

Fermanagh & Omagh District Council Community Support News – May 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 28 May 2024

Council News & Events

FODC Business Conference

Thursday 23 May, 9.30am to 1.30pm

Lough Erne Golf Resort, Enniskillen

Fermanagh and Omagh District Council is holding a conference, hosted by the Chair, Cllr O'Reilly, on the Future of our local economy: Boosting Growth and Productivity and Achieving Regional Balance.

Send us information regarding your social media account addresses!

In order to assist with the promotion of Council Community and Wellbeing events, we are asking you to send us your Facebook, Instagram and Twitter account names/addresses.

This information will be held on the Community and Voluntary Sector database and will be shared with our Communications Forum so that you will receive information highlighting funding opportunities, events and special interest projects for the community and voluntary sector.

Please reply to communitysupport@fermanaghomagh.com and only send your organisation's details as we cannot use personal information.

Note that you can get your details removed from the database at any time by emailing communitysupport@fermanaghomagh.com

Fermanagh & Omagh District Council – Local Development Plan

Call for sites

Fermanagh and Omagh District Council give notice of a 'Call for Sites' exercise, which commenced on Monday 15 April 2024 and closes at 5pm on Thursday 13 June 2024.

The 'Call for Sites' exercise is an early opportunity for members of the public, landowners or developers to put forward sites within the Council area for residential, economic development or mixed land uses.

Draft Supplementary Planning Guidance

Fermanagh and Omagh District Council give notice of a consultation on a suite of draft Supplementary Planning Guidance documents which commenced on Monday 15 April 2024 and closes at 5pm on Thursday 13 June 2024.

The documents provide additional guidance and advice on a range of policies contained within the Fermanagh and Omagh Local Development Plan 2030: Plan Strategy.

Further information including details of how to submit sites or make representations can be found at <https://www.fermanaghomagh.com/services/planning/local-development-plan/local-development-plan-strategy/>

The Council prefers submissions and representations to be made online, via its website through the link provided immediately above. If you have any queries please contact the team via developmentplan@fermanaghomagh.com or telephone 0300 303 1777.

CKS Community Centre, Omagh

FODC is inviting expressions of interest from individuals, companies or organisations to enter into a licence to make use of a former playgroup space in CKS Community Centre, Omagh.

The former playgroup space is currently unoccupied, and we are seeking interest from any individual, group or organisation wishing to use this space on a long-term basis.

The space was previously set up and used as a playgroup, however it can be used for any other purpose.

Expression of Interest application documents are available to download via <https://bit.ly/4cQQgll>

Closing Date: Tuesday 7 May at 12 noon

Emergency Services Day

Sunday 26 May

From 2pm at The Broadmeadow, Enniskillen

New displays, kids activity zone and special guest BBC's Barra Best

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

Cole's Monument in Forthill Park, Enniskillen

Now open for guided tours every Saturday and Sunday until 29 September.

Climb the spiral of 108 stairs to enjoy panoramic views of Enniskillen.

Book onto a tour via <https://www.enniskillencastle.co.uk/.../atop-cole-s.../>

Automated External Defibrillator (AED) Training

Any groups, clubs or organisations who would like to avail of AED Training in 2024 are invited to contact Keith Collen, Community Wellbeing Manager on Tel 0300 303 1777; Mobile 07979 530765 or email keith.collen@fermanaghomagh.com

Commonly asked questions about AED Training:

- Free Course with no costs associated with the training.
- It lasts for 90 mins and is for anyone outside Primary School i.e. 11/12 years and over.
- It includes use of an AED as well as how to perform CPR (practical and theory).
- There are no certificates as to use an AED you do not need a certificate (it defeats the purpose if you did i.e. that anyone can give it a go).
- Covers 20 people in one session - some of the classes have ranged from 6 people to 20 people and everything in-between.
- Requirements: A sizeable room and a piece of clear wall space to project a power point on to (no need for a purpose built screen - a wall is fine).

Have you heard of our Reusable Nappy Scheme?

Choosing to use reusable nappies has many benefits:

- For you - saves money
- For your baby - soft natural fabrics which are gentle on the skin
- For the environment - reduces waste and carbon footprint

For more information including how you can **claim back £30 when you spend £50 or more** on cloth nappies visit bit.ly/FODCNappyScheme

Strule Arts Centre, Omagh

Upcoming workshops - Book now at <https://struleartscentre.co.uk/whats-on/>

8, 15 and 22 May - Draw The Living Figure, 7:00pm Adult Workshop

Calling all Artists! Why not join this 3 week block of Life-Drawing classes?

