

Fermanagh & Omagh District Council Community Support News – March 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 26 March

Council News & Events

Events and Festival Sponsorship

Fermanagh and Omagh District Council are inviting online applications from event and festival organisers that deliver events within the district.

The Council is actively seeking to support new large-scale events that will serve as attractors for the district, fostering economic growth while delivering positive social benefits to the community.

There are three distinct sponsorship streams available for events and festivals occurring between 1 April 2024 and 31 March 2025. Additionally, sponsorship is available for European Heritage Open Days that take place on 14 and/or 15 September 2024, as well as Culture Night events that take place on 20 September 2024.

Events and Festivals sponsorship aims to encourage sustainable events that draw visitors to the district, offering social benefits and, notably, supporting new events that contribute to the local economy.

European Heritage Open Day 2024 presents an exciting opportunity for heritage enthusiasts of all kinds, providing a unique platform to showcase the rich heritage of the Fermanagh and Omagh area. This includes local heritage groups, individuals with a passion for history, organisations dedicated to conservation, and communities eager to spotlight their cultural offer.

Culture Night, a UK and Ireland-wide initiative celebrating arts, culture, and creativity, offers a wonderful opportunity for local artists, organisations, and communities to open their doors to the public and showcase their activities and facilities.

Applications for Events and Festivals, European Heritage Open Days, and Culture Night 2024 must be submitted by Thursday 28 March 2024, at 5pm.

Interested applicants are strongly encouraged to review the associated Sponsorship Guidance document before submitting their sponsorship applications.

To apply, visit <https://www.fermanaghomagh.com/events-and-festivals/planning-your-event/grant-aid-sponsorship/>

For additional information, contact sponsorship@fermanaghomagh.com or call 0300 303 1777 (Textphone: 028 8225 6216).

St Patrick's Day Celebrations

We are pleased to announce St Patrick's Day Celebrations will take place in Enniskillen and Omagh Town Centres on **Sunday 17 March 2024**.

Enjoy free family fun, a St Patrick's Day Parade, live music, song and dance, arts and crafts and more!

Enniskillen St Patrick's Day celebrations will be delivered by Project St Patrick and Omagh's celebration will be delivered by Urban Events NI. Both events are supported by Fermanagh and Omagh District Council.

Follow [Project St Patrick](#) for updates on the Enniskillen event and [Strule Arts Centre, Omagh](#) for updates on the Omagh event.

For information on both events and how to get involved visit

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

Grant Aid / Bursary Support

1st Call for Applications - 2024 / 2025

Reminder – Applications close on Wednesday 6 March 2024 at 5pm.

Fermanagh and Omagh District Council invites online applications from voluntary clubs, societies, community, and sporting organisations. Bursaries are also open to individuals for Culture & Sport. Applicants must be based in the Fermanagh and Omagh District Council area.

For full information on this call, including Guidance Notes, visit:

Our Website: <https://www.fermanaghomagh.com/services/sponsorship-grants-bursaries/grant-aid/>

Or Email: grants@fermanaghomagh.com

Or Telephone: 0300 303 1777

Or Textphone: 028 8225 6216

Grant Aid - for Older Persons' Groups

Older Persons' Groups must apply directly to the South West Age Partnership (SWAP) for the Council's Community & Wellbeing Grant Aid stream. For further information please contact

Allison Forbes Tel: 028 8225 1824 or Email: afortbes@southwestagepartnership.co.uk

Age Awareness Training

Thursday 7 March in Civic Suite, Town Hall, Enniskillen from 6.00pm - 8.00pm

The aims of the training are to:

- Increase understanding of older adult experiences of later life
- Reflect on your own practice of working with older adults
- Learn from older adults about improving customer experience
- Develop knowledge on communicating well with older adults
- Learn how, when and where to signpost older adults to support

Please contact Pauline Clarke, Age Friendly Officer on 0300 303 1777

or email pauline.clarke@fermanaghomagh.com if you wish to register.

