

Fermanagh & Omagh District Council Community Support News – January 2026

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 February's Newsletter is Tuesday 27 January

Council News & Events

Grant Aid/Sponsorship & Bursary Support Call for Applications 2026 / 2027

Fermanagh and Omagh District Council invite online applications from voluntary clubs, societies, community groups, social enterprises and sporting organisations for Grant Aid and Events & Festivals Sponsorship. Bursaries are also available for individuals in the area of Culture and Sport. Applicants must be based in the Fermanagh and Omagh District Council area.

**Applications for the following funding streams will open on
Wednesday 7 January 2026 and will close on
Wednesday 4 February 2026 at 5pm.**

Applications are invited in the categories listed below.

Grant Aid:

- Community & Wellbeing
- Community Premises Support
- Ending Violence Against Women & Girls - Local Change Fund
- Good Relations
- Irish in the Community
- Project Development (Rolling)
- Seeding (Rolling)
- Sports Team - Significant Sporting Achievement (Rolling)
- Summer Schemes 2026 - July/August
- Ulster Scots in the Community
- Verti-Draining

Sponsorship:

- Events and Festivals Sponsorship - (Medium/Large Scale Events)

Bursaries:

- Irish Language (Academic)
- Irish Language (Gaeltacht) Minors, Adult, Family
- Sport (Rolling)

Projects/Activities/Events must take place during the 2026/2027 financial year.

For further information:-

Email: Grants & Bursaries grants@fermanaghomaggh.com
Sponsorship events@fermanaghomaggh.com
Telephone: 0300 303 1777
Textphone: 028 8225 6216

Grant Aid - for Older Persons Groups

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

Allison Forbes Tel: 07955 787456 or Email: afortbes@southwestagepartnership.co.uk



Drop-In Funding Fair

Monday 19 January 2026, 4pm-7pm

The Bawnacre, Irvinestown

Join us to explore funding opportunities, connect with partners, and discover resources to support your projects and community initiatives.

More details coming soon – mark your calendar!

Fermanagh Lakeland Forum Redevelopment

The first Construction Newsletter for the Fermanagh Lakeland Forum Redevelopment Project is now available. To read the newsletter click [here](#) and then select 'Newsletter'.

This edition includes:

- Updates on project progress
- Details of community activities undertaken in the local area as part of the redevelopment project
- Information on education and employability initiatives

Community Wellbeing at Fermanagh and Omagh District Council

For up-to-date information in relation to Sport and Countryside Recreation programmes, events and activities across the district visit <https://www.facebook.com/CommunityWellbeingFODC>

New programmes and events for classes starting in January 2026 are continually being added.

If you have any questions or queries regarding Community Wellbeing programmes or activities, please [get in touch](#)

Age and Access Friendly Charter

This new initiative supports local businesses, venues and organisations to make positive changes that help older people and people with disabilities access services with ease and confidence.

By signing up, you'll be recognised as an Age and Access Friendly venue - showing your commitment to inclusion, independence and community wellbeing.

Small changes can make a big difference.

Download the Charter and checklist today at <https://www.fermanaghomaggh.com/.../become-age-and-access.../>

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/>

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/>

1. Department of Education Consultation on a new "Attendance Matters" Strategy.

This consultation relates to issues associated with ensuring that children and young people attend school every day. The pandemic together with the financial crisis has resulted in different routines for families and at times, a different way of learning which means regular attendance at school has been adversely affected.

Link to Consultation: [Consultation on a pupil attendance strategy - Attendance Matters | Department of Education](#)

Closing date for responses Friday 6 March 2026

2. Department for Infrastructure Consultation on Draft Road Maintenance Strategy.

This consultation outlines how the Department proposes to manage and maintain our roads over the coming years. It outlines the principles that will guide decision-making, prioritisation, and investment - ensuring that resources are used effectively to deliver maximum public value.

Link to Consultation: [Draft Roads Maintenance Strategy - NI Direct - Citizen Space](#)

Closing date for responses Friday 30 January 2026

3. Department for Communities Consultation on a Draft Disability Strategy.

This consultation aims to improve the lives of people who are Deaf and disabled, their families and carers so that they can play a full and active role in all aspects of our society.

Link to Consultation: [Draft Disability Strategy Public Consultation - NI Direct - Citizen Space](#)

Closing date for responses Friday 20 March 2026

4. Department of Finance Consultation on Small Business Rate Relief (SBRR) Options.

This consultation is being taken forward by the Department following the Strategic Review of Small Business Rate Relief that took place in the first half of the 2025/26 rating year.