Guided by artist Helen Bullock McFarland, who will advise and inspire learners of all abilities. Throughout the course, methods will fit the class level and meet the needs of each individual artist. Sharpen your observation skills, learn how to simplify, have a better understanding of human anatomy and learn a lot about your own work, together! Cost £65 for 3 weeks. For 18+ years only

10 May Fused Glass Sun Catcher Kids' Workshop 5:00pm Kids' Workshop
Fused Glass Candle Holder Adults' Workshop 7:00pm Adult Workshop

17 May Mindful Drumming with Claudia Keller 7:00pm Adult Workshop

18 May Play With Clay – 'Summer Seaside' theme 10:00am Kids' Workshop 6 -14 yrs
Yes I Can Sing Workshop with Victoria Geelan 11:00am Kids' Workshop 6 - 8yrs

Upcoming Exhibitions

You are invited to the opening of the visual and performing art exhibition 'Moving Canvas' at 7pm on **Thursday 9 May**.

Curated by Noelle McAlinden, presented by NI Mental Health Arts Festival 2024, this visual and performing art exhibition includes work by Victoria Geelan, Sheila Llewellyn, Séamus Mac Annaidh, Julie Murphy, Rory O Loughlin, Kate O Shea and Margaret Stack.

This exhibition will run from Thursday 9 - Saturday 25 May, Monday - Saturday 9.30am-5pm. Admission Free

Singing for Children with Victoria Geelan

Saturday 18 May, 11am for 6-8 year olds

Part of NI Mental Health Arts Festival 2024.

Singing is a great way to help us all connect, recharge, and treat ourselves!! Singing is proven to release happy hormones and act as a natural anti-depressant. Gentle lullabies soothe your little ones' nervous system, whilst uplifting choruses get the happy hormones flying!! No singing experience needed! - Everyone's a singer!!

Get booking now at: <https://bit.ly/4b9Xf7p>

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/>

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/>

Bawnacre Centre, Castle Park Leisure Centre, Fermanagh Lakeland Forum and Omagh Leisure Complex

Get active this spring and summer with our household membership offer

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 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 further information visit <https://bit.ly/3HugmvQ>

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/>

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

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 \(fermanaghomagh.com\)](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>

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

"Mood and Movement Matters"

Tuesday 14 May, 10am-2pm

Omagh Enterprise Centre

Join Omagh Healthy Living at a "Mood and Movement Matters" event for Mental Health Awareness week.

In the "Mood Matters" session led by Aware NI (2 hours), participants will gain valuable knowledge and skills to maintain good mental health and build resilience. Practical tips for daily mood-boosting activities will be shared.

During the 'Movement Matters' session with Orba Yoga Retreat & Health Spa (45 minutes), participants will enjoy a gentle movement session aimed at improving posture, reducing stress, and enhancing mobility. Don't miss out on this opportunity for personal growth and connection.

Light lunch will be provided during the networking break. Spaces are limited.

Register via Eventbrite - <https://www.eventbrite.co.uk/e/mood-and-movement-matters-tickets-881221656697> or email health@omaghforum.org

This event is supported by The National Lottery Community Fund Northern Ireland and the Healthy Living Alliance

Darkness Into Light 2024

Saturday 11 May

4.15am, Castle Park Centre, Lisnaskea

The Oak Healthy Living Centre are again working with Pieta House and following previous years' success we are delighted that this is our 10th year hosting the event.

This walk is around creating an awareness of suicide and self harm and starts at 4.15am in the dark and walking into daylight symbolising walking into hope. The event is an opportunity to remember those who have been bereaved or affected through suicide and to show support to their families.

St Michael's College Enniskillen are our partner and they are holding a walk at their school also on **Saturday 11 May at 4.15am.**

We encourage you to come along to walk with us at either venue.

You can register/donate at the time.

Good Relations Week 2024

16 - 22 September

Embraces 'OpportUNITY' – a call to action to create a brighter, inclusive future for all.

'OpportUNITY' is a collective moment for us all to UNITE and be architects of change in helping build a region where every voice matters.

