

Fermanagh & Omagh District Council Community Support News – February 2025

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 March's Newsletter is Tuesday 25 February

Council News & Events

Community Funding and Advice Fair

Thursday 6 February, from 4pm-8pm St Macartin's Cathedral Hall, Enniskillen

A Community Funding and Advice Fair, organised by Fermanagh and Omagh District Council, is taking place this Thursday 6 February at St Macartin's Cathedral Hall, Enniskillen from 4pm-8pm. This is an opportunity to drop in to speak with up to 25 stall holders from funding and advice providers suited to the community and voluntary sector, such as community groups, sports clubs, church groups, PTA's, social enterprises etc.

Stall holders currently confirmed include: The National Lottery, Community Finance Ireland, Supporting Communities, SWAP, Halifax Foundation NI, Invest NI, Social Enterprise NI, Dept of Foreign Affairs Reconciliation Fund, Sported NI, Volunteer Now, Community Relations Council, Fermanagh Rural Community Network, Ulster Scots Community Network, Make the Call, PEACE Action Plan, FODC Community Services Grants, FODC Events and Festivals, Climate and Heritage teams and much, much more.

As an added bonus, the Dept of Foreign Affairs has an outreach workshop to assist with their application process prior to the Funding Fair at 2.30pm. To register click on the following link - Reconciliation Fund Outreach Workshop Enniskillen 6 February 2025 at 14:30 | Eventbrite . For further information please contact your community support officer, or email communitysupport@fermanaghomagh.com

Community Support

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)

Please contact your local Community Support Officer for any assistance you or your organisation may require on 0300 303 1777

Area	Officer	Email	Telephone
Enniskillen	Ruthanne Fawcett	ruthanne.fawcett@fermanaghomagh.com	Ext 21649
Erne East	Joanne Cunningham	joanne.cunningham@fermanaghomagh.com	Ext 21405
Erne North	Leza Cleary	leza.cleary@fermanaghomagh.com	Ext 21234
Erne West	Kellie Beacom	kellie.beacom@fermanaghomagh.com	Ext 21201
Mid Tyrone	Eilish Morgan	eilish.morgan@fermanaghomagh.com	Ext 20068
Omagh	Josephine Treanor	josephine.treanor@fermanaghomagh.com	Ext 20222
West Tyrone	Billie-Jo Irwin	billie-jo.irwin@fermanaghomagh.com	Ext 20220

Childminding Academy

Applications now open!

If you would like to become a registered childminder or an approved home child carer in the Fermanagh and Omagh District Council area, then why not sign up for this excellent opportunity?

Fermanagh and Omagh Labour Market Partnership are offering fully funded places on this academy while <u>NICMA- the Childminding Association</u> will support you through the childminding registration and approval process.

To be eligible you must be:

- a resident in Fermanagh and Omagh District Council area
- committed and able to fully participate in all aspects of the Academy
- over the age of 18 years
- have the right to work in the UK

For further information and registration email grainne.scullion@nicma.org Telephone 07517 472271

Boost your Numeracy Skills - Free Course and Free Digital Tablet

Start Date: February 2025 Completion Date: 31 March 2025

Are you looking to improve your numeracy skills in a quick, fun and engaging way? The Fermanagh and Omagh Labour Market Partnership, through the Multiply Programme, is excited to offer a fully funded opportunity to improve your numeracy skills in a fun and engaging way!

Our Gamified Essential Skills Numeracy Programme is now open to individuals aged 19+ living in the Fermanagh and Omagh District Council area who do not hold a minimum GCSE Grade C or Level 2 maths qualification.

This short course combines gaming with learning, using Virtual Reality headsets and interactive digital tools to make improving your numeracy skills an enjoyable experience. Plus, you'll receive a **free digital tablet upon completion**, along with a recognised numeracy qualification! **Why join?**

- Fun & interactive learning experience
- Gain an essential numeracy qualification
- Small group learning with new technology
- 100% fully funded no cost to you
- FREE digital tablet upon completion
- Support with travel costs

Don't miss out on this innovative way to boost your numeracy skills! Spaces are limited, register today to secure your place.

Eligiblity:

Reside within the Fermanagh and Omagh District Council area, aged 19 years+,

do not have a minimum GCSE Grade C or Level 2 maths qualification.

For further information and registration contact 21 Training on Facebook or Instagram Or Telephone 028 7138 2438

Public Consultation: Council Disability and Equality Action Plans

Drop-in session:

Tuesday 4 February, 12 Noon – 1pm, at Strule House, Omagh.

Online session:

Wednesday 19 February, 5pm – 6pm, register by <u>clicking here</u> or telephoning 0300 303 1777.

Join us at one of our Drop-In workshops or online to have your say on the Council's draft Disability and Equality Action Plans.

The plans set out how the Council will make services more accessible for residents and visitors over the next three years.

For further details visit <u>tinyurl.com/53btc4wx</u> Closing date: Friday 28 February at 5pm

Inclusive Youth Forum

Wednesday 12 February, 2pm: Strule House, High Street, Omagh or online Thursday 13 February, 2pm: County Buildings, East Bridge Street, Enniskillen or online

Are you aged between 13 – 17 years old and have a disability?

Over half term we would be delighted if you joined our Inclusive Youth Forum to help shape the Council's draft Disability Action Plan and a new 'Charter' aiming to help improve the accessibility of venues.

To register call 0300 303 1777 or email disability@fermanaghomagh.com

The project is supported by the **Public Health Agency** (PHA).