Places are limited. **The training is free of charge.**

Seachtain na Gaeilge: Celebrating Irish Language

Across the district, a range of events are planned to join the international Irish Language Festival, from 1-17 March, Seachtain na Gaeilge. Join in on the celebration of the Irish language with a comedy show, treasure hunt, conversation circles, drama festival, art exhibition, a traditional music and dance event and much more. For more information visit <https://bit.ly/3lfProc>

ican fest 2024

Celebrating Ability

Thursday 29 February to Saturday 30 March

FODC and our partners have launched 'ican fest 2024'. The festival, funded by the [Public Health Agency](#), promotes inclusion and provides children, young people and adults with disabilities with an opportunity to explore different activities.

The festival will enable participants to take part in a range of live and online activities and information events.

To download the programme visit bit.ly/3SL5mj6 telephone 0300 303 1777 or email disability@fermanaghomagh.com

Reaching Rural

Greencastle Community Centre

The Reaching Rural pilot project brings fun activities out to rural areas. The sixth programme will run in Greencastle Community Centre for young people with disabilities aged 12 – 17 years old.

Wednesday 6 March, 6.30pm-8.00pm Decoupage

Wednesday 13 March, 6.30pm-8.00pm Mosaic

Wednesday 20 March, 6.30pm-8.00pm Create Your Own Electricity

To book a space or to find out more, please contact Fermanagh and Omagh District Council by telephoning 0300 303 1777 or emailing disability@fermanaghomagh.com

The programme has been funded by the [Public Health Agency](#).

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 \(fermanaghomagh.com\)](#) or contact climate@fermanaghomagh.com

Applications close Friday 22 March.

Unlimited use of leisure centre facilities for households

For £50 per month, up to 2 adults and 3 children, who live at the same address, can enjoy unlimited use of fitness suites, swimming pools, health suites, court sports and fitness classes across leisure centres in the district.

Purchase a household membership, for use at the [Bawnacre Centre](#), Castle Park Leisure Centre, [Fermanagh Lakeland Forum](#) and [Omagh Leisure Complex](#), at any leisure centre reception desk.

Please note: ID and proof of address are required when registering, payment via direct debit and courses and lessons are not included in the offer.

For more details visit <https://bit.ly/3HugmvQ>

Public consultation on FODC Corporate Plan 2024 – 2028

Fermanagh and Omagh District Council has launched the public consultation phase for its draft Corporate Plan, outlining the priorities that will guide the Council's development and delivery until 2028.

The [draft Corporate Plan](#) reflects the Council's commitment to create a sustainable, inclusive district, where people and places are healthy, safe, connected and prosperous. This consultation provides an opportunity for residents, businesses, and community stakeholders to actively participate in shaping the future of the district. The Council is actively seeking input and recognises the importance of collaborative decision-making to address the diverse needs and aspirations of people who live, work, visit and invest here.

The four priorities are:

- **Climate Action:** embed sustainability to ensure progress towards Net Zero Council by 2040
- **People and Communities:** provide opportunities for everyone to live well
- **Shared Prosperity:** drive an inclusive economy and aid prosperity across our district
- **One Council:** ensure an efficient, effective and agile Council founded on good governance practices

The public consultation is now open and will conclude on Friday 12th April 2024.

You can read the document in full [Corporate-Plan 2024-28 \(Draft \)](#)

You can give your feedback by completing the [online survey](#)

If you have any comments, would like any further information, or would like a copy of the Corporate Plan or Survey in an alternative format, please contact us using one of the following methods.

- In writing: Strategic Planning & Performance Team, The Grange, Mountjoy Road, Lisnamallard, Omagh BT79 7BL
- Telephone: 0300 303 1777
- Email: info@fermanaghomagh.com
- For people who are deaf or hard of hearing: SignVideo

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.fermanaghomagh.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

For more information, contact the REAP Team on reap@fermanaghomagh.com or Tel: 028 8224 6535 or 028 6632 6478.

Strule Arts Centre

Gallery Exhibition

Thursday 29 February, 12.30pm

'Veritas Vincet', an exhibition celebrating Omagh Academy's 120th anniversary opens.

Join the staff, pupils and alumni of Omagh Academy to celebrate the school's 120th birthday! Take a trip down memory lane and discover more about life at Omagh Academy – provider of education in our town since 1903. The exhibition runs from Friday 1 March to Saturday 23 March and is open for viewing Monday to Saturday. Admission is free.

