

Fermanagh & Omagh District Council Community Support News – September 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 October's Newsletter is Tuesday 23 September

Council News & Events

European Heritage Open Days 2025

Visit [Heritage Week 2025 – Fermanagh & Omagh District Council](#) for details of events taking place across Fermanagh and Omagh.

For further information, please contact Melissa Birney (Development Officer, Heritage) melissa.birney@fermanaghomagh.com

Culture Night

Enjoy a celebration of culture across the district on Culture Night, Friday 19 September from 4pm throughout the evening.

Visit <https://www.fermanaghomagh.com/event/culture-night-2025/> for more information.

STRIDE

Community, voluntary, arts, sporting, educational organisations and individuals are invited to take part in STRIDE – an exciting new opportunity funded through the PEACEPLUS initiative.

What is STRIDE?

STRIDE stands for Smart Rural Innovation Driven Empowerment. It's all about working with local people in Tyrone, Fermanagh, Leitrim, and Sligo to develop digital solutions that improve access to vital services, strengthen community connections, and help our towns and villages thrive for generations to come.

This is your opportunity to receive fully funded development support for your group or organisation and tackle the key challenges facing your community.

Expressions of Interest open 1 October 2025 – Spaces Limited!

Find out more by visiting www.stride-programme.com or you can get in touch with the Council's Community Engagement Officer, Rebecca Wilson, by email at rebecca.wilson@fermanaghomagh.com or by phone on 0300 303 1777 (Ext. 20246).

This project is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

Consultation on the Draft Age Friendly Strategy for Fermanagh & Omagh

Fermanagh and Omagh District Council is currently consulting on the Draft Age Friendly Strategy and Action Plan.

This is the second Age Friendly Strategy for the district and builds on the work of the previous strategy. It has been developed to place our older people at the centre of an Age Friendly society, ensuring local voices are heard and supported to remain healthy, active and connected in their district and community.

The strategy and action plan process has been led by the Age Friendly Alliance and informed by robust consultation, including a district wide survey which attracted 925 responses from people aged 50 years plus to ensure a community led process in identifying need. The consultation process also engaged directly with older people through a series of focus groups.

The Council is now keen to welcome the views of residents and organisations on the Draft Age Friendly Strategy and Action Plan.

To read the draft Age Friendly Strategy and Action Plan click [HERE](#)

Please contact the Council's Age Friendly Officer if you require a hard copy -

E: age.friendly@fermanaghomagh.com or T: 0300 303 1777.

How to get Involved

- Complete a short online survey [HERE](#)
- Send your comments in an envelope marked for the attention of The Age Friendly Officer to:
The Connect Centre, 16 High Street, Omagh BT78 1BL
or
County Buildings, 16 East Bridge Street, Enniskillen BT74 7BW
- Email comments to age.friendly@fermanaghomagh.com
- **Public Consultation sessions** will take place as follows:
Thursday 25 September 2025, 10.00am - 12 Noon at Strule Arts Centre, Omagh
Wednesday 1 October 2025, 10.00am - 2.00pm at Killyhevlin Hotel, Enniskillen
All responses should be made by 5pm on Friday 10 October 2025

REAP Programme Free Courses

If you are not working or in full time education, you may be eligible. Contact the [REAP Programme](#) by any of the following methods to discuss what your options are

- Complete the enquiry form at <https://bit.ly/44O5YKI>
- Omagh - 028 8224 6535
- Enniskillen - 028 6632 6478
- Email - reap@fermanaghomagh.com

Interested in a career in Construction?

The REAP Programme from Fermanagh and Omagh District Council offers **free training** and support to help you build the skills and confidence you need to get into work!

- Industry-specific training for the Construction Sector
- Gain valuable qualifications and experience
- Boost your job prospects

Not currently in work or full-time education? You could be eligible! Apply at <https://bit.ly/44O5YKI>

For further information Tel Enniskillen: 028 6632 6478 Omagh: 028 8224 6535

Email: reap@fermanaghomagh.com

Get Qualified to Operate Plant Machinery - For Free!!

Fermanagh and Omagh District Council's Labour Market Partnership has launched the Plant Academy, a fully funded training programme delivered by McKinney Safety Centre Ltd.

- Open to residents in the Fermanagh and Omagh District Council area
- Ideal for those unemployed, returning to work, or seeking to retrain
- Gain industry-recognised certification in:
 - Forward Tipping Dumper
 - Ride-On Roller
 - Telehandler

Funded by the Department for Communities, this **free programme** supports entry into employment in the construction and infrastructure sectors.

Spaces are limited - early registration is advised!

To apply, Email fergal@mckinneysafety.com Telephone 028 7188 6200

Digital Skills Academy

Get the skills, confidence and support you need to take the next step in your career!

The course is free for residents living in the Fermanagh and Omagh District Council area who are currently unemployed, looking to re-enter the workforce or wishing to upskill/reskill.

Starting 1 September 2025, the course will be held on two days a week for ten weeks.

Express your interest by completing a form [HERE](#), telephoning Katie on 07858 926517 or emailing stepup@fit.ie

What the course will cover:

- Microsoft Office Essentials - Grow your confidence in the use of Word, Excel, PowerPoint and Outlook
- Understand how Artificial Intelligence (AI) is shaping today's workplaces
- Learn digital safety (cybersecurity and online best practices)
- Using Microsoft Teams & Zoom for remote/hybrid work
- Improve your communication skills & personal branding
- Job applications and CV Support
- Strengthen your interview techniques
- Confidence-building and presentation skills
- 1:1 Mentor Support and Coaching

Venue, dates, times and online/in-person will be finalised when participants have registered as it will be based on their preferences.

Thinking about starting a business?

Already running one and need support to grow?

Join our upcoming Regional Business Advice Clinics and find out what help is available to start, develop, and grow your business.

Wednesday 3 September, 6.30pm – 8pm

Invest NI Office, 47 Kevlin Avenue, Omagh BT78 1ER

Wednesday 10 September, 6.30pm – 8pm

The Workhouse Enniskillen, 2 Erne Road Enniskillen BT74 6NN

Meet expert advisers from:

- Invest Northern Ireland

- Fermanagh and Omagh District Council
- South West College
- InterTradeIreland

Who should attend?

- Anyone thinking of starting a business
- Existing business owners looking for tailored support

No need to register – just turn up on the day! Don't miss this opportunity to get free advice and support to take your business forward.

Welcome Ambassador Service at Devenish Island – September Opening Hours – Weekends, 11am-5.30pm

Enjoy a warm welcome as you step onto this historic island! Our friendly Ambassador will:

- Open the visitor centre and public toilets
- Offer guided tours of the ancient monastic site
- Provide helpful, informative insights during your visit

The service will be delivered by Erne Water Taxi with support from the Department for Communities Historic Environment Division.

Make your summer memorable with a visit to Devenish Island – history, heritage, and hospitality await!

