



Fermanagh & Omagh
District Council
Comhairle Ceantair
Fhear Manach agus na hÓmaí

Fermanagh & Omagh District Council Community Support News – March 2017

The Community Support Newsletter is published on a monthly basis. If you wish to receive a copy or place an article in the Newsletter please contact Alison Gilmore on 0300 303 1777 or email alison.gilmore@fermanaghomagh.com

The deadline for the next Newsletter is Tuesday 21 March.
Please ensure that you send your information in time for this deadline
as groups have indicated they prefer to receive only one email per month.

Council News & Events

Digital DNA's Digital Tourism Roadshow, delivered in partnership with **Tourism NI** and **Fermanagh and Omagh District Council**, hopes to empower the local tourism and hospitality sector to utilise digital technology to reach a wider audience and ultimately grow their business.

Digital DNA has teamed up with **The Tomorrow Lab** who will deliver the expert content in the Silverbirch Hotel, Omagh on **Thursday 23 March** 8.30am-3.30pm (one of five regional venues). The Tomorrow Lab will use its own unique model to see what each participant should look at to help inform their own digital strategy. The content delivered will address the findings of the recent Digital Audit which was conducted across NI to identify the challenges and opportunities facing the sector.

Bookings at a cost of **£25** per person can be made via the link below:
<http://www.digitaldna.org.uk/tourism-roadshow/fermanagh>

PCSP Meeting in Public

Tuesday 28 March 6.30pm in the Grange, Omagh.

A presentation on Cyber Crime will be delivered.

Local Development Plan Preferred Options Paper - Acknowledgement of Receipt of Representations

A large volume of correspondence has been received in response to the public consultation on the Council's Preferred Options Paper which ended on 28 November 2016. The Council has therefore taken the decision not to write individually to each person who made a representation but to inform them by this notification that their representation has been received. The Council will place a consultation statement on the Council's website and at the Council offices, setting out a summary of those representations that relate to Plan Strategy matters and which will be used to inform its preparation.

Those representations which are essentially about inclusion of sites within settlement limits and other site specific matters, will be held over and considered in the preparation of the Local Policies Plan.

Please donate unwanted furniture and paint

Residents are encouraged to bring unwanted bulky items including wardrobes, tables and chairs etc to recycling centres located at Gortrush, Omagh, Fintona, Carrickmore, Drummee, Enniskillen, Irvinestown, Kesh and Lisnaskea. These items are collected by third sector organisations, refurbished and reused for social enterprise in your community.

Residents can also donate unwanted, usable paint that is then made available free of charge to residents and community groups throughout Fermanagh and Omagh District to use in the home, garden or on community projects.

For further information please contact Anthea Owens, Recycling, Education and Grants Officer, Fermanagh & Omagh District Council on 0300 303 1777.

Elite Athlete Gold Card Scheme

The Elite Athlete Gold Card Scheme supports sports men and women from the Fermanagh and Omagh District Council area who have attained International or National success in their chosen sport. Fermanagh & Omagh Sports Forum has responsibility for assessing and administering the scheme.

Athletes will, subject to a successful application, be included in the "Elite Athlete Gold Card" Scheme and will be permitted to use identified recreation facilities owned and managed by Fermanagh and Omagh District Council. These include:

- **Bawnacre Centre, Irvinestown** – fitness suite.
- **Castle Park Leisure Centre, Lisnaskea** –fitness suite.
- **Fermanagh Lakeland Forum, Enniskillen** – fitness suite, swimming pool and athletics track.
- **Omagh Leisure Complex, Omagh** – fitness suite, swimming pool and athletics track.

The "Elite Athlete Gold Card" will be issued to athletes for a maximum period of 12 months, subject to terms and conditions of use.

Further information, including eligibility criteria, conditions and an application form can be obtained via <http://www.fermanaghomagh.com/residential-services/leisure/elite-athlete-gold-card-scheme/>

The Higher Bridges Gallery

Clinton Centre, Belmore Street, Enniskillen

Tuesday to Friday, 10.00am to 4.00pm and Saturday 11.00am to 3.00pm. FREE Admission

Are you interested in volunteering at The Higher Bridges Gallery? If so, then please contact the Arts Office at Fermanagh & Omagh District Council. culture@fermanaghomagh.com / **Tel 0300 303 1777**

What are the benefits? You will get to meet our exhibiting artists as well as engage with a definitive Visual Arts Programme and gain experience in invigilation, tech installation and how we curate our programme.

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.

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.

For further information or enquiries regarding Council support to charities, **please contact Louise McLaughlin, Community Services, Fermanagh and Omagh District Council, on 0300 303 1777 or email louise.mclaughlin@fermanaghomagh.com**

New training opportunities with ASPIRE Employability Programme

ASPIRE, a Fermanagh and Omagh District Council led employability initiative, provides assistance to anyone aged 16 years old and over who is currently unemployed and looking for paid work such as school leavers, graduates, parents returning to work, anyone who has recently been made redundant and people who are longer term unemployed.

A number of free learning and training opportunities are available including NVQ qualifications, Forklift Licence and CSR card.

ASPIRE also offers a range of employability packages in areas such as Classroom Support, Care and Support Work, Retail and Business Administration.

The programme adopts a person-centred approach guided by specialist staff and offers participants a tailor made package of qualifications and training opportunities, matched with a preferred work placement, to improve their employability.

Programme participants also have the opportunity to take part in 'employability boosters' such as CV development and interview skills workshops.

To find out more about the ASPIRE Programme contact the Omagh office at the Sperrin Centre on 028 8224 6535 or the Enniskillen office at FRCI on 028 6632 6478, Monday to Friday, 9 am to 5 pm. Alternatively visit www.fermanaghomaghaspire.com or find 'Aspire Employability Programme' on Facebook.