Link to Consultation: [Consultation on Small Business Rate Relief \(SBRR\) Options - NI Direct - Citizen Space](#)

Closing date for responses Thursday 29 January 2026

5. Fermanagh and Omagh District Council Consultation on Draft Off-Street Parking Order.

This consultation is in anticipation of the Department for Infrastructure's planned revocation of existing legislation (the Off-Street Parking (NI) Order 2000) in 2026-27.

Link to Consultation: [Draft Fermanagh and Omagh District Council Off-Street Parking Order Consultation](#)

Closing date for responses Sunday 1 February 2026

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 <https://www.fermanaghomagh.com/services/community/> or 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 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.fermanaghomagh.com/services/community/irish-language/>

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

Exploration of our cultural roots through music

Public Consultation

This programme focuses on the musical traditions associated with our district to explore, promote and celebrate the commonality of our cultural roots. This programme will include cross border partnership working including Monaghan, Leitrim and Cavan County Councils and include a range of cross border workshops, festivals and events to celebrate the vast range of cultures that exist in society today. The project is delivered by Dun Uladh Heritage Centre & Fermanagh and Omagh District Council through the PEACEPLUS Local Action Plan. The project aims to **preserve heritage, strengthen cultural and social identity, transmit historical narratives and values across generations, and foster mutual understanding and respect among diverse communities**. Music serves as a powerful, universal medium for understanding the human experience in its rich diversity.

The ‘**Exploration of our cultural roots through music**’ team are currently hosting community consultation events to hear what activities local people would most like to see delivered in their area. Remaining events are being held as follows:

- **Erne West** – Wednesday 7 January 2026, Lakeland Community Care Ltd, Belcoo 11am-1pm
- **West Tyrone** – Thursday 8 January 2026, Dromore Sports Complex, 6.30pm to 8.30pm
- **Omagh** – Wednesday 14 January 2026, MACCA Resource Centre, Omagh 7pm-9pm

Everyone is welcome to attend, and refreshments will be served.

For more information on the ‘Exploration of our cultural roots through music’ programme and upcoming events please contact peaceplus@dunuladh.ie or by telephone on 028 8224 2777.

Primary Schools Invited to Take Part in Environmental Youth Speak Competition

Fermanagh and Omagh District Council in partnership with South West College and The Executive Office District Council Good Relations Programme is inviting Primary Schools across the District to take part in this year’s Environmental Youth Speak Competition.

The competition, open to pupils in Primary 5 to Primary 7, encourages young people to explore key environmental issues through public speaking. Schools can nominate either a team of up to three pupils or an individual to represent their school.

The theme for the 2026 competition is “The Importance of Reuse & Repair.”

Pupils are invited to research and present their views on the topic in an initial written submission, **to be submitted by Friday 16 January 2026**. Shortlisted entrants will then be invited to take part in the finals day, which will take place on Thursday 26 February 2026 at South West College, Omagh Campus.

For more details visit <https://www.fermanaghomagh.com/article/primary-schools-invited-to-take-part-in-environmental-youth-speak-competition/>

Heritage in The Sperrins

Saturday 17 January

An Coire Arts Centre

Maghera BT46 5NH

The Sperrins Partnership warmly invites you to a day of shared learning and networking at our inaugural Sperrins Heritage Conference.

Hosted by local legend Paddy Glasgow in the stunning An Coire Arts Centre, this event offers a unique opportunity to hear from leading voices in built, natural, and cultural heritage at both national and local levels. Most importantly, it is a chance for us to learn from you about the

heritage assets within your own community — and to explore how they might be promoted, protected, and conserved for future generations.

A full programme will be circulated to all registered participants closer to the date. The conference promises to be a valuable occasion for anyone interested in advancing heritage across the Sperrins so please come along and help us celebrate Sperrin Area of Outstanding Natural Beauty. Refreshments and lunch will be provided.

Attendance is free; however, we kindly ask that all participants register in advance. Register your space [here](#).

If you have any questions, please contact us at info@sperrinspartnershipproject.com

Feeding Britain

Monday 19 January, 10.30am-1.30pm

Space - Antrim: 51-55 High Street, Antrim BT41 4AY

Organisations involved in community food initiatives in Fermanagh and Omagh are invited to this event. It is open to any organisation which is working in, or has an interest in, addressing hunger in local communities. The event will end with lunch.