Telling GAA Stories through objects with Dr Siobhan Doyle

Wednesday 10 September 2025

Strule Arts Centre

As part of European Heritage Open Week, join Dr Siobhán Doyle, Curator at the National Museum of Ireland and author of *A History of the GAA in 100 Objects*, for a unique and engaging talk exploring how the stories of the GAA are told through fascinating objects. From medals passed down through generations to well-worn jerseys and childhood Cúl Camps backpacks, these seemingly ordinary items hold powerful memories and remarkable stories.

Based on extensive research and travels across the island of Ireland, this talk offers an insight into the personal and collective histories uncovered through GAA memorabilia, and the challenges of preserving heritage through objects.

Early booking is advised. Once purchased, non-transferable and non-refundable.

Visit <https://www.fermanaghomagh.com/show/memories-memorabilia-telling-gaa-stories-through-objects-with-dr-siobhan-doyle/>

Putting Migration into Omagh History

Thursday 18 September 2025

Strule Arts Centre

Migration has shaped Omagh in ways you might not expect. Dr. Patrick Fitzgerald, Head of Research and Development with the Mellon Centre for Migration Studies at the Ulster-American Folk Park, will explore the impact of immigration, emigration, and internal movement on the area, offering a fresh perspective of how people, past and present, have shaped the town's identity.

Once purchased tickets are non-refundable and non-transferable

Book Tickets via [Putting Migration into Omagh History - Strule Arts Centre](#)

FEARmanagh 2025

Saturday 27 September

Starts and finishes at Derrygonnelly Community Centre

Registration is now open for Fermanagh's ultimate endurance adventure race!

Set in the stunning Cuilcagh Lakelands UNESCO Global Geopark, this multi-discipline challenge combines trail running, cycling and kayaking, offering an unforgettable experience in one of Ireland's most scenic and unspoiled landscapes.

Choose your challenge:

- 74km Long Course - the ultimate test of stamina
- 35km Short Course - a tough but accessible option

Sponsored by Monaghan Brothers. Don't miss out, register now: <https://bit.ly/3JhjdN>

Halloween Swap Shop & Craft Workshop!

Omagh Library Thursday 9 October, 2–4pm

Enniskillen Library Friday 10 October, 2–4pm

Fermanagh and Omagh District Council, in partnership with NI Libraries, are excited to host a spook-tacular event at your local library.

- Instead of buying brand-new costumes, why not swap, reuse, or upcycle?

Bring along your gently used costumes to Omagh Library and Enniskillen Library

before Friday 3 October and then swap them for something new to you on the above dates, or simply join in the creative fun. Please note: for safety, all costumes must carry a CE safety mark.

- Save money, cut down on waste, and give pre-loved costumes a new life.
- Plus, enjoy some fun Halloween-themed craft activities!
- Let's celebrate Halloween in style and help the planet.
- Swap instead of shop – good for your pocket, great for the planet!
- No costume to swap – no problem! You're still very welcome to join in on the fun on the day.

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/>

Cost of Living Help

<https://www.fermanaghomagh.com/services/community/community-help-support/cost-of-living-help/>

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/>

The Fermanagh and Omagh PEACEPLUS Local Action Plan

Working with a dedicated budget of €5.671,195 under Investment Area 1.1 'Building Peaceful and Thriving Communities', Fermanagh and Omagh District Council, with support from the Fermanagh and Omagh PEACEPLUS Partnership, has developed a local PEACEPLUS Action Plan.

For further information, including a copy of the Spring 2025 PEACEPLUS Newsletter, please visit <https://www.fermanaghomagh.com/services/community/the-peaceplus-programme/>

Know someone making a difference for our environment?

Nominations for the Community Climate Champion programme are open all year-round, with a new Champion selected each month.

We welcome nominations for:

- Recycling initiatives
- Litter picks
- Biodiversity projects
- Energy-saving efforts
- Any activity that promotes sustainable living!

To make a nomination or learn more visit <https://bit.ly/3TRvZno>

For queries, contact climate@fermanaghomagh.com

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 \(fermanaghomagh.com\)](http://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 |

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 Council leisure centres.

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 Council leisure centres.

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/>

For details of upcoming events for older people please visit

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

Community Wellbeing at Fermanagh and Omagh District Council

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

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

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

Community News

Emergency Alert Test

Sunday 7 September, 3pm

The UK government is testing the Emergency Alerts system on Sunday 7 September 2025 at 3pm. Compatible mobile phones and tablets will receive an alert, make a loud siren-like sound and vibrate. You will not need to take any action.

The Emergency Alerts system is used to warn if there's a danger to life nearby, including extreme weather. Regular testing ensures the system is functioning correctly, should it need to be used in a life-threatening emergency.

For further information please visit <https://bit.ly/42pWvHA>

Give blood - you could save 3 lives!

Northern Ireland needs 1200 blood donations per week. That's 1 in every 8 minutes!

Thursday 4 September Cleenish Millennium Hall

Friday 12 September Cathedral Hall, Enniskillen

Tuesday 16 September St John's B&E College, Dromore

Thursday 18 September Cathedral Hall, Enniskillen

Book your appointment via <https://nibts.hscni.net/online-booking-for-blood-donation-appointments/>

PS - Want to know if you can give blood? Check out our eligibility quiz here:

<https://nibts.hscni.net/donating-blood/can-i-donate/>

Age NI

Pension Credit information

Are you entitled to more? Many older people in the Fermanagh & Omagh area are not claiming pension credits and other benefits they may be entitled to.

Make sure you're not one of those missing out!

Contact Age NI today to check you are receiving all the financial support available to you.

Call freephone 0808 808 7575. Monday - Friday 9am – 5pm.

Or use our online benefits calculator www.ageni.org/benefits/

Launch of new support group for people affected by head and neck cancer

Northwest Swallows Support Group

Tuesday 2 September, 5.30pm – 8.30pm

Venue: Holywell Trust, 10 – 12 Bishop Street within Derry/Londonderry BT48 6PW

(Light refreshments, tea and coffee will be available from 5.30pm and proceedings will start at 6.00pm)

We are delighted to announce the launch of a new patient and caregiver support group for people affected by head and neck cancer in the North West.

The Swallows Head & Neck Cancer Support Charity are an internationally awarded charity.

The launch event will provide an opportunity to hear from local people affected by head and neck cancer, to meet the team from Swallows, and to hear about the monthly support group meetings which will take place in Derry starting from October.

Anyone can reserve a place by contacting Maura McClean, Communities Manager, Macmillan Cancer Support - Email: mmcclean@macmillan.org.uk Mobile: 07870 469682

Action Mental Health

Managing the Challenge Training

Wednesday 3 September, 10.30 am-1.00 pm

and continuing on Wednesdays 10, 17 and 24 September and 1 and 8 October

Fermanagh House, Enniskillen

Free to anyone over 18 in the WHSCT area who wants to manage their long term chronic pain condition.