Community News

Law Centre Clinics for Community Care to be held in Enniskillen and Omagh

The Law Centre (NI)'s Independent, Advice, Mediation and Legal Support Team provides advice and assistance to people who have needs due to physical or mental disability, ill health or age, people with sensory disabilities and people whose needs arise because of their role as carer.

The Team can help in cases which raise issues concerning the legal responsibilities of health and social care trusts and other public bodies in the provision of health and social care.

A legal advisor will be available to meet with either individuals or groups. Details of the next two clinics are:

Wednesday 1 March at Omagh Community House, Drumragh Avenue, **Omagh** 11am–1pm

Wednesday 8 March at Fermanagh House, Broadmeadow Place, **Enniskillen** 11am–1pm

Please contact The Law Centre on 028 7126 2433 or 07768 000165 for more details.

Enniskillen Drama Festival takes place from **3-11 March** in the Ardhoven Theatre, Enniskillen.

Details on each of the performances can be found on www.enniskillendramafestival.org or telephone 028 6632 5440.

Special Offer of £20 for 4 shows (Dates must be chosen at time of purchase).

Fermanagh Ramblers and Hillwalkers invite you to their Annual General Meeting on **Thursday 9 March** at 7.30pm sharp in Waterways Ireland, Sligo Road, Enniskillen. Come along and find out more about our walking and hiking club. The evening will include a guest speaker and club members will be on hand to address any queries you may have after the meeting over a cup of tea. We welcome new members of ALL ages from 18+.

Some of the benefits of Walking and Hiking with a club include:

- Regular Calendar of walks
- Graded walks to suit all abilities
- Exercising in the outdoors
- Comradeship of fellow walkers and walk leaders
- Explore new routes and scenic locations
- Opportunities to develop your own mountaineering skills

Check us out on Twitter: twitter.com/FRamblers
www.fermanaghramblers.co.uk or secretary@fermanaghramblers.co.uk

Paddle4Diabetes

To help raise awareness for people with Diabetes and the mental and physical problems that can come with it, a paddle along the longest river in Ireland, the River Shannon is taking place on **12 March** (a distance of around 400km).

It will last for approximately 15 days, starting in Killaloe, Co Clare going to Belleek in Co Fermanagh and then finishing at Smith's Strand at the Share Discovery Village, Lisnaskea, Co Fermanagh. Follow on Facebook @PADDLE4DIABETES

Lisbellaw South Fermanagh WW1 Society

Talk by Gordon Ramsey (Queen's University Lecturer) "**Devil in the Drum**" based on John Lucy's book 'The war experience of a Cork man in an Ulster Regiment' - The Royal Irish Rifles during WW1

Monday 13 March at 8.00pm in Lisbellaw Methodist Church Hall.

All welcome. Voluntary donation in aid of running costs of Lisbellaw South Fermanagh WW1 Society. Refreshments served after talk. Contact lisbellawsouthfermwwarsociety@gmail.com

Omagh's Hard of Hearing Club - Monthly Meeting

The Omagh Hard of Hearing Club has been in existence for 20 plus years and wish to continue to reach out to the community that they are very much part of. Its aim is to highlight hearing impairments, provide support and ensure that no-one feels isolated because of their hearing impairment. The club consists of members who have a hearing impairment, whilst others have an interest in effective communication or indeed have a family member or friend with a hearing impairment. Please feel free to come along and share your ideas and experiences. All new members welcome.

The next meeting is on **Monday 13 March** from 2.00-3.30pm upstairs in Omagh Library.

For further information contact Sheena 028 8225 1446/ 07553 353980.

Email sheena.kelly@hearingloss.org.uk

Interested in volunteering? Come along and see the roles in your local area

Music in Fermanagh

Musici Ireland – Wednesday 29 March at 8 pm in the Ardhowen Theatre.

This will be a wonderful concert for those beginning to experience classical music!
Featuring Beth McNinch (viola), Dianne Marshall (harp) and Riona O Duinnin (flute).

We are now a properly constituted Charitable Trust, so if any of our friends and neighbours feel like helping us financially, there will be tax benefits!!! We have already established excellent relationships with The Arts Council and with Fermanagh & Omagh District Council and are in contact with musical societies all over Ireland, both North and South, to exchange ideas and opportunities. We are anxious to share the management of our organisation with younger people, from teenagers through to middle age, so get in touch with us if you feel like joining in! And, of course, we're keen to expand our contact list, so send your email address to Richard Pierce at richard.folly@icloud.com

Fermanagh & Omagh Road Safety committee launch meeting

The Fermanagh and Omagh area is to create its own Road Safety Committee and anyone with an interest in road safety is being invited to attend a meeting on **Tuesday 14 March** (7pm to 9pm) at the NI Fire & Rescue station in Enniskillen to find out how to get involved.

The committee will be affiliated to Road Safe NI and will work alongside the other seven existing local committees.

Joan Kinnaird, Chairperson of Road Safe NI, said “We have met with a number of key stakeholders in the Fermanagh and Omagh area and there is a real desire to set up a local committee. According to PSNI statistics 10 people were killed on the roads in the Fermanagh and Omagh area last year and many more seriously injured. We want to work together to see these number reduce.

“We aim to have a local committee in each super council area to deliver relevant road safety projects at a community level. These will focus on the main causation factors of serious road traffic collisions which are speed, drink/drug driving, driver inattention, not wearing seat belts and vehicle maintenance, particularly tyres.

We also deliver programmes for vulnerable road users like primary school children, new drivers and passengers, those driving for work, cyclists, motorcyclists and older road users”.