Workshops

- Mark Making with Briege McClean, Friday 1 March, 11am - 1pm
- Find Your Vision in Nature with Katrina Taggart, 10.30am -12.30pm, Gortin Glens' classroom, Saturday 2 - 16 March
- Pilates class with resistance bands every Thursday morning, from 10am to 11am, Thursday 7 March - Thursday 28 March.
- Make a Mother's Day Felt Flower, Saturday 9 March, 11am-12pm
- Make your Own Easter Door Wreath, Friday 22 March, 7-8pm

For full details on any of the above visit <https://struleartscentre.co.uk/whats-on/>

Marble Arch Caves

Senior friends Day Out at Marble Arch Caves

2 for 1 Offer - 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.

The National Lottery Heritage Fund

Thursday 11 April, 7pm-8.30pm – Strule Arts Centre, Omagh

Thursday 18 April, 7pm-8.30pm – Enniskillen Castle

Fermanagh and Omagh District Council and The National Lottery Heritage Fund are jointly hosting these events on the funding available through The National Lottery Heritage Fund's grant programme.

If you're a not-for profit organisation or constituted group based in the Council area, please join us to find out more about what heritage is, the types of projects that can be supported and the new application process under the Heritage 2033 strategy.

Fermanagh Classic 2024

The 47th [Classic Fishing Festival](#) takes place from Mon 29 April to Fri 3 May.

For more info and to register visit - <https://bit.ly/48a0Al0>

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

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 \(fermanaghomagh.com\)](https://www.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/>

Fermanagh and Omagh Policing and Community Safety Partnership (PCSP)

A partnership between the Council, statutory providers and the community. The partnership is made up of elected and independent members and representatives from the statutory sector.

Follow us on Facebook via the link below

https://www.facebook.com/FermanaghandOmaghPCSP/?locale=en_GB

Community News

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.

Erne Gaels GAA Club, Belleek - Tuesday 5 March, 12 noon to 6.30pm

Bawnacre Centre, Irvinestown – Friday 8 March, 12.30pm to 7pm

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 further Sessions

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

MMR Vaccine catch-up to tackle threat of measles

A vaccination campaign aimed at curbing the growing threat of measles has been announced by the Public Health Agency (PHA).

First and second doses of the Mumps, Measles and Rubella (MMR) vaccine are now being offered to anyone aged between 12 months and 25 years who missed getting the vaccines first time around. **The MMR catch-up campaign will run until 31 March 2024.**

Those who have never received any doses of MMR vaccine should book early to allow one month between dose one and dose two before the end of March.

After a worrying drop in uptake in recent years and a growing number of measles cases in the UK and Europe, the PHA is urging parents to get their children vaccinated.

In Northern Ireland, MMR vaccination is free with the first dose being offered when a child is one-year-old and the second when they are 3 years and 4-months-old. Receiving both doses provides long-lasting protection.

The PHA will be writing to all eligible individuals aged 6-25 years advising they require one or two doses of MMR vaccine and to attend a Trust vaccination clinic. Information on trust clinics can be found at www.nidirect.gov.uk/mmr.

For those aged 12 months to 5 years GPs will invite their patients and facilitate vaccination clinics. GPs can also facilitate vaccination to those aged 26 and over upon request.

LGBTQIA+ Awareness Training

Thursday 7 March, 10.30am-1pm

Strule Arts Centre, Omagh

This training is for all community / charity / voluntary groups, clubs and organisation who wish to increase their awareness of the LGBTQIA+ community and the issues this community faces. This is a great opportunity to discuss language, best practice, and offers a space to ask questions in a safe and constructive environment.

For more information visit <https://forms.gle/C1RzrsM9pQaBeD1W6>

Lisnaskea Historical Society Talk

Monday 11 March, 7.30pm

Castle Park Leisure Centre, Lisnaskea

Lisnaskea Historical Society will be welcoming guest speaker Melanie Hill to hear her talk 'A Tale of Transportation - the case of David Moore'. This should be of interest to the local community as David Moore was a boatman at Castle Saunderson before being convicted of theft and transported to New South Wales. Usual charge of £4 applies and includes refreshments.

Fermanagh Gardening Society

Tuesday 19 March at 7.30pm

Killyhevlin Hotel, Enniskillen

Joy Caskie Garden blogger @ country_garden-jottings will tell us all about her favourite plants and seed sowing. There will also be a 'seed swap' table and an opportunity to 'bring and take'. This will be the last night for the winter season and promises to be a great event.