Courses can be accessed by contacting your local Health Condition Support Group, Community Action Health Team, your GP or The Managing the Challenge Team: Email mtc@amh.org.uk or call 028 66720673.

For further information, visit <https://www.amh.org.uk/services/managing-the-challenge/>

Calling All Cavan & Fermanagh Community Members!

Are you ready to take control of your energy bills and stay warm this winter—without the worry? Join the following two empowering **Energy Advice Workshops** designed to help you save money, reduce your carbon footprint, and make smart energy choices at home.

Wednesdays 10 & 17 September at 7pm

The Market House, Main Street, Blacklion, Cavan

What to Expect:

- Simple, low-cost tips to insulate your home and reduce draughts
- Smart heating controls and appliance know-how
- Eco-friendly habits that cut costs without sacrificing comfort
- Info on grants and free advice to help you make lasting changes

Plus, a warm cup of tea or coffee while you learn!

Whether you're a homeowner, renter, look after community spaces or just curious—this is your chance to get practical, expert advice in a friendly setting.

Let's build a warmer, greener community together. Spread the word and bring a friend!

Register to attend: <https://forms.office.com/e/j9KQQVcXcd>

'Unmasking Nature' - Neurodivergent Perspectives on Climate and Biodiversity

Wednesday 10 September, 5.30pm for 6pm

Cavan Burren Park, Blacklion, Co. Cavan

Cuilcagh Lakelands Geopark [Google Maps location](#)

Unmasking Nature is a **free**, guided sensory walk through the ancient landscape of Cavan Burren Park, thoughtfully designed with neurodivergent participants from Cavan, Fermanagh and Omagh region. Along the path, nature reveals itself through touch, sound, scent, and movement, supporting sensory regulation while inviting participants to connect with biodiversity through immersive deep-dive stations exploring nature and neurodivergent perspectives.

Book your free place at the following link: [Google Form Sign Up](#)

NI Community Relations Council

T:BUC Engagement Forum – “Social Media and its impact on Good Relations”

Tuesday 16 September, 9.30am-1.30pm

Silverbirch Hotel, Omagh

This Engagement Forum will provide an opportunity to look at the impact social media plays on the delivery of good relations, both in all its positive ways and conversely the negative impacts too.

Visit [Book here](#) for more information and to register.

Fermanagh Gardening Society
Tuesday 16 September, 7.30pm
Killyhevlin Hotel, Enniskillen

To commence our new 2025/26 season our first speaker will be Mary Keenan, Editor of The Irish Garden magazine, and owner of Gash Gardens, Castletown, Co Laois. Mary will talk on 'Scents and scent-ability, designing and planting a fragrant garden'.

This is our first night of registration for a packed programme, and will be extremely busy so doors will open at 6.45pm.

Membership for the year is £20.00 single and £30.00 for family.

New members very welcome with visitors welcome each night at £5 payment at door.

Further information available by email at fermanaghgarden@outlook.com
or find us on facebook or instagram

Omagh Jobs and Benefits Office
Health event
Wednesday 17 September, 11am-1pm

Organisations taking part are:

- Make the Call
- The Recovery College
- Condition Management Programme
- The Cedar Foundation
- Inspire
- Action Mental Health
- Youthscape+
- The Now Group
- Omagh Healthy Living

Free event for all with advice on benefits, health, disability, mental health, training courses and wellbeing.

2025 Joint North South Public Health Conference
Thursday 18 September, Online from 10am

Turning the Tide:

Tackling the commercial and political determinants of health through policy and practice

This **free** half-day conference will explore how public health and allied health professionals, academics, policymakers and researchers can respond to the challenges posed by commercial and political determinants or factors that shape population health and wellbeing.

Further information is available at the following link - [Click here to register for the conference](#)

Omagh Forum AGM and Networking Event
Wednesday 24 September
Owenkillew Community Centre, Gortin

Omagh Forum for Rural Associations warmly invites you to our AGM and networking event with a **walk around starting from 6.45pm** to see the fabulous facilities there and hear about the growth of this social economy business in the heart of the Sperrins. AGM takes place at 7.30pm.

More details to follow, please mark the date in your diary for now.

www.omaghforum.org

Sleep Reset – Empowering You Towards Better Sleep, Energy & Wellbeing

Wednesday 1 October, 6.30pm - 8.30pm

Strule Arts Centre Auditorium, Omagh

Struggling with sleep, stress or low energy? You're not alone – and there is a way forward. Join us for an uplifting evening designed to help you understand the science of sleep, learn what's really getting in the way of rest, and discover practical steps to support better sleep, more energy, and improved wellbeing.

We're delighted to welcome Dr. Róna Girvan (Née Anderson) (*@the.balance.doctor*), a GP, Coach and Lifestyle Medic, who will explore:

- Sleep as a pillar of mental, physical and emotional health
- How stress and modern life disrupt our natural sleep cycles
- Common myths around sleep, caffeine and alcohol
- Simple, science-based tools to improve your sleep
- A compassionate approach to lasting lifestyle change

We're also joined by Tracy Lee Clarke (*Innate with Tracy Lee*) – a therapist and facilitator in BodyTalk, Reiki, and sound therapy, and a lecturer at South West College in holistic health and complementary therapies.

Tracy will share how mindfulness and meditation can transform sleep and overall wellbeing, before guiding you through a soothing meditation and sound therapy session. You'll leave with simple techniques to calm the mind, release tension, and support more restorative sleep.

This is a free event, but spaces are limited – booking is essential.

Phone 028 8225 1559 or email health@omaghforum.org to book. Booking essential!

<https://buytickets.at/omaghhealthyliving/1798414>

New Family Groups for Beragh/Sixmilecross, Coolnagard Area and Dromore / Trillick

Thanks to the generous support of the National Lottery Community Fund, we are pleased to announce that registrations are now open for our brand new Home-Start Omagh Outreach Project (HOOP) Family Groups.

These groups are designed to support families residing in specific target areas and will run weekly during term-time for children aged 0 - 4 and their parent/carer.

Details are as follows:

- Coolnagard Area (Omagh Leisure Centre)
Mondays 10am – 12 pm, Starting 29 September
- Beragh / Sixmilecross (Cornerstone Beragh)
Wednesdays 10am – 12 pm, Starting 1 October
- Dromore / Trillick (Dromore Sports Complex)
Thursdays, 10am – 12pm, Starting 2 October

Click on [Family Group Registration Form - Google Forms](#) to register.

If you have any questions or need assistance with the registration process, please don't hesitate to get in touch. Tel: 028 8224 0902 Email: info@homestartomaghdistrict.org.uk

Home-Start Lakeland

Volunteer Opportunities

We are a local family support charity who support families with young children in Co Fermanagh. Volunteers visit families in their own home once a week for 2-3 hours offering activities with children, emotional and practical support.

