

Fermanagh & Omagh District Council Community Support News – April 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 23 April 2024

Council News & Events

Easter Events in the Fermanagh & Omagh District

Fermanagh and Omagh District Council shares information on Easter events happening around the district, including a scavenger hunt, picnic, fairy trails and more!

For full details visit:

<https://www.fermanaghomagh.com/article/easter-events-in-the-fermanagh-omagh-district/>

Heritage Lottery Fund: Meet the Funder Event

Thursday 11 April, 7pm Strule Arts Centre

Thursday 18 April, 7pm Enniskillen Castle

Fermanagh and Omagh District Council and The National Lottery Heritage Fund are jointly hosting two events in April 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.

To reserve a space contact Development Officer (Heritage) -

melissa.harpur@fermanaghomagh.com

Key Dates	
09 April	Online Social Media Training for Events
10 April	Play Parks Public Meeting – Bawnacre Centre
11 April	Heritage Lottery Fund – Meet the Funder Event, Strule Arts Centre
12 April	Public consultation on FODC Corporate Plan closes
14 April	Play Parks Online Consultation for Irvinestown closes
15 April	Local Development Plan – Call for Sites opens
16 April	Event Management Training – in person, Omagh
17 April	Event Management Training – in person, Enniskillen
18 April	Heritage Lottery Fund – Meet the Funder Event, Enniskillen Castle
18 April	Play Parks Public Meeting – Mullaghduin Parish Centre
19 April	Deadline to apply for FODC Volunteer Opportunities
22 April	Play Parks Online Consultation for Boho, Cleeenish and Letterbreen closes
24 April	Public Consultation on FODC Draft Improvement Objectives closes
26 April	Deadline for Name our Sustainable Food Partnership

Please see full details in the Newsletter below

Volunteer with us!

Would you like to learn new skills, gain valuable experience and meet new people? Then why not volunteer with Fermanagh and Omagh District Council?

The Council has a number of volunteer opportunities open for registrations –

- Cuilcagh Lakelands Geopark Event Volunteer
- Museums Collections Volunteer
- Meet & Greet Volunteer – Enniskillen Castle
- Community & Wellbeing Volunteer

To get involved, download a registration form at <https://bit.ly/3a6XeH0> or contact us by telephoning 0300 303 1777 or emailing volunteer@fermanaghomagh.com

The closing date is 5pm, Friday 19 April 2024.

Opportunities are open to people aged 16 and over.

Play Parks - Have your Say

As part of our ongoing Play Park Strategy, the Council is currently consulting on play park provision at:

Bawnacre Centre, Sallys Wood and Townhill Park in Irvinestown

Public Meeting in Bawnacre Centre on Wednesday 10 April 8pm-9pm

To have your say complete the online survey bit.ly/FOPlayParks

Online Consultation closes Sunday 14 April at 5pm

Boho, Cleenish and Letterbreen Ward of the District

Public Meeting in Mullaghdund Parish Centre on Thursday 18 April at 8pm

Complete the online survey at tinyurl.com/236rz74b

Online consultation closes Monday 22 April at 5pm

Local Development Plan - Call for Sites

The call for sites exercise is a process which the Council is undertaking to give the public an early opportunity to get involved in the Local Policies Plan (LPP) process. The call for sites process will assist the Council in sourcing a long list of potential sites for housing and economic development uses for further assessment and consideration during the LPP process. Landowners, property developers and other interested parties can submit and promote their sites to the Council during the call for sites.

The Call for Sites will open on **Monday 15 April**. Applications can be submitted via an online form from this date. For more information please visit

<https://www.fermanaghomagh.com/services/planning/local-development-plan/call-for-sites/> or contact the development plan team at developmentplan@fermanaghomagh.com

Leave No Trace Awareness Training

This awareness training is suitable for groups of adults and young people who meet at a location in the Fermanagh and Omagh District Council area. The group will learn about responsible outdoor recreation to protect the natural environment.