To register to attend (or to sign up for information about future events or initiatives) please click on [Community Food Initiatives 19 January 2026](#)

Find out more about Feeding Britain at www.feedingbritain.org

Wonderful Winter Bird Walk

With British Trust for Ornithology (BTO) NI

Saturday 25 January, 10am–12pm

Lough Head Park, Lisnaskea

Free event – booking essential!

Book your place: <https://www.bto.org/our-work/events/wonderful-winter-bird-walk-lisnaskea-co-fermanagh>

Winter is a fantastic time to explore local nature, with many bird species migrating to Northern Ireland for the colder months. Lough Head Park in Co Fermanagh is a beautiful spot, home to a rich variety of woodland and wetland birds seeking a winter refuge.

Join us for a relaxed and friendly morning of watching, listening, and enjoying our wonderful winter birds together. Whether you're completely new to birdwatching or already experienced, you're very welcome! Come along to pick up ID tips, learn from others, and share your own knowledge.

Wrap up warm and we'll see you there!

Design the International Women's Day 2026 Poster

Open to ages 12-25

Reclaim the Agenda is inviting young people to submit artwork for the International Women's Day 2026 poster, themed Strength in Solidarity. The winning design will be featured as the main image for the poster and event programme, with other entries potentially highlighted across social media and event materials. Prizes: £100 for the winner, £50 for two runners-up.

Full information available at <https://www.reclaimtheagenda.com/iwd-poster-competition-2026>

Deadline: Saturday 31 January 2026

Henry Healthy Start Programme

This programme is available for families with children 0-5 years across NI and is commissioned by the PHA. It can help families with young children learn something new and receive support to provide a healthy start for their children and indeed the entire family.

Henry is an 8 week structured programme covering the 5 themes below, which are key to ensuring a healthy start in life.

- Promote parental confidence
- Physical activity
- What children and families eat
- Family lifestyle habits
- Enjoying family life and reducing stress

Henry is available via a blended approach - we offer 1-1 face to face programmes at home, group face to face programmes in schools, sure starts & many local women's centres across NI.

Henry explainer video: <https://youtu.be/XEQFs-JFmNI>

For more information visit www.henry.org.uk or email Sinead.mcdaid@westerntrust.hscni.net

Mobile: 07500 263121

Email henry@westerntrust.hscni.net to book a place.

The Charity Commission for Northern Ireland Survey

Why have the incomes of charities fallen?

The Charity Commission for Northern Ireland looked at charity data from December 2013 to July 2025 and noticed something important: over 1,000 charities reported lower income in 2024–2025 than the previous year. They want to understand why – and you can help. Please complete the survey at <https://www.surveymonkey.com/r/J7MGFGT>

DAERA Rural Data Hub

This is a new resource bringing together rural-specific data into a single, user-friendly dashboard. The Hub will benefit rural communities, researchers, community and voluntary organisations, funding bodies, elected representatives and central and local government.

This new dashboard aims to provide decision-makers and stakeholders with accurate, granular data to better understand and address the needs of rural communities across NI.

[More Information](#)

Give blood - you could save 3 lives!

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

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/>

Strule Shared Education Campus, Omagh

Have Your Say!

This survey has been developed by the Department of Education so that people have an opportunity to have their say on the Strule Shared Education Campus.

The survey should take about 5 minutes to complete and your views will help inform the community engagement activities and information campaigns that will be developed during the construction of the Strule Shared Education Campus.

[Strule Shared Education Campus - Have Your Say Survey](#)

Visit [Home - Strule](#) for latest news on the project

ForSight Market Street Omagh need your Donations!!

We accept Ladies/Men's Clothing, Shoes, Accessories, Toys.

We also need Homeware and Furniture.

Collection can be arranged.

Any queries please contact the shop on 028 828 4815

Financial Wellbeing Project

Are you struggling with your personal finances?

Would your staff like a Debt Awareness Session?

Would your group users benefit from a Financial Well Being Clinic?

Omagh Independent Advice Service and Community Advice Fermanagh are delighted to offer One to One Advice, Financial Well Being Clinics and Information Sessions to the general public and to all interested local voluntary and statutory groups.

