



# HAPPY HOME

March 2022

# Welcome

As Chair of Fermanagh and Omagh District Council, I am delighted to have the opportunity to provide a welcome to the March 2022 edition of "Happy at Home".

Fermanagh and Omagh District Council is committed to working in partnership with other stakeholders to improve the lives and wellbeing of all the residents of the district and is delighted to be once again working in collaboration with Western Health and Social Care Trust and South West Age partnership to bring you "Happy at Home" once again.

The "Happy at Home" initiative has proved incredibly successful over the duration of the programme and it is wonderful that it has continued for another edition.

As we move into Spring, with a bit of a "stretch in the evenings" and where flowers begin to reawaken, it is a symbol of a new start and new growth and I feel that this is an excellent analogy for us as we hopefully begin to move forward out of the shadow of Covid and into the light of what will be a new dawn and a kind of rebirth for all of us.

The Council, through the Fermanagh and Omagh Community Plan 2030 and its own Corporate Plan, is committed to enabling older people to lead more independent, engaged and socially connected lives by promoting inclusion and connectivity.

This edition of "Happy at Home" will help promote this objective through the provision of useful contact details and a range of interesting events, programmes and information.

Happy at Home, is the perfect way to "Spring" into life for the rest of the year.

## Councillor Errol Thompson

Chair, Fermanagh and Omagh District Council



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

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. Now that the Covid restrictions are starting to ease, I would encourage you to keep an eye out for future programmes and activities that F&ODC and SWAP will be organising and hopefully 2022 will start to see us all being able to get out and about again.



## Seamus Ward

Head of Health Improvement, Equality and Involvement, WHSCT

Welcome to the 5th edition of the Happy at Home booklet. The feedback from the previous issues has been so positive, it's great to see how this wonderful campaign has grown. Brighter days are definitely ahead as we head into Spring 2022. The last couple of years have been difficult but I am always encouraged by the resilience shown by older people.



I know Happy at Home has helped people through the difficult times, we remain determined to continue to offer any support we can. The SWAP Board and our Manager, Allison Forbes, will continue to work with the Council and WHSCT to deliver relevant and important services for people aged 60+ in the district. 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.

As ever, this is one of my favourite times of the year, watching and waiting for the new blooms. This year we have a gift of lettuce seeds for you, we were delighted with the success of the nasturtium packs last year, lets hope this year is as beneficial.

Lets look forward to the brighter days together

## Marj Aitken

Chairperson, South West Age Partnership



# Our Townland, Our Place, Your Place

We have almost 3000 Townlands within the Fermanagh and Omagh District Council area. Most of the Townland names that we use today have their origins in Irish, with a few that have Viking or English names reflecting the heritage of the area. Townlands names can hold clues about historical events of the area, important people, the type of crops that grow well there, the landscape and sometimes the smell of the area!

We've put some of our local Townland names in the wordsearch below, can you find them all?

L	I	S	N	A	M	A	L	L	A	R	D
B	M	A	G	H	O	L	T	O	B	E	R
R	U	C	E	A	H	M	L	O	D	B	N
E	O	O	A	E	G	U	K	O	N	A	A
A	B	U	G	G	A	N	I	D	E	T	N
N	U	R	L	I	N	U	L	A	E	D	E
D	O	R	U	G	H	K	I	L	L	E	E
R	B	D	M	E	S	E	O	L	L	M	R
U	L	H	C	M	I	N	O	U	R	A	G
M	U	N	S	H	I	N	A	G	H	L	T
I	M	A	I	G	H	O	R	L	I	U	R
L	C	U	B	R	E	A	N	M	R	U	D

Townland	Irish	Meaning
Geaglum	Géag Lom	bare branch
Breandrum	Bréandroim	fetid ridge
Unshinagh	An Uinseannach	the ash land (place abounding in ash)
Buggan	Bogán	soft, boggy land
Magho	Machadh	milking-field, pasture
Lisnamallard	Lios na Mallacht	fort of the curses
Gulladoo	Gabhla Dubha	black forks
Killee	Cill Aoidh	Aodh's church
Greenan	An Grianán	the eminent place
Tober	Tobar	well

If you are interested in finding out more about Townlands, we post weekly Townland meanings on our Fermanagh & Omagh Gaeilge Facebook page with our Townland Tuesdays, keep an eye out for your own Townland!