We are currently recruiting volunteers to meet the increasing demand for our services. If you think you could help, please call 028 6634 6818 or email info@homestartlakeland.org.uk

Northern Ireland Chest, Heart and Stroke

'Heart Strong' Course (Free of Charge)

The Oak Healthy Living Centre, Lisnaskea

This is a 6 Week cardiac education programme for those living with a heart condition.

Topics covered will include; Understanding your condition, Emotions after diagnosis, Physical activity, Healthy eating and heart health, Adopting healthier habits.

The course is **free of charge** and will be delivered in The Oak Healthy Living Centre, Lisnaskea in **September**.

To find out more, please contact your local NICHHS coordinator Linzi on 07825 702201 or Davina in The Oak on 028 6772 3843.

FarmlnMind

Stress is part of farming life but it is something that needs to be managed. When your stress level rises, so too does your risk of having an accident.

It's important that you learn to recognise the signs. When you look after yourself, you're also looking after your farm, your family and your livelihood.

So, if right now you're feeling things are getting on top of you, you may be suffering from stress and you should get some help.

For more information including a test to initially establish your levels of stress visit

<https://www.farminmind.co.uk/>

MindWise - Help Us Support Young People's Mental Health Across Northern Ireland

MindWise delivers emotional wellbeing support to children and young people, helping schools and communities create mentally healthy environments through early intervention programmes, resources, and training.

The Pay It Forward campaign is community-driven and invites individuals, schools, businesses, and groups to help fund access to programmes for youth groups and schools that need it most. Whether through a bake sale, team challenge, or something completely unique, every penny raised goes directly towards programme delivery.

For further information please email reanne.o'neill@mindwisenv.org Tel 07885 969 820

We'd really value your support

Public Health / School Nursing Involvement Opportunity

The Public Health / School Nursing Department are currently looking for Parents or carers of children that are currently of school age, that have used our school nursing / community services or are currently using our services.

Background

School nursing / public health provides a service to your children throughout all their years at school, in both primary and secondary education. Some of these services include but are not limited to:

- Vaccinations,
- Problems with Bedwetting,

- Autism support services,
- Screening review for vision, hearing and growth measurement,
- Health promotion,
- Safeguarding,
- Care plans for epilepsy and allergies.

As a Department, we would like to review our current services and ensure our parents are fully involved and informed about the services we offer and how we could improve

What to expect

Participation would be on a voluntary basis.

The first involvement meeting will be online via Teams. Date to be confirmed.

Our first involvement exercise will be reviewing Patient information Leaflets. These will be either emailed or posted prior to the first meeting, following your expression of interest in becoming involved.

How to get involved

To become involved please contact Anne Mc Monagle

email anne.mcmonagle@westerntrust.hscni.net or alternatively call 028 7186 5127 ext 217127

Please clearly state in subject line of the email: "Public Health and School nursing opportunity"

Public Health Agency

The rise of vaping among young people has become a pressing public health concern.

We want to encourage and support families to have open and engaging conversations with young people to steer them away from these products.

For help and advice on talking to your child about vaping visit www.pha.site/vaping

Don't put people around you at risk of breathing in harmful second-hand smoke.

By making the decision to quit you have already taken the first step to being smoke free.

Get help today - visit www.stopsmokingni.info to find your local free stop smoking service!

Western Health and Social Care Trust

Health Improvement Leaflets

A range of **free** leaflets and resources is available from the WHSCT Health Improvement Department. All community, voluntary and statutory organisations / groups can order from the following link [Health Improvement Leaflet Catalogue | Western Health & Social Care Trust](#)

The Erne District Chinese Families' and Friends' Association

Autumn Programme 2025

Join us for our Autumn Term of Cultural Activities - a series of events celebrating Chinese culture, language and traditions.

All activities will be held at St Michael's' Community Hall, 12 Belmore Street, Enniskillen BT74 6AA
Open to families, friends and all community members.

- **Term Dates** 13 September – 20 December 2025, Every alternate Saturday, 2pm-4pm
Come along and explore Chinese culture through training sessions that will prepare participants to take part in our Chinese New Year Event in 2026.
- **Cultural Learning & Rehearsal Dates** Saturday 13 September, Saturday 27 September, Saturday 25 October, Saturday 8 November, Saturday 22 November
- **Mid Autumn/Mooncake Festival Celebration** Saturday 11 October, 3.30pm-5.30pm

Enjoy traditional moon cakes, cultural performances, games and crafts for everyone.

- **Christmas Workshop** Saturday 6 December, 2pm–4pm
Creative Christmas themed activities and crafts.
- **Christmas & Winter Solstice Celebration** Saturday 20 December, 3.30pm-5.30pm
Celebrate the season with food, music and cultural events.

Calling Volunteers

We are looking for enthusiastic people to help us promote Chinese language, culture and traditions in our community. Whether you're fluent in Mandarin, love teaching or just want to be part of something meaningful — we would like to hear from you.

For more information or to volunteer contact us via email ernechinese@hotmail.com
Facebook messenger, WhatsApp/wechat, telephone 028 6632 4343 or mobile 07485 711652.

Survey Participation– Family Experiences of LGBTQIA+ Health Nursing

Are you a parent from the LGBTQIA+ community who has experiences with Family Health Nursing? Family Health Nursing includes Health Visitors/Public Health Nurses/Child Health Assistants.

Help inform possible improvements of Family Health Nursing experiences for parents from the LGBTQIA+ community.

We invite you to complete this questionnaire and share your experiences on how you as a parent from the LGBTQIA+ community has experienced Family Health Nursing. This research will help inform possible improvements for Family Health Nursing experiences for parents from the LGBTQIA+ community in NI.

To complete a questionnaire please click on <https://app.onlinesurveys.jisc.ac.uk/s/ulster/version-1>

Northern Ireland Statistics and Research Agency

The [Ireland and Northern Ireland - A joint census publication 2021-2022](#) was published on 2 July. The report has been produced jointly by the Northern Ireland Statistics and Research Agency (NISRA) and the Central Statistics Office (CSO) in the Republic of Ireland. It includes analysis across a range of census topics such as: demographics; households; religion; ethnicity; country of birth; health; economic status; education; and housing

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

NI Screen

We are seeking new talent from underrepresented ethnic minority, socio-economic, and disabled communities. We aim to expand the creative industries sector and create a diverse generation of 'New Entrants'. Interested organisations are invited to share their views and potentially form a creative group to develop a story.

In the first instance, we'd like to speak with interested organisations about their views on the potential of this type of engagement and see if they can convene a group of creatives to come together and develop a story.