Contact Keith Collen to express an interest and book a session for a group of people via keith.collen@fermanaghomagh.com or mobile 07979 530765

Herstory: Peace Heroines Exhibition

Strule Arts Centre, Thursday 28 March – Friday 26 April

Free Tickets available for launch

<https://struleartscentre.co.uk/show/herstory-peace-heroines-exhibition-launch/>

Adding a rich layer of local context, the exhibition proudly features the inspiring contributions of women from Omagh, showcasing their efforts within the community and daily life towards peace, women's rights, and equality. Through their actions, these local heroines embody the spirit of community support and the drive towards a more inclusive society. Complementing the exhibition, a dynamic digital campaign and a series of engaging activities will be launched, with full details available on the Strule Arts Centre website.

Northern Ireland Now – Participants Required!

Tuesday 16 April – Friday 19 April, 12pm-3pm

Strule Arts Centre

The aim of Northern Ireland Now is to address underrepresentation in the Digital Film Archive through an innovative and collaborative outreach and digitisation project from Northern Ireland Screen and Nerve Centre. This will involve working with 12 community groups across the North to develop skills and co-curate a contemporary archive of video materials from the past five years. There will also be the opportunity to develop key technical skills around archiving and moving image and to be part of final showcase events. The project advocates the historical importance of contemporary collecting in showing the true diversity of Northern Ireland as it is 'now', from the communities involved.

There is no previous experience or knowledge required to participate in Northern Ireland Now. This is a project open to anyone with an interest in history, heritage, archives and film and will be facilitated in dialogue with groups to best suit their particular areas of interest.

Space are limited, contact Development Officer (Heritage) melissa.harpur@fermanaghomagh.com if this is of interest to you.

Get Involved! - Name our Sustainable Food Partnership

As part of our ongoing efforts to promote sustainability and healthy eating habits in our community, Fermanagh and Omagh District Council is establishing a Sustainable Food Partnership in the district.

We're on the hunt for a catchy name for our Sustainable Food Partnership, and we're turning to the minds of the district for inspiration. Brainstorm creative and catchy names for our Sustainable Food Partnership and submit your suggestion via

surveymonkey: <https://www.surveymonkey.com/r/KZQDMN8> or

email: climate@fermanaghomagh.com or

post to: Eilish Morgan, Sustainable Food Officer, Fermanagh and Omagh District Council, The Grange, Mountjoy Road, Lisnamallard, Omagh BT79 7BL

Deadline for submissions is 5pm Friday 26 April 2024

Please ensure you include your name and contact details so we can contact you if your idea is chosen.

We're confident that you will rise to the challenge and come up with some truly amazing ideas. If you would like more information, please don't hesitate to get in touch. We can't wait to see the creative ideas that you come up with!

Stay Warm Stay Safe Campaign

Local councils have produced and are distributing a leaflet focusing on key areas: electrical blankets/heated throws; hot-water bottles; overloaded electrical sockets; electrical chargers; portable heaters.

The leaflet brings together a list of safety tips and checks to help eliminate risks in the home environment, as well as outlining some of the incorrect uses of products which pose a danger. For further information visit:

<https://www.fermanaghomagh.com/article/councils-join-for-stay-warm-stay-safe-campaign/>

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.

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>

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/>

Hire of Community Centres

Our community centres are available to hire for children's activities/parties, community events, health and sporting activities, special occasions and corporate events.

For further details or to make a booking visit

<https://www.fermanaghomagh.com/services/community/community-centres/>

List of events across the District

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

Free Training for Event Organisers

Are you a volunteer, staff of an organisation or someone who has been drafted in to help deliver an event or programme of activities within your community?

This training is for you.

As part of a programme for training and development to aid Event Organisers, Fermanagh and Omagh District Council are providing the below free Training.

This Training will equip event organisers with necessary skills, knowledge and tools to plan, manage and execute events efficiently and safely.

You or a member of your organisation/group are invited to attend.

Event Management Training (2 hours)

In person, Omagh – Tuesday 16 April, 6-8pm

In person Enniskillen – Wednesday 17 April, 6-8pm

The delivery of the Event Management training will enable volunteers to plan, organise and budget for events in a more effective and transparent manner. The training entails some of the following key elements:

- Getting started and planning for events
- Teamwork
- Insurance
- Venue hire
- Permits, Road Closures, Licensing Law
- Health & Safety & Operations
- Movement of Spectators & Crowd control
- Role of a Steward
- Services
- Accounts/Costs/Sponsorship

Social Media Training for Events (2 hours)

