

Fermanagh & Omagh District Council Community Support News – February 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 Tuesday 27 February

Council News & Events

Drop-in Funding & Advice Fair

Omagh Leisure Complex

Tuesday 13 February, 4pm-8pm

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.

Community Climate Action Fund

Are you a not-for-profit organisation with a project idea that facilitates climate action within local communities and willing to partner with an organisation in the Republic of Ireland?

Funding is available for 100% of projects up to €50,000 under the following themes:

- Community & Energy
- Sustainable Travel
- Food and waste
- Shopping and recycling
- Local climate and environmental action

A project may comprise several of the themes above and we would encourage innovation for project ideas.

To learn more go to [Community Climate Action Fund – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](https://fermanaghomagh.com) or contact climate@fermanaghomagh.com

An online information session will be held on Thursday 1 February from 7.30pm-8.30pm.

Please contact climate@fermanaghomagh.com to pre-register.

Applications close Friday 22 March.

Fermanagh and Omagh Sustainable Food Partnership

Connecting individuals, businesses and organisations who are part of the food chain

Fermanagh and Omagh District Council is seeking to establish a Sustainable Food Partnership for the District. To enable the development of an Action Plan for the Partnership, the Council is inviting organisations with knowledge and experience of working within the district to inform the priorities which could be included within the Sustainable Food Action Plan.

Food is not only at the heart of some of our greatest problems from obesity and diet-related ill-health to food poverty and waste, climate change and biodiversity loss, but also it is a vital part of the solution. Sustainable Food Partnerships bring together statutory and community organisations, businesses and academics to create a local sustainable food system to redress these issues at a local level and promote healthy and sustainable food for all.

The Partnership will facilitate strategic and collaborative working through an Action Plan which recognises the relationship between food, health, the economy, the environment and communities. The Sustainable Food Partnership will aim to raise public awareness of the benefits of sustainable food; tackle food poverty and diet related ill-health; create a vibrant and diverse food economy; transform and revitalise supply chains; and address the impact on Climate Change through sustainable food and farming to food waste.

Within its Climate Change and Sustainable Development Strategy, the Council is committed to achieving a Net Zero District by 2042 and the establishment of a Sustainable Food Partnership will contribute towards the achievement of this. By encouraging more sustainable food consumption and production options, this will help to reduce carbon emissions.

Everyone who responds will be entered into a draw to win a goody bag.

To complete the survey, visit <https://www.fermanaghomagh.com/sustainable-food-partnership/>

For more information, contact the Council's Sustainable Food Officer via email at climate@fermanaghomagh.com or by telephone on 0300 303 1777.

Invitation to Recycling Focus Group

Wednesday 7 February, 10am to 12pm
Bawnacre Centre, Irvinestown

The Council is holding a focus group discussion to gauge attitudes towards recycling in the district. A significant shift in household recycling habits is needed to:

1. Increase the quantity of recycled household waste
2. Improve the quality of recycling by reducing contaminations and recycling right.

We are exploring the use of Persuasive Technology and AI to increase recycling rates and want to engage with residents to scope current attitudes to recycling to better inform ways in which to affect behavioural change. Attendees will receive a free reusable bag and goodies.

To register your interest contact climate@fermanaghomagh.com by Friday 2 February

Neurodiversity Awareness Training

Thursday 1 February and Tuesday 6 February, 6.30pm to 8.00pm online

Are you involved in a community or voluntary group and would like to learn how to make events and activities more inclusive for people with neurodiverse conditions?

Then why not come along to our online Neurodiversity Awareness Sessions which have been funded by the Public Health Agency.

For more information and to book your place email matthew.nevin@fermanaghomagh.com or telephone 0300 303 1777.

Please note: participants must attend both sessions.

Exploring the Senses through Messy Play

Thursday 1 February, 4pm-5pm - Bawnacre Centre

Thursday 8 February, 4pm-5pm - Fermanagh Lakeland Forum

These stimulating and fun workshops are open to children aged 3 – 10 years old who have a disability and their siblings. The project has been funded by the Public Health Agency.