“We are a registered charity and all our committees are made up of volunteers from across all walks of life whether that be the private, public or voluntary sector. We particularly welcome younger members. The committees usually meet up to 10 times per year as well as running the events.

The official launch meeting will include a presentation from Road Safe NI, examples of what other committees do annually, discuss local road safety issues and recruit members to join the committee.

For more information about Road Safe NI, visit their website (www.roadsafeni.com) or follow them on Facebook.

If you would like to attend or would like more information, please email info@roadsafeni.com or call 07547 848071.

Lough Erne Heritage have been holding a FREE series of talks in The Devenish Room, Killyhevlin Hotel, Enniskillen. The next one is on **Saturday 25 March** at 2.00pm –

Pat Tanner – ‘The Traditional Boats of Ireland and 3D Scanning’

Tea/Coffee available after each talk with an opportunity to chat with members of Lough Erne Heritage.

Lough Erne Heritage was formed in 2015 and is managed by Trustees, all of whom have a direct connection with the Erne. The Trustees are volunteers and unpaid. Membership is open to anyone with an interest in the heritage and culture of the Erne.

If you would like more information, please get in touch by telephone: 028 6862 1666 or email: info@lougherneheritage.com or facebook www.facebook.com/lougherneheritage.
24 Valley Road, Rossclare, Irvinestown, Co Fermanagh BT94 1SF

St Patrick's Day Parade and Fun Day returns to the county town of Enniskillen for its 7th year and headlining the parade this year is a spectacular entry featuring moving inflatables.

The fun starts at the Broadmeadow with a host of live entertainment acts starting at 1pm. There will be the usual range of free activities including bouncy castles, balloon modellers, face painting, zorbs and wandering mascots for all your selfie needs. New this year is a climbing tower. Freebies on the day will also see chocolate fountains, green candy floss and Lilley's famous themed gelato in abundance.

On the water, we welcome back our battling Ardglass Vikings, Jet Men, Wakeboarding Leprechauns and as is now tradition, St Patrick himself will be making his amphibious arrival via Castle Island.

3 majestic steam traction engines will make their way from Irvinestown to Enniskillen where they join the start of the parade at 3pm, following live music on the Diamond from Fermanagh's newest act, Full Moon Fever. 'Snaking' its way around Ireland's only island town will be floats, music and dancing performances which this year has a theme of Heroes & Villains. If you're not already dressed the part we'll be giving away props to help you get into the party spirit!

For the full range of participants, activities and fringe events please visit www.projectstpatrick.com

Calling all knitters

Maternity Ward in SWAH need knitted baby hats for new born babies. Each child going home gets a hat. Leave hats up at hospital. (No hats needed for pre babies).

Please contact valeriebr7@btinternet.com or mobile 07837616814 for further details.

Action on Hearing Loss

Do you wear NHS hearing aids? Come to our **FREE** drop-in Support Session for advice on how to use and maintain your hearing aids, information on hearing loss/tinnitus. If you have a concern we offer a free hearing check. NHS batteries distributed. **NO appointment required.**

For further information contact Sheena 028 8225 1446/ 07553 353980

Email sheena.kelly@hearingloss.org.uk

Omagh Ethnic Community Support Group are providing a free advice and advocacy service to members of ethnic communities in the area.

This service is being provided by specially trained advisors and also includes interpreting for major languages, especially Polish, Hungarian and Chinese.

This service will be available on Wednesdays by appointment only.

**For further information contact Omagh Ethnic Community Support Group
on 028 8224 9750**

Aisling Centre, 37 Darling Street, Enniskillen, BT74 7DP

Telephone 028 6632 5811

Poetry with Rosemarie Keenan

Celebrate Shakespeare - A 400 Year Legacy

Tuesday 21 & 28 March, Tuesday 4 April, 2.00pm – 4.00pm

An invitation to dip into some familiar lines and passages. Everyone welcome, feel free to attend one or all of the sessions. No prior knowledge of poetry necessary

Spring Workshop with Marie Evans

Spring is in the Air

Tuesday 21 March 10.00am – 1.00pm

Are my body, my mind and my Spirit ready for Spring? Am I ready to accept more light in my life? Life ready to burst up from the ground, a new spring. Learn ways to balance ourselves during this season and be faithful to all the seeds we have considered planting while in the darkness of Winter.

To book contact Aisling Centre 028 6632 5811. Project supported by Public Health Agency.

Mindfulness Meditation with Mary Conway

Monthly Drop in / Taster Sessions

Beginners 7.15pm – 8.30pm

Programme “*Graduates*” 8.30pm – 9.45pm

One Tuesday per month on 28 March, 25 April, 23 May, 20 June

Journeying Together with Aine Wilson

Support group for people who live with or have lived with a loved one's addiction

2nd and 4th Wednesday of each month 7.30pm – 9.00pm

All other support groups and workshops i.e. AA, ADHD, AWARE, Fermanagh Bereaved Support Group, Forget Me Not, SWEDES (South West Enabling Deaf Encouraging Sign), Island Artists and Yoga will continue as usual

For information contact the Aisling Centre on 028 6632 5811

Action Mental Health - 1000 Hours Volunteer Challenge

This year Action Mental Health is proud to be celebrating their 25th year of providing mental health services to the people of Fermanagh through their New Horizon programs. As part of our celebrations, our clients will be taking on the ambitious task of completing 1000 hours of volunteering. We have been greatly supported by the local community throughout our service here and would like to encourage our clients to engage with the wider community while giving something back to the local people and organisations.