By showcasing the dynamism, creativity and dedication of local groups, organisations and individuals we can spotlight the transformative power of working together to address challenges such as sectarianism, racism, inequality, health and well-being, poverty and education.

Get involved in Good Relations Week 2024 and help create a future where inclusivity and diversity are not just celebrated but lived.

[Register your event for Good Relations Week](#)

Do you have a concern about health or social care?

The Patient and Client Council (PCC) can provide you with support and advice. PCC offer a support service for all. If we can't help, we aim to connect you to those that can.

Call Freephone on 0800 917 0222 9am-4pm, Monday-Friday.

New Helpline Number for Family Benefits Advice Service

Employers For Childcare's Family Benefits Advice Service helpline has changed to 028 9267 8200. Find out more at www.employersforchildcare.org

Contact them by phone or email hello@employersforchildcare.org for childcare advice and information

Can we bank on the banks?

Over the last few years, we have been hearing about issues that voluntary and community organisations have been having with their bank accounts, and are part of a UK wide working group trying to communicate these issues to the banks.

Please respond to our survey to tell us about your experiences of banking. Your story will help us continue to advocate for better banking services for voluntary organisations.

Complete our survey by 15 May: <https://lnkd.in/dq2ThEg7>

Volunteers Week

This year marks the 40th anniversary of Volunteers Week – a UK-wide celebration that shines a light on the incredible impact that volunteers make in communities.

Led by the UK Volunteering Forum and Volunteer Now in Northern Ireland, a programme of celebratory activities and events has been unveiled for Volunteers' Week (3rd – 9th June 2024) which will bring together charities, voluntary groups, social organisations and volunteers in recognition of their contribution to society.

There are a range of resources that will help you with your event:

Contact your local [Volunteering Support Officer](#) to register for Volunteers Week banners and certificates, and we'll have other goodies too (details to follow) but stocks will be limited!

volunteersweek.org have lots of free resources and templates you can download to help you have a Volunteers Week to remember! These include banners, bunting, and props to decorate your event, thank you cards and certificates, social media content and brand and logo packs.

Job Club Sessions

Irvinestown Library

Wednesday 1 May 2024 2.00pm – 4.00pm

Presented by Enniskillen Jobs & Benefits office. Come along for support and information on:

- CV and interview skills
- Job search and job opportunities available
- Support to apply for jobs on the day

Information Event with Local Support Organisations

Crown Buildings, Omagh

Wednesday 1 May 2024, 11.00am – 1.00pm

Presented by Omagh Jobs & Benefits Office, organisations and support services attending include:

- Make The Call
- DfC's Discretionary Support team
- Northern Ireland Housing Executive
- Land & Property Services Outreach Team
- Consumer Council for Northern Ireland
- Christians Against Poverty
- St Vincent de Paul
- Omagh Foodbank

Omagh Women's Aid

Join our Board of Trustees

We are looking for committed, experienced and enthusiastic people to join our Board of Trustees. We need people who can support the work of our dedicated Staff Team as we plan for the future of Omagh Women's Aid, and ultimately help us to enable women, children, and young people to live free from violence and abuse.

The Board meet around six times per year and play a critical role in setting the strategic direction of Omagh Women's Aid, as well as overseeing our governance (including finances, risk, and legal compliance). Meetings are usually held in the evening and in-person and should last no more than two hours.

We are interested in hearing from women who can complement the existing skills of our Board in a wide range of areas including, legal, financial planning, funding, and fundraising, community development, HR, management and leadership, marketing and digital comms, strategic planning, housing rights or health and social care.

Ideally you will have worked in the voluntary, community or charity sectors, either in a senior role or as a Board Member or Trustee. Or you may have gained your skills and experience through your work in the Public (health and social care and/or housing and education), Private or Business sectors.

You will have good listening skills, an openness for the contribution of others, the ability to persuade and influence stakeholders, and be able to provide thoughtful contributions to the Board.

As a member of the Board, you will be expected to act with integrity and high ethical standards, promote the interests of the charity and on occasions represent Omagh Women's Aid as an Ambassador at external events.

If you are interested in becoming a Trustee, you should continue to complete the Expression of Interest Form

Link to form <https://forms.gle/koWNhoZ5YKMrapiz6>

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

Northern Ireland Policing Board

Our Community Policing Survey 2024 has launched! Click on the link below to find out more. <https://www.nipolicingboard.org.uk/news-centre/have-you-worked-psni-tackle-local-issues-we-want-your-views>

The survey closes on 30 June 2024

Northern Ireland Consumer Council

Check your Passport!