Daffodil and Spring Show

Saturday 13 April in AMH (New Horizons)

Opens at 1.30pm precisely for huge plant sale.

Further information available by Email to fermanaghgarden@outlook.com

Find us on Facebook @fermanagh Garden Society FGS.

Also on Instagram

Community Easter Trees

The National Trust Fermanagh are inviting community groups within Fermanagh to participate in a Collective Community Easter Crafting activity. We endeavour to fill 3 huge trees - at Castle Coole, Crom and Florence Court - with colourful bright and wonderful Easter Decorations!

Some ideas include knitted / crochet / fabric / wooden etc creations in keeping with an Easter or Spring theme. Creations must be able to hang and all components fully attached.

Register an interest via email to florencecourt@nationaltrust.org.uk or contact 028 6634 8249.

Grouped items can be dropped off to any of our Property Offices by **Wednesday 20 March**. Unfortunately items will not be returnable; but we thank you all in advance for being part of our collective vision.

Belleek CCE

Sunday 3 March, 5pm in The Riverside Bar, Garrison

Monthly traditional music session. All welcome.

The Irish Pilgrimage Trust

Fundraising Whist Drive

Friday 1 March, 8pm in Cashel Community Centre, BT93 4BX

Supper served with a raffle on the night.

This event is supporting The Irish Pilgrimage Trust which brings children and young adults with special needs to Lourdes each year.

For further details or to purchase raffle tickets contact Bernie Mc Nulty on 00 353 86 6039343.

Belleek looks forward to Saint Patrick's Day

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. There are monetary prizes for the most creative float and for the funniest float with Belleek pottery sponsoring perpetual trophies - also a monetary prize for the best window display in the village. If you would like to be involved in any way please message the Belleek Village Facebook page or speak to Jenna Robinson on 07933 368098.

Thursday 14 March, 8pm - Big traditional music session in Mulleek Community Centre - all musicians, singers and listeners most welcome.

Belleek pottery have organised a leprechaun hunt in the town and Centra are running an art competition for all children to take part in.

Friday 15 March, 8pm - Quiz fundraiser with profits going to Air Ambulance NI in The Fiddlestone Pub (table of four is £20) a fun night is guaranteed.

Saturday 16 March - Belleek CCE members are playing traditional music from 11am - 2pm in the Lemon Tree Coffee shop for all to enjoy when having breakfast or a cuppa.
Saturday evening at 7pm, Mass is in St Patrick's Church, Belleek.

Sunday 17 March, 1pm - Parade starts at 1pm from the GAA centre and will travel down the main street followed by live entertainment on the Gig Rig until approx. 3pm.

The Wark Hall are having a jumble sale with some great bargains and serving refreshments 11am – 2pm.

Many venues are doing food all day with music in the Fiddlestone from 5pm onwards.

All car parks in the town are free to use.

Annual St Patrick's day Fíor Ceili with music by St Joseph's Ceili Band from 8.30pm in St Mary's Hall, Garrison.

Wellness Invitation to the Ulster Folk Museum

We would love to invite your community group to come along and join us for a day as we introduce you to the Ulster Folk Museum.

During your visit, you will explore the Museum with a member of our engagement team. You'll get insight into when the Ulster Folk Museum was established, which part of Ulster our buildings travelled from, and see our museum craft demonstrators at work.

We would like to offer you this introduction to the Ulster Folk Museum **free of charge**.

Please get in touch as soon as possible with a date that suits your group, the days are Tuesday to Friday inclusive, and we will get you all booked in.

Tel 028 9039 5063 Email Geraldine.Nolan@nationalmuseumsni.org

Omagh Healthy Living Network

"smoking cessation support group"

Wednesday 13 March at 8pm

Ecclesville Centre, Fintona

This course will help those trying to give up smoking through a wide range of supports.

Visit www.stopsmokingni.info - You're up to 4 times more likely to quit with our help!

To register, email health@omaghforum.org

NI Assembly Engagement Outreach Sessions

The Engagement Officer of the NI Assembly provides outreach sessions to community and voluntary groups explaining how the assembly works, including how groups/individuals can get involved and have their voices heard. We can also add an optional session from the Westminster outreach team.

