

Fermanagh & Omagh District Council Community Support News – January 2024

The Community Support Newsletter is published monthly. Regular updates are also issued by email. If you wish to receive these or place an article in the Newsletter, please contact Alison Gilmore on 0300 303 1777 ext 21217 / email alison.gilmore@fermanaghomagh.com

Please note the deadline for the next Newsletter is Thursday 25 January

Council News & Events

Western Response & Action on Poverty Programme (WRAP)

Fermanagh and Omagh District Council has very recently appointed a consortium of local organisations to deliver a programme of wraparound and financial support for households in the district experiencing, or at risk of, food poverty.

Aptly named WRAP, the programme centres around an 8 week plan of bespoke, personalised wraparound support, which will be developed and agreed with the client household. Support is aimed at maximising income and reducing household costs. Issues such as debt, benefits, budgeting, housing, healthy eating, physical and mental health will be addressed, as well as education, training and employability skills.

WRAP providers will work with other local services and support organisations to ensure each household gets the support they require and is “better off” in terms of food security. The WRAP programme aims to support up on 140 households across Fermanagh and Omagh between December 2023 and March 2024.

Local support organisations can refer households to the programme, or individuals can self-refer by calling 028 6632 7006 or emailing info@fermanaghrcn.org

Further information on this programme and other support can be found at
www.fermanaghomagh.com/costofliving

Fuel support from St Vincent de Paul

The Society of St Vincent de Paul provides a wide range of services for vulnerable people through their local offices and shops. With the support of some additional funding from Fermanagh and Omagh District Council, this organisation can also help people struggling with fuel poverty.

Referrals can be made by local organisations or support agencies, or individuals can self-refer, and a representative of St Vincent de Paul will carry out a needs assessment. Please use the contact details below to access support:

Fermanagh Area

Derrylin – 07873240493

Ederney – 07864726536

Enniskillen – 02866347788 (also covers Derrygonnelly, Arney, Belcoo, Garrison, Belleek)

Kinawley – 07732222137

Irvinestown – 07738838205

Lisnaskea – 07803536149
Newtownbutler – 07966718749
Tempo – 07736149986

Omagh Area

Beragh – 07738837875
Carrickmore – 07738838216
Dromore – 07899888004
Drumquin – 07548464927
Fintona – 07803551793
Killyclogher – 07738837992
Omagh – 07738837991
Strathroy – 07738838066

Council's Cost of Living Support Hub

For information on support available locally and regionally visit
www.fermanaghomagh.com/costoflivinghelp.

Drop-in Funding & Advice Fair

Omagh Leisure Complex

Thursday 18 January 2024

Fermanagh and Omagh District Council, in partnership with the NI Housing Executive and Supporting Communities, are hosting a further Funding and Advice Fair in Omagh. A Funding and Advice Fair took place in October in Enniskillen.

The Fair will provide an excellent opportunity for groups and individuals to drop in and meet with representatives from a wide range of funding and support agencies. Anyone attending the event will be able to discuss the funding available, how to apply and project ideas.

In addition, Community Support staff from Fermanagh and Omagh District Council will also be available to provide information and advice on grants.

There will also be an opportunity for new groups who require support during their formative phase to find out how the Council and other agencies can provide help and guidance on a practical level.

For further information on the Funding and Advice Fair, please contact Community Services by telephone on 0300 303 1777 or by email at communitysupport@fermanaghomagh.com.

Belleek Community Centre

Expression of Interest

Fermanagh and Omagh District Council invites expressions of interest from individuals, companies, community groups, clubs or other organisations to enter into a licence to operate and manage Belleek Community Centre, Station Rd, Belleek, Co Fermanagh, BT93 3FY.

The Council is offering a licence to operate and manage the building as a community centre.

In order to submit a bid, an Expression of Interest submission is required to be completed by anyone interested. The Expression of Interest information can be found on the Council's website at [Expressions of Interest for a Licence to Operate and Manage Belleek Community Centre - 2324](http://www.fermanaghomagh.com/expressions-of-interest-for-a-licence-to-operate-and-manage-belleek-community-centre-2324)
[CW EOI Belleek CC – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](http://www.fermanaghomagh.com/cw-eoi-belleek-cc-fermanagh-omagh-district-council)

The closing date for submissions to be received is Friday 5 January 2024 at 12:00pm

PEACEPLUS – Call for Expressions of Interest Enhancement to existing community spaces/halls

Fermanagh and Omagh District Council wishes to invite expressions of interest from groups and organisations working within the community and voluntary sectors under the PEACEPLUS Local Community Action Plan.

This is a small Capital Programme aimed at developing and enhancing areas or buildings in the district to upgrade to a higher standard to increase usage, with the aim of improving cross-community relations and community cohesion. Successful groups will be required to deliver an activity plan inclusive of all community backgrounds.

To coincide with the call for expressions of interest the Council will facilitate mandatory online workshops to provide information to groups and organisations interested in completing an expression of interest.

The final Mandatory online workshops will take place on **Thursday 4 January 2024 at 1pm and 7pm**. Only those groups represented at a workshop will be eligible to apply.

Further information, including Expression of Interest forms, Guidance Notes and Workshop attendance can be accessed at <https://www.fermanaghomagh.com/services/community/the-peaceplus-programme/> or requested by email to peace@fermanaghomagh.com or by telephoning the PEACE Administration Team on 0300 303 1777.