Free Family Fun Events

Fermanagh and Omagh Labour Market Partnership, on behalf of Fermanagh Omagh District Council and in partnership with Roar Roar Dinosaur, is excited to launch its **Free** Family Fun Days. Before and after completing in the Maths Minions challenge zone, enjoy your day out at the other Free Family Fun Activities on offer such as Double sided Inflatable Dart Board, Giant Connect 4, Inflatable Penalty Shoot, Axe Throwing, Basketball Shooting, Space Hopper Grand National, Reaction Speed Games, Airball Twister, Giant Jenga, Face Painting and lots more fun activities to enjoy as a family.

For more details and to register visit

https://www.eventbrite.co.uk/e/free-family-fun-event-omagh-leisure-complex-omagh-co-tyrone-tickets-1095303896439?aff=oddtdtcreator

Further Free Family Fun Days will be taking place as follows:

Saturday 16 February
Sunday 17 February
Saturday 1 March
South West College Omagh
Lisnaskea Leisure Centre
Ecclesville Centre Fintona

Saturday 15 March Enniskillen Castle For more information visit https://bit.ly/3Dc3qfs

Free home safety checks

for all residents over 65, families with children under 5, and vulnerable adults, living within our council area.

Reduce your risk from falls in the home; Poisoning; Burns or Scalds; Danger from Carbon Monoxide; Choking or Ingestion

Apply for a home safety check by contacting the Environmental Health Department

on 0300 303 1777; email: home.safety@fermanaghomagh.com or online: https://bit.ly/3O2VDCZ

WRAP 2024/25

Fermanagh and Omagh District Council has appointed a consortium of 6 local organisations to deliver a programme of wraparound and financial support for households in the district who are experiencing food insecurity.

Aptly named WRAP, the programme centres around an 8 week plan of personalised wraparound support, which will be developed and agreed with the household.

Support is aimed at maximising income and reducing household costs. Issues such as debt, benefits, budgeting, housing, healthy eating, physical and mental health will be addressed, as well as education, training and employability skills.

WRAP providers will work with other local services and support organisations to ensure each household gets the support they require.

The WRAP programme aims to support up to 200 households across Fermanagh and Omagh between November 2024 and March 2025.

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

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

World Book Day Costume Swap Shop

World Book Day takes place on Thursday 6 March. FODC is working in partnership with <u>Libraries</u> NI to offer a Children's Costume Swap Shop in Enniskillen and Omagh Libraries.

Drop off Enniskillen and Omagh Libraries from Monday 3 – Thursday 6 February

Collection Enniskillen – Tuesday 11 February 2pm-4pm Omagh – Wednesday 12 February 2pm-4pm

Costumes should have the CE mark and not be battery operated. If you have any queries, contact climate@fermanaghomagh.com

FODC Draft Heritage Plan 2025-2030

Have your say!

We are seeking your input to help shape and influence the priorities for heritage in Fermanagh and Omagh over the next five years and help us to safeguard, celebrate, and enhance the rich and diverse heritage in the area.

Across the district, history is a vibrant element of everyday life and we are the caretakers of our heritage, managing and enhancing its unique charm and identity so that it stays relevant for future generations.

Have your say online at https://bit.ly/4g51VNK

In person, drop in sessions will be available throughout the coming months - details for these will be updated at https://bit.ly/42g17T3

Hard copies are available in Connect Centres in Enniskillen and Omagh

Closes Monday 14 April at 5pm

Explore the Magic of Marble Arch Caves with their Midweek Adventure Deal!

Are you looking for an exciting adventure to brighten up your week? Marble Arch Caves are delighted to announce their Midweek Adventure Deal, designed to offer a unique experience for explorers of all ages.

The Marble Arch Caves are one of the most breath taking natural wonders in Fermanagh. This is your chance to delve into a magical underground world with an exclusive offer that's too good to miss!

Here's what's on offer:

- Buy One, Get One Half Price on Guided Cave Tour tickets.
- The deal applies to Adult, Senior, and Student tickets.
- Available Monday to Friday from 12pm onwards, running to Monday 31 March (excluding Bank Holidays).
- Simply use the code 50OFF when booking online, or purchase your tickets in person on the day.

This is the perfect opportunity to bring a friend or family along and experience the wonder of this incredible underground landscape together.

Plan your visit today!

Visit https://marblearchcaves.co.uk/online-booking-guided-cave-tour/ for more details or to secure your tickets.

Environmental Youth Speak is back

Topic: Where would we bee without pollinators

We are partnering with <u>South West College</u> to deliver this public speaking competition which is open to Primary Schools and aims to encourage students to research and voice their views on key environmental issues.

Draft versions to be submitted by Friday 28 February 2025.

The final competition day will be held at the SWC Erne Campus on Thursday 10 April 2025. To register your interest and get more details including the application pack, please email climate@fermanaghomagh.com

Sperrin Area of Outstanding Natural beauty (AONB)

Omagh Sperrins Walking Weekend Saturday 22 and Sunday 23 March

For full details of the walks on offer visit https://farandwild.org/omagh-sperrins-walking/ And for more information on the full programme taking place across the Sperrins AONB visit https://bit.ly/3XXmiWn

Council informs residents of upcoming changes to landlines

Fermanagh and Omagh District Council is sharing important information regarding upcoming changes to BT landlines. BT is moving customers with the lowest landline usage (who have not advised they have additional needs or need additional support) to Digital Voice. From April 2025, BT will begin migrating vulnerable customers on a regional basis, with additional support such as free engineer visits and battery back-up equipment offered.

It is important to note that landlines are not going away but are simply being upgraded. The Council recognises that some residents still rely on their home phone line and may feel anxious about making the switch however no one will be left without service, and support will be available to ensure a smooth process.

For most people, Digital Voice will not significantly change how they use their home phone. The transition will involve connecting your phone to a router instead of the traditional wall socket. BT promises that service quality, pricing plans, and bills will remain unchanged.