They are planning to visit the Fermanagh and Omagh District Council area on:

- Wed 17 April (morning and evening session)
- Thurs 18 April (afternoon session)
- Wed 24 April (morning and evening session)
- Thurs 25 April (afternoon session)

If any group wishes to obtain any further information please email engagement@niassembly.gov.uk

Job Club & Digital Skills Support Event

Thursday 14 March, 2-4pm

Murphy's Community Hub, Ederney

- Support from Enniskillen Jobs & Benefits Office is available to help you to get online and access digital 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!
- Find out more about the free Digital Zone available in the Jobs & Benefits office
- Learn about the services and supports in the local area to help with digital skills

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.

The Community Hub team is offering one to one sessions on digital support 11.00am – 4.00pm on the day. Contact your Work Coach to book in.

Join the conversation - future sustainability of voluntary youth work in Northern Ireland

Tuesday 19 March, 11am-1pm

Omagh Enterprise Centre

A series of workshops with the youth sector is being held across Northern Ireland to help develop a shared vision for the voluntary youth work sector. Organisations involved in voluntary youth provision are invited to participate

For further information visit [Shaping the Future of Voluntary Youth Work in Northern Ireland](#)

Alzheimer's Society

Dementia Café - Enniskillen

A warm and welcoming space for people living with dementia and their carers.
Continues Mondays, 2pm to 4pm on 4 and 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.
Continues Thursdays, 11am to 12.30pm – 7 and 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.

Loneliness Framework Survey

As some of you may be aware, Primary Care and Older People is working alongside the Health Improvement, Equality and Involvement Department in the WHSCT, to develop a Loneliness Framework for the Western Trust.

In May 2023, we held two face to face workshops with some key people across the Western Health and Social Care Trust, Community and Voluntary Sector and Statutory sector to get feedback on what they felt were the key issues for the people they work with in terms of loneliness. We aim for the Framework to be representative of everyone living in the Western Trust area and have developed a survey for individual feedback.

The survey should take up less than 5 minutes of your time and we would be very grateful if you could complete the survey, either in your professional capacity or personal capacity, or both.

Please see the link below to access the loneliness survey:

Standard version: <https://forms.office.com/e/qg64M9VdLK>

Easy read version: <https://forms.office.com/e/SHEQGNKGwE>

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

- **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.

Discussing community support for people impacted by alcohol or drug use

The PHA are in the process of producing a plan for the design of community drug and alcohol services and putting in place contracts with providers. We need to understand if users' and community needs are being met by current service delivery and their preferences to how, where and who delivers their community-based treatment and support services at 'Step or Tier 2' of the treatment model such as advice, counselling, CBT, motivation sessions or family support.

Your experience will improve and shape the future of community treatment and support services for people impacted by alcohol or drug use.

Open Sessions for anyone with an interest: **Friday 15 March or Tuesday 12 March (evening).**

For more information/to register visit www.pha.site/communityserviceplanning

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_UlhfxYxlZsl45LAW1wDQ

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/>

AWARE NI

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>

Youth Action

Young Men's Group for 15-25 year olds

We are starting a group for young men, where they can feel free to talk, share and be open in a non-judgemental space while getting support from their peers. The meetings are designed to be very relaxed, laid back and fun while attendees are encouraged to talk about whatever they like; sports, work, life, or any issues in their lives. It will also offer an opportunity for the young men to create and develop friendships with each other and to discover more about what is going on locally. Trips, days out and excursions will be arranged for the group also.

The group will meet on the last Wednesday of every month in Youth Action's Office, Fermanagh House, Enniskillen between 3.30pm-4.30pm. Refreshments will be provided and some travel costs can also be reimbursed.