Online – Tuesday 9 April, 6-8pm

- Marketing your event on social media
- A clear marketing message, who is your audience, what platform are they on, and how do you engage with them
- A brief introduction to each of the SM Channels and how to use them to target audiences / demographics
- Which SM channel works best for the different types of events
- How to use influencers or advocates to extend the reach of your campaign
- How to plan a social media marketing campaign, lead in, on the day and wrap up.
- How to measure the success of your event campaign

Please click on <https://bit.ly/4a1E6E3> to register

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

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 12 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

Public Consultation on FODC Draft Improvement Objectives 2024-2025

Fermanagh and Omagh District Council, in line with its statutory duty, is seeking your views on its Draft Improvement Objectives for 2024-2025. The Improvement Objectives set out what the Council will do in 2024-2025 to secure continuous improvement and contribute to the achievement of the priorities identified in the Council's Corporate Plan 2024-2028.

The Objectives are:

- We will prioritise the Council progressing towards Net Zero
- We will work in partnership to tackle disadvantage to ensure our people have access to opportunities
- We will work in partnership to achieve a more inclusive economy and to promote shared prosperity across our district
- We will seek to innovate and advance our governance and digital capabilities to improve the quality of our services and the effectiveness and efficiency of the Council

The public consultation is now open and will conclude on Wednesday 24 April 2024.

You can read the document in full [Draft Improvement Objectives 2024-2025](#)

You can have your say in this public consultation by completing the [online survey](#)

If you have any comments, would like any further information, or would like a copy of the Draft Improvements Objectives or the survey in an alternative format, please contact us using one of the following methods:

In Writing: Strategic Planning and Performance Team, The Grange, Mountjoy Road, Lisnamallard, Omagh BT79 7BL

Email: community.planning@fermanaghomagh.com

Telephone: 0300 303 1777

Textphone: (028) 8225 6216

Sign Video: For people who are deaf or hard of hearing

Consultations

Consultations provide you with an opportunity to have your say. They also help us to find out what you think and to understand your priorities and concerns about our district. Further information is available at <https://www.fermanaghomagh.com/your-council/consultations/>

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/48a0AI0>

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 \(fermanaghomagh.com\)](#)

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>

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.

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

JustUs – Free Event for Easter

Disco at Culley's Bar for 18+

Friday 5 April, 12.30pm-2.30pm

Free Entry.

Those requiring assistance must be accompanied.

Hopefully you can come along and join in on the fun!

Big Spring Clean in Irvinestown

Saturday 6 April

Meeting at the Bawnacre Centre at 10am

For more information visit <https://tinyurl.com/3h4j6tj7>

Fermanagh Gardening Society

Daffodil and Spring Show

Saturday 13 April in AMH (New Horizons) (beside Erne Integrated College)

Opens at 1.30pm precisely with afternoon tea and cakes.

Admission £10. Children free.

The show includes the ever popular plant sale.

Schedules are available for entries in the Show and includes daffodils/general flowers/ succulents/ floral art/paintings/children's artwork/photography, for adults, youth or children.

Schedules available at AMH building, or by emailing fermanaghgarden@outlook.com

Omagh Forum – Network Meeting

Thursday 18 April, 7.30pm

Silverbirch Hotel, Omagh

Information Evening with Guest Speakers –

- Celia Currie – Fundraising Regulator
- Eilish Morgan – Sustainable Food Officer, Fermanagh and Omagh District Council
- Charlie Thomas – National Lottery Community Fund

Register at <https://forms.office.com/e/QEftjP1AVv>

Tea/Coffee and Refreshments Provided

European Heritage Open Days 2024 is back and open for registration!

EHOD 2024 will take place on Saturday 14 & Sunday 15 September. The digital week will run from 9 – 15 September.

You can register your event in the link provided [Here](#). Registration will close on 22 May 2024. Guidance is available [Here](#).

For further queries, please contact our dedicated EHOD team at ehod@communities-ni.gov.uk

The Big BIG Fermanagh Litter Pick 2024!

The Lough Erne Landscape Partnership, in partnership with [Fermanagh and Omagh District Council](#) and FermanAware ([Fermanagh Trust](#)), are hosting Fermanagh's biggest ever litter pick for a second year and we need your help!

Taking place **anytime between Friday 26 and Saturday 27 April 2024**, you can get involved on water or on land.