Completed forms should be returned no later than 12 noon Friday 12 January 2024.

PEACEPLUS is supported by the European Union, the UK Government, the Northern Ireland Executive and the Irish Government and managed by the Special EU Programmes Body.

New 'Accessibility Guides' to improve access to Council Venues

A range of new 'Accessibility Guides' for people with a disability and their families are now available to download.

Funded by the Public Health Agency, the 'Accessibility Guides' include Visual Guides and Social Stories to help people research and plan their visit to some of the Council's most popular leisure and recreation facilities.

For further information please visit <https://tinyurl.com/an7snk74>

Sustainable Food Partnership

Fermanagh and Omagh District Council are aiming to establish the district as a Sustainable Food Place through a partnership approach. We would like to work closely with a wide array of organisations in the district to gain from the benefit of your experience and knowledge first hand as practitioners and the lived experiences of those you work with in our district to inform the development of an action plan for Sustainable Food. To learn more about Sustainable Food Places and the project watch a short video on the link below:

[Sustainable Food Places](#)

This is your opportunity to have your say and inform the priorities and issues that a partnership should tackle. Please complete our survey to inform the development of the Sustainable Food Action Plan in the district and be in with a chance to win a goodie bag:

<https://www.surveymonkey.co.uk/r/9XJ2P2F>

JAM Card E-Learning Sessions

Fermanagh and Omagh District Council is currently rolling out JAM Card E-Learning Sessions to small businesses, charities and community groups who operate in the District.

By signing up, staff and volunteers will be more aware of what the JAM Card stands for, as well as some helpful tips to make services more accessible for people with disabilities. The training has been funded by the Public Health Agency, through the Access & Inclusion Project.

The JAM Card allows people with a hidden disability or communication barrier to tell others that they need extra time and understanding in a private and easy way. It was created in 2012 by NOW Group participants with learning disabilities and autism who wanted a discreet way to ask for 'Just A Minute' of patience when they need it. It has since grown and developed into a card and app that is used by people with any communication difficulty.

To ensure GDPR compliance, each individual needs to sign up using the Jotform link <https://form.jotform.com/231135141880044> or email disability@fermanaghomagh.com

To find out more information please contact Fermanagh and Omagh District Council by phoning 0300 303 1777 or email disability@fermanaghomagh.com

Help with employment and training

Contact the Rural Economic Accelerator Programme (REAP) team to find out if you are eligible for the Programme and can benefit from their support

Enniskillen 028 6632 6478 Omagh 028 8224 6535 Email REAP@fermanaghomagh.com

or complete the Jotform <https://bit.ly/REAP-Application-Form> and we will get in touch.

Further information is available at <https://www.fermanaghomagh.com/services/community/cost-of-living-help/help-with-employment-and-training/>

Marble Arch Caves

30% Discount Off Guided Cave Tours

The [Marble Arch Caves](#) is offering a special 30% discount as a way of saying thank you to their community for supporting them, helping to create an exciting visitor destination, and preserving an important geological site. The discount is for Guided Cave Tours and is available to all FODC residents up to 4 February 2024.

This special 30% discount offer can be redeemed by purchasing your guided cave tour tickets on arrival at the Marble Arch Caves Visitor Centre or pre-book your cave tour tickets online using discount code 'Community23'. It couldn't be simpler; all you need to do on the day is bring proof of residency, utility bill or driver's licence.

To book online visit <https://marblearchcaves.co.uk/online-booking-guided-cave.../>

Community Support

The Community Services Department offers support to individuals and organisations within the community and voluntary sector promoting community action. Officers within the Community Services Team are available to assist community groups and voluntary organisations make as big a difference as possible to local lives and issues. For further information, please visit [Community – Fermanagh & Omagh District Council \(fermanaghmagh.com\)](https://www.fermanaghmagh.com)

The link below can help you find your local Community Support Officer - please contact us for any assistance you or your organisation may require on 0300 303 1777

<https://fermanagh.maps.arcgis.com/apps/ZoneLookup/index.html?appid=82210c413ab74bcd8da1750af0321163>

Area	Officer	Email	Telephone
Enniskillen	Ruthanne Fawcett	ruthanne.fawcett@fermanaghmagh.com	Ext 21649
Erne East	Joanne Cunningham	joanne.cunningham@fermanaghmagh.com	Ext 21405
Erne North	Leza Cleary	leza.cleary@fermanaghmagh.com	Ext 21234
Erne West	Kellie Beacom	kellie.beacom@fermanaghmagh.com	Ext 21201
Mid Tyrone	Neville Armstrong	neville.armstrong@fermanaghmagh.com	Ext 20275
Omagh	Josephine Treanor	josephine.treanor@fermanaghmagh.com	Ext 20222
West Tyrone	Billie-Jo Irwin	billie-jo.irwin@fermanaghmagh.com	Ext 20220

Charity Support

Fermanagh and Omagh District Council may provide support to charities in a number of ways including the provision of grant aid; the attendance of the Council Chair or Vice Chair at photo opportunities; use of Council facilities and the illumination of Council buildings to mark specific days of significance to a chosen charity which is associated with a particular colour.

For further information visit <https://www.fermanaghmagh.com/services/community/>

Please note, applications for the use of Council facilities or the illuminating of Enniskillen Castle and Strule Arts Centre in a particular colour, should be submitted to the Council at least **6 weeks** before the date requested, to allow sufficient time for the application to be considered.