For further information email davidc@northernirelandscreen.co.uk
or visit <https://northernirelandscreen.co.uk/skills/cine/>

The Fermanagh Trust

Civic Honour Awards

To mark 30 incredible years of supporting local communities, The Fermanagh Trust is proud to launch the Civic Honour Awards, celebrating 30 local heroes from across Co Fermanagh. Each awardee will receive a £1000 bursary for the community organisation they're involved with. Two Award Categories:

- Inspirational Young Person (aged 30 and under)
- Community Impact and Legacy (30+ years of service)

Nominate via <https://forms.gle/9N7DA7zoqBXNxGFXA>

For further information email sonya@fermanaghtrust.org

Switch to Digital Landlines

Telecare users and their loved ones are urged to speak to telecoms providers ahead of switch to digital landlines

Users of lifesaving alarms are encouraged to call their providers to access additional **free support** with the switchover from copper to digital landlines.

During the switchover, telecoms companies will send engineers to help customers and test connections of telecare alarms used by 2 million nationwide.

Vulnerable people who rely on lifesaving telecare alarms to call for help are urged to get in touch with their landline providers so companies can provide additional support for them during the switch to digital landlines.

The switch from analogue to digital landlines is being rolled out across the country as copper networks become increasingly unreliable and spare parts are no longer available.

Putting safety at the centre of the switchover, landline companies will send an engineer to carry out the switchover and personally test the telecare alarm, ensuring it continues to work once a household has moved onto the digital network. Landline providers will also offer vulnerable customers with a free battery back-up device so their landline can continue working in an outage.

[More information on the Digital Switchover can be found here](#) and the new awareness campaign video can be viewed here <https://youtu.be/7Qklcdq7PQo>

To find out more about the support available, customers of all major providers can easily find contact information on www.digitalphoneswitchover.com

BT and Virgin Media landline customers can call on 150 from their home phone.

Volunteer Now

For a list of our scheduled training courses visit <https://bit.ly/VNCoursesScheduled> and for our on demand courses visit <https://www.volunteernow.co.uk/training/on-demand-courses/>

Latest Volunteering Opportunities

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

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

Erne Paddlers

Our outdoor progressive skills based paddlesports courses continue during September and we have something to suit all levels of experience and ability, including Kids and Family Fun paddling every Friday evening and fully inclusive sessions on Thursdays.

Look out for our special Wednesday evening try different multicraft sessions and our midweek and weekend lough and sea kayaking trips. The club can also provide bespoke group sessions for any organisation. Just get in touch to find out more.

Erne Paddlers is a not-for-profit registered charity and an inclusive club and we want as many people as possible to experience the health and wellbeing benefits that paddlesports can bring.

We're now working from our new base at the Round O in Enniskillen. Come and say hello and find out more, we're there most evenings. We have a flexible pricing structure with a range of discounts available including assistance rates.

Full details of all courses and activities are published here: www.ernepaddlers.org.uk/events

Check us out 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.

Action Mental Health

'Mindset' Programme

For young people, aged 14 - 17 years, or adult groups

The programme is three-hours in length. It can be delivered in either one or two sessions and aims 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
- highlight information and/or resources on mental health support organisations available (locally and regionally).

Both programmes are fully funded so can be delivered at **no cost** to anyone interested in running the programme.

For further information email amhmenssanani@amh.org.uk or telephone 028 9442 5356

Free youth programmes

Open to secondary school aged young people/young adults (up to 25 years) in the Fermanagh and Omagh area -

'Provoking Thought (11- 25)' and 'Mental Health Ambassador (for 16+)' are delivered in connection with Ulster University as part of the Our Generation project.

We provide 6 group sessions (1.5 hours each). These can be scheduled weekly or alternatively they can be provided over a week depending on what suits the setting.

For further information please contact Rachael Melanophy, M: 07751802961

E: rmelanophy@amh.org.uk W: www.amh.org.uk

Oak Healthy Living Centre

Lisnaskea

For a copy of our Autumn / Winter 2025 programme of activities

visit <https://www.facebook.com/photo?fbid=1177544864415897&set=pcb.1177546877749029>

Tel: 028 6772 3843

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

Alzheimer's Society

Dementia Café Fermanagh

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

The session blocks are held on the following **Mondays**, 2–4pm:

- 22, 29 September, 6, 13, 20, 27 October 2025
- 3, 10, 17, 24 November, 1, 8 December 2025
- 2, 9, 16, 23 February, 2, 9 March 2026

Carers Peer Support Fermanagh

A warm and welcoming group for carers of people with dementia to meet and chat.

The session blocks are held on the following **Tuesdays**, 2-3.30pm.

- 16, 23, 30 September, 7, 14, 21 October 2025
- 4, 11, 18, 25 November, 2, 9 December 2025
- 3, 10, 17, 24 February, 3, 10 March 2026

Carers Information Support Programme (CrISP)

for carers, family, and friends of people with dementia

Please note you only need to attend one of the below blocks. The session blocks will be held on the following dates:

- 15 and 16 September 2025, 6-8pm
- 4 and 5 November 2025, 6-8pm
- 19 and 20 January 2026, 2-4pm

All sessions are held in Fermanagh House, 6 Broadmeadow Place, Enniskillen, BT74 7HR.

Light refreshments are provided.

For more information and to book your place, contact:

Martin Bradley, Dementia Adviser: 07725 475715

Rita O'Loughlin, Dementia Adviser: 07889 148927

Alzheimer's Society

Dementia Café Omagh

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

The session blocks are held on the following **Mondays**, 11am-1pm:

- 1, 8, 15, 22, 29 September, 6 October 2025
- 22, 29 September, 6, 13, 20, 27 October 2025
- 3, 10, 17, 25 November, 1, 8 December 2025
- 2, 9, 16, 23 February, 9 March 2026

Carers Peer Support Omagh

A warm and welcoming group for carers of people with dementia to meet and chat.

The session blocks are held on the following **Tuesdays**, 11am-12.30pm:

- 2, 9, 16, 23, 30 September, 7 October 2025
- 4, 11, 18, 25 November, 2, 9 December 2025
- 3, 10, 17, 24 February, 3, 10 March 2026

All sessions are held in Courtyard Bar, Silver Birch Hotel, Omagh BT79 7DH

Light refreshments are provided.

For more information and to book your place, contact Julie-Anne Casson, Dementia Adviser on 07889 604702

Aisling Centre

37 Darling Street, Enniskillen BT74 7DP

For further information on any programmes, please contact Aisling Centre on info@theaislingcentre.com or telephone 028 6632 5811 (unless stated otherwise).