If you are planning on travelling abroad in the next few months, check that your passport is still valid. The length of time you need on your passport's validity depends on the country you are visiting.

If you hold a UK passport and are visiting the European Union (except Ireland), you must be able to answer yes to the following questions:

- Was your passport issued less than ten years before the date you enter the country?
- Does it have three months validity remaining after the day you plan to leave?

If you need to renew your passport, make sure you allow sufficient time to do this.

You can check requirements and foreign travel advice for all countries on the [gov.uk website](https://www.gov.uk)

Oak Healthy Living Centre

Programme of Activities - April to June 2024

For a copy of our current programme please visit <https://www.oakhealthylivingcentre.com/>

Please call the centre on 028 67723843 if any queries.

Tara Centre

11 Holmview Terrace, Omagh BT79 0AH

Ongoing Services: Counselling/Psychotherapy, Art Therapy, Complementary Therapies

• **Meditating Together** Mary Daly and Maura Twohig

Tuesdays, 10.30am – 12 noon

(Open to anyone who has followed the Tara Centre Meditation Course for Beginners)

• **PATHS Omagh** introduce a Reflection and Healing Day for individuals and families bereaved by suicide. Guest speaker: Dr Brendan Harding

Sunday 12 May 2024, 9.30am – 4pm

• **“Finding Freedom from Personal and Ancestral Issues”** Jim Cogley

Friday 21 June 7pm – 9.30pm (registration 6pm - 6.55pm) and Saturday 22 June 10am – 4.15pm

• **Yoga for Beginners and Intermediates**

Heather Kemps - 8 week block

Beginners: 10.30am – 12pm Wednesdays

Beginners: 6pm – 7.30pm Thursdays

Intermediates: 7.30pm – 9pm Thursdays

• **Meditation “The Soul of Healing”** Mary Daly and Maura Twohig

Saturday 8 June, 11.30am – 5.00pm (registration 11.00am – 11:30am)

(Open to anyone who has followed the Tara Centre Meditation/Mindfulness Course for Beginners)

Support Groups

• **PATHS Meetings:** every 2nd Tuesday of each month 8pm-9.30pm

· Omagh Men's Support Group: Mondays 7.30pm-9.30pm

Victims and Survivors Grant available for some of the costs associated with the provision of counselling/psychotherapy, complementary therapies and some workshops/seminars

For all enquiries/to book a place, please contact reception on 028 8225 0024

Email: info@taraomagh.com

Do you have a child or children aged 4 - 16 years old?

Researchers at Ulster University want to hear about your experience of the cost of living crisis and physical activity for children and young people!

Please complete the survey at <https://app.onlinesurveys.jisc.ac.uk/s/ulster/cost-of-living>

This data will be important for making recommendations on how to maintain children's access to physical activity during periods of economic downturn.

Please contact Dr Maria O'Kane if you have any questions m.okane@ulster.ac.uk

Tel 028 7167 5519

Happy Hearts Club

Interested in providing a stand at our Health & Wellbeing Fair in Cleenish Community Centre, Arney on Saturday 18 May from 10am to 2pm?

Please contact marymonaghan8@gmail.com Mobile 07702 832629

Top up your COVID-19 protection with the spring booster

The COVID-19 spring booster vaccination programme got under way on Monday 15 April, giving the more vulnerable members of our community the opportunity to top up their protection ahead of any potential waves of COVID-19 over the coming months.

This year's **free** spring booster will be offered to:

- adults aged 75 years old or over;
- residents in a care home for older adults;
- individuals aged 6 months and over who are immunosuppressed.

For further information on the spring booster see www.nidirect.gov.uk/covidvaccine

Safeguarding Board Northern Ireland (SBNI)

We are delighted to officially launch the new Online Safety Hub for young people, parents, carers and professionals in Northern Ireland.

The Hub was developed in partnership with Ineqe Safeguarding Group, and delivered as part of the NI Executive's Keeping Children and Young People Safe: An Online Safety Strategy.

It is split into two sections, one for adults and one for young people and brings together expert advice and resources from a range of member and partner organisations so that audiences can easily access education and support all in one central place.