To make an illumination request please complete <https://form.jotform.com/222782646405055>

For any enquiries regarding Council support to charities, please email communitysupport@fermanaghmagh.com

For a list of events across the District visit

<https://www.fermanaghmagh.com/events-and-festivals/>

Department for Infrastructure

Getting Weather Ready – check out the Winter 2023 edition of the RCRG newsletter.

Helping local communities prepare for and respond to weather related emergencies -

<https://www.infrastructure-ni.gov.uk/publications/getting-weather-ready-regional-community-resilience-group-newsletter>

Community News

Christians Against Poverty Life Skills Group

Run by Ardess Parish Church

Six participants successfully completed our eight-week Life Skills Course where they discovered the confidence and decision-making skills that they need to survive on a low income.

As before, the group will start with a community time each week, where members will have a chance to meet others and be part of a supportive community and will learn practical money saving techniques, such as cooking on a budget, living healthily on less money, and making their money go further. It's all about discovering new ways to live for a brighter future.

**The club starts again on Tuesday 16 January from 7.30pm-9pm
in The Courthouse Kesh, 45 Main Street, Kesh BT93 1TF**

If you have anyone who might be interested in attending, please contact:

Viola Bryson (Life Skills Manager) Mob: 07541 547900 Email violabryson@capuk.org

Patricia Robinson (Life Skills Coach) Mob: 07522 175030 Email patriciarobinson@caplifeskills.org

Below is a link to our Multi Service Referral Brochure

<https://bynder.capuk.org/m/16238a54a1d0da65/original/Multi-Service-Referral-Brochure.pdf>

The Life Skills course details start on page 20.

There is also more information about Life Skills on our website www.caplifeskills.org

If you have any questions at all, we would be more than delighted to talk with you or arrange a visit.

Northern Ireland Blood Transfusion Service

The Northern Ireland Blood Transfusion Service is asking for your support, if at all possible. In Northern Ireland upwards of 850 units of blood are used by patients each week, yet 94% of the eligible population still do not give blood. Donated blood is usually transfused within three to four days of donation and we need to attract many new donors to ensure a safe supply of blood to our hospitals. Blood is used in numerous ways, such as going to a child with leukaemia, a mother during childbirth, a person undergoing routine surgery, a person with cancer, or someone involved in an accident.

Please help to encourage donors to attend local blood donation sessions.

Many thanks for your continuing support - it is greatly appreciated.

Visit <http://www.nibts.hscni.net/donating-blood/where-to-donate/> for further Sessions

To book an appointment: Online: www.nibts.org Call: 08085 534 653

JustUs

- Friday 5 January, 12.30-2.30pm – Tommy Owens
- Friday 26 January, 7-10pm – Rave Night – DJ Jason Cluff – Yeodel Rave
- Wednesday 14 February, 7-10pm – Valentine's Party

All Events take place in Enniskillen Hotel.

£5 entry, 1 carer free. 18+ event

Those requiring assistance must be accompanied.

Local Rural Community Development Support Service for Fermanagh and Omagh District Council Area

Omagh Forum (OFRA) and Fermanagh Rural Community Network (FRCN) are working in partnership to deliver the Local Rural Community Development Support Service Programme for the Fermanagh and Omagh District Council area.

The new contract, funded by Department of Agriculture, Environment and Rural Affairs (DAERA), through the Tackling Rural Poverty and Social Isolation (TRPSI) Programme Framework, began on 1 November 2023.

Any community or voluntary organisation who wishes to avail of community development support can contact OFRA or FRCN as follows:

- Omagh Forum, Omagh Community House, 2 Drumragh Avenue, Omagh BT78 1DP.
Tel: 028 82 251559 and Email: info@omaghforum.org
- Fermanagh Rural Community Network, 3 Queen Street, Enniskillen BT74 7 JR.
Tel: 028 6632 7006 and Email: info@fermanaghrcn.org

Community Survey – Legacy Plan for the Lough Erne Landscape Partnership

The Lough Erne Landscape Partnership Programme Board have appointed consultants to develop a Legacy Plan for the Lough Erne Landscape Partnership. As part of this work, they are keen to find out what the Lough Erne area means to local people and how well the Lough Erne Landscape Partnership has helped to protect and celebrate this remarkable area.

A community survey has been launched and this is your opportunity to provide your views. The survey will take 9 minutes to complete.

Community Survey Link:

https://www.surveymonkey.com/r/lough-erne-survey?fbclid=IwAR2KPESoVJcK0gW1hXZnsZ8t-61_xVIIPvt3j6_UlhfYxlZsl45LAW1wDQ

AWARE NI

Free 6- week course for parents and carers of young children

This course will be running in January & February 2024 via Zoom and will explore the many aspects of parenting and how mindfulness can make a difference to both parents and children.

To register visit: [Aware NI - Upcoming Mindfulness Courses \(aware-ni.org\)](https://www.aware-ni.org)

6-Week Resilience Programme

Wednesdays 10, 17, 24, 31 January and 7, 14 February in Fermanagh House

Improve your health and wellbeing in this popular resilience building programme!

Some of the techniques you will learn and practice in this 6-week programme include Mindfulness, Goal Setting, Letting Go of Limiting Beliefs and much more!