You can also access more information about your Townland on the website [www.placenamesni.org](http://www.placenamesni.org)

## Need a lift?

Our local community transport providers are a life line for many in our rural district. Not just for the users but for the drivers who love the wee chat along the way!

### The Drivers

John commented about his experience as a Volunteer Car Driver for Easilink Community Transport.

"I had seen an advertisement on Facebook that Easilink were looking for volunteer drivers, so I got in touch. I had recently retired from work.

I get a great level of satisfaction from volunteering with Easilink. Everyone I lift is so appreciative of the service provided and there is certainly a feel-good factor with it all.."

### The Users

Harry an Easilink Community Transport Service User commented, "As a frequent user my wife and I have found the Easilink service very dependable for shopping to the local town, health appointments, and for my wife visits to the hairdresser. Both of us lost our driving licence due to vision problems, and our grown-up family live away, which leaves us in a form of isolation."

'It's a wonderful service. Without it, I wouldn't get out the door. I can regularly go out for my shopping.' Fermanagh Community Transport Feedback from user.



## Easilink & Fermanagh Community Transport

### Making Accessible Community Transport Safer

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

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

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

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

**Criteria based membership service**

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

**YOU MUST BECOME A MEMBER TO USE DAL.**  
The Disability Transport Scheme (DATS) provides a transport solution for people living in the urban areas of Omagh or Enniskillen.

**MAX 8 Person Capacity**  
Making the vehicles safer for the members / passengers at this time

**COUGH  
FEVER  
TASTE  
SMELL**  
Check your symptoms

**Wash Your Hands**

**Wear a face covering**

**Keep your distance**

**Sit away from others**

**DIAL A LIFT OPERATES**  
Monday - Friday  
8am - 5pm

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

**easilink** community transport

**FERMANAGH** COMMUNITY TRANSPORT





Global Intergenerational Week, is now in its third year, with the primary purpose of inspiring individuals, groups, organisations, local/national government and NGOs to fully embrace intergenerational practice. To connect people of all ages, especially the younger and older generations. It is running from 25 April - 1 May 2022.

The campaign is led by an Executive Team involving Generations Working Together from Scotland in partnership with Linking Generations Northern Ireland, Bridging the Generations (Wales), and The Beth Johnson Foundation (England).

For more information visit:

<https://www.linkinggenerationsni.com/news/global-intergenerational-week-2022/>



## Are you aware of your Carbon Footprint?

As a council we are committed to climate change. Last year, we developed a Climate Change and Sustainable Development Strategy. The accompanying Action Plan sets out how we will focus our efforts on reducing council emissions in work that we do, and how we can work together within the district to reduce emissions in the area as a whole.

Together we can make a difference. The things we do in our daily lives - how we travel and power our homes, the stuff we buy and then dispose of are all affecting climate change.

The World Wildlife Fund has created an online footprint calculator. Why not check out <https://footprint.wwf.org.uk> and see how small changes to your everyday habits can help save money, create healthier lives and reduce our carbon footprint.



## Lovers Retreat – coming soon

Work is currently undergoing on a Reminiscence Trail to be located at Lovers Retreat in Omagh.

The launch of the “Around the Meadow” reminiscence trail at the Broadmeadow in Enniskillen prompted requests for a similar project in Omagh.

Following a successful application to Department for Communities the planned trail will be installed in Spring 2022 and will include an upgrade of some of the seating.

Working in collaboration Fermanagh and Omagh District Council with Omagh Libraries and South West Age Partnership have facilitated a group of local people who have been “reminiscing” about events and places in the Omagh area with particular reference to Lovers Retreat. The content will be utilised in the sign design and a future exhibition in Omagh Library. A range of different speakers and facilitators helped to draw on memories and stories and the class was delivered by zoom and in person.





# TP FLANAGAN COLLECTION

*explore local art at Enniskillen Castle*

One of the leading artists of his generation, TP Flanagan (1929-2011), was born and grew up in Enniskillen.

The lake-lands of Fermanagh provided a continuous source of inspiration throughout the artist's career. The most significant public collection of TP Flanagan's work now belongs to his native county, in recognition of the artist's wishes.