For further information visit <https://onlinesafetyhub.safeguardingni.org/>

Have you heard the Cuckoo yet?

If you hear the Cuckoo, it's really important to report this online to [Centre for Environmental Data and Recording - CEDaR](https://www.bto.org.uk/cuckoo) via bit.ly/3NrSFVX

This Citizen Science data is very important to help track and understand the cuckoo. Check out the [BTO British Trust for Ornithology](https://www.bto.org.uk/cuckoo) Cuckoo Tracking Project for more information on cuckoos and an amazing cuckoo tracking project happening right now.

NHS healthy start scheme

Following research on women's experiences of the Cost of Living crisis, the researchers realised that uptake of the NHS Healthy Start scheme is lower in NI than other UK Nations (England and Wales where it is also available).

NHS Healthy Start provides a pre-payment card to support with the cost of milk, fruit and veg and it provides access to free vitamins to women from 10 weeks of pregnancy. Further research showed that women are often finding out about this scheme when it is too late – you receive the highest amount when your baby is between 0-1 (£8.50 per week).

Please have a look at this video to make it easier to understand your entitlement -

<https://tinyurl.com/3kwr7fzc>

Information on Healthy Start along with the video is also available on the Family Support NI website: <https://www.familysupportni.gov.uk/NewsStory/251/are-you-missing-out-on-claiming-nhs-healthy-start>

Allstate Cyber Safety for older adults

A **free** one-hour interactive training session aimed at boosting the confidence of adults aged 60+ when navigating the internet. This interactive session will comprise of videos and conversations and will cover the following three essential topics:

- Fraud and identity protection
- Email and telephone scams involving phishing
- Useful tips for staying cyber secure

[Click here to learn more about the program](#)

Why not [Register today!](#)

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

Latest Volunteering Opportunities

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

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

Erne Paddlers

Progressive paddlesports courses continue every month and our May courses are now available to book. We have something for everyone from beginners up to experienced paddlers. There are also family fun courses on Friday evenings to suit kids (7yrs+) and inclusive sessions on Thursdays for anyone who needs support to participate. Stand up paddleboarding (SUP) and kayak rolling have been added to the range of courses this month. Midweek and weekend Lough Erne trips are also available. For full details visit www.ernepaddlers.org.uk/event

Summer Camps for Kids - These are open for booking! Six weeks of paddlesports fun for children aged 7-14 years 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.

Get in touch for more information at email@ernepaddlers.org.uk

AGM Saturday 29 June - Everyone is welcome to attend. Come and meet our coaches, board members and volunteers. It's a great opportunity to find out about the club and help us plan for the future.

For further information about all our activities or if you would like to talk to us about bespoke activities for a particular group, please get in touch via social media, email@ernepaddlers.org.uk or call/WhatsApp 07468 911398.

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.

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.

Cancer Connect NI

Coffee Morning

Saturday 1 June, 10am-1pm

Franco's Garden Room, Queen Elizabeth Road, Enniskillen

The Big Lunch 2024 – Join in the Celebration of Community

Residents, groups, and schools across the FODC area are being encouraged to sign up for this year's Big Lunch annual celebration of community in June.

Those who register for a free Big Lunch pack at TheBigLunch.com could also be in with a chance of winning one of 100 £20 shopping vouchers to help get their party started and you do not need to be a constituted group or organisation to take part.

Even if you choose to join in by bringing a few neighbours together for a cuppa, everyone is invited to join in at TheBigLunch.com where they can download free resources and top tips as part of the annual Big Lunch annual get together for neighbours and communities.

Once you pop your event on the interactive map, whether your event is a huge gathering or just a few people, you could win one of 100 £20 food vouchers.

[The Big Lunch](#), is an idea from Eden Project made possible by The National Lottery and kick starts a [Month of Community](#) so join in this June.

Food vouchers will be picked at random from all those registered on the interactive Big Lunch map but hurry and register your details as the **competition closes on Friday 10 May**.

TheBigLunch.com

D-Day 80 Commemorative Community Event

Saturday 8 June, 11am-5pm

Enniskillen Airport

Free Admission & Car Parking

Enniskillen is joining communities around the country in commemorating the 80th anniversary of the D-Day landings, a military operation that signalled the beginning of the end of World War Two.