Ring Anne Taggart on 07952 822157 for more information and to book your place.

Programme presented by ARC Healthy Living Centre; funded by ENRA, Neighbourhood Renewal

Home Start Omagh District

Volunteers Required Urgently

Our volunteers support local families in the family's own home for 2-3 hours a week and offer a variety of support:

- Practical support around the home - e.g., reading stories, playing with a child while the parent does the housework, helping parents with multiple children at appointments
- Emotional support e.g., reassuring a parent that every child is different
- Signposting to local services
- Befriending
- Confidence building
- Sharing experiences as a parent or carer

What do Home-Start offer volunteers?

- Excellent preparation for your role through a preparation course
- All travel expenses paid
- Formal and informal support from the Home-Start Omagh District Coordinator, trustees and other volunteers
- Social events
- The opportunity to be involved in a vital local service

If you or anyone you know would be interested in supporting a local family in your local community, or if you would like further information, please do not hesitate to get in touch:

Call Allison / Leanne – 028 8224 0902

Email - info@homestartomaghdistrict.org.uk

Or download an application form via our website www.homestartomaghdistrict.org.uk/volunteering/

Action for Happiness

New Year, New Happiness Habits Course

This 6 week evening course hopes to spread happiness as far and wide as possible and combat post-Christmas and New Year's blues.

<https://actionforhappiness.org/course/happiness-habits-northern-ireland-1/?utm=VL>

Sessions

See below a list of confirmed dates for upcoming sessions:

Week 1: Gratitude Thursday **January 25** 2024, 7:00 PM - 9:00 PM

Week 2: Self-Care Thursday **February 1** 2024, 7:00 PM - 9:00 PM

Week 3: Relationships Thursday **February 8** 2024, 7:00 PM - 9:00 PM

Week 4: Resilience Thursday **February 15** 2024, 7:00 PM - 9:00 PM

Week 5: Kindness Thursday **February 22** 2024, 7:00 PM - 9:00 PM

Week 6: Meaning Thursday **February 29** 2024, 7:00 PM - 9:00 PM

Become a Digital Skills Volunteer

Do you have a passion for helping others use technology?

Become a Digital Skills Volunteer and help bridge the digital divide in rural communities with Advice NI!

[Find out more and apply](#)

RNID Hearing Aid User Support Service

1st Thursday each Month, 10am to 11.30am

Fermanagh House, Broadmeadow Place, Enniskillen BT74 7HR

Contact: Lisa Stewart at WHSCT 07587 130502; Email lisa.stewart@rnid.org.uk

AbilityNet

A digital world accessible to all

www.abilitynet.org.uk

Get free tech support and advice in the comfort of your own home. Our Tech Volunteers help disabled people and older people get the most out of their computers, phones, tablets and other digital devices.

Book your volunteer visit today. Call free on 0800 048 7642 or email enquiries@abilitynet.org.uk

Ever considered volunteering?

You can help change people's lives for the better. Get involved!

Call free on 0800 048 7642 or email volunteers@abilitynet.org.uk

Oak Healthy Living Centre, Lisnaskea

Living Life to the Full

Starts Monday 15 January 2024, 10am – 12 noon

This 6-week life skills programme teaches the Understanding and application of Cognitive Behavioural Therapy (CBT).

Learn to:

- Sleep Better and have more energy.
- Feel happier and gain confidence.
- Overcome low mood.
- Get out more and enjoy better relationships.
- 10 things you can do to feel happier straight away.

Telephone the centre on 028 6772 3843 or email patricia.flanagan@oakhlc.com to book your place.

To download a Programme of Activities for the Oak Healthy Living Centre running from January to March visit <https://www.oakhealthylivingcentre.com/>

Service User and Carer Information Awareness Session

You may be aware that a new Integrated Care System (ICS) is being developed for Northern Ireland. We are committed to ensuring our staff, partners and public are informed and engaged on this important development. Within this development we are inviting Service Users and Carers to express an interest in becoming members of the Area Integrated Partnership Boards (AIPB) which will commence in April 2024.

In advance of these AIPB appointments, we have organised an Information Awareness session and this will be held virtually on Wednesday 10th January 2024 at 11.00 am.

To register for this event please complete <https://forms.office.com/e/PLL0ejgMh9>

Following registration, an MS Teams link will be forwarded to everyone with instructions to join the virtual call. This Information Awareness Session has been arranged for Service Users and Carers who are considering applying for Service User and Carer representation on the ICSNI Area Integrated Partnership Boards.

The Information Awareness session will be an opportunity to learn more about ICSNI and AIPBs and it will outline what we are seeking to achieve with the role of Service Users and Carers.

It is planned that the Expression of Interest will be advertised in mid January 2024.

For further information visit [Integrated Care System Northern Ireland - HSC \(hscni.net\)](https://www.hscni.net)

Participants Needed!

Ulster University Bordered Youth Project

As part of this project, we are looking to recruit young adults between 18-24 to participate in a photo exercise -

- Take up to 10 photographs over two weeks that relate to your perceptions and experiences of crossing different types of borders.
- Send your photos to borderyouth@ulster.ac.uk
- Meet with one of our team to talk about your images and how they relate to border-crossing. This will take about an hour, and will be recorded, but don't worry - we will keep your information confidential (this means we won't share your personal details, including your name, with anyone).

All participants will receive a £10 amazon voucher for their time.