What one-off or on-going volunteer positions will you need to fill this year? Are there any special events coming up that need volunteers to help prep or usher people on the day, are there any green spaces that need tidying, do you need some volunteer admin support, bag packing in the supermarkets, fence painting, befriending or anything else?! Please do get in touch and I'll do my best to arrange some volunteers to come out and support.

Briana McAteer, Employment Officer, Action Mental Health

7 Cherrymount Road, Drumcoo, Enniskillen, BT74 4GN

T: 028 66323630, F: 07734 860337, E: bmcateer@amh.org.uk, W: www.amh.org.uk

Fermanagh House, Broadmeadow Place, Enniskillen

Fermanagh Film Club – meet twice monthly – 1st and 3rd Wednesday of the month 8pm at Fermanagh House. 8 March – The Innocents, 22 March – As I Opened My Eyes. £5.00 on the night (£3.00 for students). For more info contact Ann McDermott mcdermottcrane@gmail.com

Fermanagh Writers – Mindfulness in Writing Workshop with Olive Travers, mindfulness/ meditation and positive psychology trainer and facilitator. Saturday 4 March 10am- 4pm at Fermanagh House. Free but places limited. Booking essential. Email: fermanaghwriters@aol.com

Children and Young People's Strategic Partnership – Western Area Outcomes Group, Launch of 2017 – 2020 Action Plan. Workshop for service providers to engage in discussion to improve outcomes for Children and Young People in the West. Fermanagh House, Tuesday 21 March 9.30am-12noon. Register with Priscilla.magee@westerntrust.hscni.net

Recovery College – Living Beyond Depression and Low Mood – Wednesday 15 March 10am-1pm at Fermanagh House. This interactive workshop explores strategies and self-management techniques to help manage depression and low mood effectively. For further details or to book a place contact Olive Young on 028 8283 5367 EMail: Olive.Young@westerntrust.hscni.net or go online at www.westerntrust.hscni.net

Manage the Challenge – 6 week course starting Friday 24 March 11am–1.30pm at Fermanagh House. Aims to help you learn strategies for managing mental health, helping you feel more empowered, confident and positive about your future. For further details or to book a place contact Olive Young on 028 8283 5367 EMail: Olive.Young@westerntrust.hscni.net or go online at www.westerntrust.hscni.net

Sarcoidosis Support Group - Monday 6 March at Fermanagh House from 7-9pm. Contact Wendy Watson EMail: enniskillensarcgroup@yahoo.com

Fancy yourself as a comedian? – Drink Wise, Age Well are hosting workshops exploring comedy, drinking and aging. If you are 50+ come along and have a laugh! Thursdays at Fermanagh House from 7-9pm. Call now to book your place on 028 6638 1714. If you need assistance with transport, please mention this when you make your booking.

DL Dance 4 All run dance exercise classes on Friday mornings from 11am-12pm. All abilities welcome. For further details contact Debbie Richmond 07597 442781 or email dldance4all@hotmail.com

Families Together Group

meets at **Westville Family Resource Centre, 6 Nugents Entry, Enniskillen**
Bringing Families Together through Structured play activities.

Group based weekly programme providing parents and children with opportunities to socialise, learn through structured play activities, get a chance to speak with professionals who can inform and equip parents with the necessary resources and skills to raise healthy, happy children from birth – 5 years. All sessions 10am - 11.30am

Families Together Group

meets at the **Westend Communities Centre, Sligo Road, Enniskillen**
Friday 10am – 12 noon. Open to parents/carers with children birth - 5 years
Telephone **028 6634 2542 for further information**

The Federation of City Farms and Community Gardens supports, represents and promotes community-managed farms, gardens, allotments and other green spaces, creating opportunities for local communities to grow.

Our work in Northern Ireland is relatively young, but growing fast - as is the community growing movement here. There's also plenty of information available to help Northern Ireland's community growers, available from our website www.farmgarden.org.uk

We work with community groups to help empower local people of all ages, backgrounds and abilities to build better communities, often in under resourced areas, and to make a positive impact on their surrounding environment. Our work contributes to creating better communities across the UK in both urban and isolated rural areas.

Download the useful publication **Sustaining Your Community Garden**, a good practice factsheet to ensure the long term sustainability of a community garden, based on research into 12 projects in Northern Ireland. It highlights how encouraging self-organisation in community growing projects can contribute to a good long term management plan.

We work alongside Growing Together in working to support Northern Ireland's network of community growing groups become more financially sustainable in the future. We offer one to one support from experts, visits to other projects and a range of specialist events throughout Northern Ireland to help groups develop the skills, knowledge and opportunities they need to create a more sustainable future for themselves.

To find out more about how we can help you visit our website www.growingtogether.community or contact Sinead Bailie, Northern Ireland Advisor – Growing Together (Normally available on Tuesday) Mob: 07725 973980 sinead@farmgarden.org.uk

Omagh Hospital and Primary Care Complex

Can you spare a few hours each week? If you are enthusiastic and enjoy helping others, we may have the role for you! Training and Support is offered. Roles will include:

Meet and Greet/Signposting

Ward support

Macmillan Information Point

If you are interested in becoming a volunteer, **please contact the Omagh Volunteer Centre as soon as possible on 028 8224 0772 or email omaghvc2@yahoo.co.uk**

Autism Initiatives Western Housing Floating Support - Do you have an Autistic Spectrum Condition (ASC) or are you awaiting assessment? Are you living independently or in the process of moving into independent living? Are you currently managing the running of your home? Perhaps you are moving to live near your college or university for the first time? If so, Autism Initiatives currently provide a one-to-one floating support service in counties Fermanagh, Tyrone & Derry/Londonderry to help empower you with the skills you need in living independently. Housing Floating Support is a person centered support for up to a period of two years depending on your needs and can support you in the areas of:

- Advice and support around home security and safety.
- Advice and encouragement in the maintenance of your home.
- Support with all daily living skills.
- Assistance and advice with budgeting and benefits.
- Support to become involved in local community and local facilities.
- Maintaining a healthy lifestyle.
- Support to access information on other services.