This new service will run over the broadband network and bring numerous benefits, including enhanced features like advanced spam call blocking.

The Council is working with BT to ensure that all residents are well-informed and reassured about the change. BT have advised they will contact customers with clear instructions when it's time for the switch over in their area, and for most customers, the transition will be simple and free of charge, with no installation needed. Users will also be able to keep their current phone number. Customers will be notified four weeks before their switch date to help them prepare. For those who may need extra assistance, including vulnerable customers, BT will provide additional support to ensure everyone is ready for the transition.

If your provider isn't BT please get in touch with them directly.

For more information, please visit www.bt.com/digital-voice or contact Fermanagh and Omagh District Council's Age Friendly Officer via telephone at 0300 303 1777 or email agefriendly @fermanaghomagh.com

Fermanagh and Omagh Residents' Survey 2025

A representative sample of residents will be contacted by Social Market Research (SMR) on behalf of the Council.

The survey takes just 8 minutes to complete and is completely anonymous! Your input will help shape the future of services in our area and ensure the Council continues to meet the needs of our community.

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

FODC Community Wellbeing Programme

This includes Pickleball, Boccia, chair based exercises, walking groups, Circuits, indoor/outdoor Soccer. Couch-to-5k and more!

All activities are free

Check out the full schedule here https://bit.ly/3EfBsQf

FODC Coach Education

Community Wellbeing at Fermanagh and Omagh District Council organise various coach education programmes, including First Aid, Safeguarding etc.

To view and register current coach education courses, please <u>click here</u> <u>click here</u> <u>click here</u> <u>For further information, please contact ryan.hanna@fermanaghomagh.com</u>

FODC Physical Activity Referral Scheme (PARS)

Delivered in partnership with the Public Health Agency (PHA), PARS is a **free 12-week exercise** referral programme facilitated by fully qualified staff for individuals with specific health conditions who have no absolute contraindications to exercise.

PARS includes online delivery with sessions also facilitated at the following Council leisure centres:

- Bawnacre Centre, Irvinestown
- Castle Park Leisure Centre, Lisnaskea
- Fermanagh Lakeland Forum, Enniskillen
- Omagh Leisure Complex

For further information visit Physical Activity Referral Scheme

FODC Move More Programme

A physical activity initiative delivered in partnership with Macmillan Cancer Support available to anyone who has had a cancer diagnosis, at any stage of their life.

Move More supports the lives of people with cancer through physical activity. Physical activity before, during and after cancer treatment can help prevent and manage the effects of treatment, such as fatigue, depression and risks to heart health.

Sessions are facilitated at the following Council leisure centres:

- Fermanagh Lakeland Forum, Enniskillen
- Omagh Leisure Complex

For further information visit Macmillan Move More.

Age Friendly at Fermanagh and Omagh District Council

Fermanagh and Omagh District Council is committed to providing an Age Friendly District and seeks to ensure that older people lead more independent, engaged and socially connected lives. For further information visit https://www.fermanaghomagh.com/services/health-wellbeing/agefriendly/

For details of how to join an older person's group, visit

https://www.fermanaghomagh.com/services/health-wellbeing/agefriendly/join-an-older-persons-group/

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/

Irish Language Fermanagh and Omagh District Council

For up to date information and details of activities across the district visit https://www.facebook.com/FODCGaeilge

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/

Events in Fermanagh and Omagh

Visit the following websites for details of what's on in the district:

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

https://www.fermanaghlakelands.com/whats-on

https://exploreomaghsperrins.com/whats-on/events/

Community News

Department of Health Survey for mental health service providers

The Department of Health is conducting a review of the scope, scale and capacity of the C&V (community and voluntary) sector with the aim of fully integrating the C&V sector in mental health service delivery as part of the **Mental Health Strategy 2021-31**.

If you are working in the Community and Voluntary sector providing mental health services to communities in Northern Ireland, please respond to this short survey to guide the future of services in this area - follow the link here

Closing date: Monday 3 February by close-of-business

Sported NI

We would like to invite you to the Community Funding and Advice Fair taking place on Thursday 6 February, 4pm-8pm, at St. Macartin's Cathedral Hall, Enniskillen.

This event is a fantastic opportunity to connect with funders and advice services that can support your club or organisation. Sported will be there, so if you're interested in learning more about how we can help your group access funding, resources, and get expert guidance, be sure to stop by and chat with us. We would be delighted to see you there and help you explore ways to strengthen and grow your club.

Your club is eligible to join the Sported Network, and you might find it beneficial to join. Sported provides **free** support to community sports groups, including access to funding guidance, expert volunteer support, training opportunities, and networking with other grassroots clubs.

Becoming a member is completely **free**, and it could open up additional funding and development opportunities for your club. If you're interested, you can find more information and apply for membership here <u>Become a Sported Member - Sported</u>

For further information please email a.cante@sported.org.uk Mobile 07917 764117

Women's Health Strategy for NI

Aisling Centre are part of a focus group lead by the QUB and Derry Well Women to develop a Women's Health Strategy for NI.

As part of this development the first stage is an **on-line anonymous 15-20 min survey** to all women in NI to get their views about what is important to them. Visit https://bit.ly/3CpbxEW
You will be asked questions about your use of women's health services and how accessible you find them. If you are unable to access or complete the survey yourself, you can ask someone to help or complete it for you, on your behalf.

To date the survey has had a low uptake from the Fermanagh and Omagh District Council area. Also from younger and older women.

It is very important that those who live in rural areas contribute to this

Give blood - you could save 3 lives!