This unique collection, recently enhanced by a major new acquisition of paintings, is now comprehensively displayed for the first time at Fermanagh County Museum, Enniskillen Castle. Recurring themes are represented, including important paintings relating to 'The Troubles'. The series of works on display reflect a strong sense of place such as the Lissadell and Castle Coole paintings. Key connections with other artists and poets are highlighted such as TP Flanagan's lifelong friendship with Seamus Heaney. Working methods are explored through an archive of sketch books, letters and photographs kindly donated by the artist's family.



## Walking for Health

Walking for Health is a regional initiative funded by the Public Health Agency and co-ordinated by WHSCT Health Improvement Equality & Involvement Department. It aims to encourage inactive people including those with health issues to participate in local health walks led by trained Walk Leaders. Walk Leader training is available to anyone living or working in WHSCT who would like to offer a programme of regular health walks as part of their work role or in a voluntary capacity. Free insurance is provided and support is available to help you set up and develop your walking group once you complete training. For more information on Walk Leader training or walking groups available to join in your area, contact: [Lesley.Finlay@westerntrust.hscni.net](mailto:Lesley.Finlay@westerntrust.hscni.net) or (028) 7186 5127



# The Kindness Postbox

Connecting People  
Across Northern Ireland

## Hello, We Are The Kindness Postbox

The Kindness Postbox is a community focused project based on the idea of bringing little bursts of happiness to the most isolated members of our society.

Since May 2021, we have been partnering with local Schools, Community Organisations and Businesses to gather letters, poems and drawings to deliver to care homes across NI to bring little packages of joy to the residents.

To date we have delivered more than 1000 letters.



## WHAT WE DO



### Community Outreach

Reaching out to local schools and community groups who might like to be involved in the letter writing process.



### Drop Off And Collection

When we've found a suitable host, we leave a Kindness Postbox with them for a pre-agreed amount of time before we collect it and the letters.



### Share The Love

Once we've collected the letters we deliver them to local care homes or community groups to bring a smile to the faces of the residents.

[www.kindnesspostbox.co.uk](http://www.kindnesspostbox.co.uk)




# CDEF - Clean, Dry, Empty, Flat

*How you recycle your items really matters!*

When placing your items in your blue recycling bin, ensure they are Clean, Dry, Empty, Flat.

- **Clean:** please wash plastics, bottles, jars and cans
- **Dry:** wet paper and cardboard can turn to mush and can stick to other items
- **Empty:** never stack or place items inside each other as they are difficult to separate at the recycling facility
- **Flat:** flatten items to make space in your bin and to prevent other items from going inside

Following CDEF will ensure valuable recyclable materials are not lost result in less waste being sent to landfill.

## 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.**

# Home Safety Poetry Competition

In our last Happy at Home we reached out to all you poets out there and wow! Just look at the winning entries we received. Prizes are on their way!

## A Safe Home

*by Ethel Oldcoft*

Upstairs and down, home safety all around

Hand rails on both sides of stairs, helps us to get there

Guards on beds to stop us from falling out, when there's no one about

No mats in sight to trip you up and give you a fright

Shower room and toilet on ground level, not far for us to travel

Smoke alarms around the house, goes off when we burn the toast

Zimmer frame or stick, both will get you there in a tick

Red button, press it if you are in trouble – they will answer on the double

Take care and go slow, no rush there's no where to go

## My Home is Safer

*by Frances Hornby*

I moved into the fold  
To a flat that meets all my needs  
When I open the doors  
Theres no mats on the floors  
To trip me and make me fall over

I wear a "LifeLine" around my neck

To call for help if I need it  
And I also wear my aids to help me see and hear

My balance is a problem with painful arthritic limbs

It's important to keep active – don't give in!

You need a healthy diet rich in calcium and protein

Greens with lots of veg will improve your strength and energy  
And could less the effects of any falls.

Its good to feel safe in your home  
Don't give your bank details to scammers

Who sound o-so-nice on the phone

Its best to ignore chatter  
And leave them alone



# Everybody Belongs

Fermanagh and Omagh District Council launched a new innovative campaign that demonstrates its commitment to valuing each and every resident in the district. The #Everybody Belongs campaign was developed in line with the vision of the Council's Good Relations Programme. It strives to oppose racism, sectarianism and discrimination against any of its residents irrespective of background, identity or ethnicity and ensure that everyone feels they belong in a district that is welcoming, shared and inclusive.