For further information visit [bordered youth project](http://borderedyouthproject.com)

Fermanagh Pride Call-Out for Local Partnership Pride 2024

Following the success of our recent fundraising events, we have already embarked in preparing for Pride 2024. We understand the importance of advanced preparation in offering some quality experiences.

We are hoping to have a schedule of smaller events spread out during a 'Pride Month' in September 2024.

We would like to enter into informal partnerships with local businesses, charities, sports groups, schools, church groups or other voluntary organisations.

We'd hope that our partners could devise a simple activity which fits easily within their existing programmes and which might help to celebrate LGBTQ+ diversity within Fermanagh. It could be attended by their existing 'client' base, LGBTQ+ folk, allies, friends and families. You could decide whether it would be +18 only or whole families.

Some examples could be: coffee and cakes in a cafe; sports match; film watching; art and craft event; small visit; outdoor walk etc. It does not have to be loud and 'out there'. Low key and focusing on real, ordinary people is fine.

Our message to our friends is that LGBTQ+ folk are among us and value connection, sociability and relations with the wider community.

If you would like to participate and are maybe slightly unsure of what you could offer, we are always available to make suggestions.

Get in touch through our Facebook page or email FermanaghPride@gmail.com

YouthAction Northern Ireland

Please click on the following link for details of our services <https://www.youthaction.org/benefits>

For further information, please contact Dwayne Lyons, Youth Worker - Fermanagh & Omagh based in Fermanagh House, Enniskillen.

Tel: 028 6632 8534 Email: dwayne@youthaction.org

PIPS Suicide Prevention Ireland

We are a suicide prevention charity, offering a free and confidential counselling service within the Fermanagh area, and open to neighbouring areas such as Omagh, Cavan and Sligo. We are not limited to 6 sessions as we offer an open counselling policy, which is led by you. We accept self-referrals by contacting our offices through the numbers provided or via our website. We also accept GP referrals or referrals made by other agencies on the client's behalf. We work with all ages, providing counselling from ages 4+, on a one-to-one basis and operate by appointment only. Our services deal with the following: Depression, Trauma, Drugs, Alcohol, Anxiety, Self-Harm, and Suicidal Ideation, etc. Face-to-face and telephone counselling are offered within our services. We meet in Asda Community Rooms, Derrychara Road, Enniskillen BT74 6JG
Tel: 028 6633 9004 (Enniskillen Office) Tel: 0800 088 6042 (Belfast Office)
Facebook: PIPS Suicide Prevention
Instagram: @pips_charity
Website: <https://pipscharity.com/>

Have your say....

Voluntary and Community Sector Support

The Department for Communities is seeking views on draft proposals for future Infrastructure Support of the Voluntary and Community Sector in Northern Ireland.

The Department welcomes views and responses on the proposed framework through the consultation events being hosted both in person and online.

Full information is available at <https://www.communities-ni.gov.uk/consultations/consultation-voluntary-and-community-sector-infrastructure-support>

The above link includes details on how to respond online along with Eventbrite links for registering your attendance at the various consultation events.

Closing date Friday 9 February 2024 at 5pm

Public encouraged to get involved in revenue raising consultations

The Department of Finance (DoF) is encouraging everyone to have their say and contribute to the consultations in relation to revenue raising measures in Northern Ireland.

For full details visit <https://www.finance-ni.gov.uk/news/public-encouraged-get-involved-revenue-raising-consultations>

The consultation on non-domestic and domestic rating measures can be found at <https://www.finance-ni.gov.uk/rating-revenue-raising-consultation>

Closing date: 13 February 2024 at 5pm.

Information on CAMHS New Emotional Wellbeing Team in Post Primary Schools

This is a programme that is part of the children and young people's emotional health and wellbeing in education framework. The main focus is to provide support to school staff to help them promote emotional wellbeing and strengthen self-esteem and resilience in their pupils.

It will:

- Provide Workshops & Training for school staff at all levels
- Deliver educational programmes to pupils as whole groups
- Support the development of a student voice forum within the school
- Signpost & Refer into community services

To discuss further, please contact Stacey Lindsay via stacey.lindsay@westerntrust.hscni.net or Joanne Mc Cauley on joanne.mccauley@westerntrust.hscni.net

Telephone 028 8283 5990.

Cancer Focus NI

Keeping Well Service

<https://cancerfocusni.org/cancer-prevention/keeping-well-health-check-services/>

The aim of the service is to inform people of simple ways to reduce the risk of cancer, and to promote healthier living through health checks and tailored talks suited to the needs of the group. Most of our work is funded through donations and fundraising. There is a charge for these services but if there is no funding or restricted funding, we are happy to waive the fee.

Donations are always welcomed.

In the climate of an ageing population and an increase in cancer diagnosis, this could be an excellent opportunity to offer something meaningful to members of community groups.

For further information please contact Jill Donnelly, Health Promotion Officer on 028 90680798

Volunteer with the NSPCC!

Speak Out Stay Safe is a safeguarding programme for children aged 5-11 years old from the NSPCC Northern Ireland.

It is available to all primary schools in the UK and helps children to understand abuse and how to recognise the signs. It encourages them to speak to a safe adult or Childline if they ever need help or support - the mascot is a speech bubble to encourage this!

The NSPCC Schools Service is volunteer led.