Enniskillen – Wednesday 12 and Thursday 13 February

Book your appointment by tapping on the link -

 $\frac{https://scanner.topsec.com/?d=1783\&r=show\&u=https\%3A\%2F\%2Fbit.ly\%2FGiveBloodNl\&t=9eaf8cfaa84a84e39e28806eaa01d393e44b7f7a}{8cfaa84a84e39e28806eaa01d393e44b7f7a}$

Pharmacy First

<u>The Pharmacy First service</u> is available at participating community pharmacies across Northern Ireland.

If you have an everyday health condition, you can use the Pharmacy First service to get advice and treatment from a local pharmacist, without waiting for an appointment to see your GP. Many community pharmacies have longer opening hours including weekends and holidays, making them more accessible than a GP surgery.

You can call into the pharmacy for a private consultation with the pharmacist without needing to make an appointment.

The services within Pharmacy First are:

- Pharmacy First for Every Day Health Conditions
- Pharmacy First for Emergency Hormonal Contraception (the morning after pill)
- Pharmacy First for Urinary Tract Infection (UTI)

Cancer Focus Northern Ireland Volunteer Information Events

Thursday 27 February 12pm-2pm and 6pm-7pm

Thursday 27 March 12pm-2pm Fermanagh House, Enniskillen

Join us to explore exciting volunteer opportunities at our Enniskillen Therapeutic Cancer Support Centre. Refreshments provided.

Contact Tom to attend on 028 9066 3281 or Email tommorton@cancerfocusni.net

Macmillan Cancer Support

'Lived Experience' Information Event – Western Trust (Southern)

Tuesday 11 February, 11am - 1pm

Fermanagh House, Broadmeadow Place, Enniskillen, BT74 7HR

- Have you a Cancer Diagnosis and experiencing Mental Health issues?
- Would you like to hear about a new service that is being provided by Macmillan Cancer Support in partnership with MindWise, Aware NI and CiNI.
- Would you and your family like support to help maintain positive Mental Health during your Cancer journey?

Come along on and meet 'The Psychosocial Team NI'

For more information and booking contact: -

Linda Warwick Macmillan Lived Experience Development Lead Macmillan Psychosocial Team NI

Mobile: 07739 631656 Email: Linda.Warwick@mindwisenv.org

Erne Paddlers

Indoor pool kayaking courses are back and will continue over the coming months. Sessions are running in Enniskillen, Fivemiletown and Omagh with a range of courses suitable for everyone. Beginners through to experienced paddlers, skills courses for all aged 13yrs+, fun sessions specifically for children aged 7-12yrs and teen leadership development courses.

The club is also running a 6-week river kayaking course and a 6-week sea kayaking course. Look out for midweek and weekend Lough Erne trips too.

Full details of all courses and activities, and tickets available at www.ernepaddlers.org.uk/events

We have some extra capacity over the coming months to run indoor sessions for local community and charity groups. We are also taking group bookings for outdoor activities during the spring and summer months. These can be booked by individuals or organisations and tailored to meet the needs of participants. We have significant knowledge and experience providing bespoke paddlesports activities across a wide range of local groups. If you are interested and would like to find out more please get in touch.

Erne Paddlers is a not-for-profit registered charity and an inclusive club, aiming to provide opportunities for everyone to become involved in paddlesports.

We try to keep prices as low as possible and there are additional discounts available depending on individual circumstances. 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 07468 911398.

Linking Generations NI (LGNI)

Network Meetings - Register Now! Tuesday 18 February, 2.30pm-4pm

Register to Attend

LGNI have set the dates for their next round of intergenerational network meetings! To make the most of our staffing capacity we combine Council areas and are running 4 virtual meetings in total. They are a great opportunity to network with people passionate about connecting generations and offer a platform to share the work that you are doing.

LGNI's network membership has steadily increased to over 990 members and we get our enthusiasm from the amazing intergenerational connections these local Intergenerational Champions develop in their communities. If you are interested in bringing generations together and aren't signed up to our network you can do so by Signing Up Here!

Everyone interested in everything intergenerational is welcome to attend. Come along and catchup on the latest LGNI news, training opportunities, All Ages April Small Grants, Global Intergenerational Week and hear from local intergenerational champions! If you are interested in presenting your intergenerational work at one of our meetings please include this in your registration form!

Health & Wellbeing Event - Falls Prevention

Tuesday 25 February, 11am-1pm Fermanagh House, Enniskillen

The Western Trust, in collaboration with the PHA, will be running a Health and Wellbeing event for older people in the Fermanagh area.

The event will be an opportunity to chat with organisations about your health and wellbeing including accident prevention. All welcome – free refreshments available.

Killadeas Day Care Centre

Coffee Mornings at Fermanagh Fun Farm Fridays, 10.30am-12pm

Fermanagh Fun Farm in association with Killadeas Day Care Centre would like to invite you to their Coffee Mornings. These are held at Fermanagh Fun Farm each Friday morning from 10.30am - 12.00pm. Come and enjoy a cuppa, traybake, scone or even a cooked breakfast. You'll be greatly looked after by our team and service users from Killadeas Day Care Centre, who are working towards their level 1 Occupational Studies in Hospitality. Your help and support will be much appreciated.

Fermanagh Fun Farm is a social enterprise, not for profit making organisation. The farm is run by a committee of volunteers known as "Friends of the Farm". The farm rescues / adopts animals, giving them a home for life. All profits from the farm go towards the care and welfare of the animals, maintenance on the farm and investing in new projects for the farm

Free Gaming and Gambling awareness session for Parents and Carers

Monday 24 February, 6.00pm - 7.00pm online

Young gamers and gamblers (Ygam) are working with Action for Children to offer an information session to help develop your understanding of gaming and gambling harms, enabling you to have open conversations with your children. Email us at training@ygam.org to book.

We also have a dedicated Parent Hub which aims to provide information and guidance to help you safeguard your children against the potential harms of gaming and gambling.