Groups & Programmes:

- **Cuilcagh Dawn Trek 2025 – Saturday 6 September at 6.30am** - We look forward to you joining us on what promises to be an enjoyable and special trek as we come together to mark World Suicide Prevention Day 2025. Please visit <https://cuilcagh2025.eventbrite.co.uk> for more information or to purchase tickets.
- **Richard Britton Remembered 20th Anniversary Run – Saturday 13 September meeting at 11am** at the Round O, Enniskillen, finishing in Boho Community Centre. £20 per person including food, bike display and rider meets. All proceeds for Aisling Centre in aid of adult mental health and suicide awareness.
- **Charity Live Music Event – Thursday 18 September from 9pm** – with music from the Senators, John Lowry and guests. Hosted by Mahon's Hotel with proceeds going to Aisling Centre. Tickets cost £10 and are available from Aisling Centre, Mahon's Hotel or by calling Tracey on 07514 030972.
- **Forget Me Not** – Bereaved by Suicide support group meets first Monday of every month at 7.30pm. Next meeting Monday 1 September.
- **Mindfulness Meditation** – Monthly drop-in sessions, last Tuesday of every month at 7pm. Next meeting Tuesday 30 September.
- **Self Care Sessions** – Monthly drop-in sessions, first Tuesday of every month at 10am. Next Meeting Tuesday 2 September.

Other Groups:

- **Alcoholics Anonymous** – 3 meetings per week at Aisling Centre.
- **Aware** – Mental Health Support Group. Meets every Tuesday at 7pm. If you would like to attend, please email sarah@aware-ni.org.
- **Escapists** – Support Group for Carers. Meets Wednesdays 10.30am-1pm. Currently on summer break, will return in September.
- **Fermanagh Pride** – Meets fortnightly on Thursdays at 7pm. 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.

Yoga Timetable (please contact individual facilitators to book):

- | | | |
|-------------|-----------------------------|--------------------------|
| • Christine | Mondays at 5.30pm | 07722 550040 |
| • Leila | Mondays at 7pm | 07594 026531 |
| • Catherine | Tuesdays at 10am | 07730 797775 *new class* |
| • Elena | Tuesdays at 7pm | 07894 037450 |
| • Leila | Tuesdays at 7pm | 07594 026531 |
| • Alasdair | Wednesdays at 6.30pm | 07776 290903 |
| • Genny | Thursdays at 12pm | 028 8754 1994 |
| • Theresa | Thursdays at 6pm (men only) | 07923 694523 |
| | 7pm and 8pm (both mixed) | 07923 694523 |

Public Consultation - Draft Transport Strategy

The Department for Infrastructure is preparing a new Transport Strategy. The Strategy will set out a new vision and strategic priorities for our transport system through to 2035. Your insights will help shape a transport system that works for all, whilst also safeguarding the environment for future generations.

Please have your say by completing the online questionnaire. The survey is quick and simple to complete and seeks views on our vision, strategic priorities, proposed approach, delivery and monitoring.

Visit <https://www.infrastructure-ni.gov.uk/consultations/transport-strategy-2035> for more information and a link to complete the online survey.

If you require a paper copy of the questionnaire, please contact tpmu@infrastructure-ni.gov.uk

The Consultation closes on Tuesday 16 September 2025 at 5pm

Community Research Opportunity

Exploring Community Perspectives on the Resilience of NI's Tourism Landscape

The project explores how Northern Ireland, a destination that has faced multiple crises, can improve its ability to manage future challenges in ways that prioritise residents' wellbeing and promote long-term social, environmental, and economic well-being, particularly in the context of tourism. The study focuses on understanding the barriers that make it difficult for destinations to adapt to change, particularly crisis-induced change, by examining the perspectives of local communities and various industry professionals.

It's important that residents' voices are heard. Community insights are currently being gathered through a short survey (approximately 10 minutes).

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

For more information and access to the Survey visit <https://forms.cloud.microsoft/e/5SXbjAXuRN>

Ulster University Research Survey

Researchers at Ulster University are conducting a 20-minute anonymous survey looking at the relationship between individuals' natural preference for the time of day they are active or are sleeping, eating behaviours and exercise timing preference and the lifestyle factors that may influence them.

The eligibility criteria is:

- Individuals aged 18+
- A resident of the United Kingdom
- Have a body mass index (BMI) of more than 25 kg/m² ([Calculate your body mass index \(BMI\) for adults - NHS](#))
- If you are willing to complete an anonymous survey online

If interested please read the following [Participant Information sheet.docx](#)

and complete the survey using the following link:

<https://redcap.science.ulster.ac.uk/redcap/surveys/?s=JL9ML7CTMT43L8WC>

Floating support service for adults with physical or sensory disabilities

Are you an adult living with a physical or sensory disability or acquired brain injury in the Fermanagh and Omagh council area?

Threshold Services offer a floating support service that provides housing-related support to help people maintain their independence and stay in their own homes.

Our areas of support include (but aren't limited to): managing tenancy, moving home, daily living skills, benefit management, correspondence, safety and security, health and well-being, community access, and social inclusion.

Ask us about a referral or find out more by contacting Nick
via email Nick.Campbell@threshold-services.co.uk or via phone 07742 071440

Are you involved in the management/leadership of a sports club?

Ulster University are investigating how community sports clubs support low-income families and/or families who are struggling financially. As part of their research, they need those involved in the management/leadership of community sports clubs/organisations in Ireland and Northern Ireland to complete a short, anonymous survey on the cost-of-living crisis, sport and support for children and young people.

To access, please click on [Take the survey](#) if you are a chairperson/secretary/treasurer/youth rep/fundraising officer/etc.

Questionnaire to Patients on Waiting Lists

'While You Are Waiting: Support for Patients on a Waiting List'

Help Us Shape this Policy!

The Department of Health recognises that waiting times for treatment are too long and understands the need to support people while they wait.

In that context, the Department is currently developing a new policy to support people on waiting lists, with its aims being to:

- Help people stay as well as possible
- Support people to prepare for treatment
- Ensure people don't feel forgotten
- Connect people with advice and support when they need it

The Department of Health would like to hear directly from people on a waiting list as well as their families and carers.

Your views and experiences will help the Department of Health understand how to better support people while they wait for treatment and will assist in shaping the policy.

Please be assured that all responses will be treated in the strictest of confidence and will be read only by the Elective Care team in the Department of Health.

Link to survey: ['While You Are Waiting: Support for Patients on a Waiting List' - Help Us Shape this Policy - NI Direct - Citizen Space](#)

Thank you in advance for taking the time to complete the survey and for being part of this important work.

Training Opportunities

Free Environmental Awareness Workshops

Wednesdays

3 Sept – Safeguarding Water @ Cavan Adventure Centre

10 Sept – Grow Your Own Food @ Daisyhill House & Gardens

17 Sept – Pollinators & Biodiversity @ Florence Court House

24 Sept – Leave No Trace @ Oakwood Bushcraft Forest School

This September, join a **free** 4-part Environment Workshop Series **for young adults (17–25)**.

- Learn, lead, and make a real difference.
- Free transport from Enniskillen & Cavan Town
- Hands-on sessions, real impact & new connections

For further information and to register visit <https://bit.ly/4mnWCgd>

Aware NI

Mood Matters for People with Cancer Experience

Monday 1 September, 1:30pm – 3:30pm

Tailored to support people currently living with cancer or in recovery, or the friends, family or carers of someone impacted by cancer.