Our project will provide advice and representation on the following:

- Benefit Entitlement Checks
- Better off Calculations
- Budgeting Advice
- Free, confidential Debt Advice

If you would like to avail of our services or help us arrange a Financial Well Being Clinic in your area please contact us on:

Omagh Independent Advice Services

Phone No. 028 8224 3252 or Email info@oias.co.uk

Community Advice Fermanagh

Phone No. 028 6632 4334 or Email website@communityadvicefermanagh.com

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>

Oak Healthy Living Centre

Lisnaskea

For a copy of our latest 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:

- 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.

- 3, 10, 17, 24 February, 3, 10 March 2026

Carers Information Support Programme (CrISP)

for carers, family, and friends of people with dementia

It focuses on developing knowledge about dementia, legal and financial future planning and services available for you and the person you care for. Booking essential.

- Wednesday 21 and 28 January 2026, 10.30am-12.30pm online via zoom
- Wednesday 18 and 25 February 2026, 6.30pm-8.30pm online via zoom
- Thursday 19 and 26 March 2026, 11am-1pm in person

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

Carers Information Support Programme (CrISP) Omagh

for carers, family, and friends

Monday 9 and Tuesday 10 February, 6-8pm

Dementia Café Omagh

and

Omagh Carer's Group

Tuesday 13, 20 and 27 January, 11am-12.30pm

All sessions are held in 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

Tara Centre

11 Holmview Terrace, Omagh BT79 0AH

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

Workshops, Seminars and Events this Term:

Please check taraomagh.com for our complete programme, including fundraising events and more.

Ongoing Services Available:

Counselling/psychotherapy, art therapy, complementary therapies

Support Groups:

PATHS Meetings 2nd Tuesday of each month 8.00pm-9.30pm

Omagh Men's Support Group meets Mondays, 7.30pm - 9.30pm

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

Northern Ireland Census User Needs Consultation

NISRA is seeking your views to help shape the content of Census 2031. This [consultation](#) is your opportunity to tell us what information you need from the census and how it can best support planning, policy, research, and services across Northern Ireland.

Your feedback will help ensure the census remains relevant, efficient, and valuable to users.

[Read the full consultation document](#)

Ways to respond

- Respond online at <https://consultations2.nidirect.gov.uk/dof/nisra-census-user-needs-consultation/>
- [download and return the questionnaire](#) (PDF or Word version) by email or post.

Email: census2031.consultations@nisra.gov.uk

Post: Census Office, NISRA, Colby House, Stranmillis Court, Belfast, BT9 5RR

The consultation closes on 4 February 2026.

If you have any queries, please contact us at census2031.consultations@nisra.gov.uk

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:

- **Self Care Drop-In** – Monthly drop-in sessions, first Tuesday of every month at 10am. Next Meeting Tuesday 6 January. Suggested donation £3 per person.
- **Hope, Healing, Growth 2026** – Saturday 10 January from 9.30am. In person tickets for this event are sold out but you can still join via zoom for free (or with a modest donation for those who can afford it). Virtual tickets are available via Eventbrite <https://HHG2026.eventbrite.co.uk>.
- **Mindfulness Meditation** – Monthly drop-in sessions, last Wednesday of every month at 7pm. Next meeting Wednesday 28 January. Suggested donation £3 per person.
- **Forget Me Not** – Support group for those bereaved by suicide. First Monday of the month 7.30-9pm. Next meeting will be Monday 2 February (please note, no meeting in January).

Other Groups & Events:

- **Alcoholics Anonymous** – 3 meetings per week at Aisling Centre.
- **Aware** – Mental Health Support Group. Meets every Tuesday at 7pm. For further information, please contact info@aware-ni.org
- **Baby Zen Massage** – Promoting bonding and relaxation for parents and babies. To book, please contact Emma on 07407 063266. Thursdays at 10am.
- **Cherish Sure Start** – Creche facility from Monday-Friday as well as various programmes for both children and parents. For further information call 028 6862 1970.
- **Eclipse Fitness** – Styku 3D body scanning, last Friday of the month 4.30-6pm. For further information please contact Niall on 028 6634 0475.
- **Escapists** – Support Group for Carers. Meets Wednesdays 10.30am-1pm.
- **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.
- **Little Mess** – Let your little ones explore their curiosity and learn through messy play. To book contact Colette at fermanagh@thelittlesensory.co Fridays at 10.30am.
- **ZEST: Healing the Hurt** – Counselling for people who self-harm. Contact 028 7126 6999.