Find out more at parents@ygam.org

Fermanagh Film Club

King Frankie Tuesday 4 February
Burkitt Wednesday 19 February

For further details visit our website at https://www.fermanaghfilmclub.com/

All screenings in the Enniskillen Hotel unless otherwise stated.

Free over 50's event - Chat-Tea-Dance

Fridays 14 February and 28 February, 2-4pm

Dromore Sports Complex - The Community Room, 37 Omagh Road, Dromore, BT78 3AL Local music and light refreshments provided.

Contact Martina on 07721977253 for more information.

Dementia Cafés

Our Dementia Cafés provide a warm and welcoming space for people living with dementia, their family and friends. Light refreshments are provided.

Mondays 3, 10 and 17 February

Fermanagh 2pm to 4pm, Belmore Court Motel, Tempo Road, Enniskillen, BT74 6HX For more information and to book your place, please contact Martin Bradley, Dementia Adviser Fermanagh M: 07725 475715

Omagh 10am to 12 Noon, Silverbirch Hotel, 5 Gortin Rd, Omagh, BT79 7DH For more information and to book your place, please contact Julie Anne Casson, Dementia Advisor Omagh M: 07889604702

Department of Health Public Consultation

Online event: Tuesday 11 February, 7pm

The Department of Health is currently seeking views on creating a hospital network to achieve better outcomes for all.

Your feedback on this consultation is important as it will determine the future status of the South West Acute Hospital, Omagh Hospital and Primary Care Complex and promised acute Mental Health facility in Omagh.

For more information visit https://bit.ly/4h3tUip

The deadline for replying to the consultation has been extended to Friday 28 February 2025

Hospitals - Creating a Network for Better Outcomes – Public Consultation Event - Focus Group

Friday 7 February in Rural Community Network, Cookstown 11am - 1pm and online via Zoom

The Department of Health is consulting on the future of our hospital network in Northern Ireland. They advise us: "Balanced by what we can afford, we are committed to deliver for Northern Ireland's citizens the right treatment in the right place, at the right time". But what does this look like rurally?

RCN want to ensure your Rural Voice is heard during this process.

You can join us in person at Rural Community Network's office, Cookstown, or online via Zoom. The Department will be in attendance remotely. You can sign up for the event here https://forms.gle/1p1tJXhGNQprdVkb9

Light refreshments will be provided to those who attend in person.

Extern Strength2Strength Programme

The S2S programme is a community based programme which utilises a strength based approach to address the needs of Level 2 and lower Level 3 vulnerable children aged 8 – 13 years and their families living within the Western Trust Area who may be experiencing difficulties at home, in school and in the community.

If you have any gueries or want to make a referral please contact:

Carolann McIntyre, Project Manager on 028 7116 6885

At present this service is only available to families within the Fermanagh Area.

Return to Work Breast Feeding Packs

The Health Improvement, Equality and Involvement Department of the Western Health & Social Care Trust would like to remind you of an initiative currently running 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, the Western Health & Social Care Trust have updated their policy for supporting breastfeeding employees. As part of this policy, any employee returning to work and breastfeeding will be able to avail of a free 'Return to Work' pack.

We have extended this 'Return to work' pack initiative to the employees of all organisations throughout the WHSCT area (Limavady to Fermanagh).

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.

Any staff member or organisations wishing to avail of this on behalf of a staff member, should contact the Health Improvement Equality and Involvement Department on 028 7186 35127 or health.improvement@westerntrust.hscni.net

Job fairs and events calendar

Enniskillen Jobs & Benefits office presents Job Club Sessions -

Enniskillen Library Wednesday 12 February, 2.00pm - 4.00pm Irvinestown Library Wednesday 5 February, 2.00pm - 4.00pm

Lisnaskea Library Thursday 20 February, 2.00pm - 4.00pm

Come along for support and information on:

- Department for the Economy's Careers Service
- CV and interview skills
- Job search and job opportunities available
- Support to apply for jobs

The Department for Communities partners with local stakeholders including councils, employers and community and voluntary support organisations to deliver job fairs, employability and information events throughout the year. Upcoming events are listed at https://www.communities-ni.gov.uk/articles/job-fairs-and-events-calendar

FindHelpNI.com

Find the right help at the right time -

Mental Health Crisis Guides, Directory of Support Services,

Inspiring Blog and Helpful Resources, Helplines

The Find Help Near Me Directory currently has over 600 community and voluntary organisations and services. The Inspire Me blog is bursting with helpful, inspiring information and activities to benefit wellbeing. Our Resources section features links to topical podcasts, books, videos, apps and more.

It's far more than just "another directory". If you haven't had a chance to explore the website please do www.FindHelpNI.com

The resource has been welcomed by those looking for help and also from professionals including social workers, school principals, and GPs etc.

Volunteering with the Western Trust

Would you like to become an Encompass Volunteer?

The Encompass digital health and social care record system will go live in the Western Trust on 8 May 2025. This is a once in a generational system change, the likes most of us have never seen before, nor will again. During the transition from our now outdated systems to the new Encompass system we will have lots of visitors to our hospital sites, many of whom will never have been to the Western Trust. We will have patients and clients who may not have heard of Encompass or what it means to them.

Our team of Encompass volunteers will be on hand to Meet and Greet at our hospital entrances, to offer wayfinding advice and provide reassurance for those unsure of our new way of working. Volunteers will be given relevant training prior to the Go live date and will attend at various times before 8 May to support with practice runs etc.

As an Encompass volunteer you would attend during the working week, as such we are seeking those available during usual working hours, i.e. Monday to Friday 8am-5.30pm.