The campaign was officially launched by the Chair of Fermanagh and Omagh District Council, Councillor Errol Thompson, who was the first citizen in the district to sign the Everybody Belongs pledge. This pledge

of belonging clearly demonstrates that Fermanagh and Omagh District Council recognises that diversity and multiculturalism greatly enriches our society.

Everybody is encouraged to commit to the pledge and all public agencies, businesses and community organisations are invited to display it on their premises. This is an opportunity to strengthen and diversify community networks and promote greater involvement of people of all backgrounds and ethnicities in the civic and public life of Fermanagh and Omagh District.

## Everybody Belongs Pledge

We pledge to oppose racism, sectarianism and discrimination against any people regardless of their background, identity or ethnicity. We condemn hate speech and oppose prejudice. We recognise that diversity and difference enrich us all and enrich this District.

The Everybody Belongs pledge is available for signing online by clicking here.

For further information and how to get involved in the campaign, contact Good Relations by telephone on **0300 303 1777** or by email [goodrelations@fermanaghomagh.com](mailto:goodrelations@fermanaghomagh.com)

<https://www.fermanaghomagh.com/services/community/good-relations-2/everybody-belongs-campaign/>

QR codes give you quick access to websites without having to enter or remember a web address. You can use the Camera app on your smartphone or tablet to scan a QR code.



# Diversity Garden Project



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

**Fermanagh and Omagh District Council's Good Relations, supported by its Biodiversity Team and guided by the Conservation Volunteers, facilitated the creation of a unique Diversity Garden in St. Julian's Park, Omagh.**

A group of enthusiastic volunteers from various ethnic backgrounds and from across the District came together throughout 2021 to plant a wide selection of plants, trees and flower bulbs in the newest Council Park. During National Tree Week in November, the dedicated volunteers planted trees, symbolic with their cultures, and embraced diversity, both biodiversity through the variety of species and cultural diversity through the different nationalities involved.

This young wood of mixed trees is not only vital in the fight against climate change and the support for local wildlife, but it is also a lasting legacy of the cultural diversity that exists locally. It is a testimony to the Council's commitment to promoting a welcoming, shared and inclusive District where everybody belongs.

Further enhancement work is being planned for the Diversity Garden for 2022, including the burial of a special time capsule to be opened in 100 years.

For information on how you can get involved in this project, contact the Good Relations team on **0300 303 1777** or by email [goodrelations@fermanaghomagh.com](mailto:goodrelations@fermanaghomagh.com).

<https://www.fermanaghomagh.com/services/community/good-relations-2/diversity-garden-project/>

## We want your Feedback

Please complete a short online Evaluation Form through the links below:

<https://survey123.arcgis.com/share/b20f2b855aa14bab87b64354e700222d>



QR codes give you quick access to websites without having to enter or remember a web address. You can use the Camera app on your smartphone or tablet to scan a QR code.





# Grow Your Own

Growing your own fruit and vegetables has so many benefits! Not only will you save yourself a few pounds from not having to visit the shop so much, but you will also be reducing your carbon footprint! The term 'food miles' relates to the distance that food has travelled to get to your plate. Food must travel from the farm or factory it is made in, to a supermarket or shop to be sold. On top of this, you have the production and transport of plastic packaging which keeps store-bought food as fresh as possible. Therefore, by growing your own fruit and vegetables, you will significantly be reducing your environmental impact on the planet!

Cut and Come Again Lettuce seeds have been included in this magazine, so you can have a go yourself! You can also grow lettuce in containers and growing bags. Be sure to water regularly!

For summer/autumn cropping: sow outdoors from late March to late July. For an even earlier crop, sow indoors in early February in seed trays and plant out in early March under cloches or plastic tunnels.

## The Hungry Caterpillar...

One of the difficulties of growing your own produce is keeping pests away, such as aphids, slugs and snails. But everybody needs to eat! All animals and insects are interlinked through delicate networks, interactions and food chains. However, one eco-friendly way you can keep pests away from your fruit and veg is to plant 'decoys,' also known as companion planting. Companion planting uses the features of one plant to protect or benefit another, so you get pest-free, happier and healthier plants. Tomatoes and basil, for example: not only do they look good, but they also make a perfect partnership in the cooking pot! Insect pests often rely on a sense of smell to find their prey, so if you disguise the smell of sweet fruit with another even stronger-smelling plant, you'll put off the insects!