[Click here to sign up](#)

Living Life to the Full for People with Cancer Experience

Six-week cognitive behavioural therapy based programme beginning Monday 8 September, 1:30 - 3:30pm

Tailored to support people currently living with cancer or in recovery

[Click here to sign up](#)

Mindfulness for Parents

Six-week course beginning Monday 8 September, 10:00am – 12:00pm

Designed to help parents manage stress and be present in daily life.

[Click here to sign up](#)

Mood Matters for Parents

Wednesday 10 September, 7:00pm – 9:00pm

For parents of children aged 3 and under. Learn tools to support your own wellbeing while parenting young children.

[Click here to sign up](#)

Interested in learning Makaton to build your skills in inclusive communication?

Register now for free Makaton Training

Makaton is a unique communication programme that uses symbols, signs and speech to support communication. It is widely used by parents, carers, educators and healthcare professionals supporting individuals with communication difficulties.

For further information and registration:

- [Complete this short form](#); or
- Email Denise at makatontrainingwithdenise@gmail.com

Future-proof your career with GRASP – the Green Accelerator Skills Programme

Gain free access to over 40 courses in sustainable construction, energy efficiency, renewables, and low-carbon materials. Learn through expert-led online training and hands-on sessions across Ireland and the UK.

Perfect for tradespeople, site managers, industry leaders, unemployed or those looking to upskill.

Apply now at <https://lnkd.in/gcabZ9Ka>

Supported by PEACEPLUS and delivered in partnership with leading colleges and training providers including South West College (SWC)

Take 5 Ambassador Training

Online via Zoom

Tuesday 16 September, 10am to 12pm <https://forms.office.com/e/D0jipF1kWC>

The training explores the Take 5 Steps to Wellbeing approach, examines the Take 5 toolkit and offers the opportunity for participants to share examples of best practice, learning how they can integrate the Take 5 approach into their future work.

Participants are encouraged to engage in discussion, share their thoughts, ideas and provide examples of previous work that may be helpful to other participants.

Each participant will receive a course handbook and a digital version of the Take 5 Steps to Wellbeing Toolkit.

Participants may join the WHSCT trust Take 5 Ambassador network. A platform for sharing relevant information, examples of best and supporting other Take 5 Ambassadors.

Specialist gaming and gambling harm prevention workshops

Wednesday 17 September, 10am-12.30pm online

Book your **free place** by emailing training@ygam.org

Do you work with children & young people in Northern Ireland? Learn about the blurred lines between gaming and gambling harms and how you can help safeguard the young people you work with.

Did you know?

- 26% of 11-17 year olds have spent their own money on gambling in the last 12 months.
- 87% of 8-25 year olds play online games at least 3 times a week

Following your session you will receive:

- A City & Guilds certificate and digital credential
- Access to resources to use in your practice

For more info about us and our training please visit www.ygam.org

Western Health and Social Care Trust

Recovery College Autumn/Winter 2025 Prospectus.

<https://westerntrust.hscni.net/service/recovery-college/>

We have some exciting workshops coming this term across our 5 locations. If you are interested in attending any workshops please enrol by either;

- completing our enrolment form in the back of the prospectus
- emailing us on recoverycollege@westerntrust.hscni.net
- phoning us on 028 8225 2079 or
- completing our online enrolment form which can be found in the prospectus or at the following link <https://forms.office.com/e/RKy3i6khzX>

We are looking forward to seeing you this term. If you have any queries please do not hesitate to contact us by phone on 028 8225 2079, email recoverycollege@westerntrust.hscni.net or dropping into our office at Lisnamallard, 5b Woodside Avenue, Omagh BT79 9BP

WHST Health Improvement Equality & Involvement (HIEI) Department

Second Edition Training Brochure

Free training courses taking place across the Trust from 1 September to 31 March

Open to everyone.

Courses include mental health, physical activity, nutrition and many more

In this second edition, the training courses are found under the headings of Children & Families, Emotional Health & Wellbeing, Nutrition, Physical Activity, Sexual Health, Smoking Cessation and the Traveller Health and Wellbeing Programme.

The Department is delighted to introduce two brand new courses; 'Stay Strong, Stay Steady: A Movement Course' and 'LGBTQIA+ Awareness Training'.

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

To view the Training Brochure click on <https://westerntrust.pagetiger.com/hiei-training-brochure-september-2025-april-2026/training-brochure-sept-2025-march-2026> .

For course details, including times and course content and to book a place, please click the 'Click to Register' icon beside each course which takes you to the Eventbrite registration page.

For further information and any queries in relation to the Training Brochure or if you would like to be added to the HIEI mailing list, please contact the department on 028 7186 5127/Ext 217126

Order Leaflets via [Health Improvement Leaflet Catalogue | Western Health & Social Care Trust](#)

Funding Opportunities

Community Defibrillator Funding Programme

The British Heart Foundation Northern Ireland is now inviting applications for its Community Defibrillator Funding Programme.

The scheme is open to communities across Northern Ireland and BHF NI has said areas with greatest need will be prioritised.

Successful applicants will receive a defibrillator and cabinet, and installation costs will be covered where required. Future replacement parts will be free of charge when they expire or are used in an emergency for up to 10 years.

BHF NI's community defibrillator programmes have helped fund 117 defibrillators across NI over the past 10 years, with the lifesaving devices being placed in every county.

As you may be aware, there are around 1,400 cardiac arrests a year that occur outside of a hospital. These out-of-hospital cardiac arrests (OHCA) have a survival rate of less than 1 in 10. Every minute without CPR or defibrillation during cardiac arrest reduces a person's chance of survival by 10%.

This lifesaving opportunity is open to:

- Community groups
- Sports clubs
- Places of worship
- Social clubs
- Parish councils
- Local social enterprises
- Community centres ...and many more.

For more information and details of how groups in your area can apply, you can follow the following link <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/apply-for-a-free-defibrillator-for-your-community>

Halifax Foundation

THRIVE Programme

Online pre-application sessions -

Tuesday 2 and Thursday 4 September at 11am

Please email grants@halifaxfoundationni.org to register

This is a new grants programme to celebrate the Foundation's 40th year made possible thanks to additional funding from their sole funder Lloyds Bank.

THRIVE aims to support charities in providing financial advice, building financial resilience, delivering financial education, or encouraging good financial health among people in greatest need.

Registered charities can apply for grants of up to £15,000 over 2 years.