If becoming an Encompass volunteer is something you would like to know more about, or you are interested in any of our other volunteers roles, please email <u>volunteering@westerntrust.hscni.net</u> or telephone 028 7161 1155.

Further information about volunteering in the Western Trust can be found at https://westerntrust.hscni.net/about-the-trust/involving-you/volunteering/

Tara Centre

11 Holmview Terrace, Omagh BT79 0AH

Tel: 028 8225 0024 Email: info@taraomagh.com www.taraomagh.com

Meditating Together Mary Daly and Maura Twohig

Tuesdays, starting 14 January, 10.30 am – 12 noon

Open to anyone who has followed the Tara Centre Meditation Course for Beginners. Anyone else who wishes to attend should check with Reception

"An Introduction to Ayurveda" Dr Aileen O'Kane

Saturday 15 and Sunday 16 February, 10am - 4pm (Saturday registration 9.15 - 9.55am)

Meditation "The Soul of Healing – A Final Gathering" Maura Twohig and Mary Daly Saturday 1 March, 11am – 5.15pm followed by celebratory meal

Open to anyone who has participated in the Tara Centre's Meditation and Mindfulness courses or attended any SOH meeting over the years.

"Healing of Conflict - both Personal and Generational" Jim Cogley

Friday 28 March 7pm - 9.30pm (registration 6.15 - 6.55pm) and Saturday 29 March 10am - 4.15pm

Dru Yoga Mandy Currans - two 6-week blocks

Starting Wednesday 22 January, 10am - 11.30am

Qi Gong for Self-Healing Mandy Currans – two 6-week blocks

Starting Wednesday 22 January, 11.45am – 1.15pm

Yoga for Self-Care Josephine Rafferty – two 6-week blocks

Starting Thursday 9 January, 6.30 - 8pm

Please contact reception to book your place on any of the above 028 8225 0024

Support Groups

- PATHS Meetings are held on the 2nd Tuesday of each month 8pm-9.30pm
- Omagh Men's Support Group meets Mondays, 7.30-9.30pm

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

Consumer Council Online Webinars

Energy Awareness
 Banking and Budgeting
 Monday 10 February 12-1pm
 Monday 17 February 12-1pm

ForSight Omagh need Volunteers

Do you have a few spare hours a week?

Would you like to help in your local community?

Meet new people and learn new skills.

For further information please contact Clare - ForSight, 27-29 Market Street, Omagh BT478 1EE - on 07852 652783

https://forsightni.co.uk/

Invitation to Participate in DfE Funded Research

Are you passionate about the future of tourism in Northern Ireland? My name is Jane Leonard, and I am a second-year PhD student at Ulster University. I am **inviting local residents from the Fermanagh Lakelands area to participate in a focus group** as part of my research study. My project examines how Northern Ireland, a destination that has faced multiple crises, can better navigate future challenges, and aims to develop a framework that fosters collaboration between local communities and industry professionals. The ultimate goal is to ensure that long-term **social**, **environmental**, **and economic sustainability** remains a priority for the province's tourism industry.

The focus group will provide an opportunity for you to share your perspectives and experiences on these important topics, contributing to research that will lead to practical recommendations, such as reports and publications, which could influence future policies and industry standards.

Participation is entirely voluntary, and the research has been reviewed and approved by the Ulster University Business School's Research Ethics Committee.

If you have any questions or would like to learn more about the study, I would be happy to provide further details. **Thank you for considering this invitation**. If you are interested in participating, please email me at **leonard-j8@ulster.ac.uk** by **Monday 31 March 2025**.

Aisling Centre

37 Darling Street, Enniskillen BT74 7DP Tel 028 6632 5811

Groups & Programmes:

- Forget Me Not Bereaved by Suicide Support group meets first Monday every month at 7.30pm. Next meeting Monday 3 February. For further information please contact Aisling Centre on 028 6632 5811.
- **Mindfulness Meditation** Monthly drop-in sessions, last Tuesday of every month at 7pm. Next meeting Tuesday 25 February.

Other Groups:

- Alcoholics Anonymous 3 meetings per week at Aisling Centre. For more information, please contact info@theaislingcentre.com or telephone 028 6632 5811.
- Aware Mental Health Support Group. Every other Tuesday at 7pm. Next meetings 11 and 25 February. If you would like to attend, please email Sarah sarah@aware-ni.org.
- **Escapists** Support Group for Carers. Meets Wednesdays 10.30am-1pm. For more information contact <u>info@theaislingcentre.com</u> or call 028 6632 5811.
- Carer's Support Hub Meets on the last Thursday of the month, 11am-1pm. Next meeting Thursday 30 January. Support for all carers in Fermanagh and Omagh. Please contact Judith to attend on 028 6863 1234.
- Fermanagh Pride Meets fortnightly on Thursdays at 7pm. Next meetings
 13 and 27 February. Contact 07368 503661 or email fermanaghpride@gmail.com for further information
- **Island Artists** Open to new members. Meets Wednesdays from 1-4pm. For more information, please contact Maura on 07968 225704.
- Little Mess Messy play and learning for children aged 6 months to 5 years, with a craft corner for older siblings up to 10 years old. Next event is Friday 7 February at 10.30am. Contact Colette on fermanagh@thelittlesensory.co for more information of if you would like to attend.