We accept referrals from all statutory/voluntary/community services and also accept self referrals. For more information about our service or if you wish to receive a referral form please **contact 028 7131 8172 or email dale@ai-ni.co.uk**. Alternatively you can visit the website www.onestopshopai.org.

Dementia NI:

New Empowerment Group launched in Irvinestown for people living with dementia.

Dementia NI is a new charitable organisation which has been set up and is led by people living with a diagnosis of dementia. The aim of the organisation and Empowerment Groups is to empower and enable people living with dementia to have their voices heard on issues that are important to them. The new Empowerment Group in Irvinestown will aim to Raise awareness about dementia, Challenge the stigma of dementia, engage with service providers to influence policy and practice throughout Northern Ireland. **Group members meet every fortnight and support each other through friendship and understanding, particularly after a recent diagnosis.**

For more information or if you wish to join please get in touch with your local Empowerment Officer, Paula Canney on 07966881422

Lisnaskea Historical Society meets at Castle Park Centre, Lisnaskea at 8pm, generally 3rd Monday of the month. Contact Vicky Herbert on 028 6772 1730 for further details.

The Goodwill Gifts Support Group Charity

This is a voluntary group that organises events and activities to increase inclusion of Asian and ethnic minority groups in the Omagh and Enniskillen area. Everyone is invited to their Monthly Social Gatherings.

We invite people who are very interested in singing and dancing to join our Multicultural Choir and Dance Troupe, regardless of age and cultural background..

Please call at our Goodwill Gifts Charity Shop, community services office at 6 Georges Street, Omagh, or ring Rose at 07881347716.

Fermanagh Community Transport

Safer driving for the over 60's

There are still a number of places available on the Safer Driving Course. This course provides information and training for older people particularly those who have lost confidence on the road or would like some refresher tips. The course offers the opportunity to get out on the road with an Advance Driving Instructor who will provide some tips on how to improve your driving skills.

We are particularly keen to recruit participants from the Omagh council area although some spaces are still available in Fermanagh.

If you are involved in an older peoples group / Community Association with 10-15 members, over 60, who are car drivers, we can provide the training at your venue at a time to suit you!

Contact anita@fermanaghcommunitytransport.com or phone the office on 028 6632 4260 for more information or an application form.

Women of the World are looking for new members!

To volunteer with Women of the World, call secretary Eileen Drumm on 07599 813482 or Rosa on 07881 347716.

The Conservation Volunteers are currently running their Green Gym project across the Western Health Trust area.

The project aims to promote the health benefits of getting involved in practical environmental activities such as gardening, allotments or community development work.

The Conservation Volunteers can provide practical support, supervision and guidance as well as some funding towards materials, plants, seeds, etc.

If your group feels that they could take advantage of this or would like more information **please contact Jack Chestnutt on 07882 401455 or email jack.chestnutt@tcv.org.uk**

This Green Gym is funded by the Public Health Authority.

Home-Start Lakeland/Home-Start Omagh urgently require volunteers – Can you spare 2-3 hours a week to support a family with young children?

If interested, please contact:

Fermanagh - 028 6634 6818, find us on Facebook or e-mail us on info@homestartlakeland.com

Omagh - 028 8224 0902 e-mail: homestartomagh@btconnect.com

The Fermanagh Genealogy Centre – Monthly talks are held in Enniskillen Library on the third Saturday of every month from 1.30pm to 3.30pm.

For further details email fqc2012@hotmail.com

The JAM Card allows people with learning difficulties to ask for 'Just a Minute' of patience

Social enterprise NOW Group have created an app for mobile phones called the **JAM Card** (an abbreviation of 'Just a Minute') that people with learning disabilities/difficulties can use to alert staff in retail outlets, public/private transport providers and other areas of public life they need Just A Minute of patience and time when interacting with them.

NOW Group support people with learning difficulties into training and employment and the **JAM Card** was the idea of their service users who said they often felt under pressure when they were out and about in every-day life and would like a discreet way of letting people know that they needed a little extra time.

Feedback shows that people feel more confident in public when they use the **JAM Card**. Some people who would have previously relied on their parents or taxis to travel now feel able to take public transport by themselves as they can show the bus driver the **JAM Card** and get the extra time they need to buy their ticket.

The **JAM Card** began as a plastic credit card sized card which says 'Just a Minute' on one side and 'Please be patient, I have a learning difficulty' on the other. Hundreds of people are already using the plastic card throughout Northern Ireland but NOW Group wanted a way to reach more people and felt that developing the card into a digital app would allow more people to access it and could also provide additional functionality as well as data feedback. Funding from both the Big Lottery and Nominet Trust have allowed the organisation to invest in developing the app and getting feedback from users.

The card and the app are both free. The card is available now by getting in touch with NOW Group on 028 9043 6400 or admin@nowgroup.org and the app will be available to download from your app provider from the first week in November.

Tamlaght Women's Institute

Meet on the 2nd Thursday of each month at 8pm in Women's Institute Hall, Tamlaght. New members always welcome to share in the Friendship, learn new skills and enjoy a nice cuppa.