Here are some ideas to distract/deter pests from lettuce:

**Nasturtiums:**  
Nasturtiums are pretty, orange flowers that attract aphids. While this may seem counterintuitive, many gardeners plant nasturtiums a short distance away from their vegetable garden to attract aphids away from their crops.

**Mints:**  
The aroma of different mint plants (including hyssop and sage) will repel slugs, which are a dangerous pest to growing lettuce.

**Garlic and chives:**  
These can act as a 'barrier plant' against aphids. Plant garlic and/or chives between the rows of your lettuce crop to deter aphids from getting to your lettuce leaves.



## The Butterfly's Day

by Emily Dickenson

From cocoon forth a butterfly  
As lady from her door  
Emerged — a summer afternoon —  
Repairing everywhere,  
Without design, that I could trace,  
Except to stray abroad  
On miscellaneous enterprise  
The clovers understood.  
Her pretty parasol was seen  
Contracting in a field  
Where men made hay, then struggling hard  
With an opposing cloud,  
Where parties, phantom as herself,  
To Nowhere seemed to go  
In purposeless circumference,  
As 't were a tropic show.  
And notwithstanding bee that worked,  
And flower that zealous blew,  
This audience of idleness  
Disdained them, from the sky,  
Till sundown crept, a steady tide,  
And men that made the hay,  
And afternoon, and butterfly,  
Extinguished in its sea.



## Did you know?

Fermanagh and Omagh District Council have employed Community Well-being Coordinators, for each DEA in the district: Omagh; Mid Tyrone; West Tyrone; Enniskillen; Erne North, Erne East and Erne West.

Their role is to support and work with clubs and community groups, to help build capacity and create opportunities for participation in sport and physical activity. So if your group are planning to get back together and are keen to get up and moving contact us – from walking groups to chair exercises and lots of other options we are here to help.

For information regarding current programmes and opportunities, please visit our facebook page

<https://www.facebook.com/SportandCountrysideRecreation/>

Or email:  
[sport@fermanaghomagh.com](mailto:sport@fermanaghomagh.com)

## Walking Football



Walking football is a non-contact FUN and great way to get and keep active. You may love the game and still want to play or you may be a complete beginner. Walking football suits people of all abilities and it's a great way to socialise, get out and meet new people. Fermanagh Cultural Sports Awareness host walking football and are on every Tuesday morning at 11am until 12 noon with a cup of tea/coffee afterwards. All takes place at Ballinamallard Utd Football Club on an astro turf pitch. Everyone over 50 years welcome – men and women. FREE entry. No great football skills required, its all about fun, exercise, craic and social.

For more information contact John on 02866389629 or [fsaca1@hotmail.com](mailto:fsaca1@hotmail.com)

If you are in the Omagh area and interested in joining walking football contact Martin by email: [omaghfutsal@gmail.com](mailto:omaghfutsal@gmail.com)



# 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

## WH&SCT Dementia Navigator

075 8599 8890  
Cliona.connolly@westerntrust.hscni.net

## 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

## MoneyHelper

Free helpline: 0800 138 7777 or  
WhatsApp: 07701342744

## 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@fermanaghmagh.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

All phone numbers and websites addresses were relevant at the time of going to print and ever effort was made to ensure the accuracy of the booklet – March 2022.

If you are part of a group, service or community organisation who would like to be kept up todate with events and activities for older people – please email  
[aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)

## 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







## Free Telephone & Home Befriending for older people living in Omagh and Fermanagh

Omagh - 0759 195 2133  
Fermanagh - 0759 1386189

*"The B-Friend Hub providing support if you need it and peace of mind if you don't"*



## The B-Friend Hub - Crossword

H	O	S	I	N	F	R	E	H	T	E	G	O	T
E	M	E	M	O	R	I	E	S	G	E	F	I	I
L	A	H	E	B	I	M	G	N	C	O	E	U	T
P	G	G	E	E	E	G	F	I	O	E	R	I	C
I	H	L	Y	F	N	I	I	T	H	E	M	H	S
N	S	E	T	R	D	O	N	Y	I	G	A	T	R
G	T	S	I	I	S	C	H	B	R	T	N	C	E
E	O	H	N	E	O	T	L	P	T	E	A	N	E
C	R	A	U	N	L	I	I	I	E	N	G	L	T
A	I	R	M	D	L	A	N	O	E	L	H	E	N
R	E	I	M	I	M	G	N	E	C	N	E	A	U
I	S	N	O	N	T	G	R	O	E	I	T	T	L
N	A	G	C	G	H	U	O	I	E	N	U	S	O
G	E	E	G	N	I	T	C	E	N	N	O	C	V