Enniskillen Airport, formerly RAF St Angelo during WW2, will host one of the largest community commemorations to mark D-Day 80, on Saturday 8 June, supported by the Royal Air Forces Association (Fermanagh Branch), which is celebrating its 75th Anniversary this year.

With something for all the family there will be WW2 Displays, Regimental Bands and Military Village. Join us for the 'Big Lunch', bring along your picnic and enjoy the live music. Meet volunteers from a range of health & wellbeing charities as part of the 'Big Help Out'. Have your photograph taken in the Ulster Aviation Society's replica 'Spitfire' and enjoy over 80 pipers & drummers perform their special D-Day 80 tribute! With many more free activities for children including climbing wall and model aeroplane flying display, it's a community event not to be missed!

For further information please contact: Selwyn Johnston selwynjohnston16@gmail.com

Making Our Nervous System Work For Us
Using the Polyvagal Theory to Improve Well-Being
Tuesday 18 June, 10am-1pm via Zoom

To mark Autistic Pride Day – a day to recognise and embrace their unique strengths, we are exploring what the Polyvagal Theory has to offer us all, whether we are somewhere on the autistic spectrum or not.

We all have times when the stresses of life shift our nervous system into a fight / flight or shutdown response. Learning to apply the Polyvagal Theory has the potential for us all, not only to understand autism better, but to help make our nervous system work with more flexibility.

Sign up via <https://www.eventbrite.co.uk/e/877405281817?aff=oddtcreator>

Bowel Cancer Awareness

A high fibre diet seems to reduce the risk of bowel cancer and other chronic diseases like cardiovascular disease and type 2 diabetes.

Most of us don't eat enough. Find out some top tips from a Registered Dietitian on how to increase your intake.

To find out more, watch this short video <https://youtu.be/XuJ2kxdoD-4?si=txeO2COYVwLPfJmY>

A wide range of free 30 min nutrition webinars for all life stages and healthy recipe videos are available. Watch on YouTube at <http://pha.site/public-health-dietitians-youtube>

Training Opportunities

Free Take 5 Ambassador Training

Tuesday 28 May, 10am

Omagh Library (Committee Room)

Facilitator: Ellie Leonard, Health Improvement, Equality & Involvement Department (WHSC)

For anyone over 18 who wants to raise awareness of the 'Take 5 Ways to Wellbeing' in their local community. This course will skill participants in becoming a 'Take 5' Ambassador. Participants will learn how to organise 'Take 5 Ways to Wellbeing' themed activities to promote healthy lifestyles and support positive mental health within communities, workplaces and with service users.

The session will last approximately 2/2.5 hours.

If interested, please register via Eventbrite - <https://www.eventbrite.co.uk/e/take-5-ambassador-training-free-tickets-881253030537?aff=oddtcreator>

Volunteer Now

Face-to-Face Safeguarding Training

Did you know Volunteer Now are now offering some face-to-face safeguarding training?

We still have online sessions but on certain dates, you can book in-person training.

To find out more and see the dates and venues, **including Omagh**, please click on

<https://www.volunteernow.co.uk/training/courses-scheduled/?search=&category=33&postcode=&distance=10000&training-search=1>

Health Improvement, Equality and Involvement Training Brochure

April 2024 - September 2024

The WHSC Health Improvement Equality & Involvement (HIEI) Department has released their latest Training Brochure which is offering **free training courses** taking place across the Trust from 1 April to 30 September 2024.

This new edition of the HIEI Training Brochure features the return of the 'PANTS Webinar'.

The courses will be delivered either via Zoom or face to face in a range of locations across the WHSC.

To view the Training Brochure click on this link – <https://westerntrust.pagetiger.com/training-april-sept-24/1>

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.

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.

Foyle Hospice Extends Services

The Foyle Hospice now provides specialist palliative care services in the Tyrone and Fermanagh areas. Many patients wish to remain in their homes, close to family and loved ones for as long as possible.

The Foyle Hospice Community Specialist Palliative Care Team is a group of specially trained nurses who provide professional palliative care expertise and support to patients and their families in the comfort of their own homes. We are delighted to announce that this service is now available across the Western Health and Social Care Trust area, which includes Fermanagh and Omagh. These nurses work as part of a team, liaising closely with GPs, District Nurses, Hospital Palliative Care Teams, and other professionals.

All of our services are provided to patients and families free of charge. Less than 35% of our income comes from government sources, which means fundraising is vital. We will always need your help.