For further information contact irismahon@btinternet.com

Omagh Gardening Society –

For further details email info@omaghgardeningociety.org www.omaghgardeningociety.org

Set Dancing Omagh - Omagh Traditional Dancing Club Set Dancing Classes held every **Monday from 8.30pm – 10.30pm in Dun Uladh Heritage Centre**, Ballinamullan, Omagh. Tel Marie 07786 982988 for more information

Free Debt Advice Centre covering Fermanagh and South Tyrone. Christians Against Poverty are delighted to offer their service to those of all faiths or none and clients are seen in the privacy of their own home without the need or cost of travelling to a Centre.

Please call the **FREE national appointment booking number on 0800 328 0006** (01274 760839 may be cheaper from a mobile).

Breastfriends Enniskillen is run by Ann McCrea (Lactation Consultant) and supported by Adele Paton (Volunteer Breastfeeding Peer Supporter).

Every Thursday from 10:30-12:30 mums and babies meet for tea and a chat in the **Barnabas Centre on Wesley Street** where there are comfortable surroundings with blankets and toys for the babies to play.

Mums who have difficulties such as nipple pain, low weight gain, fussiness can come and see Ann for specialist advice. All the mums and babies benefit from peer support and sharing tips about what works for them, how to get through the night feeds or the need for babies to be close. It is a lovely welcoming and nurturing group and all pregnant and nursing mums will be most welcome.

For further information contact Adele Paton, Breastfeeding Community Link Worker on 07816 758780

Collage Collective - Local Art and Craft Gallery and Shop

Would you like to exhibit and sell your work in a gallery/shop in the heart of Enniskillen's creative centre situated in **The Buttermarket, Enniskillen?**

Be part of the **Collage Collective** and connect with local artists, crafters and writers. Get feedback on your work and inspiration from other artists and visitors. There is no commission on work sold – only a small monthly rent contribution and the opportunity to meet the public through manning the shop for a day.

The restful ambience of the Collage Collective's retail outlet hides a real Aladdin's cave of **art and craft**, filled with an eclectic mix of beautifully handmade items, home décor and gifts and is a must for people seeking out unique, handcrafted work.

If you would also like to demonstrate and teach your skills, the Collective is organising **workshops** throughout the year on a multitude of techniques for all communities: from children's workshops to advanced classes for fellow artists.

If you are interested in becoming a member, please send an email to collage.ekn@gmail.com or contact Genevieve Murphy on 028 6634 1399 for more information.

Stop Smoking Clinics

Did you know that more people succeed with our Specialist Stop Smoking Service than any other way? We offer a free and flexible service to anyone keen to stop smoking provided by Specialist Stop Smoking Practitioners. They are easy to access and have a lot to offer including individual/group support, a location that suits you, specific advice and guidance, prescriptions for stop smoking products if required. Weekly Drop-in Clinics are available in your area as follows:

Strabane Health Centre	Wednesdays 5.00 – 6.30pm
Omagh, Post Grad Centre	Tuesdays 6.30 – 8.00pm
Enniskillen SWAH	Mondays 6.00 – 7.30pm

Anyone who wants to know more about stopping smoking can call the local helpline on 0800 9179388 where they can speak to a member of the Smoking Cessation Team.

Action for Children

The **Supported Lodgings Service** provides planned and emergency placements for homeless young people in the Western Health & Social Care Trust area.

The Supported Lodgings Service recruits Hosts who in turn provide a placement and support in their home to a vulnerable young person requiring accommodation. In return we offer –

- a generous weekly allowance
- ongoing support and training
- a chance to help a young person reach their full potential.

Youth homeless remains an issue in our society – yet there is a lack of suitable placements for young people faced with homelessness. The Supported Lodgings Service is a new service which aims to meet the need of youth homelessness whilst providing young people with support and to experience being part of a family through having a sense of belonging. This is imperative in breaking down barriers of isolation and promoting positive emotional health for young people whose family relations have broken down. Our service builds upon supporting families to reunite through adding the stability of a placement and support in the community setting at the stage of crisis.

Within the Supported Lodgings service we have a number of very caring hosts who have opened up their homes to young people and the outcomes for these young people have been very positive.

If you would like to know more, a co-ordinator is available to visit and speak at one of your groups or an information event, for example

Please contact 028 9446 7345

Email openingdoorssupportedlodgings@actionforchildren.org.uk

Moving on, through Leonard Cheshire Disability, support young disabled beneficiaries to realise their ambitions and achieve their potential in life. The project is funded through the Big Lottery fund's Empowering Young People and is aimed at:

- Young people from 16-19 years old with a physical disability, sensory impairment and/or acquired brain injury.
- Young disabled people living in the Western Trust area of Northern Ireland. That is, Tyrone, Fermanagh and Derry.
- Young people who are in NEED of education, employment or training and are currently disengaged from these and classified as being NEET's.

Find out more on the **Moving on website** – Movingon.leonardcheshire.org or like us on Facebook @Moving on – Leonard Cheshire Disability Northern Ireland.

or contact **Michael Mullin**, Project Co-ordinator - Moving on, Omagh Support Services

Telephone: 02882 250539, Mobile: 07718422483,

Email: michael.mullin@leonardcheshire.org

Mencap are the voice of learning disability in Northern Ireland. Help support Mencap by volunteering at a local bag pack/collection. Volunteer time is invaluable and much needed to continue their fantastic work throughout Northern Ireland.

If you would like to give up a few hours of your time or find out more about volunteering for Mencap please email fundraising.ni@mencap.org.uk or call 028 9069 1351.

To find out more about Mencap NI please visit <http://mencapbigstepforward.org/>

The Community Family Support Programme (CFSP) is running in Enniskillen, Omagh, Strabane and Derry/Londonderry. CFSP is funded by the European Social Fund (ESF) and the Department For Employment and Learning (DEL).