All you need to do is sign up! We welcome all community groups, businesses, organisations and schools, as well as families and individuals to take part!

Let us know where you plan to litter pick and we will add you to our map of Fermanagh.

If you took part in last year's litter pick and had chosen to keep your equipment, let us know if you are running low on anything and we will restock you. If it's your first time joining The Big BIG Fermanagh Litter Pick, we will provide the equipment for you to take part (including litter pickers, hi-vis, first aid kits and bin bags).

We will also be working closely with local water providers to provide water-based litter picking opportunities. If this is something you would be interested in doing, let us know on your sign-up submission!

Sign up here: <https://tinyurl.com/BBigLitterPick24>

Sign up closes midnight Wednesday 17 April

Remember anything you can do to help, will make a big impact!

Volunteers Needed!

Bluegrass Omagh Music Festival

4-6 May at Ulster American Folk Park, Omagh

We're the largest bluegrass music festival outside of North America, having welcomed incredible musicians from Europe, US and beyond. Volunteering at Bluegrass Omagh is a chance to get involved with an incredible music event that has strong ties with the local community.

This May, we're looking for enthusiastic volunteers to support this exciting local event. There are a mix of roles suited to a range of skills and interests. Be part of the Wayfinding team and guide visitors through the festival. Welcome event attendees with a friendly smile as part of our Admissions & Orientation team. Or capture memorable moments as a photographer! Roles including open mic coordination, car parking assistance, and data capture will also be available and contribute to the festival's smooth operation.

As a volunteer, you'll gain valuable experience, develop new skills and connect with fellow music enthusiasts. All while making a meaningful contribution to the music festival and your local community.

Don't miss out on this chance to be part of something truly special! If you're interested in volunteering at Bluegrass 2024 or have any questions, please don't hesitate to reach out to us. We

look forward to welcoming you to our team and creating unforgettable memories together at the Ulster American Folk Park.

Get in touch at <https://nmni.teamkinetic.co.uk/volunteers/events/Bluegrass2024>
www.ulsteramericanfolkpark.org

Email Fernando.bica@nationalmuseumsni.org Tel 028 8225 6307

Free creative activities for children and young people

Friday 5 April 2.30pm - 4.30pm

Kinawley Community Centre

Cruinniú na nÓg (Gathering of Youth) is an annual national day of free creative activities for children and young people under the age of 18 in Ireland.

Creative Cavan are holding a number of Creativity Workshops, facilitated by Bailieborough Creative Hub. This is a brilliant opportunity for children and young people to have your say on the day whilst creating some art for display! Workshops are facilitated by Bailieborough Creative Hub and are in a variety of locations. Booking by <https://forms.office.com/e/LY8ng0trzf>
Spaces are limited so please do not attend **unless** your place has been confirmed.

For more information visit:

[Cruinniú na nÓg 2024 Exploring Creativity Workshops - Cavan County Libraries \(cavanlibrary.ie\)](http://Cruinniú%20na%20n%F0g%202024%20Exploring%20Creativity%20Workshops%20-%20Cavan%20County%20Libraries%20(cavanlibrary.ie))

World Autism Acceptance Week

Visit <https://westerntrust.hscni.net/?s=waaw> for a calendar of events taking place during March/April.

Foyle Hospice

The Foyle Hospice has extended its services and now provides expert specialist palliative care to patients in their own homes across the whole Western Trust area.

A total of four specialist community care nurses are now based at the South West Acute Hospital and the Omagh Primary Care Complex.

The Hospice relies on fundraising and donations. If you are interested in volunteering or fundraising get in contact with Caroline O'Kane Fundraising Officer
carolineokane@foylehospice.com or call 07842 448306.

Please visit: www.foylehospice.com for more information and keep an eye on Foyle Hospice social media pages for more details to come.

Hop to it: Save on Easter childcare costs with Tax-Free Childcare

HM Revenue and Customs (HMRC) is reminding working families to save money on their childcare costs in time for the school holidays.

With the Easter break just weeks away, families yet to sign up for Tax-Free Childcare could be missing out on annual savings of up to £2,000 per child, or £4,000 if their child is disabled.

Tax-Free Childcare can help pay for approved childcare for children aged 11 or under, or up to 16 if the child has a disability. Parents can receive up to £500 (or £1,000 if their child is disabled) every 3 months, which means for every £8 paid into their online account, they will automatically receive an additional £2 top up from the UK Government.