For more information or to book a space please contact the Council's Access Inclusion Officer by telephoning 0300 303 1777 or emailing matthew.nevin@fermanaghmagh.com.

Other sessions in Omagh will be launched soon.

GIVE Volunteer Project

Gaining Inclusive Volunteer Experience

We have partnered with Lough Erne Landscape Partnership, Omagh Volunteer Centre, Volunteer Now & Volunteer Now Enterprises and the Western Health and Social Care Trust to offer a new volunteering project for adults with disabilities.

'Gaining Inclusive Volunteer Experience' (GIVE) is an initiative to support adults with disabilities to access volunteering opportunities and the benefits that volunteering can bring.

Funded by the Public Health Agency, GIVE will support participants through all stages of volunteering including registration, induction, and their volunteering opportunity.

To Register, please click on the following link <https://bit.ly/3O4x0WV>

Council has allocated £310,000 for fuel and food support

Latest data estimates that 27% of the population in the Fermanagh and Omagh District is living in relative poverty. Fermanagh and Omagh District Council has allocated and distributed £310,000, funded by the Department for Communities, for fuel and food related initiatives to help households, older people, and children across the district living in relative poverty. The funding has been distributed via charitable organisations and almost 90 schools in the district.

For more information on this initiative visit <https://bit.ly/3HCN3as>

Cost-of-living help information can be found at <https://bit.ly/42b394C>

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.fermanaghmagh.com/costofliving

Do you know anyone preparing for or seeking employment?

The REAP Programme provides tailored free support. Participants will have a dedicated mentor who will help them to develop their own action plan for what they want to achieve.

Participants will have the opportunity to:

- Update their skills and develop new skills
- Gain qualifications
- Complete industry specific training
- Build confidence
- Obtain a voluntary work placement
- Participate in health and wellbeing activities

One example of support is the Classroom Assistant / Nursery Assistant Programme. For more information, contact the REAP Team on reap@fermanaghomagh.com or Tel: 028 8224 6535 or 028 6632 6478.

Geopark Flagship Events

Brigid's Day Retreat – Tending Your Inner Flame

Saturday 3 February, 10am-5pm

Market House Blacklion (own transport to Killinagh necessary)

Step away for the day to explore Brigid's symbolism and heritage in creative writing, Brigid cross weaving & brooch making, felting, and more. Weather permitting there will be a field trip to a local Brigid site, Old St. Brigid's Chapel Killinagh, its holy well and Cursing/Blessing Stones.

Visit [Brigid's Day Retreat - Tending Your Inner Flame | Cuilcagh Lakelands Geopark](#)

Armagh Observatory and Planetarium

Dark Skies On Tour Northern Ireland Science Festival

Saturday 17 February, 10am-4pm

Kinawley Community Centre

Join Geopark and Planetarium staff for a 2-hour session dedicated to the wonders of space. Enjoy a planetarium show in the Mobile star dome before seeing real meteorites, conduct a meteorite experiment and finish your day with some space themed arts and crafts.

Suitable for families (Under 16s must be accompanied by an adult)

This event is non-refundable. If you need to cancel, please contact us 24 hours in advance.

Visit [Armagh Observatory and Planetarium - Dark Skies on Tour NISF | Cuilcagh Lakelands Geopark](#)

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.fermanaghomagh.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> or for any enquiries regarding Council support to charities, email communitysupport@fermanaghomagh.com

Marble Arch Caves

30% Discount Off Guided Cave Tours up to Sunday 4 February

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 available to all FODC residents.

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.../>

Senior friends Day Out at Marble Arch Caves

2 for 1 - Expires Tuesday 30 April

Your adventure starts here! Book a Senior Ticket for a Guided Cave Tour of the Marble Arch Caves online or purchase on the day of visit and enjoy 2 senior tickets for the price of 1!

Offer redeemed for Senior tickets booked online or purchased on the day of visit.