If you are interested in finding out more about volunteering with the NSPCC Schools Service please go to the website [Volunteer in schools | NSPCC](#)

British Heart Foundation

Apply for a free defibrillator for your community

All eligible UK-based community groups can apply.

A limited number of funded defibrillators are available. Applications will be reviewed monthly against a set of criteria so defibrillators can be awarded to communities that need them most.

For further details visit <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/apply-for-a-free-defibrillator-for-your-community>

Applications will close on Friday 15 March 2024.

Latest Volunteering Opportunities

Fermanagh <https://www.volunteernow.co.uk/volunteering-opportunities/>

Omagh <https://omaghvolunteercentre.org/opportunities>

Aisling Centre

Mindfulness Meditation

Monthly drop in sessions

For adults and young people ages 17+

Last Tuesday of the month – 7pm-8pm

Sessions Free / Donations Welcome

Numbers limited – Booking Essential

To register/for further information e-mail info@theaislingcentre.com Telephone 028 6632 5811

Hope, Healing, Growth

Day of Inspiration, Saturday 6 January 2024

An inspirational mixture of personal & professional stories & experiences.

Crest Centre, Killyhevlin, Enniskillen.

Attend in person or via zoom.

Now open for booking.

Limited number of tickets available. £25

Virtual attendance free/voluntary donation.

Booking via Eventbrite: <https://bit.ly/HHG2024>

AA

3 evening meetings every week. For more info contact Aisling Centre 028 6632 5811

Aware

Support group for people affected by Depression. Meet every other Tuesday, 7pm - 9pm

To book a place email info@aware-ni.org

Forget me not Group

Support group for those bereaved by suicide - First Monday of the Month, 7.30pm - 9pm

For more info contact - Aisling Centre 028 6632 5811

Yoga

Thursday 12 noon - 1.30pm

For more info contact Jenni Brown, Yoga Ocean 028 8954 1994

Fermanagh Pride

Group meets first & third Tuesday every month.

For more info email fermanaghpride@gmail.com

Census 2021

The Census 2021 Grid Square product provides census statistics on a range of topics for populated 1 kilometre and 100 metre grid squares in Northern Ireland.

The new Grid Square product is available on the [NISRA website](#) in a range of formats.

Grid Square attribute table

The attribute table includes a grid square reference, a range of Census 2021 topics in each Grid Square, and geographic coordinates for easting (X) and northing (Y).

Grid Square in GIS formats

- ESRI Shapefile format
- Mapinfo format

For more information on the Grid Square product please visit the [NISRA website](#).

Census 2021 person and household estimates for settlements

NISRA have produced Census 2021 person and household estimates for settlements that contain at least 50 usual residents or 20 households. The Census 2021 table is now available on the [NISRA website](#)

If you have any queries, please contact us at census@nisra.gov.uk.

Easilink Community Transport

Disability Action Transport

The Disability Action Transport Scheme provides a transport solution for people with a disability living in the urban towns of Omagh & Strabane. Please contact your local office to find out how to join (Strabane 028 7188 3282, Omagh 028 8224 8140)

or visit <https://www.easilink.org/disability-action-transport-scheme.html>

Dial-a-lift

Dial-a-lift is a door-to-door service for individuals living in rural areas who are socially isolated due to a lack of transport. To find out more visit <https://www.easilink.org/dial-a-lift.html>

Driver Training

We provide a range of training including Minibus Driver Awareness Scheme, Passenger Assistance Training and Car/MPV training for all our staff and volunteers.

For more information visit <https://www.easilink.org/driver-training.html>

Rural Links to health and wellbeing

The rural links service is a new subsidised community transport service to help people in the Easilink area to attend hospital and health appointments in the Western Trust area including South West Acute Hospital, Omagh Hospital & Altnagelvin Hospital.

To find out more visit www.easilink.org

Group Hire

We can provide minibus transport for the benefit of local community organisations. To reduce the costs, a group can nominate their own driver if they have appropriate license and training.

To find out more visit <https://www.easilink.org/group-travel.html>

Training Opportunities

South West College Multiply Programme

Delivered within your local Community Centre or online

Beginning this January, SWC will be launching its Multiply Programme as part of the Rural Economic Accelerator Programme (REAP). As part of Multiply, we will be offering the following programmes to your local community. If you feel these programmes might be of interest to the people you are working with or if there are other courses you would like offered please get in touch. We will be offering support with childcare cost, travel and there are also monies available for room hire cost.

Courses on offer:

- Build confidence with numbers - A fun learning environment with activities and games to introduce you to numbers and socialise with others.
- Nutrition with numbers - Use numbers while you learn about eating a healthy balanced diet.
- Money Management - How to manage your money effectively, learn practical skills on how to manage your own or families personal finances.
- Practical DIY skills - Gain confidence with numbers through practical DIY Activities.

Programme Details:

- Courses available locally or online, catering to individual preferences.
- Participants must be economically inactive to engage on programmes for all ages.
- Courses tailored to group's needs, availability and level.
- Childcare support and travel assistance are provided.
- Room hire costs for all Multiply Programme sessions.

We encourage you to share this information within your community, as these courses are tailored to benefit economically inactive individuals seeking to enhance their numerical proficiency and practical skills.