For further details on all of the services provided by Foyle Hospice, visit www.foylehospice.com or call 028 7161 0798 to speak with a staff member.

If you would like to speak directly to a local fundraiser, call Caroline O'Kane on 07842 448306 or email carolineokane@foylehospice.com

Talk PANTS Fortnight 6-17 May

Simple conversations to help keep children safe from sexual abuse

NSPCC, along with our partners across Northern Ireland, are delighted to be holding the first ever Northern Ireland wide Talk PANTS annual awareness campaign.

The Talk PANTS campaign has the aim of empowering parents and professionals to have simple age-appropriate conversations with children aged 3-11 years old that can help them to stay safe from abuse.

We are currently promoting our new Talk PANTS schools resources through our schools network, and we want to make sure all our families find out about the Talk PANTS Fortnight and are able to support these conversations at home as well.

For further information visit:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

or <https://learning.nspcc.org.uk/research-resources/schools/pants-teaching>

or email northernirelandcampaigns@nspcc.org.uk

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](#)

Level 2 (NCFE) Award: Introduction to Domestic Renewable, Low Carbon Technologies
Monday 3 and Monday 10 June
Fermanagh House, Enniskillen

Duration: Two half-day sessions followed by an assessment. (9.30am-2.30pm)

(normal cost: £270 per person but Investing in Community Leadership Programme will cover course fees, booking fee of £30 required to secure your place and contribute to accreditation costs):

- Does your group or organisation have a hall or building, and you would like it to be more energy efficient, reducing your costs and improving your sustainability?
- Have you thought about adding solar panels, improving your insulation or installing energy-efficient lighting but you're not sure about your options?
- Are you considering applying to the National Lottery Sustainable Community Buildings Fund for up to £50,000, opens September 2024.(Capital Funding Only, Suitable for Voluntary or community organisations (with an annual income of less than £500,000)? [Sustainable Community Buildings | The National Lottery Community Fund \(tnlcommunityfund.org.uk\)](https://www.tnlcommunityfund.org.uk)
- Do you lack confidence in talking about your carbon footprint or the understanding of the pros & cons of all the different technologies available?

For more information and to Register please visit <https://forms.gle/8XVj1RWhmhYy5bD16>

Funding Opportunities

Arts Council NI: National Lottery Project Funding 2023-2024

The Arts Council of Northern Ireland is now inviting applications to its National Lottery Project Funding Programme.

The annual programme is designed to assist organisations to deliver arts projects which contribute to the growth of arts in the community for new and existing audiences and which reflect the diversity of Northern Ireland's society and culture.

For guidelines and to apply online visit the [website](#).

Deadline for applications: 12 noon, Tuesday 7 May 2024.

The National Lottery Community Fund

Our two Northern Ireland programmes, People and Communities and Empowering Young People, will close for new applications at 5pm on Monday 13 May 2024.

For further information visit <https://www.nicva.org/article/the-national-lottery-community-fund-to-close-two-northern-ireland-programmes>

Music for All

Music for All provides grants for both individuals, groups and schools to enable more people to access musical instruments and lessons and music programmes for the community.

Open to eligible applicants in the UK and Ireland, Round 2 has the following categories:

- BBB Trust Award (community projects only),
- Working with primary-school aged children (community projects only),
- Chronic diseases and conditions affecting quality of life (community projects only),
- Working with groups with mental health challenges and/or affected by loneliness/isolation (community projects only),
- Working with communities from the Global Majority, in collaboration with Black Lives in Music (community projects only), and
- Physical mobility or accessibility needs (community projects).

For more information visit <https://www.musicforall.org.uk/apply-for-funding/community-project-funding/>

Round 2 Application Deadline: Monday 1 July 2024 (8am)

NIHE Community Involvement Grants 2024/25

The Community Involvement grants allow residents and community groups to apply for projects that will benefit Housing Executive Communities. The projects must fit in with one or more of the following themes: Health & Wellbeing, Environment Improvement, Intergenerational Practice, Digital Inclusion, or Cost of living/poverty.

Please contact your [Good Relations Officer](#) for a copy of the Community Involvement Grants Guidelines. This is compulsory as these will assist you in completing your application.

Partially completed applications will not be accepted. The maximum amount of grant available will be £5,000 and it is intended that a response will be issued within a maximum of 10 weeks of receipt of the application.