Use code: 2for1 at online checkout, or claim your discount on the day of purchasing your ticket,

Life was meant for best friends and good adventures! [Book Here](#)

Terms & Conditions: This offer can only be redeemed through online booking or purchase on date of visit for Guided Cave Tour tickets only. This offer is for public use and the ticket sales are capped. Tour operators, group operators etc are not permitted to avail of this offer.

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 \(fermanaghomagh.com\)](#)

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

List of events across the District

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

Community Wellbeing at Fermanagh and Omagh District Council

This site will provide up-to-date information in relation to Sport and Countryside Recreation programmes, events and activities across the district.

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

Community News

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>

Fermanagh Civic Forum

Cross Border Fermanagh People's Forum

Saturday 17 February, Fermanagh House, Enniskillen

Join the Civic Initiative in partnership with Community Advice Fermanagh and Women's Collective Ireland (Monaghan) for a discussion on key issues impacting your community.

Tickets for the Enniskillen event are free and can be obtained via this link:

<https://www.eventbrite.co.uk/e/civic-initiative-cross-border-peoples-forum-fermanagh-tickets-797229614237>

Christians Against Poverty Life Skills Group

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.

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

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

Belleek CCE

Sunday 4 February, 5pm

Riverside Bar, Garrison

Monthly sessions run from February - July (on the first Sunday of each month) - all welcome.

Belleek St Patricks' Day Parade (on Sunday 17 March) starts at 1pm from the GAA centre and will travel down the main street - it will be followed by live entertainment on the Gig Rig until approx.3pm - a family fun day is promised.

A small committee of volunteers supported by Belleek Development & Heritage Group are hoping that all local community organisations, Townlands, schools and businesses will come forward to showcase themselves to locals and visitors alike.

Further details to follow of other events happening in the village throughout the weekend.

Free Digital Skills Support

Thursday 29 February and Thursday 14 March

Murphy's on Main Street Community Hub Ederney BT93 0DH

Do you need help to access online services?

Whether it's sending an email, getting onto Facebook, shopping online for the best deals, accessing your Universal Credit account.... or simply learning how to turn your tablet on, we can help!

Anita Doonan from Supporting Communities will be at [Murphy's on Main Street](#) for a free digital skills support day. Bring your tablet, laptop, or smartphone and get one-to-one support on whatever has you stumped!

For more information and to book in for one-to-one help, please contact Neil at the Community Hub on 028 6625 1412.

Alzheimer's Society

Dementia Café

A warm and welcoming space for people living with dementia and their carers.

Mondays, 2pm to 4pm - 5, 12, 19, 26 February and 4, 11 March.

Carers Information and Support Programme

For carers, family/friends of people living with dementia.

Tuesdays 11am to 12.30pm – 6, 13, 20, 27 March.

Carers Peer Support Group

For the family and carers of people living with dementia.

Thursdays, 11am to 12.30pm – 8, 15, 22, 29 February and 7, 14 March.

All take place in The Belmore Court Motel, Tempo Road, Enniskillen BT74 6HX
Refreshments provided. For more information and to book your place, please contact Martin Bradley, Dementia Adviser, Fermanagh on 07725 475715.

Dromore & Trillick GP Practice

Small Steps Big Change

A programme to help you get from where you are, to where you want to be.

Build good habits and break bad ones to become a better and healthier you.

If interested, contact Stephen at Dromore & Trillick GP Practice on 028 8244 0600.

Over 65 Group

The Tuesday Club takes place on Tuesdays 10.30am-1.00pm in Dromore Sports Complex.

Activities, Health Talks, Social Outings (dependent on funding and donations).

If you are interested in joining or going along contact Martina on 028 8244 0600.

MS Society Omagh & District Group

Selection of services and support for those with and affected by MS:

- Health and Well Being – exercise classes and reflexology
- Social events to suit all ages – a great way to get to know others in the group
- Coffee evenings
- Quizzes
- Outings
- Fundraising
- Young persons' forum
- Bi monthly group meetings with guest speakers
- Volunteers who can visit you at your home, providing support as well as assistance with grant applications.