For further details or to express interest, please do not hesitate to contact David.Taylor@swc.ac.uk (07464 539194)

Free Farm Family First Aid Awareness Training

in partnership with Global Horizon Skills Ltd/CAFRE

Open to farmers, farm employees, and farm family members

Would you be able to offer a suitable venue for a face-to-face workshop, to provide life-saving training for a local group? Here are some details of how it can work-

- Face-to-face workshop - 12-20 attendees on an evening during the week 7pm - 9.30pm,
- or join remotely over Zoom, 6.30pm – 8.30pm.

If the group has 20+ delegates interested, and if you have a venue large enough to accommodate, we can send a second trainer. This needs to be agreed upon well in advance of the training date. Participants need to provide their farm number/business ID, along with registration information, name, address, etc.

Eligibility relates to age and business ID -.

- 18 years and older. Those who are under 18 years of age and attending, must provide a completed and signed parental consent form or be accompanied by an adult.
- The farm family member/farm worker comes from a business with a Category 1 or 3 Farm Business ID.

- If there are several 'eligible' attendees from the same farm business, then each is eligible for a first aid kit.

Workshops will provide the participants with the key skills that have the potential to save a life and reduce the impact of a farm accident. Training includes basic First Aid procedures for common farm-based injuries, how to use the contents of a First Aid kit, and awareness of tools/technologies to aid farm workers in emergency situations.

Please take 2 minutes to read Derek Robinson's inspiring story of how he saved his son's life on a near fatal farm incident. He accredits his Farm Family First Aid Training to his quick action in this situation [Global Horizon Skills - First Aid Training Saves Lives: Derek Robinson, A Farmer's Story \(ghskills.com\)](https://ghskills.com)

Email noelle@ghskills.com to book training

Health Improvement, Equality and Involvement Department (WHSCT) SafeTALK! Training

Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a SafeTALK trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide;
- identify people who have thoughts of suicide;
- apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.

Safe-TALK is delivered in a safe and contained environment by certified Action Mental Health staff who are there to support the participants throughout and following the programme as part of OUR Generation Mental Health Ambassador Programme.

Monday 15 January 2024 – Campsie Resident's Association, Omagh [Register HERE](#)

Tuesday 16 January 2024 – MDEC Building, Altnagelvin Hospital, L'Derry [Register HERE](#)

Wednesday 21 February 2024 – Location TBC, Fermanagh [Register HERE](#)

Volunteer Now Training Sessions

Keeping Adults Safe: Training for Staff and Volunteers

Tuesday 11 January 2024, 10am-3.30pm Online

This is a **free** 1 day certificated course for those working/volunteering with adults at risk.

For full details visit <https://www.volunteernow.co.uk/training/courses-scheduled/>

Community Development and Health Inequalities

Tuesday 9 January and Thursday 11 January, 7-9pm Online

What are health inequalities and what do they look like in your work or community? This is a **free** interactive training programme suitable for anyone with an interest in community development and health inequalities including staff and volunteers in voluntary organisations, community groups, councils, health and social care and government agencies.

For further information and to register visit <https://elevateni.org/training/training-dates/>

The Clear Project

Free Training Opportunities

[Mental Health First Aid](#)

Date: 10th, 11th, 12th January 2024

Venue: Online

[Impact of Alcohol on Self Harm & Supporting the Family](#)

Date: 25th January 2024

Venue: Online

[Self Harm & Autism No. 2](#)

Date: 8th February 2024

Venue: Online

Please click on the hyperlinks above for Course information details.

The Clear Project will be using the booking system for all of our training - Please note that you must first [Register](#) your details on the site (if you are not already registered) in order to proceed to booking.

New Gamified Essential Skills Programme

Are you looking to achieve essential skills in Maths or English?

The Gamified Essential Skills Programme is a unique way to achieve a qualification using VR headsets and tablets.

Commencing January 2024.

For more information, Direct Message [21 Training](#) or Tel 07739 651536

WHSCCT Health Improvement Equality & Involvement (HIEI) Department

Updated Training Brochure

Additional free training courses to 31 March 2024

<https://westerntrust.hscni.net/health-and-wellbeing/health-improvement-equality-and-involvement-training-brochure/>

This updated edition of the HIEI Training Brochure is offering **three new courses**; 'Cultural Competency and Sensitivity for Mental Health Practitioners', 'Nutrition Awareness Tutor Training' and 'Strength and Balance'. We also have the return of the nutrition course 'Cook It! Tutor Training'. The courses will be delivered either via Zoom or face to face in a range of locations across the WHSCCT.

For course details including times and course content and to book a place, please click the 'Click Here to Register' icon below each course which takes you to the Eventbrite registration page.

For further information and any queries in relation to the Training Brochure, please email health.improvement@westerntrust.hscni.net or telephone 028 7186 5127.

Stress Control Online Classes for 2023/2024

Although we all need some stress to be able to function effectively, too much stress creates an imbalance and has the potential to make us physically and mentally unwell. This year, the Public Health Agency is offering a new series of stress control classes online which will help you identify how and why you feel stressed and what to do about it.

You don't need to register or log in! With free online resources to support the learning available on the website, you can watch the six sessions at the scheduled time on the [Stress Control YouTube channel](#)

The next session is available from Monday 8 January at 9am.

To find out more about Stress Control and to download the resources, visit <https://ni.stresscontrol.org/> where you will also find the dates for all this year's classes.

Western Trust

Health Improvement, Equality and Involvement Department

Very Brief Advice for Smoking Cessation Support Sessions

This course will increase awareness and knowledge of smoking and how to support and signpost motivated smokers who want to stop.