To find out more or to come along, get in contact

via lee@youthaction.org or dwayne@youthaction.org or call 028 6632 8534

Group Work

By using youth work, we can create the relationships with young people and support them to excel in a mainstream and alternative educational setting. All our programmes are fully flexible and can be tailored to suit each group. I've included some examples below of what we can/have offered to groups:

- **LIFEMAPS** is our youth mental health framework and has been proven to help develop mental health as a skill. The Our Framework is packed with tangible and practicable ideas, discussions and exercises which can be tailored for the group. LIFEMAPS stands for; Learning, Intrinsic Motivation, Flow, Emotions, Mindfulness, Accomplishments, Purpose & Social Connections
- **Employability Skills/ Preparing for Work Workshops** - We aim to give young people a positive experience and confidence when preparing for an interview. We offer guidance and knowledge, from interview tips and tricks, to the dos and don'ts in a wide variety of organisations. We examine, in a relaxed and practical way, how to display your own personal strengths, both on a CV and in person.
- **Team building/Communication Workshops** - Young people are becoming more isolated in the modern climate. A combination of social media use and lockdown has rendered a lot of young people with the inability to converse and present themselves or their point in person. We use our youth work experience to organise games and activities to encourage team work, communication and peer-to-peer feedback.
- **Hunger for Peace Games** - The 'Hunger for Peace Games' is an initiative that lends its methodology to that of the book 'Hunger Games' and the subsequent film series. If you've not seen or read the series, young people (tributes) are selected to compete in an annual pageant called the 'Hunger Games'. Within the Games the 'tributes' are forced to fight to the death in this widely watched and celebrated spectacle. Using a similar methodology, our adaption is centred around Peace rather than a the fight to the death. It assumes that peace is not a given or an end product in itself, but rather one that takes careful and considerate attention and effort. It supports young people and adults in reflecting on their experiences, and share their insight about living in/or observing divided communities.

All of the above can be delivered as part of a programme or as individual sessions, some other themes we can deliver workshops for are Self-awareness; Good relations and diversity; Healthy Lifestyles; Understanding Volunteering

Contact lee@youthaction.org or dwayne@youthaction.org or call 028 6632 8534

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

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

Self-Care Sessions

Tuesday 16 April – 14 May; 5-week programme 10am-11.30am

This programme focuses on managing anxiety.

Care for tired bodies and busy minds with practical techniques and guided relaxation sessions.

Suggested Donation £3 per session.

Numbers Limited/Registration of interest essential - To register or for further information

e-mail info@theaislingcentre.com or 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

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

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

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.

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>

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

Erne Paddlers

We have many exciting activities planned this year and first up is our **Paddlesports Taster Day on Saturday 23 March**. Have you ever wanted to try kayaking? Maybe you would like to give paddleboarding a go? Or paddle an open canoe with your friends or family?

Come and join us on **Saturday 23 March** at the canoe steps behind the Lakeland Forum in Enniskillen. Our coaches and volunteers will be on hand to help and support you. Kayaks, sit-on-tops, open canoes and stand-up paddleboards. Pick a time, choose from 10am, 11am or 12noon and book your activity online here: <https://bit.ly/TasterDay10am> Friends, kids (7yrs+), families, parents and grandparents - all welcome. A perfect introduction to paddlesports. We are an inclusive club and this taster day is open to everyone, of all abilities.

Our next progressive courses begin in April and we will be based at the Broadmeadow in Enniskillen. As usual we will 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+), our continuing junior leader programme for teens and our inclusive kayaking and canoeing sessions which are open to all. We will also continue to run midweek Wednesday morning paddles and Saturday morning Love to Paddle Trips on various dates and from various locations around Lough Erne.

Full details of all courses and activities, and tickets are available here:

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 07468911398.

Development of Western Trust Corporate Plan 2024/25 – 2026/27

Within the Western Trust we have commenced work to develop a new three-year Corporate Plan which will cover the period 2024/25 to 2026/27.

We would welcome your feedback and comments as we develop the content of the plan over the coming months.

If you would like more background information about the Trust, you can access this on our website. We would ask you to respond by completing the questionnaire using this link

<https://forms.office.com/e/FHNWw4tJfJ> by **Friday 22 March 2024**. However, if you require the questionnaire in alternative format or in a language other than English please contact

involve@westerntrust.hscni.net

Thank you for your support and we look forward to receiving your feedback.

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/>

Age NI 'Good Vibrations' Men's Health Booklet

Good Vibrations is a new men's health programme from Age NI aimed specifically at men aged 50 and over.

Funded by the [Movember Foundation](#), it covers everything from planning towards your pension and retirement to seeking work-life balance as caring responsibilities develop or health issues occur.

For further information visit <https://www.ageuk.org.uk/northern-ireland/information-advice/looking-after-yourself/good-vibrations/>

Return to Work Packs for Breastfeeding Mothers

The Health Improvement, Equality and Involvement Department of the Western Health & Social Care Trust would like to remind you of an initiative currently rolling out in support of breastfeeding mothers returning to work.