It takes just 20 minutes to apply online for a Tax-Free Childcare account and can be used to help pay for a child's nursery, childminder, breakfast or after school club or holiday activity club.

Once an account is opened, parents can deposit money immediately, so it is ready to be used whenever it is needed; and unused money in the account can be withdrawn at any time.

Families could be eligible for Tax-Free Childcare if they:

- have a child or children aged 11 or under. They stop being eligible on 1 September after their 11th birthday. If their child has a disability, they may get up to £4,000 a year until 1 September after their 16th birthday
- earn, or expect to earn, at least the National Minimum Wage or Living Wage for 16 hours a week, on average
- each earn no more than £100,000 per annum
- do not receive tax credits, Universal Credit or childcare vouchers

A full list of the eligibility criteria is available on [GOV.UK](https://www.gov.uk)

Families can learn more about the childcare offers available to them and what could fit their family by visiting Childcare Choices.

The UK Government is offering help for households. Check to find out what cost of living support, including help with childcare costs, families could be eligible for.

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

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

Vaping Resources

There has been a rise in the popularity of vaping among children and young people. While the evidence suggests that vaping is less harmful than smoking tobacco, there are concerns about short and long term effects on the health of children and young people which are not fully understood.

The health advice is clear: young people and people who have never smoked should not vape.

The Public Health Agency (PHA) has been working with a number of key partners to produce up to date resources to raise awareness and to support discussion with young people on vaping, including;

- Vaping the facts
- A leaflet for parents/carers
- Vaping poster for young people
- Vaping poster for parents/carers

These resources will provide factual information and advice to inform young people, teachers, parents/carers and others working with young people about vaping, the law and the associated risks.

The resources and further information on vaping can be found at www.pha.site/vaping

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>

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>

NHS Healthy Start

This is a Government scheme that helps families to buy healthy food and milk and get free vitamin supplements depending on their household income.

For further information watch the video at

https://www.dropbox.com/scl/fi/gd8nmj17wxm5cutb5dp7/UU_HEALTHY-START-CAPTIONS.mp4?rlkey=xemf5r8s3s9m1meuiyndtmi5m&dl=0

Or visit <https://www.healthystart.nhs.uk/frequently-asked-questions/applying-for-healthy-start-faqs/>

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

Erne Paddlers

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 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

Summer Camps for Kids - This year we will facilitate six paddlesports camps for kids ages 7-14yrs during July and August. Each camp will run for five days with sessions in the morning and in the afternoon. All paddlesports and safety equipment will be provided and every session will be led and supervised by our qualified team of instructors. Children will have the chance to try different types of craft and develop their skills through games and challenges. Erne Paddlers is an inclusive club and our activities are open to everyone. If you would like to register or want to find out more please get in touch at email@ernepaddlers.org.uk

Find us on Facebook, Instagram and X 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 on 07468 911398.

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](http://www.movember.com), 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 OGCancerNIWelcome 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

Children and Young People's Strategic Partnership (CYPSP)

Support Integrated Planning for Children and Young People in Northern Ireland

How are children and young people doing in NI?

We have just published our NI outcome monitoring report 2022/23 full of multi-agency population data providing geographical trend analysis in respect of local NI Children & Young People Strategy Outcome monitoring. Download your copy now at <https://tinyurl.com/5djb4n73>

Census 2021 person and household estimates for postcodes in Northern Ireland

NISRA has released Census 2021 person and household estimates for postcodes in Northern Ireland. Available now on the [NISRA website](#).

The data tables include breakdowns by sex and are provided for unit level postcodes, postcode sectors and districts in Northern Ireland.

In case you missed it -

- Visit the [NISRA website](#) to access all the Census 2021 statistics released to date.
- Build your own tables with the [build.nisra.gov.uk]Flexible Table Builder
- Explore online with the [explore.nisra.gov.uk]Census Area Explorer

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

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 to approximately 12-15 participants.

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, contact lee@youthaction.org or dwayne@youthaction.org or call 028 6632 8534

Global Horizon Skills

Funded Opportunities for Staff Upskilling

Are you a Community Organisation or Social Enterprise?

Don't miss out on the latest opportunity to upskill your staff with our bespoke Management Academy and Team Leading Academy.