Contact: 07873 459296 Email: omagh@mssociety.org.uk

JustUs

- Wednesday 14 February, 7pm-10pm – Valentine's Party
- Friday 8 March, 12.30pm-2.30pm – Back to the 60's Disco. Celebrate PJ the DJ's Special Birthday. Fancy Dress optional.

All Events take place in Enniskillen Hotel.

£5 entry, 1 carer free. 18+ event

Those requiring assistance must be accompanied.

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_UlhfxYxIZsl45LAW1wDQ

Keeping children safe when gaming

Free workshop for parents and carers

Wednesday 7 February, 7-8pm

This year, the NSPCC launches its first Game Safe Festival. We're bringing together key players to make sure children have positive gaming experiences. And we're helping the adults in their lives have the knowledge, confidence and tools they need to help keep children safe when they game.

Book your place via this link: https://ww1.emma-live.com/GameSafe/purchase_tickets

Oak Healthy Living Centre, Lisnaskea

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

Western Trust Area Newsletter

Family Support and Early Intervention/Prevention

Please see below link to your monthly FYI update of all things family support and early intervention and prevention across the Western Trust. If you would like to sign up for a monthly FYI email, have a new service beginning in the Western Trust or you wish to highlight your work please feel free to make contact with the Locality Planning Coordinator in your area. Contact details are located in the link below.

<https://cypsp.hscni.net/download/415/western-area-newsletters/42439/wa-fyi-issue-2-january-2024.pdf>

AWARE NI

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

Wednesdays 21 February to 27 March, 10am – 12 noon via Zoom

This course 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)

Free mental health and wellbeing programmes between April-June.

- **Mood Matters Adults (adults 18+)**

This light and interactive mental health awareness training session is an opportunity for you to think about how to look after your own mental health. The workshop will explore mental health stereotypes and look more closely at how to spot the early signs of mental health illness, stress, depression, anxiety disorders and bipolar. This session will teach individuals coping skills for everyday life, how to avoid getting caught in a vicious circle and how to break unhelpful habits that we sometimes have when our mood is low, as well as where to get further help and support. This session will focus on you as an individual and will then allow you to apply these skills to supporting family, friends and others.

Duration: 2hrs

Size: Minimum 12 people and maximum 25 people

Method of Delivery: Face to face or online

- **Living Life to the Full (adults 18+)**

This is a programme that can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges. Delivered over 6 weeks the programme looks more closely at the ways in which mental health can be impacted by life events and unhelpful thinking styles which may also then affect our physical health and overall enjoyment of life.

Duration: 6 weeks @ 2hrs per week

Size: Minimum 12 people and maximum 18 people

Method of Delivery: Face to face or online

To book or find out further information in support of the above programmes please contact Catherine McColgan E: catherine@aware-ni.org

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>

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: Tuesday 13 February 2024 at 5pm.

Fermanagh and Omagh Sub Regional Transport Plan 2035 (FO SRTP)

The Department of Infrastructure is currently preparing a new Transport Plan for the Fermanagh and Omagh District Council (FODC) area.

The FO SRTP will cover local transport issues (active travel, public transport, the local road network and parking etc) and will set the framework for transport policy and investment decisions up until 2035. The FO SRTP will provide most detail on the towns of Omagh and Enniskillen. It will also consider local transport issues across the district, where appropriate.

It will focus on improving the sustainability of the local transport system by supporting people to choose the most sustainable mode of travel for their journey and aims to ensure that the transport network meets the needs of the people and businesses living, working and visiting FODC.

At this early stage of Transport Plan development, DfI want to understand our views on:

The strengths of the area and the problems we need to solve based on the transport challenges you face every day.

The end goal we want to achieve, the Vision, which will be informed by the existing challenges and the way in which we aim to address them.

How we will get there, the direction of which is determined by the Objectives.