Breastfeeding is fundamental to public health as it promotes health, prevents disease and helps contribute to reducing health inequalities.

In support of creating environments where mothers can return to work and continue to breastfeed, any employee returning to work and breastfeeding will be able to avail of a free 'Return to Work' pack.

This pack contains; a cool bag, ice block, reusable water bottle and breastmilk storage bottles to assist staff in continuing their breastfeeding journey. The pack also contains additional information on safe storage of breastmilk.

Anyone wishing to avail of this can contact health.improvement@westerntrust.hscni.net or call 028 7186 5127

British Nutrition Foundation Drummond Community Award 2024

This award recognises an individual (eg a health professional, academic, teacher or volunteer) or a group that has undertaken a community initiative to support healthier eating in vulnerable group(s). Individuals must be nominated (self-nominations will not be accepted) in order to be considered for this award; however the nominee is required to complete one section of the application form and to submit the application.

If you know of a worthy winner, we encourage you to nominate them. Full details including information about previous winners can be found at [The Community Award](#)

Applications must be received by midnight on Sunday 2 June 2024.

Oesophageal Cancer Awareness

OGCancerNI was set up in 2018 specifically to benefit patients and families affected by Oesophago-gastric cancer. Oesophageal cancer is cancer of the gullet and gastric cancer is cancer of the stomach. Combined, they are medically known as oesophago-gastric (OG) cancer.

The symptoms of Oesophageal cancer are not well known and are often mistaken for other issues. **Early Diagnosis is Key.**

Oesophageal cancer like many other cancers does not discriminate between age or sex and knowing and recognising the signs and symptoms are crucial to early diagnosis. If you suffer from any of the following symptoms for longer than 3 weeks you should consult your doctor.

- Persistent Indigestion
- Difficulty swallowing or food sticking
- Heartburn acid reflux
- Hiccupping that won't go away
- Unexplained weight loss.

For more information visit [Home - Welcome to OGCancerNI](#)[Welcome to OGCancerNI | Northern Ireland's Oesophageal and Stomach Cancer Charity](#)

Dogs Trust Community Support

Dogs Trust have launched a range of support services for owners and their dogs. To raise awareness and increase accessibility of these services, we aim to run events within your community space, for dog owners to come and chat with a member of our Community Engagement Team.

These events are free and include info on:

- Training and Behaviour support
- Information surrounding Dog welfare
- Low-cost training and behaviour services
- Free interactive sessions on how to make a dog toy for your dog

We have attended many venues in your area already with great success so don't miss out! If this sounds like something that would be of interest at your venue or community group, send your local Dogs Trust Community Engagement Officer Deirdre Morrow an email for further information: NI.Communityengagement@dogstrust.org.uk

Co-operation and Working Together (CAWT) Partnership

Cross Border 'Enhanced Cardiac Care' Project Proposal: Your views matter!

The project is proposing to, on a cross border and cross community basis, identify and address Cardiovascular disease (CVD) risks as early as possible via accessible diagnostics, education, rehabilitation and prevention programmes, which can improve an individual's health and life outcomes. We are keen to have your views.

Please complete the survey at <https://forms.office.com/e/qbr0miu8Yv>

Training Opportunities

Youth Action

OCN NI Youth Work Level 2

FIND Centre, Enniskillen – time to be confirmed

We will be delivering Youth Work Level 2 OCN most likely at the end of March. We aim to have 12-15 participants and have some spaces currently filled.

Young people enrolled on the YouthStart programme can complete this qualification for free.

This qualification will be delivered over 8-10 weeks for 5 hours per day one day a week.

To find out more on any of the above, contact lee@youthaction.org or dwayne@youthaction.org or call 028 6632 8534

The Prince's Trust

FREE online Enterprise Programme for budding Entrepreneurs

Thursday 7 March and 12-16 March – ONLINE

A great opportunity for young people aged 18-30 to join our next online Enterprise Programme.

The course covers several key areas of business over the 4 days including: marketing; business and personal finance, HMRC and Tax, writing a business plan and employment VS self-

employment. Anybody who attends also gets a minimum of one year one-to-one support from the Prince's Trust to plan and launch their business which includes the option of taking a grant to test their idea and funding options for start-up, and mentoring support for up to 2 years!