Yoga Timetable (please contact individual facilitators to book):

- | | | |
|-------------|-----------------------------|---------------|
| • Christine | Mondays at 6pm | 07722 550040 |
| • Elena | Tuesdays at 6pm | 07894 037450 |
| • Leila | Tuesdays at 7.15pm | 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 |

Training Opportunities

Building Resilience in Children and Young People

by Our Generation Co-operation Ireland Team

Online event

Wednesday 7 January, 12pm-2pm

Delivered by Change Talks, this **free** training session will impart key information regarding how to increase resilience in children.

Resilience is an important skill that helps children cope with challenges and setbacks.

Book here: <https://www.eventbrite.com/e/building-resilience-in-children-and-young-people-tickets-1976603589545?aff=oddtcreator>

PEACE of Mind

Mental health awareness training

Wednesday 7 January, 1pm-4pm

Strabane Library, 1 Railway St, Strabane BT82 8EF

This training will cover areas including what mental health is, how it impacts people, awareness of different mental health conditions and emotional resilience.

Free for those who are working with young people aged 11-25 in the Western Trust area.

If you would like to sign up, please follow this link: [Mental Health Awareness \(3 hrs\) | Inspire Wellbeing](#)

For further information Email: e.flowers@inspirewellbeing.org or call: 07345429256

Prioritise self-care this New Year

January can be a tough month as reality sets back in after the festive period - on top of that the days are short & dark and the weather is cold. So come join the Health Improvement, Equality and Involvement Department in January for two wellbeing workshops to help you put your wellbeing first and prioritise your self-care in 2026:

Self-Compassion: Why The Way we Talk to Ourselves Matters

Tuesday 13 January, 10am – 1pm online via Zoom

People in Northern Ireland tend to be their own worst critics. We tend to see our weaknesses, not our strengths and can be really hard on ourselves. There is good evidence that when someone practices self-compassion, it improves not only their physical health and well-being, it also helps them achieve goals and make changes in their lives that are important to them. This workshop is open to anyone over 18 and will introduce self-compassion to participants, what it is and how to make the most of it, experience some self-compassion exercises and learn about tools to keep the work going after the workshop.

What you will get from attending the workshop:

- An introduction to self-compassion, what it is and the evidence behind it
- How to make the most of it
- A way forward to integrate self-compassion in your daily life

Register Here - [Self-Compassion: Why The Way we Talk to Ourselves Matters Tickets, Tue, Jan 13, 2026 at 10:00 AM | Eventbrite](#)

Bend Don't Break: Building our Resilience

Tuesday 20 January, 10am – 1pm online via Zoom

Target Audience: Practitioners who want to nurture and develop their personal resilience

Central to supporting well-being and resilience are positive thinking skills, support and self-care. This workshop uses the 'Bend Don't Break' self-help guide as a tool for participants to cope with stressful situations and build their own resilience. Participants will be invited to work through the guide at their own pace and the only requirement is they provide feedback on the benefits of the workshop on their well-being.

Register Here - [Bend Don't Break Workshop: Building our Resilience Tickets, Tue, Jan 20, 2026 at 10:00 AM | Eventbrite](#)

Childhood Bereavement Training

by Our Generation Co-operation Ireland Team

Online event

Wednesday 28 January, 10am-1pm

Led by Winston's Wish, this training session is aimed at improving Key Youth Workers understanding and knowledge of childhood bereavement.

Register at <https://www.eventbrite.com/e/childhood-bereavement-training-tickets-1976567373221?aff=oddtcreator>

Childminding Academy

Free training, advice and support

If you love working with children and want a flexible, self-employed role, the Labour Market Partnership's Childminding Academy can help you get started.

To apply or find out more email enquiries@nicma.org or call 028 9181 1015

Start your journey in childcare today.

Training Opportunities in Libraries NI

The Department of Finance Digital Inclusion Team – Go ON NI, works in partnership with LibrariesNI to deliver **free digital skills sessions** for anyone interested in learning basic digital skills. The digital skills sessions take place in libraries across the country with each district having a designated trainer to facilitate the sessions.

The most popular sessions include “1-2-1 eClinics” – these are ‘IT help for beginners: help with your mobile device, general IT assistance, information about library e-services’. Each session is tailored to suit the skillset of the individual and is delivered at their desired pace, allowing them to build confidence with the internet and technology. Other sessions include, Internet Scams, Privacy and Security, Shopping Online.