Yoga Timetable (please contact individual facilitators to book):

•	Christine	Mondays at 5.30pm	07722 550040
•	Leila	Tuesdays at at 7pm	07594 026531 new class
•	Elena	Tuesdays at 7pm	07894 037450
•	Alasdair	Wednesdays at 6.30pm	07776 290903
•	Genny	Thursdays at 12pm	028 8754 1994
•	Theresa	Thursdays at 6pm (men only),	new class
		7pm and 8pm	07923 694523

Oak Healthy Living Centre, Lisnaskea

New programme now available at https://www.oakhealthylivingcentre.com/

Tel: 028 6772 3843

Email: Info@oakhlc.com or admin@oakhlc.com

The Longest Yarn – a thread through history

Open to the public at St Macartin's Cathedral, Enniskillen Tuesday 14 January to Saturday 8 February, 10am-4pm

This is the only venue on the island of Ireland where the installation can be seen
The Longest Yarn is an 80 metre long 3D knitted and crocheted art work depicting The Longest Day, 6 June 1944. It was created by knitters and crocheters across the world – Australia, New Zealand, USA, Canada, Great Britain and Europe – to mark the 80th anniversary of D Day in 2024.

Each panel has been created in great detail and shows part of the experience of the sailors, soldiers and airmen who planned and took part in the Normandy landings. Through its 80m of panels, The Longest Yarn creates a picture of their experience.

Copies of The Longest Yarn Guidebook – the official guide to the installation – can be purchased at the cathedral. These cost £5 and the money raised goes towards the maintenance and care of The Longest Yarn installation.

While entry to see The Longest Yarn is free, donations towards the cost of hosting the event would be much appreciated by St Macartin's Cathedral.

For further information please see the Longest Yarn website: https://www.thelongestyarn.com/
For information about the visit to St Macartin's, contact the Cathedral Office on 028 6632 2917.

Latest Volunteering Opportunities

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

Omagh https://omaghvolunteercentre.org/opportunities

VE Day 80

Thursday 8 May 2025

Organisers of VE Day 80 are encouraging Councils and communities who have existing Beacons and Lamps to re-light them at 9.30pm on 8 May 2025. And for those with pets to consider lighting a Lamp Light of Peace to remember the millions of animals that gave service and sacrifice during World War Two.

Organisers are also encouraging as many Churches/Cathedrals within the district to ring their Bells in celebration of 80 years of peace, at 6.30pm that evening (8 May 2025).

Those planning to take part are requested to register their event and promote the event within the local media.

For further information visit https://www.veday80.org.uk/ where you can download a guide to taking part.

Latest Census 2021 publication

Census 2021 public microdata teaching sample for Northern Ireland.

The file is a random sample of anonymised records covering 1% of people in Census 2021. It contains a limited set of variables, of particular use in teaching, and is freely available for anyone to download on the NISRA website.

In case you missed it, the <u>General Report</u> on Census 2021 was published on 19 December 2024. The 2021 Census was held in Northern Ireland on 21 March 2021 – achieving the highest recorded response rate here in recent censuses (97.1% of households). The report provides a full and comprehensive account of how the census was conducted, including documenting key successes and lessons learned.

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

Training Opportunities

Omagh Forum Training Courses

- Making a successful funding application! face to face Omagh Community House
 Tuesday 4 February 2025, 7.30-9pm
- Good Governance Training face to face Omagh Community House Tuesday 29 April 2025, 7.30-9pm

Free Essential Workplace training for Staff and Volunteers

Is workplace training on your to-do list for yourself, your staff and or volunteers in 2025? You have a responsibility to provide staff with effective training, so that's not something that can be avoided. You might be thinking about ways you can reduce your costs going into 2025 - effective workplace training doesn't have to be expensive...

Investing in Community Leadership West, offer a huge range of accredited online training courses that are designed for all levels of staff across all sectors. With over 200 e-learning courses to choose from, for free, in over 40 languages, we're your one stop shop for cost-effective and time-efficient, workplace training without compromising on quality.

Not sure where to begin? Ensuring your Health & Safety training is up to date is essential but can be a challenge when trying to continue your service delivery - but don't worry, see details in the link below to help you get a handle on your compliance requirements and get a head start to 2025!

With your staff/Volunteers able to access this **training for free**, anytime, anywhere on any device, this offers a very real, flexible solution.

View our full list of courses available on our online catalogue and **register for free at this link** https://app.ihasco.co.uk/fermanagh-trust

Do not sign up for courses via the link or there will be a charge

To access the courses for free please email sonya@fermanaghtrust.org with the name of the courses you would like to complete or to discuss your unique training requirements call Sonya at 028 6632 0210.

WHSCT Recovery College

Free courses on mental health and emotional wellbeing

We all have varying degrees of mental health just like with our physical health. As such our workshops are free and open to absolutely everyone – carers and supporters, people with or without a mental health diagnosis, staff, students – anyone who wants to improve or maintain their mental health and emotional wellbeing.

We keep things informal and relaxed, and all workshops have been written and are delivered by people who have lived experience alongside mental health professionals so students get the lived and learned experience of the topics.

For further details visit https://westerntrust.hscni.net/service/recovery-college/

Funding Opportunities

Department of Foreign Affairs

Reconciliation Fund Outreach Workshop

Enniskillen - Thursday, 6 February 2025 - Afternoon - Reconciliation Fund Outreach Workshop Enniskillen 6 February 2025 at 14:30 | Eventbrite

The Department of Foreign Affairs' Reconciliation Fund invites you to attend a local Outreach Workshop. These sessions will outline the application process for the Reconciliation Fund step-by-step in advance of the Annual Funding Round opening in February 2025 and answer any questions that you may have. Please register your attendance using above Eventbrite link. If you have any questions regarding the outreach workshops, please contact the Reconciliation Fund team at reconciliation@dfa.ie

The amounts awarded vary considerably. While the typical grant is around €25,000, awards can vary from as small as €2,000, or, in the case of two or three organisations, in the region of €300,000-€400,000.

Read about Reconciliation Fund funding and applications on gov.ie.