CFSP support families (with at least one person aged 16 - 65 years Not in education, training or full time employment) to develop their capacity to reach their full potential by addressing the health, social, economic, educational, employment and training issues that impact on their daily lives.

One to One Support provided on the programme is directly matched to each family's needs and may include:

Family and Education Support: – Advice and Guidance, confidence building, motivation and social skills. - Parenting skills. - Encouraging better family relationships. - Improving health and emotional wellbeing. - Money management and benefits advice.

Employment and Training Support (Employment Engagement Officer) - Developing skills to find work. - Creating CVs. - Preparation for interviews. - Employment opportunities. - Training opportunities. Family and Education Support Employment and Training Support.

The Family Liaison Officer (FLO), in partnership with specialist support organisations, will help families get any specialist support they need, such as help for drug/alcohol misuse, debt management and counselling.

The Employment Engagement Officer (EEO), in partnership with employers and training organisations, will help families engage with employment and training. We are always running Free courses for families to increase skills.

Entry to the CFSP is voluntary and recruitment of families to the programme is sought from a range of sources including the local network of Family Support Hubs, the relevant Health and Social Care Trusts and other family support agencies/organisations in the voluntary and community sectors. Families can also self-refer from within their local community.

For further information contact:

Enniskillen office (situated in the Find Centre, 2 Quay Lane, Enniskillen) Ciara 07739 651585

Omagh Office, Omagh Enterprise Centre, 07921 833832 Ann McBrien

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. Al-Anon does not offer advice or counselling, but members give each other understanding, strength and hope. **Meetings take place the last Friday of the month @ 1pm** in the ARC Healthy Living Centre, Sallyswood, Irvinestown. Everyone welcome.

New support services from MAN for Men

Call for male and female volunteer counsellors to help deliver and expand a range of new services for men in your area

For over 21 years Men's Action Network (MAN) has offered safe, supportive spaces to hear, support and enable men and boys to find a way forward with the life issues they experience associated with:

Addictions, Abuse, Anger, Crisis, Depression, Isolation, Suicidal Feelings, Self Esteem, Self-Development, Domestic Abuse/Violence, Sexual Abuse/Violence, Relationship Breakup, Family Breakup, Child Contact Issues, Emotional Well Being, Sexuality, Fathering Issues, Lifestyle Difficulties.

MAN are looking for local committed, passionate and professional counsellors to help us deliver professional support/counselling to the, often most hard to reach group, men in your area. We are committed to providing service users with a quality service in which every man is treated with respect and courtesy, receives fair, reasonable treatment, receives the highest quality of support to meet their needs and receives clear, accurate, timely and relevant information or help towards this end.

If you are a qualified counsellor with a minimum of a recognised Diploma in counselling and with 100 hours' post-graduation practice, we would like you to join our team to support men in your local area.

To find out more about MAN, our services, the counsellor/job requirements, or to download an application form, please go to our website www.man-ni.org or call us on 028 7137 7777.

The Enniskillen Foodbank is situated in The Lakes Vineyard Church, 6-8 Cross Street, opposite the Buttermarket, next to Hanna Electricals.

If you require assistance please come in. We are open Mondays 6pm - 8pm; Wednesdays 10am - 12pm; Fridays 2pm - 4pm

We also have collection points for those wishing to donate food in Asda, Tesco and Rooney's Spar. If you want to donate financially please call in, or **for more information call Paul on 07706 499724.**

Players Wanted - Fermanagh Concert Band is a local band based in Enniskillen. We play all types of music ranging from marches/classical through to contemporary pop/jazz and have a diverse number of members from all backgrounds and ages. Practices are weekly on Thursdays in Erne Integrated PS from 7-9pm and we are always on the lookout for new members to join. If you are interested, or know someone who is interested, **please contact Shane on 07811 489834** or look up our Facebook page.

Leonard Cheshire Disability

In the west of the province, we offer a number of community-based services to people aged 18+ with a physical disability, sensory impairment and/or acquired brain injury. These services are person centred and outcome based, with the aim of improving people's quality of life and supporting them to achieve their own individual goals. The key support services we provide are:

1. Housing Floating Support (*Omagh, Enniskillen & Surrounding Areas*)

The main objective of our floating support service is to enable people to move towards independent living. Support offered includes:

- Access to local health services, GP/Dentist etc.
- Develop skills to deal with repairs, maintenance and safety within your home
- Developing essential daily life skills e.g. budgeting, shopping, etc.
- Increased access to the local community
- Support through a move

2. Day Opportunities (*Omagh & Surrounding Areas Only*)

Our Day Opportunities service aims to increase social opportunities for people with disabilities through establishing links with other services within the local community. Support offered includes:

One-to-One/Individual to access

- Employment and volunteering opportunities
- Education and training
- Transport
- New groups, activities and/or interests

Group

6-8 week workshops to develop knowledge and skills in accessing the local community such as:

- Resilience
- Self-Determination
- Assistive Technology

For further information regarding our services, **please contact 028 8224 8118**.

Shelter NI - The SLATE Project

A temporary accommodation and Housing Floating Support provider in Omagh have opened their Supported Living, Advice and Tenancy Engagement 'SLATE' Resource Centre in Campsie, situated in the heart of Omagh town centre. The Resource Centre is a free space for young people, a safe haven to come and relax and talk to experienced staff. We provide services and support for young people aged 16-25 in partnership with other key agencies. We are managed by Shelter NI, a well-established local charity committed to addressing homelessness, social and economic disadvantages across Northern Ireland.

The Resource Centre is also somewhere where young people and their families can access information, guidance or support too. Our experienced team are always on hand to listen to any problem you may have and look at your options and help point you in the right direction. You might have a housing or benefits problem; you may want some support with an issue at home or you might be worried that you have a drugs or alcohol issue. We will keep what you tell us in the strictest of confidence unless you or someone else is at serious risk of harm.

