email ellie@vegetarianforlife.org.uk or 0161 257 0887.

Lessons from Rwanda, Acknowledgement, Justice and Peacebuilding



Date: 9 December 2021 Time: 10.00am - 11.30am Venue: Online

9 December is Genocide Prevention Day

Good relations at Fermanagh and Omagh District Council welcome you to an event to hear the personal story of Eric Murangwa Eugene MBE, a survivor of the 1994 genocide in Rwanda. This will be followed by a Question and Answer session.

This event will be online on zoom. If you wish to attend please contact Pauline Clarke at 0300 303 1777 or email pauline.clarke@fermanaghomagh.com.



Who delivers presents to cats and dogs?

Santa Paws!



Scam word scramble - Answers

1. SIANORUCVRO CMAS __Coronavirus scam
2. MCRH TAX ASMC __HMRC tax scam
3. YMENO NMGUIL __Money muling
4. NISNOPE CSAM __Pension scam
5. VLAD ENRDFU SAMC __DVLA refund scam
6. LEOINN AMCS __Online scam
7. LIAM ASCM __Mail scam
8. SPETOROD SCMA __Doorstep scam
9. NHPOE SCAM __Phone scam
10. AUTMDETAO CALL CSMA __Automated call scam

Top 10 Tips to save Energy in your Home

1. Turn off lights when you leave the room and invest in low energy bulbs.
2. Try not to overheat the room. The recommended temperatures are 21°C in the main living room and 18°C in other rooms. A 1°C decrease in room temperature can reduce your fuel bills by up to 10%.
3. Don't leave appliances on standby and remember not to leave laptops and phone chargers on charge unnecessarily.
4. Have a shower instead of a bath – you can have five 5-minute showers for the cost of a bath. This saves water as well as energy.
5. Close your curtains at dusk to stop heat escaping. If you have radiators under your window, make sure your curtains don't cover them.
6. Don't overfill kettles – just boil the amount you need.
7. Always wash a full load and spin dry clothes before tumble drying.
8. Defrost your freezer regularly and don't put warm or hot food straight into the fridge or freezer – let it cool first.
9. When buying a new appliance, choose the most energy efficient – 'A' is the best, 'G' is the worst.
10. If your hot water tank has a thermostat set it to 60°C.

For tailored energy efficiency advice or information about energy efficiency grants, contact Fermanagh and Omagh District Council's Health Improvement Team on 0300 303 1777.



Chair Exercises with Teresa



Monday 11am via Zoom
To register contact Allison on
028 8225 1824 or
aforbes@southwestagepartnership.co.uk
Classes begin again on Monday 17 January 2022



The aim of the ONSIDE project is to improve disabled people's health & well-being by reducing the social isolation they often experience.



COVID has forced many disabled people indoors, this has increased feelings of isolation and impacts on well-being.

By getting online, disabled people can socialise, partake in hobbies and manage their daily lives online.

ONSIDE is upskilling disabled people via online Zoom training. Our team will:

- Deliver an android tablet (with software installed)
- Empower participants through 1-2-1 support via telephone, email and video calls.
- Enable participants to establish social connections online.

The ONSIDE project is free, independent and impartial.

028 9029 7880 / 00353 1873 0455
info@onsideproject.org
www.onsideproject.org



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).

Reconnect through Positive Ageing Month Grants



Positive Ageing Month Grants enabled 23 older people local groups to apply for funding for events to get back out and about and reconnect with their members..

The Positive Ageing Small Grants Programme was funded by the Public Health Agency and delivered collaboratively with Fermanagh and Omagh District Council, WHSCT and SWAP. A local group utilised this funding to run art classes and the feedback was amazing!

"Everyone loved getting out and meeting friends they hadn't seen in over a year. It was a lovely safe environment and Rachel was brilliant. So lovely and patient and encouraging... just what was needed".



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 number. 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

SWAP is a network organisation supporting older people's groups and individuals aged 60+ in the Fermanagh and Omagh area. SWAP was established by active older people in 1998 and it is still run by older people for older people. We have one member of staff, Allison Forbes, who is based in Omagh.

When Covid hit in 2020 SWAP changed how it works, we still deliver support to our member groups but we have also increased support to local older people, who aren't members of clubs but still eager to be involved and informed in the programmes we offer. We are here for you, just get in touch.

To find out more about our programmes and activities please contact **Allison** on **028 8225 1824** or **aforbes@southwestagepartnership.co.uk**

Don't forget to follow SWAP on <https://www.facebook.com/swapnetwork/> or on <https://twitter.com/PartnershipSw>

Thank you to all the people who entered our Christmas Card competition, we have a winner.

Congratulations to **William Holmes** with his beautiful photography of a robin in Ely Lodge.

Printing with Nature with Briege McClean



Arc Healthy Living Centre,
Irvinestown
Wednesday 12 January -
Wednesday 16 February
1-2.30pm

Campsie Hub in Omagh
Thursday 13 January -
Thursday 17 February
1-2.30pm

To book your place contact Allison on 028 8225 1824 or aforbes@southwestagepartnership.co.uk

We have lots of activities available for Older People's groups and individuals. Just contact Allison on **028 8225 1824** or **aforbes@southwestagepartnership.co.uk** to talk about what you would like for your group or a project for you to try at home.

We have decoupage kits, quilling kits, puzzle packs, jigsaws, sewing projects, knitting projects, gardening projects, painting for beginners and much more. Projects funded through our Active Living and Positive Ageing programmes from the Western Health & Social Care Trust.

Happy at Home Evaluation – December 2021

Please rate your level of satisfaction on the scale from 1 to 5 (5 represents the highest level of satisfaction and 1 the lowest)



1. Your ENJOYMENT of booklet					
2. The CLARITY (does it make sense) of the content.					
3. The RELEVANCE of the content of the booklet					
4. How CONFIDENT are you about meeting in public following lockdown?					
5. How POSITIVE are you about getting older?					

Was reading this booklet a good USE of your time? ☐ Yes ☐ No

Male or Female (please circle)

Age Range ☐ 60-69 ☐ 70-79 ☐ 80-89 ☐ 90+

Are you a registered member of an older persons group/club? ☐ Yes ☐ No

If yes, has your group/club returned to face to face meeting following the pandemic restrictions.
Yes ☐ No ☐

Did you take part in any online activities in 2021? ☐ Yes ☐ No

If yes, do you feel these activities improved your skills? ☐ Yes ☐ No

If no, would you be interested in improving your technology skills? ☐ Yes ☐ No

If no, what are the barriers to you participating online? You may pick more than one answer.

☐ No Device ☐ No Broadband ☐ No Knowledge ☐ No interest ☐ Other

How did you know about this booklet?

☐ Word of mouth ☐ Facebook ☐ Text message / Whatsapp ☐ Email
☐ Personal Phonecall ☐ Group/Club ☐ Healthy Living Centre ☐ SWAP

Comments

Thank you very much for your time.
This survey will also be available online with survey monkey
at <https://www.surveymonkey.co.uk/r/Happy-Dec21>





...and a Happy New Year

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

AFFIX
POSTAGE
STAMP
HERE

Sharon Howe - Age Friendly Officer

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