Our next course is starting on Thursday 7 March with an Information Session and then running sessions from 12–16 March – these are all delivered online so there is no requirement to travel.

If you are interested and would like to find out more please contact geoff.magill@princes-trust.org.uk or find out more about what we do here: [The Prince's Trust in Northern Ireland | Where we work \(princes-trust.org.uk\)](http://The Prince's Trust in Northern Ireland | Where we work (princes-trust.org.uk))

Elevate Community Development and Health Inequalities

Tuesday 12 March, 10am-3.30pm - online

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 more information and to register visit <https://elevateni.org/course/community-development-health-inequalities-online-via-zoom-12-mar-2024/>

Traveller Cultural Awareness Training

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 <https://www.eventbrite.co.uk/e/699478879157?aff=oddtcreator>

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

PHA PPI Spring Webinar Series - 2024

The Public Health Agency, in association with The Consultation Institute (TCi), offers a series of four carefully prepared, interactive webinars on topical issues relating to Personal and Public Involvement (PPI) in Health and Social Care.

The programmes on **zoom**, in one hour sessions (12-1pm), will explore:

- Tuesday 5 March - 'Politics is back!' What does it mean for involvement and engagement of patients, clients and service users?
- Tuesday 12 March - Guidelines, best practice and protocols – what is happening across the five jurisdictions?
- Tuesday 19 March - Co-Production – potential and pitfalls; how to get it right
- Tuesday 26 March - Leadership in PPI – what skills do you need?

For further information/to register visit <https://engage.hscni.net/>

Western Trust

Health Improvement, Equality and Involvement Department

Very Brief Advice for Smoking Cessation Support Session

Thursday 7 March, 10am-11am via Zoom [Register HERE](#)

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

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

Mental Health First Aid Training

Day 1: Monday 11 March

Day 2: Tuesday 12 March

Day 3: Wednesday 13 March

All 3 days must be completed in full (9.30am to 1.30pm).

The training will be delivered online via Zoom and is suitable for anyone over 18 who wants to increase their knowledge and skills in providing initial support for someone with a mental health issue. **Not suitable for anyone recently bereaved.**

To register and for full course details please click [HERE](#)

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 WHSCT.

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.

Free Training Opportunities with Inspire Wellbeing

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.

Free Stress Control Online Course

6 online sessions streamed via Youtube with **no** sign up required to take part in this.

Previously each of the 6 sessions were “live” for 48 hours. This time period has now been extended to up to 1 week per session. This means the full course of 6 sessions will run for 6 weeks with each session going live on the Monday.

Please see dates below:

Session One:	9am	Monday 4 March	(available until 8am 11 March)
Session Two:	9am	Monday 11 March	(available until 8am 18 March)
Session Three:	9am	Monday 18 March	(available until 8am 25 March)
Session Four:	9am	Monday 25 March	(available until 8am 1 April)
Session Five:	9am	Monday 1 April	(available until 8am 8 April)
Session Six:	9am	Monday 8 April	(available until 8am 15 April)

Course dates for 2024/25 will be available on www.ni.stresscontrol.org

Youtube Page [Stress Control Online - YouTube](#)

For more information visit [Stress Control - Stress Control](#)

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

Department of Foreign Affairs Reconciliation Fund

Annual Funding Round (for 12-month funding)

Closes Wednesday 20 March at 12pm

This is just a quick reminder that the Reconciliation Fund's Annual Funding Round (for 12-month funding) is currently open for applications, with only three weeks to go before the grant round closes.

The link to the online application portal is now live at [gov - Reconciliation Fund \(www.gov.ie\)](http://gov-reconciliation-fund.gov.ie)

We will accept applications through our online application portal until the final closing date of Wednesday 20 March 2024 at 12pm. No late applications will be accepted.

Full details on how to apply in this funding round can be found at www.dfa.ie/reconciliation.

As always, "[Frequently Asked Questions \(FAQ\)](#)" and "[User Guide](#)" documents are also available on our website to help you submit an application through our online portal.

If you have any questions arising from this email for which you cannot find answers in our webpage information, please feel free to contact us at reconciliation@dfa.ie.

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