The background documents can be found here:

- <https://www.infrastructure-ni.gov.uk/articles/fermanagh-and-omagh-transport-plan-2035>
- <https://www.infrastructure-ni.gov.uk/publications/fermanagh-and-omagh-sub-regional-transport-plan-2035-supporting-documents>

The engagement questionnaire is at <https://consultations2.nidirect.gov.uk/dfi-1/fosrtp2035/>

Special Olympics Club in County Fermanagh

Open Evening Thursday 22 February, 7pm-8pm

Killyhevlin Hotel

Special Olympics is the world's largest sports organisation for children and adults with intellectual disabilities, providing sports training, activities and competitions.

Of the 294 clubs throughout Ireland, there are currently no clubs in County Fermanagh.

Special Olympics Ireland is inviting anyone who may be interested in working together to establish a club to an open evening as detailed above. The purpose of the evening is to gauge demand for a club in Fermanagh and to identify potential volunteers.

Please let us know if you can attend and your interest in a club (either as an athlete or a potential volunteer) by registering at this link <https://forms.office.com/e/3S3UtuanGR>

We look forward to working with volunteers and athletes to establish an inclusive and vibrant Special Olympics Club in County Fermanagh.

Thank you for considering and joining us on this exciting journey!

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

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

Fermanagh House

Broadmeadow Place, Enniskillen, BT74 7HR Tel 028 6632 0210

Every Story Matters Comes to Enniskillen

Tuesday 6 February, 10am - 4pm

The UK Covid-19 Inquiry has been set up to examine the UK's response to and impact of the Covid-19 pandemic and learn lessons for the future. The Inquiry began on 28 June 2022 and its investigations are organised into Modules. Throughout each of these Modules, the Inquiry hears evidence from witnesses, experts and Core Participants through a series of corresponding hearings.

An additional part of the Inquiry is Every Story Matters where members of the public are invited to tell the Inquiry about their experiences of the Covid-19 pandemic. You can drop in to this public event without booking ahead.

See the website for background information www.everystorymatters.co.uk

Fermanagh Stoke Support Group

Every Tuesday, 11am-1pm

Come along to your local group and meet others who have been affected by stroke. Support to stroke survivors, carers, family and friends. A safe space to try things again, to learn more about stroke and self-care and to build your confidence as you rebuild your life after stroke.

Inspire Wellbeing Addiction Support Group

Every Wednesday, 11am-1pm

Drop-in support service for adults who are affected themselves or by someone else's alcohol or drugs use.

Narcotics Anonymous

Every Thursday, 7pm-8pm

Action on Hearing Loss (RNID)

First Thursday of every month, 10am-11.30am

Drop in for hearing aid batteries and tubing. Also provide information such as:

how to look after and clean your hearing aids

what to try if you are having a problem with your hearing aids

hearing loss and the assistive devices and technology that can help

what other local services and organisations can help.

Fermanagh Community Transport

New Scheme: Home to Hospital, Health and Wellbeing Appointments for People with Disabilities, Mobility Problems and Older People

For further details contact Jason Donaghy, Manager on 028 6632 4260/ 07702 609432

Email jason@fermanaghcommunitytransport.com

Website www.fermanaghcommunitytransport.com

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>

Education Authority Youth Service Clubs

An extensive range of clubs are being run by the Education Authority Youth Service across various areas throughout the district including Irvinestown, Lisnaskea, Enniskillen, Newtownbutler, Fintona and Omagh.

These provide various options for our Young People to connect with the view of building their resilience and connections within the community.

The EA Youth workers are very accommodating and can arrange to meet the young person prior to the programme and provide a tour of the building and meet the staff.

For more information or to discuss anything further, please contact Donna.Downey2@westerntrust.hscni.net

Service Users and Carers - Expression of Interest

Expression of Interest for the Service User and Carer appointments to the five Area Integrated Partnership Boards (AIPBs) for the roll out of the Integrated Care System across Northern Ireland.