Learning Objectives:

- Highlight the health risks of smoking and the impact smoking has on public health
- Highlight the benefits of stopping smoking
- How to engage with a motivated smoker who wants to stop smoking
- How to signpost to appropriate smoking cessation services
- Increase awareness of the Smoking Cessation Service.

Please note this is a basic information session. It does not qualify participants to provide smoking cessation advice.

All dates take place via Zoom from 10am to 11am and full details and registration links are below:

- Thursday 18 January [Register HERE](#)
- Thursday 22 February [Register HERE](#)
- Thursday 7 March [Register HERE](#)

Free Training Opportunities with Inspire Wellbeing

Being More Substance Savvy

This session is suitable for staff / volunteers and users of services from organisations working with the 50+ age group in the Western Trust area.

This free 2 hour session will help participants to:

- become more alcohol and drug aware
- improve their self-care skills
- gain awareness of issues and supports around mental health & alcohol/substance use.

Deadline for delivery: 28 February (Western area))

Can be delivered in-person or online. Max number of group approx. 20.

Healthy Restart

Approx 2 hour sessions. Suitable for staff / volunteers and service users.

You can select up to four options from:

- Mental Health Awareness
- Understanding alcohol & other substances (& how to support other people)
- Sleep
- Food & Mood
- Self-Care
- Introduction to Managing Stress & Anxiety

No deadline for delivery.

Can be delivered in – person or online. Max number of group approx. 20.

For further information/bookings, contact Jenny Groves on 07834 181303.

Email j.groves@inspirewellbeing.org

Sessions can be tailored to meet the needs of the group.

Fermanagh Trust

Free Essential Training

for Volunteers or Staff in the Community/Voluntary Sector

eg:

Community Associations

Voluntary Groups

Sports Clubs

Church Groups

Charities

Providing you with free accessible learning and development opportunities in a relaxed environment, ensuring you can meet the demands of your role whilst meeting others and building supportive networks locally.

Our September to January Programme can be accessed at the link below.

<https://www.fermanaghtrust.org/community-support/training-programme>

If you have any questions or learning needs we are not addressing through the programme please get in touch

Tel 028 6632 0210 Email sonya@fermanaghtrust.org

Manifest: Connecting Men with Mind Fitness

Facilitator training programme

A workshop developed by the Western Health and Social Care Trust (WHSCT), Men's Action Network (MAN) and the Men's Health Forum in Ireland (MHFI). It evolved in response to the growing demand from service providers for support to improve their engagement with men; increase their knowledge and skills in recognising mental distress in adult men and ensure that men are referred to the most appropriate services to meet their needs.

Aim of this Facilitator Training:

The aim of this course is to create a knowledgeable, confident and experienced team of people who are willing and able to cascade the learning via the delivery of one-day workshops.

Training will take place on the following dates and note that participants must attend all 3 sessions:

- Wednesday 7 February 2024: Derry / Londonderry (venue to be confirmed)
- Thursday 8 February 2024: online
- Thursday 22 February 2024: regional venue - to be confirmed

For further information please contact Sonia.Montgomery@westerntrust.hscni.net

All application forms should be returned no later than 5.00pm on Friday 5 January 2024.

Funding Opportunities

Community Heritage and Biodiversity Grant Scheme 2024

Now open for application!

A fund of €20,000 has been allocated to assist community based heritage projects which compliment or fulfil the delivery of the Waterways Ireland Heritage Plan along the Barrow Navigation, Erne System, Grand Canal, Lower Bann, Royal Canal, Shannon, Shannon-Erne, and the Ulster Canal (Upper Lough Erne to Clones).

Applications will be considered from communities seeking assistance for projects related to inland waterways' heritage including data collection & research, good heritage practice in managing sites, collections, objects, etc. And support fresh approaches and initiatives that link heritage to communities, promoting active engagement with heritage..

For full guidance including an application form visit

<https://www.waterwaysireland.org/heritage-grant?>

The deadline for receipt of completed applications is 31 January 2024.

Ageism Action Day: Micro-grants for Age-friendly Communities

Centre for Ageing Better is launching an annual [Ageism Action Day](#) on 20 March 2024 with the theme “see and be seen”.

Grants of up to £500 are available for community groups and local voluntary sector organisations, with an additional £150 to cover anything needed to make the event or activity more accessible. We encourage all events and activities to respond to the theme “see and be seen”, which we want applications to interpret in their own way. Full details are available at <https://ageing-better.org.uk/ageism-action-day-micro-grants-age-friendly-communities>

For any questions you can contact grants@ageing-better.org.uk

The deadline to apply is Wednesday 10 January 2024.

Police Property Fund Small Grants Scheme

Applications now open for the third call!

The third call will award a total of £200,000 in small grants of between £1,000 and £10,000 to eligible projects.

Click below to access:

[The FAQs](#)

[The Guidance for Applicants](#)

[The Application Form](#)

Applications close at 12 noon on Wednesday 24 January 2024.

Waterways Ireland

Community Heritage and Biodiversity Grant Scheme

The grant is for projects which support awareness, protection and promotion of our waterways, heritage and biodiversity. Grants up to £1,350 are available

Closing date for applications: Wednesday 31 January 2024

For more information and to apply visit tinyurl.com/39dyr8bs