Find events taking place at your local branch

library <https://www.librariesni.org.uk/libraries/?src=EventsPgTile>

To book the sessions, customers should contact their local library and let them know the subjects they are interested in learning e.g. how to use 'Google'; how to use 'Whatsapp' etc. Even if there are no eClinics currently advertised in their local area, they should contact the library to register their interest and ask to be informed of the next available session. These eClinics run all year round and library members can attend as many times as they like.

Supporting Communities

Go on NI Digital Skills Group Sessions

We offer **free** digital support and training for individuals and groups wanting to develop and improve their digital skills.

These are casual, short sessions that can be tailored to suit the needs of the group.

How to book a free online session: Visit www.supportingcommunities.org/latest-events

How to book an in-person session: Contact future@finance-ni.gov.uk or stef@supportingcommunities.org

Things to include in your request:

Group name, group meeting times, days and location, topics to be covered during the session

The Fermanagh Trust

Sign Up for Free Workshops –

Investing in Community Volunteers Programme

We're delighted to share our programme of activities for the new Investing in Community Volunteers (ICV) Programme, part of the Fermanagh and Omagh PEACEPLUS Local Action Plan, supported by PEACEPLUS and managed by the Special EU Programmes Body (SEUPB).

This initiative offers free training and development opportunities for volunteers, committee members, and staff working in the community and voluntary sector.

Our first series of workshops, starting January 2026 includes:

1. Forming and Strengthening Committees
2. Safeguarding
3. Facilities and Venue Management
4. Income Generation and Funding Applications
5. AI Tools for Community Organisations
6. Succession Planning
7. Delivering Services in Diverse and Multicultural Environments
8. Volunteer Recruitment and Retention

Each workshop will be delivered in seven locations across Fermanagh and Omagh from January 2026 to June 2026. Morning, evening and online sessions available too, ensuring accessibility for all.

View the full programme and register here: <https://www.fermanaghtrust.org/investing-in-community-volunteers-programme/>

Expand Your Skills – 250+ free Online Courses Available Now!

Fermanagh Trust are excited to announce that, we can continue to offer access to over 250 **free** online courses through our new Peace Plus Funding. You can register and start learning immediately!

Our courses cover a wide range of topics to support both personal development and professional training needs. From GDPR, Cyber security, Dementia awareness, Neurodiversity awareness to Food Hygiene and manual handling, to Microsoft Excel and Setting Goals there is something to suit everyone!

- **Accredited qualifications**
- **Personal development programmes**
- **Available anytime, anywhere, on any device**
- **Offered in 40+ languages**
- **Save time and money for you and your organisation**

The 'Investing in Community Volunteers' Programme is one of 13 programmes as detailed in the Fermanagh and Omagh PEACEPLUS Local Action Plan, a project supported by PEACEPLUS and managed by the Special EU Programmes Body (SEUPB).

For further information/to register visit www.fermanaghtrust.org
or email sonya@fermanaghtrust.org Tel 028 6632 0210

Omagh: ILM (Level 3) Leadership & Management

Are you a Volunteer in a Community / Voluntary setting in the Omagh area?

We are now inviting Applications for this **free course** via the link below:

<https://forms.gle/4bJnQhMa4epgK1GG6>

This programme includes a blend of in-person and online sessions, designed to support your personal and professional development. Full details can be found on the Application Form via the link above.

Please note, full attendance at all in person and online sessions will be required to achieve your certificate should you be allocated a place.

Course Schedule:

All training will take place in Omagh Enterprise Centre, Great Northern Road, Omagh BT78 5LU

- Induction – Flexible access via pre-recording
- Understanding & Developing Leadership
- 24th February (In Person 9.30am - 3.00pm)
- 3rd March (Zoom 9.30am - 1.00pm)
- Problem Solving & Decision Making – 10th March (In Person 9.30am - 3.00pm)
- Conflict Management & Team Development – 24th March (Zoom 9.30am - 1.00pm)
- Effective Teams – 31st March (In Person 9.30am - 3.00pm)
- ****Easter Break****
- Final Presentations – 14th April (In Person 9.30am - 3.00pm)

Priority will be given to:

- 1st Individuals volunteering in the community or voluntary sector.
- 2nd Individuals working in the community or voluntary sector.

Please complete and submit your application by 12 noon on Friday 9 January 2026.

If you have any questions or need assistance with the application, feel free to get in touch on 028 6632 0210

NI Together

Free Training Opportunities

Thanks to Awards for All funding from the National Lottery we are able to offer the following half-day training sessions **free of charge to community/voluntary groups**. These are facilitated by Denise Wright, former Race Relations Coordinator of South Belfast Roundtable.