For further information please visit [NIHE: Community Involvement Grants 2024/25](#)

Deadline: Tuesday 28 May 2024

Asda Foundation Funding

Asda Foundation's goal is to build resilient communities by empowering local groups to make a positive difference, addressing local challenges and social needs. We aim to achieve this by providing funding to local grassroots community groups to enable them to meet the diverse needs of their community and to help them thrive and grow.

To apply, you must Contact your local Community Champion in your local ASDA store.

For more information, please visit https://www.asdafoundation.org/documents/march-2024/Empowering_Local_Communities_Grant_Group_Guidance_Round_2.pdf

Applications close 24 May 2024

Funding for activities & events up to the end of November 2024

Minimum Grant Value £400 Maximum Grant value £2,000

Applications for the Footie for All Fund are now open.

Tesco Stronger Starts funds grants for healthy food and activities for children across the UK. We have partnered with The Sun to power their Footie for All campaign with our Tesco Stronger Starts programme to create a Footie for All Fund. We will be providing £150k in grants to grassroots football clubs across the UK as well as raising awareness of the importance of children having opportunities to thrive through opportunities for more physical and mental wellbeing. The Footie for All grants will support grassroots clubs in providing more spaces, better equipment and new kits – anything they need to help support children in their local communities.

For further information visit <https://tescostrongerstarts.org.uk/footiefund/>

Education Authority Funding Opportunities

The Education Authority has released a number of funding opportunities available for 2024/25.

For more information and to apply, please visit <https://eanifunding.org.uk/funding/>

The Heart of the Community Fund 2024

The Heart of the Community Fund is an open grant round designed to meet the needs of not-for-profit organisations delivering vital services and supports to people across the island of Ireland. The Ireland Funds recognises the challenges organisations face in securing funding to build their capacity or meet their core costs, so the Heart of the Community Fund 2024 will provide Organisational Investment Grants. The application form will enable you to share what you're working towards and how you deliver on your mission, so we can get a picture of your organisation as a whole. If your application is successful, you can then allocate the funding to meet your most pressing needs.

Applications are being accepted through our online portal only. Please read the [guidelines](#) in full before beginning your application.

The closing date is Friday 3 May. Late applications will not be accepted.

For further details visit

https://irelandfunds.org/grants/?utm_source=NewZapp&utm_medium=email&utm_campaign=Arts+Council+NI+Newsletter+-+16+April+2024

Spar Community Funding

Does your local community group need funding? Spar's grant scheme is aimed at supporting and giving back to the communities that they serve. This year, they've got 20 x £1000 grants to give back to local communities.

For further information visit <https://www.spar-ni.co.uk/community/community-cashback-grant/>

Applications for this year's scheme close at 23:59 on Wednesday 22 May 2024.

Fibrus Community Fund

Funding is available for community groups and voluntary organisations to address digital poverty in rural communities in Northern Ireland.

The Fibrus Community Fund is awarding grants of a maximum of £2,000 to assist local groups and organisations in certain areas to improve digital access for the most marginalised members of the community, with a particular focus on older people, people on low income and people with disabilities.

Examples of the types of projects that could be funded include:

- Projects that provide access to engage with a range of digital devices (laptops, tablets, iPads, smart phones, etc), such as a community loan facility, etc.
- Projects that strengthen the capacity of individuals to use a range of available digital services, such as training workshops or courses.
- Projects that provide access to enhance connections with others, such as a community use internet hub, or internet café, etc.

For more information, please visit

<https://communityfoundationni.org/grants/the-fibrus-community-fund/>

The deadline for applications is Friday 17 May 2024 (1pm).

Dormant Assets NI

delivered by The National Lottery Community Fund

This programme is supported with money from Dormant Assets NI. Dormant Assets NI is an expansion of the Dormant Accounts Fund NI. This programme aims to address the gaps in our Dormant Assets investment to date. We want to fund support organisations – sometimes known as network, umbrella, membership or community anchor organisations. We want these organisations to improve access to the help they provide to small, underrepresented community groups in Northern Ireland. By small community groups, we mean groups with an annual income of around £10,000 up to £100,000.

Application deadline: 12pm on Thursday 4 July 2024

For more information, please visit

<https://www.tnlcommunityfund.org.uk/funding/programmes/access-to-resilience>