[ICS NI - Area Integrated Partnership Boards Service User and Carer Expression of Interest - NI Direct - Citizen Space](#)

NB – Closing date Wednesday 14th February at 3.00pm

Any queries should be directed to this email address aipb@hscni.net

Erne Paddlers

Why not make 2024 the year you give paddlesports a try? Erne Paddlers has many exciting activities planned for the year. Our next pool kayaking sessions in Enniskillen and Fivemiletown start in February but bookings are open now. We offer a range of evening courses from beginner kayaking up to rolling skills courses for more advanced paddlers, as well as sessions for kids (7yrs+) and our continuing teen junior leader programme. With limited space, our pool courses fill quickly, so don't delay, book asap.

These will be our final indoor pool sessions before we move activities outdoors. Full details of all courses and activities, and links to book are at www.ernepaddlers.org.uk/events.

Find us on Facebook, Instagram and Twitter for regular updates too. If anyone would like to find out more, please get in touch via social media, email@ernepaddlers.org.uk or call/WhatsApp 07468 911398.

The CAWT Cross Border Mental Health Project

Co-operation and Working Together (CAWT) aims to achieve the best possible health and social care outcomes for the population of the border area. To help achieve this, CAWT is in the process of developing a number of funding applications for submission to the new EU PEACEPLUS programme.

One of the funding applications with the working title CAWT Mental Health Project aims to establish a cross border and cross community network to provide support and interventions to people (aged 16 years and over) with mild and/or emerging mental health concerns or difficulties.

The CAWT team are keen to have your views included in the project application.

Please complete our survey at <https://forms.office.com/e/UbCNVzcR6T>

NI Ambulance Service

Voluntary Car Service Driver Roles

We invite volunteers to **apply today** to be a valued Voluntary Car Service Driver.

Our Volunteers provide high quality transport to and from non-emergency healthcare appointments and treatments for patients that do not require an ambulance.

We encourage all those interested in the volunteer car driver role to get in touch. We can help provide support with completing forms or to talk through the role in more detail. We can talk in person if you prefer or via telephone call at: 028 7134 7134 Option 3.

You can also reach us by Mobile/Text message on: 07771 520122

or email us at: NIAS.VCS@Nias.hscni.net.

For more information please visit our website [here](#).

Recruitment information is available at

<https://nias.hscni.net/services/involving-our-community/voluntary-car-scheme/>

Training Opportunities

Fast Track Essential Skills in Maths and English

Monday 12 – Thursday 15 February

Fermanagh House, Enniskillen

Unemployed or economically inactive?

Want to gain your Maths and English?

Maths 10.30am -12.30pm

English 1pm-3pm

Contact Maeve Donaghy Email mdonaghy@21.training Tel 07739 651536

Omagh Volunteer Centre

Safeguarding workshop for volunteers

Tuesday 6 February, 6pm-9pm

Groups must be based in the Omagh area and register with our centre.

Combined Children & Adults Safeguarding Cost: £5pp

This course is certified by approved trainer / North West Volunteer Centre.

Bookings must be made by emailing volunteer@omaghvolunteercentre.org

This will be on a first come first served basis. Spaces are limited.

Bookings will be confirmed when payment received.

Safer Internet Day 2024

Tuesday 6 February

'Inspiring Change? Making a Difference, Managing Influence and Navigating Change Online'.

The online world is a fast moving space with a host of new and emerging trends. For practitioners, parents and carers who have responsibility for children and young people, it is often hard to keep up as well as understand the impact of technology and where the risks might be.

This year, the Western and Northern Trust Digital Safeguarding Steering Groups have partnered up to host a range of masterclasses focusing on these online issues and concerns so that we help practitioners promote safe, responsible and positive use of digital technology for children, young people and their families.