- Refugee and Asylum Awareness
- Migration Awareness
- Introduction to Cultural Awareness
- Introduction to Governance for New Community Groups
- Tackling Prejudice and Bias – Preventing Hate Crime

If you are interested and can provide a venue, data projectors and refreshments for your group, please contact denisewright63@hotmail.com

Free Community Sighted Guide Training

Make Your Organisation More Inclusive and Accessible

Guide Dogs UK is offering **free** Community Sighted Guide Training to local organisations in your area. This practical, hands-on training teaches people how to confidently and safely guide someone with sight loss.

Who is it for?

Community groups

Volunteers

Staff members

Anyone who wants to make their space more welcoming

Benefits of the Training

Learn simple, effective guiding techniques

Build confidence in supporting people with sight loss

Gain insight into the experiences of blind and partially sighted individuals

Help create a more inclusive and connected community

Why It Matters

This training helps break down barriers and ensures that people with sight loss can participate fully in community life. It supports individuals in your local area by reducing isolation and improving access to everyday environments.

Increase Understanding of Sight Loss Challenges

Participants will also gain a deeper understanding of the everyday challenges faced by people living with sight loss — from navigating unfamiliar spaces to accessing services and social opportunities. This awareness helps foster empathy and teaches practical sighted guiding skills that improve accessibility for all.

Sessions for Your Organisation

The training is free and can be delivered virtually or face to face. The virtual session lasts for 1 hour and is delivered via Teams; the face-to-face session can be delivered over 2 or 3 hours depending on the specific needs of your organisation. The 3 hour face-to-face session includes an opportunity for the participants to practise guiding skills. We'll work with you to deliver training at a time and location that suits your group.

Interested? Contact Paula McLarnon, Sighted Guide Training Officer:

Email: Paula.mclarnon@guidedogs.org.uk

Phone: 07766526873

The King's Trust

Start Your Own Business

Online – Available all year round

For young people 18-30 interested in starting their own business.

Enterprise includes:

Expert-led workshops

Access to grant opportunities of up to £5000

One-to-one support to create a business plan and launch a business

[Sign up here](#)

[Get in touch](#)

WHSCT Recovery College

Free courses on mental health and emotional wellbeing that run in Derry/Londonderry, Enniskillen, Limavady, Omagh and Strabane.

[Autumn/Winter 2025/26 prospectus](#)

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 information or if you would like hard copies of the prospectus

T: 028 8225 2079 or E: recoverycollege@westerntrust.hscni.net

Health Improvement Equality & Involvement Department

Update Training Brochure January to March 2026

The WHSCT Health Improvement Equality & Involvement (HIEI) Department has released the Update Training Brochure which is offering **free training courses** taking place across the Trust from 1st January to 31st March 2026.

The training courses, in this Update edition, 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 a brand new Children & Families event; Our Neuro Network – Professional Networking Event and a new Emotional Health & Wellbeing session – ‘Sexual Abuse, Sextortion and Sexual Exploitation in a Digital World’. Returning for this edition is Digital Safeguarding Core Awareness also found in the Emotional Health & Wellbeing section. The courses in the brochure will be delivered either via Zoom or face to face in a range of locations across the WHSCT.

To view the Training Brochure click on this link – ... [Training Brochure January - March 2026 - HIEIE Training Brochure January to 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 028 7186 5127/Ext 217126

Funding Opportunities

Sport NI

Creating Opportunities drop in session

Wednesday 7 January, 1pm - 2pm | Online

If your sports club, community group, charity or PTA needs funds for a project, you could receive up to £5000 in match funding from Sport NI's Creating Opportunities programme, supported by National Lottery Good Causes. Sign up to the online lunchtime drop-in session to find out more. Book now by emailing creatingopportunities@sportni.net to receive the link.

For further information about the programme visit <https://www.sportni.net/funding/creating-opportunities/>

DAERA Small Woodland Grant Scheme

The Small Woodland Grant Scheme will support woodland creation on agricultural land and non-agricultural land. Grants are available for landowners, including all farmers, landowners and estate owners, charitable organisations, and local Councils (Establishment Grant Only).

For further information visit <https://www.daera-ni.gov.uk/articles/daera-forestry-grants>

Scheme closes on Wednesday 7 January 2026 at 6pm.