CHATTING  
TELEPHONE  
VOLUNTEERS  
BEFRIENDING  
FRIENDS  
CARING  
CONNECTING  
FERMANAGH

TOGETHER  
SHARING  
STORIES  
COMMUNITY  
OMAGH  
CLIENTS  
HELPING  
MEMORIES

## Stop Smoking Service



The Western Trust Smoking Cessation Team support anyone over the age of 12 who smoke and wants to stop. We offer a free flexible service which is currently facilitated remotely via telephone due to covid-19 restrictions. We provide behavioural support as well as organise stop smoking medication. If you would like more information or support, call our dedicated smoking cessation support helpline number on 0800 9179388.

## Lakeland Community Care Arm Chair Exercises

Lakeland Community Care are holding Arm Chair Exercises In person at the Healthy Living Centre and on Zoom

**Starting 22nd March for 10 weeks**

**Tutor:** Jackie Fermanagh Fitness

**Time:** 11am -12noon

**Zoom Meeting ID:** 853 9726 5843

**Passcode:** 096310

Enroll by contacting Frances on **028 6638 6934** or

Email: [frances@lakelandcare.org.uk](mailto:frances@lakelandcare.org.uk)

Funded by Lakeland Community Care Ltd



Caring for our Communities



**Everyone Welcome**

If you need any further clarification, please do not hesitate to contact me.

**Stepping ON**

Over 65 Falls Prevention Programme  
9 WEEK BALANCE & STRENGTHEN PROGRAMME

**FURTHER INFORMATION**  
Davina Coulter Regional Co-ordinator  
07593446201  
[davina.coulter@oakhlc.com](mailto:davina.coulter@oakhlc.com)

age 65+  
1/3 of all over 65's will fall in a 1 year period (DoH, 2009)

age 80+  
1/2 of all over 85's will fall in a 1 year period (DoH, 2009)

HSC Public Health Agency  
Project supported by the PHA

**make the call**

**0800 232 1271\***

**Quick Call, Lasting Difference.**

Talk to us about accessing benefits, supports and services you may be entitled to.

Text: **ADVICE to 67300\***  
Visit: [nidirect.gov.uk/makethecall](http://nidirect.gov.uk/makethecall)  
Email: [makethecall@dfcn.gov.uk](mailto:makethecall@dfcn.gov.uk)

Department for Communities  
[www.communities-nl.gov.uk](http://www.communities-nl.gov.uk)

\*network charges may apply





As we start to see an easing of restrictions South West Age Partnership (SWAP) is asking for your help in planning our future programmes.

What Zoom classes would you like to see?

What face to face classes across the district would you like?

SWAP needs your input to plan for the next year.

Please send your ideas in to Allison on  
aforbes@southwestagepartnership.co.uk or call on  
028 8225 1824



Activity Projects for people aged 60+ living in  
Fermanagh and Omagh are available for the Spring  
Contact Allison in SWAP for more details