Delivered by a range of experts from across the region and the UK, the workshops will explore:

- ☐ Technology assisted abuse
- ☐ Incels – what they are and how to support young people
- ☐ Online sexual abuse, sextortion and sexploitation
- ☐ Young people and pornography
- ☐ Supporting vulnerable young people online
- ☐ Key messages for practitioners so they can support and advise young people and their families

For further information regarding the Western Digital Safeguarding Steering Group contact Debbie.Greaves@westerntrust.hscni.net or Sonia.Montgomery@westerntrust.hscni.net or health.improvement@westerntrust.hscni.net

For more information about Safer Internet Day, [click here](#)

Facilities Management Training

Thursday 15 and Friday 16 February, 9.30am-4pm

Register for this online course, commissioned by DTNI. Specifically tailor-made for those in the voluntary, community and public sectors who are responsible for community owned assets.

The 2-day online course will be delivered by Beth Goodyear, Director of FMHS Consulting, and covers crucial aspects of facilities management adhering to the Professional Standards framework established by the Institute of Workplace & Facilities Management. For details on the some of the topics Beth may cover during the course [Click here](#)

The course is suitable for staff at any level in your organisation.

If you are interested in joining us complete the [online registration form](#) or contact deirdre.morrissey@dtni.org.uk Tel 028 9031

<https://mailchi.mp/4017c542c01c/facilities-management-training-register-now-to-secure-your-place-13578312?e=be4664b1af>

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 Robinsons 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 \(ghskills.com\)](#)

Email noelle@ghskills.com to book training

Health Improvement, Equality and Involvement Department (WHSCCT) 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.

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

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.

The Clear Project

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

Thursday 8 February, Online

Please click on the hyperlink above for Course information details.

You must first [Register](#) your details on the site (if you are not already registered) in order to proceed to booking.

Traveller Cultural Awareness Training
Friday 23 February and Friday 8 March
10am – 1pm, Online via Zoom

Facilitators: Kate Hagan and Margaret Joyce from Donegal Travellers Project

The course aims to increase understanding of Traveller culture, history and heritage and to gain greater knowledge and understanding of the challenges and struggles experienced by Irish Travellers in Irish Society.

Secure your place by clicking on the Eventbrite links below:

Friday 23 February: <https://www.eventbrite.co.uk/e/699476120907?aff=oddttdtcreator>

Friday 8 March: <https://www.eventbrite.co.uk/e/699478879157?aff=oddttdtcreator>

For further information please contact:

Marie McLaughlin (Traveller Development Officer):

Marie.mclaughlin@westerntrust.hscni.net / 07584 207237

Sharon McGillion (Traveller Health Development Worker):

Sharon.mcgillion@westerntrust.hscni.net / 07919 142155

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 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.

The Fermanagh Trust

New Online 1:1 Pre-Paid Accredited Courses

Investing in Community Leadership

Investing in Community Leadership (West) are excited to launch our new accessible, online training suite with access to almost 200 certified courses which have been pre-paid!

High quality, video-based, virtual courses last from 10mins-45mins and once registered you can complete in your own time and at your own pace.

Register through us and you can gain accreditation for free.

Open to any individual volunteering or working in the Community / Voluntary Sector in the West.

Courses cover Health & Safety, HR, Compliance and Soft Skills Training.

Interested? Take a look at this link: <https://app.ihasco.co.uk/fermanagh-trust>

See something you would like to complete? Contact sonya@fermanaghtrust.org who will assign these to you. Once assigned you will have up to 3 months to complete or get in touch for an extension.

Essential Health and Safety Courses

When it comes to Health and Safety, there are some courses that are a fundamental part of making sure your workplace is both safe and legally compliant, COSHH, Manual Handling, Food Safety, Fire Warden etc

These are accredited online courses, by bodies including IOSH & IIRSM (IOSH, Institution of Occupational Safety and Health, IIRSM, International Institute of Risk and Safety Management)

Current Programme January – May 2024

You can still register for our 'in person' learning & networking events, please see summary of our current programme at [Training Programme - Fermanagh Trust](#)

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

Tel 028 6632 0210 Email sonya@fermanaghtrust.org

Funding Opportunities

Music for All's Funding - Round 1

Now Open!

We're delighted to be opening our first funding round of the year, offering financial support as well as donations of instruments to community projects and individuals in the categories below. Please read the eligibility criteria and instructions carefully before applying.