Online Outreach Workshop –

Monday, 10 February, 2pm - 3.30pm,

This workshop will provide an outline of the application process for the Reconciliation Fund stepby-step in advance of the Annual Funding Round opening on 12 February 2025.

If you are already signed up to attend the remaining in-person workshops in Derry/Enniskillen, we **strongly** encourage attendance at those in-person workshops – these in-personal workshops will give you an opportunity to meet with the Reconciliation Fund Team after the workshop if you have any queries, whereas we can't take any Q&A on the online workshop.

If you would like to attend the **on-line workshop**, please register your attendance using the following Eventbrite link:

https://www.eventbrite.ie/e/reconciliation-fund-outreach-workshop-2025-online-tickets-1145519773479#:~:text=About%20this%20event&text=It%20is%20planned%20to%20hold,Round%20opening%20in%20February%202025.

A link to the online workshop meeting space will be emailed under separate cover to those who register, in advance of the workshop.

Please note there will be no Q&A facilities provided on the online stream, but workshop attendees can send any follow-up queries to reconciliation@dfa.ie and the Team will get back to you as soon as possible.

Planned Interventions Programme 2025-26

Applications now open!

The Planned Interventions programme aims to engage the 'most at risk' young people between the ages of 9 to 25 years in positive experiences and opportunities, as a diversion from involvement in sectarian activities, civil disorder or criminal behaviour.

The Programme also seeks to develop the capacity of individuals and groups of children and young people to meaningfully take part in structured cross community engagement and relationship building programmes, such as T:BUC Camps.

We can fund up to £6000 to help with transport costs, residential costs, venue hire, day trips, food costs, equipment costs, staff costs and more.

Open to any constituted group – for example community groups, voluntary organisations, etc.

Application information workshops will be available online and in person. Further information is available on the Education Authority website –

http://eanifunding.org.uk/plannedinterventions/(external link opens in a new window / tab).

Funding awards are subject to budget availability. Prospective applicants must register an account via the EA funding applications portal - https://eani.smapply.org/(external link opens in a new window/tab).

For full details visit https://www.executiveoffice-ni.gov.uk/articles/planned-interventions-programme

Completed applications must be returned to the Education Authority no later than 4pm on Friday 14 February.

NIEA opens the 2025/26 Water Quality Improvement Strand (WQIS)

The Northern Ireland Environment Agency has launched the 2024/25 call for applications to the Water Quality Improvement Strand of the Environment Fund.

This is a grant competition funding projects taken forward by local communities and voluntary organisations to deliver water quality improvements, help connect people with the water environment and bring about behaviour change.

The grant is open to applications from constituted not-for-profit organisations and councils, and projects will run from spring 2025 until February 2026. The funding will cover up to 85% of funding for projects costing between £5,000 and £30,000.

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

For further details on eligibility, guidance notes and the application form visit our website https://www.daera-ni.gov.uk/articles/environment-fund-water-quality-improvement-strand

If you have any queries, contact the team on catchmentplanning@daera-ni.gov.uk

Closes Friday 14 February, 23:59

Grow Wild Community Programme

NB - this funding is only suitable for Enniskillen and Omagh

Support to groups and organisations to transform urban spaces for the benefit of people and wildlife by planting and championing UK native plants or fungi.

We are seeking 20 fantastic community groups from across the UK to join the programme in 2025.

For full details visit Community Programme | Grow Wild | Kew

Deadline: Thursday 13 February, 3pm

Interested in growing your own orchard in your school grounds?

A new Orchard for Schools grant is available for schools looking to plant more trees this growing year. It is open to all nurseries, primary, secondary and special schools.

The Tree Council is providing successful applicants with an orchard and/or hedgerow pack, as well as other resources and training.

For more information visit bit.ly/4gRLdCY

If you have any queries or would like assistance contact climate@fermanaghomagh.com

Linking Generations 'All Ages April Small Grants'

Now open for applications!

Visit https://www.linkinggenerationsni.com/.../all-ages-april.../ and find out more and how to apply! There are 30 small grants to allocate. Open to community groups, schools, care homes, older people/early years settings across NI to support #intergenerational activities!

The Naturesave Trust

New Funding Opportunity

We are looking for grant applications from charities, community groups, and organisations who are working to promote a more sustainable approach to energy efficiency through:

- Vehicles including electric vehicles, hybrid power systems, clean fuel, batteries, etc.
- Infrastructure such as public transportation systems.
- Energy source using renewable energy sources instead of fossil fuels.
- Activity walking, cycling, or using a scooter instead of driving.

Or perhaps you have a sustainable travel initiative that we haven't even considered! If you have a completely new approach to combating this problem, then we are all ears.

For more information on our funding guidelines, click here

Application Form https://naturesave.co.uk/naturesave.co.uk/naturesave-trust/trust-application-form/

Deadline for this funding window: Thursday 27 February, 12pm

Home Instead Charities

Small Grants to Reduce Social Isolation for Over 55s in the UK

We can fund:

- Regular weekly or monthly events and activities such as weekly cinema club, weekly knit and natter or Thursday lunch club
- One off activities such as a day trip or a Christmas lunch
- Activities such as yoga or a guest speaker for your group such as a local historian

Applications are open 4 times per year - Applications received in January will be processed and awarded in February

For further information visit Apply For A Grant | Home Instead Charities

Age Without Limits Day: Micro-grants for Age-friendly Communities

Grants of up to £500 are available, with an additional £150 to cover anything needed to make the event or activity more accessible. All events and activities will need to respond to the theme "Celebrate Ageing. Challenge Ageism", which we want applicants to interpret in their own way. For inspiration of events and activities please read case-studies from the March 2024 Age Without Limits Day.

For further information including details of information sessions visit <u>Age Without Limits website</u>. **Deadline Monday 10 February, 5pm**