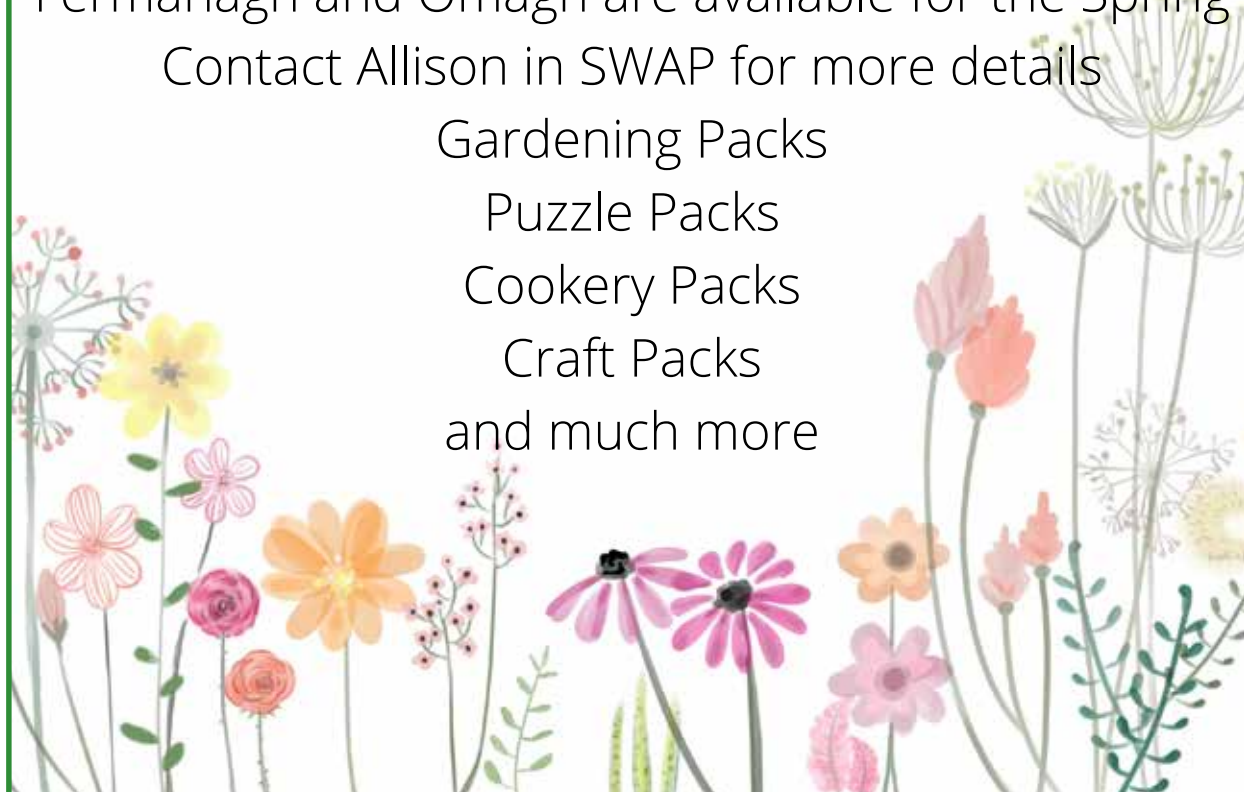
Gardening Packs

Puzzle Packs

Cookery Packs

Craft Packs

and much more



# MoneyHelper - Your Guide

Life's better when you are clearer on your money and pension choices. In other words "Simpler, Fuller and Brighter!"

Fermanagh and Omagh District Council work in collaboration with statutory body, Money and Pensions Service. Through their consumer brand, MoneyHelper, you can access free, impartial money and pensions guidance, that cuts through financial jargon and complexity, to help build confidence and reduce anxiety, in all types of money matters.

**Whatever your circumstances or plans, MoneyHelper is on your side:**

- Provides clear money and pension guidance
- Offers free impartial help
- Coaches the user to build knowledge and understanding on a specific money topic
- Signposts to further, trusted service, if this is needed
- Offers a "Talk to us live" communication platform
- Offers a Whatsapp facility
- Is mobile phone navigation, friendly

**Open to everyone, MoneyHelper is helping people with:**

- Everyday money
- Money troubles
- Family & Care
- Homes
- Benefits
- Pensions and Retirement
- Savings
- Work



Scan QR code with  
your device camera

Each topic breaks down into sub topics that have articles and tools to help you make the most of your money day to day, plan ahead and deal with different life events.

For money help all in one place that's free to use, just search for MoneyHelper: [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

MoneyHelper Twitter: [@MoneyHelperUK](https://twitter.com/MoneyHelperUK)

MoneyHelper Facebook: [facebook.com/MoneyHelperUK](https://facebook.com/MoneyHelperUK)





# Helpful Tips to Heat your home for less



## 1. Shop around for the best price

Whether it's oil or electricity, you can save money by picking up the phone or surfing the web. The Consumer Council have some very useful price comparison tools on their website.

## 2. Budget for your fuel throughout the year

The St Vincent de Paul Fuel Stamp Saving Scheme is available in many areas across the District. Purchasing stamps regularly throughout the year can help spread the cost and reduce financial worries. To ensure your money goes further, redeem your stamps when the oil prices are lower - this typically occurs during the warmer months.