Opens for applications on 1 September and closes at 12 noon on 26 September 2025

For further details visit <https://www.halifaxfoundationni.org/thrive/>

Building the Community-Pharmacy Partnership Programme

Funding Now Open

Level 1 BCPP Taster Project closes Thursday 25 September

Level 2 BCPP Full Project closes Thursday 6 November

For more information Tel 028 3026 4606 or email bcpp@cdhn.org

BCPP's aim is to reduce [health inequalities](#) by focusing on the [social determinants of health](#), in particular social support, community connections and access to healthcare through community pharmacy, and by enabling project participants and the community and pharmacy partners to

consider the social factors that impact health (e.g. poverty, housing, and social isolation). The most deprived communities and those who are most affected by health inequalities are specifically targeted for the programme to ensure those most in need are included.
For further information visit <https://www.cdhn.org/bcpp>

National Garden Scheme's 2026 Community Garden Grants

Applications will open on Monday 15 September 2025

Eligible community garden projects from England, Wales and Northern Ireland are welcome to apply for grants of between £1,000 and £5,000. Applicants must be a fully set up community group, registered charity or Community Interest Company (CIC) with a functioning non-personal bank account. An application must relate to an existing or proposed community garden or similar site. Funding can be towards plants and containers, materials for flower or vegetable beds and other hard landscaping, greenhouses, polytunnels and sheds, seating, hand and power tools, refreshments, etc.

For further details visit <https://ngs.org.uk/who-we-are/community-garden-grants/>

Henry Smith Foundation

Holiday Grants Programme prioritising children with disabilities

One-off grants for schools, youth groups and non-profit organisations to take children aged 13 and under on recreational day trips or short residential trips.

Funding guidelines

- Grant amount: £500 – £2,750 per trip
- Trip length: A day trip or residential trips of up to 7 days
- For trips from September to December, **apply up until Wednesday 19 November.**
- Age range: Children must be aged 13 or under
- Eligible organisations: Schools, youth groups and UK-based non-profits
- Trip type: Recreational only — no educational or religious aims
- Location: Trips must take place within the UK, Isle of Man or Channel Islands
- Deadline: Apply at least 5 weeks before the trip

More information available at [Holiday grants - Henry Smith](#)

Dormant Assets NI

This funding is for voluntary, community and social enterprise (VSCE) organisations in Northern Ireland. We want to help these organisations to be stronger and able to deal with future challenges.

The work we fund must make your organisation more resilient and prepared for the future. You should do this by increasing the skills and capacity in your organisation.

You should focus on what will strengthen your organisation the most. For example, you could improve:

- confidence and skills in using digital technology
- how you track and measure your impact
- financial skills and management
- governance and leadership skills
- volunteer recruitment and management.

[See what we're hoping to fund](#) for details.

We'll only fund projects that will make your organisation stronger. We will not fund the delivery of an activity in your community. For example, to expand the activity into new areas.

We offer funding from £300 to £20,000. And can support your project for up to 2 years.

We distribute this money as part of the Dormant Assets Scheme.

The money does not come from The National Lottery. It comes from financial accounts that people have not used in over 15 years.

Application deadline: We expect to take applications until 2027.

For more information visit <https://www.tnlcommunityfund.org.uk/funding/programmes/dormant-assets-for-all>

Northern Ireland Policing Board Police Property Fund Large Grants Scheme

This Large Grants Scheme will see up to £150,000 awarded in grants of between £20,000 and £30,000 to projects which are strategic in nature and work with local PSNI, contribute to community safety and/or building confidence in policing and are aligned to a charitable purpose.

The Scheme is designed to support projects that will improve safety and support partnership building and relationships with policing and within communities.

All information on the eligibility criteria, including the application documentation, can be found on the Board's website <https://www.nipolicingboard.org.uk/police-property-fund>

The closing date for this call will be Monday 22 September 2025.

New Fund to Combat Hate launched by CFNI

For further information/to apply visit <https://communityfoundationni.org/news/new-fund-to-combat-hate-launched-by-cfni/>

Deadline - ongoing

The National Lottery – Climate Action Fund

The Climate Action Fund is our commitment to help communities tackle climate change. We're supporting communities to be environmentally sustainable.

With Climate Action Fund – Our Shared Future we want to involve more people in climate action. And we want to inspire bold and exciting change.

We'll only fund projects developed in a formal partnership with other organisations.

We're looking for partnership projects that reach more people by either:

- linking climate action to the everyday lives and interests of local communities. And inspiring them to take action.
- influencing communities at a regional or national level. Like linking up groups across locations. Or a campaign that inspires change across one country, or the whole UK.

You do not have to be a climate or environment focused organisation to apply

For full information visit [Climate Action Fund - Our Shared Future | The National Lottery Community Fund](#)

Application deadline:

We plan to stay open to applications until late 2025. We'll share the final deadline soon.

The National Lottery Community Fund

Strengthening Communities is our funding for community led projects. It will help us deliver our strategy, 'It starts with community.'

We know that communities have many strengths and resources. We'll fund projects that use these to help make people's lives better.

Your project must:

- involve people who experience poverty, disadvantage or discrimination
- support people early to help prevent negative experiences
- be led by your community and build on its strengths and connections.

[See what we're hoping to fund](#) for details.

For further information visit

<https://www.tnlcommunityfund.org.uk/funding/programmes/strengthening-communities>

Application deadline: Ongoing

Opportunity for Local Artists, Creatives and Organisations – Immersive Arts UK Final Funding Round

[Immersive Arts UK](#), is a nationwide programme supporting artists and creatives to explore and develop work with immersive technologies.

We've just opened the second and final round of our funding programme, which is open to artists and creative teams at any stage of their immersive journey, from those curious about starting out, to those ready to scale up an existing prototype.

The fund offers three levels of support:

- Explore £5,000 For early-stage exploration of immersive practice
- Experiment £20,000 For testing ideas with audiences
- Expand £50,000 For developing a prototype into a completed work

Applications are open until the end of September 2025, with funded projects starting in early 2026.

You can find all guidance and application details here immersivearts.uk/funding/ or contact Colm O'Donnell on 028 7126 0562 Email c.odonnell@nervecentre.org www.nervecentre.org

SEUPB Change Maker Fund – Now Open for Applications

The Special EU Programmes Body (SEUPB) is currently inviting applications to the [Change Maker Fund](#). Environment and Climate is a key theme and would facilitate more local/smaller focused projects that the Environment Fund doesn't facilitate.

The Empowering Communities Programme is structured into three distinct yet interlinked strands:

Strand 1: The Empowering Communities to Embed Peace Small Grants Programme - This strand facilitates grassroots-level peacebuilding by providing small grants to local community organisations. It enables a bottom-up approach, empowering people and organisations to directly contribute to peace and reconciliation within their communities.

Strand 2: The Institutional Capacity Development Programme - This strand focuses on enhancing the capabilities of institutions to effectively engage in and support peacebuilding efforts. By strengthening organisational capacities, it ensures the sustainability and effectiveness of peace initiatives.

Strand 3: The Community-Based Safety Interventions Programme - This strand aims to promote safety and cohesion within communities through targeted interventions. By addressing safety concerns, it fosters an environment conducive to peace and reconciliation.

Full guidance and application materials can be accessed via the SEUPB website:

<https://peaceplussupport.seupb.eu/changemaker-key-documents>