Available to all staff and all ages depending on your funding source.

Our next Training Academy is due to open in April 2024.

To register your interest contact Catherine McGeady Tel 07850 661971

Open Courses now Booking:

- Child Protection
- Designated Safeguarding
- First Aid at Work
- Emergency First Aid at Work
- First Aid at Work Refresher

ACTION e-zine Spring 2024 edition

The Health Improvement, Equality and Involvement Department of the Western Trust is delighted to launch our latest, completely interactive edition of ACTION.

This edition highlights current projects and programmes of work and has information about our training and upcoming events. In each section, you will find downloadable information, links and additional support that we hope you will find useful.

To take a look, [CLICK HERE](#)

For further information and any queries in relation to this edition of ACTION, please email health.improvement@westerntrust.hscni.net or telephone 028 7186 5127.

Building Research Partnerships (NI) training

Our newly re-structured [Building Research Partnerships \(NI\) training](#) is now available. It has been designed for:

- Patients, carers and members of the public who are involved in or are interested in becoming involved as public partners in research, and;
- Researchers who want to learn more about how to implement Personal and Public Involvement (PPI) through-out the research cycle, and build more effective PPI partnerships.

The training now consists of two sections:

- Section 1: A series of pre-recorded presentations that provide an 'Introduction to Personal and Public Involvement (PPI) in research'. This section can be accessed at any time.
- Section 2: A 'live follow-up PPI session' delivered virtually which enables researchers and patients, carers and members of the public to come together and ask questions, seek support from their peers, and network.

To fully benefit from the training, we recommend that you complete both Section 1 and Section 2. It is advised that you view the series of pre-recorded presentations in Section 1 before you attend a live follow up PPI session.

The next 'live follow-up PPI session' will be held on **Wednesday 22 May 2.00pm – 3.30pm**.

To register, please contact Cara McClure (cara.mcclure@hscni.net)

[For further information on the training and how to access it please click here.](#)

Additional PPI resources are also now available on our website.

We have recently developed a [PPI Resource Library for researchers](#) and a [PPI Resource Library for patients, carers and members of the public](#).

You can also [contact Janet Diffin](#) (HSC R&D Division Programme Manager) for further information on PPI in research. Email: Janet.Diffin@hscni.net / phone: 07721 163412

AWARE NI Programmes for April-June 2024

Are you a community, voluntary or sports group in the Western Trust area and interested in bringing mental health programmes to your organisations?

AWARE NI have funding in place for the delivery of short one-off mental health awareness sessions and longer life skills engagement programmes between April-June 2025. If interested in either the Mood Matters Adult or Living Life to the Full programme, please contact Catherine E: catherine@aware-ni.org

Mood Matters Adults 18+

2 hours – face to face or online

Minimum 12 / Maximum 25 people

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

Living Life to the Full 18+

6 weeks @ 2hrs per week – face to face or online

Minimum 10 / Maximum 18 people

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.

Action Mindset Programme

The Mindset Programme is fully funded by the Public Health Agency, so can be delivered at **no cost** to the organisation hosting the Programme.

Mindset is a three-hour delivery (it can be delivered in either one or two sessions in all youth and community settings) and we have versions of the programme suitable for young people (14 to 17 years), Adults (18+) and SEN Groups. The programme is designed to:

- raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- raise awareness of signs and symptoms of mental ill health
- promote self-help/resilience techniques and how to maintain a safe level of positive mental/emotional health and wellbeing
- promote self-care
- provide information and/or resources on mental health support organisations available (locally and regionally)

If you have any interest in booking the programme for your organisation, please contact Michael McLean, Project Worker (MensSana Team) who is available to deliver training during July and August, with the exception of Monday 5 to Friday 16 August and from September onwards.

T: 07976 639909 E: mmclean@amh.org.uk W: www.amh.org.uk

Free Stress Control Online Course

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

The full course of 6 sessions will run for 6 weeks with each session going live on the Monday.

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

Investing in Community Leadership

Our new accessible, online training suite has access to almost 200 certified **pre-paid courses**. High quality, video-based, virtual courses last from 10mins-45mins which you can complete in your own time and at your own pace with up to 3 months to complete or get in touch for an extension.

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.

Essential Health and Safety Courses

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