## 3. Keep it cosy

Close your curtains at dusk and make sure your curtains don't cover your radiators. The recommended temperature for your main living room is 21°C.

## 4. Insulate

Alongside protecting the environment, insulating your property can save a significant amount of money and keep your home warmer, for longer.

## 5. Contact FODC's Health Improvement Team on 0300 303 1777 to determine if you are eligible for grants for cavity wall/loft insulation or a new boiler

Our experienced team can help you complete any applications and submit them on your behalf (only available for owner occupiers or private tenants).

### The Word Work Out - A fun activity to exercise the brain.

How many words can you make from the word

# INSULATION



HSC Western Health and Social Care Trust

## WH&SCT Dementia Navigator Service



### 'Supporting people with dementia to live well'

Supporting people living with dementia and their families and engaging them with services in their community.



Providing education and training.

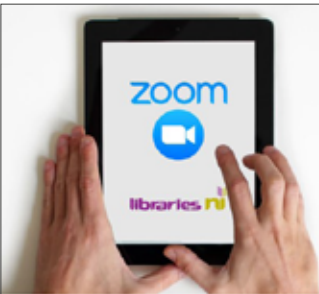
Working in partnership with all agencies to promote dementia friendly communities.

For more information contact:

• Cliona Connolly  
• 075 8599 8890  
• Omagh • Fermanagh



• Stephanie Coyle  
• 079 2008 7601  
• L/Derry • Strabane • Limavady



HAPPY AT HOME  
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)



This magazine was printed on FSC certified paper. FSC certification follows the wood from the forest to the final product, providing a guarantee to consumers that the timber or paperboard used came from responsibly managed forests. Please recycle after use.

## Wordsearch - Answers

L	I	S	N	A	M	A	L	L	A	R	D
B	M	A	G	H	O	L	T	O	B	E	R
R	U	C	E	A	H	M	L	O	D	B	N
E	O	O	A	E	G	U	K	O	N	A	A
A	B	U	G	G	A	N	I	D	E	T	N
N	U	R	L	I	N	U	L	A	E	D	E
D	O	R	U	G	H	K	I	L	L	E	E
R	B	D	M	E	S	E	O	L	L	M	R
U	L	H	C	M	I	N	O	U	R	A	G
M	U	N	S	H	I	N	A	G	H	L	T
I	M	A	I	G	H	O	R	L	I	U	R
L	C	U	B	R	E	A	N	M	R	U	D





# Book a free home safety check

We offer free home safety checks for all those aged over 65 years (or vulnerable adults) living within the Fermanagh and Omagh District Council area.



## Safety Aids to help you...

- Jar and bottle openers
- Plug removal aids
- Shoe horn
- Sock aid
- Magnifier
- Carbon Monoxide Alarms

## How safe is your home?

In Northern Ireland every year, over 70 people die in home accidents and almost 70,000 visit their local Accident and Emergency departments seeking help.

## Accident Prevention

You can get a free home safety check, and where necessary, we will give you free accident prevention equipment. Referrals can also be made to: Northern Ireland Fire and Rescue Service or Occupational Health.

Apply for a home safety check by contacting the Environmental Health Department on 0300 303 1777; email: [home.safety@fermanaghomagh.com](mailto:home.safety@fermanaghomagh.com) or online: [www.fermanaghomagh.com/services/community/environmental-health/home-safety/](http://www.fermanaghomagh.com/services/community/environmental-health/home-safety/)

## Happy at Home Evaluation – March 2022

Name:

Tel:

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)

Are you: ☐ Married ☐ Widowed ☐ Single ☐ Co-habiting

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 meetings? ☐ Yes ☐ No

Did you take part in any online activities in 2021/22? ☐ 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.com/r/HaHMarch22>**



Data Protection: In accordance with the Data Protection Act 2018, Fermanagh and Omagh District Council has a duty to protect any information we hold on you. The personal information you provide on this form will only be used for the purpose of Age Friendly Evaluation. For further guidance on how we hold your information please visit the Privacy section at [www.fermanaghomagh.com/your-council/privacy-statement/](http://www.fermanaghomagh.com/your-council/privacy-statement/)





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