The Inclusion Fermanagh Fund

This provides grants to support social and recreational activities for grassroots groups that support people with disabilities in Fermanagh, helping to foster connection, independence and wellbeing.

The fund is open for applications until Monday 12 January 2026 and more information can be found at <https://www.fermanaghtrust.org/our-grants/inclusion-fermanagh-fund/>

Music for All Community Projects

Music for All provides grants for both individuals and groups based within the UK to enable more people to access musical instruments and lessons and music programmes for the community. Community groups, schools and individuals across England, Wales, Scotland and Northern Ireland can apply. Round 5 offers financial awards up to £1,500 or instruments for projects working in marginalised and deprived individuals.

For further information visit [Music for All Community Projects](#)

Deadline: Wednesday 14 January 2026, midday.

Ulster Garden Villages

If you would like to arrange a 30 minute meeting with us, please select a time at [Book time with Caroline Armstrong: 30 minutes meeting • This link will expire on: January 29, 2026](#)

Department of Health: Support While Waiting Grant Scheme 2025/26

The purpose of the Support While Waiting Grant Scheme is to provide meaningful, community-based support to individuals while they await treatment on Health and Social Care (HSC) waiting lists. Funding supports helping maintain or improve people's health and wellbeing and will also contribute to building capacity within the voluntary and community sector to deliver high-quality support programmes to ease pressure on statutory HSC services. Voluntary and community sector organisations will be eligible to apply for grants between £5,000 and £30,000 to deliver programmes that support individuals on HSC waiting lists.

Full information available at <https://www.health-ni.gov.uk/articles/support-while-waiting-grant-scheme-20252026>

Deadline: Friday 30 January 2026, 12 noon.

Waterways Ireland

Community Heritage and Biodiversity Grant Scheme 2026

In support of the Waterways Ireland Heritage & Biodiversity Plan 2030. Full details are available at [Waterways Ireland - Community Heritage and Biodiversity Grant Scheme](#)

The deadline for receipt of completed applications is Saturday 31 January 2026.

The Olympic Legacy Fund

This is a £1million pound investment programme, delivered by Sport NI in partnership with Crowdfunder UK. The fund aims to improve the quality of offering at club/community sports facilities, encouraging people to engage in sport and physical activity. Supported projects will leave a lasting community legacy from the success of Northern Ireland athletes at the Paris 2024 Olympic/Paralympic Games.

For further information visit <https://www.sportni.net/olympic-legacy-fund/>

The final date for applications will be Friday 20 February 2026.

Community Relations/Cultural Diversity

The Community Relations Council, with the support of Government, provides funding for intentional work with a clear good relations purpose and deliberate and planned activities directly addressing sectarianism and/or racism (the two main aims of the CRCD grant scheme). Funding of up to £10,000 is available for project costs only. Average grant typically between £2,000- £5,000. The scheme supports a wide range of work and offers support and assistance whether you are a first-time applicant or have been supported in the past. For further info visit

<https://www.community-relations.org.uk/funding-scheme/community-relations-cultural-diversity>

Closing date: Friday 27 February, 4pm

Community Foundation for Northern Ireland opens two new schemes

The Randal Foundation works to deliver the vision of its Founders - saving and significantly improving the lives of 1 million people, across the UK and globally. In partnership with the Community Foundation for Northern Ireland they will offer grants to support grassroots activity that directly save or significantly improve lives. Grants of up to £3,000 available.

The Inspiring Growth Fund set up in recognition of the community sector facing many challenges from the pandemic to rising costs while simultaneously supporting increasing demands for their services from communities. The aim of the Inspiring Growth Fund is to help organisations in the community sector take the time and space needed to focus on their digital capacity including opportunities that AI (Artificial Intelligence) may bring. Grants of between £5,000 to £10,000 for up to two years available.

Further info available at <https://communityfoundationni.org/achieving-impact/available-grants/>

Micro Community Investment Fund

Grant Size: Up to £2,000

The fund will provide valuable investment for community initiatives making a difference in towns and villages across Northern Ireland.

It will enable those organisations who are making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing.

Applications are sought to support both new and existing activities and projects that enhance the financial, physical and/or mental wellbeing of people in communities.

You do not have to have a constitution to apply to this fund.

If you have any other queries then please contact the Grants Team on 028 9024 5927

or via e-mail: applications@communityfoundationni.org

For further info visit <https://communityfoundationni.org/grants/micro-community-investment-fund/>

Closing Date: Ongoing