For further information and FAQs see [here](#).

Applications for these awards categories should be made by 5pm on Monday 1 April 2024.

https://www.musicforall.org.uk/apply-for-funding/application-process/?mc_cid=a2c38649ef&mc_eid=380713c6f8

Funding for schools

The Tree Council Orchards for Schools programme is open offering the opportunity for a free pack of fruit-bearing, wildlife-enhancing, carbon-storing orchard or fruiting hedgerow for your school!

For more information visit <https://treecouncil.org.uk/grants-and-guidance/our-grants/orchards-for-schools/>

T:BUC Camps Programme

The T:BUC Camps Programme is a headline action described in the Together: Building a United Community (T:BUC) strategy which was announced by the Northern Ireland Executive in 2013.

The relevant strategic aim relating to young people is:

“To continue to improve attitudes amongst our young people and to build a community where they can play a full and active role in building good relations.”

The Programme is about building positive relations and long lasting friendships among young people across all parts of the Northern Ireland community. Camps must therefore bring diverse groups together to get to know each other, try new experiences and help build longer term relationships between young people.

Good Relations learning must be at the heart of every Camp.

Applications are now open for groups who wish to run a Camp under the T:BUC Camps Programme 2024/25.

Completed applications must be returned to the Education Authority no later than 4pm on **Friday 9 February 2024.**

For further information visit <https://eanifunding.org.uk/tbuc/>

Village Catalyst Grant Scheme

The Village Catalyst grant scheme is a partnership initiative between the Department for Communities (DfC), the Department for Agriculture Environment and Rural Affairs (DAERA) the Architectural Heritage Fund (AHF), and the Northern Ireland Housing Executive (NIHE).

Applications are invited from charities, social enterprise and other not for profit groups in rural villages of less than 5,000 people, who want to tackle rural poverty and social isolation in their area, by developing a sustainable use for a disused historic building in their village. For more information visit <https://www.communities-ni.gov.uk/publications/village-catalyst-grant-scheme>

Information on Children in Need Grants

We have 2 funding streams that fund work with children and young people age 0-18:

- Core funding (for core costs, overheads, utilities, support staff/admin/management)
- Project Funding (for staff directly working with children and young people, other project related costs and equipment costs)

Within each stream you can apply for up to 3 year grants - under 45k total, or over 45k-120k total)

More information and guidance on funding and eligibility below. Any questions on our responsive grants don't hesitate to get in touch. We welcome pre application discussions

<https://www.bbcchildreninneed.co.uk/grants/apply/>

'Big Sky' Small Grant programme

This is a max £5k programme for organisations in and/or supporting children and young people age 8-13 in rural, remote rural communities with a focus on improving their emotional wellbeing.

Please contact Barbara Wallace directly on 0303 080 0940 or cin.ni@bbc.co.uk to discuss Big Sky check eligibility.

NIEA opens the 2024/25 Water Quality Improvement Strand (WQIS)

The Northern Ireland Environment Agency has launched the 2024/25 call for applications to the Water Quality Improvement Strand of its Environmental Challenge Fund Competition. This is a grant competition funding projects taken forward by local communities and voluntary organisations to deliver water quality improvements, help connect people with the water environment and bring about behaviour change.

The grant is open to applications from constituted not-for-profit organisations and councils, and projects will run from Spring 2024 until February 2025. The funding will cover up to 85 % of funding for projects costing between £5,000 and £30,000.

The scheme is now open for applications and the closing date is **23.59h on Sunday 10 March.**

If you are an eligible organisation with an interest and passion to deliver improvements in your local water environment, then we would encourage you to apply to this scheme. Please note the awarding of any funding is subject to departmental budgets being approved.

For further details on eligibility, guidance notes and the application form visit our website: [Environment Fund – Water Quality Improvement Strand 2024/25 | Department of Agriculture, Environment and Rural Affairs \(daera-ni.gov.uk\)](#) or contact the team on catchmentplanning@daera-ni.gov.uk