Currently we accept referrals for our Housing Floating Support Service for young people aged 18-25 providing support in the community for young people with housing needs, mental health issues, learning difficulties, addiction etc. and we can provide temporary, furnished accommodation for young people aged between 16-25, for a maximum period of 2 years.

If you are interested or may be worried about a young person then please either drop in at our Resource Centre at 76A Market Street (beside AXA) or **contact us on 028 8226 7010** or email nigel@shelterni.org.

AMH's New Horizons Employment Programme - Briana McAteer, Employment Officer with AMH Fermanagh New Horizons supports those with mental health issues as they seek to find employment, volunteer posts or further training. If you are unemployed, experiencing mental ill health and are interested in taking that next step towards recovery, you can take part in AMH's New Horizons Employment Programme. The project, which is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department for Employment and Learning, is open to anyone in the Fermanagh and Omagh areas.

Referrals are accepted from the Community Mental Health teams, the Condition Management teams and the Jobs and Benefits advisers. It is individually tailored to meet the needs of each client and can provide practical support such as job searching, completing application forms or creating CVs. Support is also provided to find volunteer placements and to enter other training programmes or further education.

If you need any more information, please don't hesitate to **contact Briana on:**

T: 028 6632 3630

F: 07734 860337

E: bmcateer@amh.org.uk

W: www.amh.org.uk

Action for Children Foster Care NI is currently recruiting Foster Carers in your area to provide a safe and caring home to vulnerable children.

If you feel you can give a vulnerable child the support and care they need; have experience in working with young people and have a spare room you could transform the life of a child in your community.

Please contact Action for Children Foster Care NI for more information.

Tel: 028 6632 4181

Email: fostercareni@actionforchildren.org.uk

Breakthru DICE (Drug Intervention and Community Education) Project: We offer individual and group work support to young people (10-21) suffering from the effects of hidden harm. Hidden harm is the impact of other people's substance misuse on young people. We provide information, education, mentoring and fun activities. This project is open to young people in the Omagh and Fermanagh council area.

We are also raising awareness of hidden harm throughout the community and can provide training to professionals involved within community life so they can recognise the signs and symptoms of hidden harm and know what to do if they suspect it.

If you would like to know more, please get in touch...

Michaela – 07769 261533 or Michaela@breakthru.co.uk

Breigean – 07769 2694334 or Breigean@breakthru.co.uk

Breakthru HQ – 028 8775 3228

Fermanagh Women's Aid

Volunteers needed

Fermanagh Women's Aid are seeking compassionate and committed female volunteers to become part of an on-call rota for admissions to services and other duties. For an application form please **contact Denise Crudden on 028 6632 8898 or email denisec@fermanaghwomensaid.com**

Fermanagh Women's Aid is a women only organisation in which being female is a genuine requirement within the exemption stated in Article 10 (2B and 2E) of sex discrimination (NI) order 1976

NAS (National Autistic Society) Parent Support Group – Meetings take place on the 2nd Wednesday of every month in **Fermanagh House 10.30am-1pm**. Any parents/carers affected by ASD welcome to come along for support and friendship. For further information please contact **Fermanagh House on 028 6632 0210 or email Gemma at gemma@fermanaghhouse.org**

Shopmobility Enniskillen

Volunteer opportunity “Helping People, Changing Lives”

As a volunteer for Shopmobility Enniskillen you will be helping people with limited mobility regain independence and avoid social isolation through the provision of mobility scooters and wheelchairs. Can you spare 2 – 4 hours a week to help out at our service desk in Erneside Shopping Centre?

For more information T: 028 6632 9965, E: enniskillensm@live.co.uk
www.shopmobilityenniskillen.com
Find us on Facebook and Twitter.

Western Adult Autism Advice Service

This service is aimed at young people aged 16+ and adults with ASD and those who care for them (parents/carers/professionals). It will be facilitated 4 times per year from 1.30pm – 4.30pm in the local libraries on the following dates:

1 st Thursday in March	Strabane Library
1st Wednesday in June	Enniskillen Library
1 st Thursday in October	Derry Central Library
1st Thursday in December	Omagh Library

You do not need to make an appointment. Just call in and someone will be available to speak with you.

For further information or enquiries please contact Right 4 U Project Officer, The Cedar Foundation, Dromore, Co Tyrone. Telephone 028 8289 7772

Erne Speakers – Meet in **Fermanagh House, Enniskillen** on the second and fourth Wednesday of the month to support and encourage self confidence in speaking skills and leadership skills for all ages. For further information, please contact **Christine Rusk on 07570 803516**.

Do you have Asperger’s or high-functioning autism (HFA)?

Are you interested in meeting other young adults who are similar to you?

A monthly social group is being set up to provide independent young adults (16yrs-25yrs) with Asperger’s or High-Functioning Autism the opportunity to meet other like-minded individuals, share experiences and build-up a social network.

The group will offer:

- a social focus
- opportunities to meet other young adults with similar experiences
- a supportive environment to form new friendships and to participate in a wide-range of leisure activities

For further information and application form please contact:

Caroline Bogue 07917 266487
Janice Ferguson 07762 447789

The Hangout/FIND Centre – Activities/Clubs for young people aged 11-25 at the Hangout/FIND Centre, 2 Quay Lane, Enniskillen include:

Drop in – Aimed at young people (**age group 11-25**) who in their spare time, mainly after school and weekends, can use the hangout area under supervision to meet friends and have full use of all facilities such as pool tables, ps4, air hockey, table football or perhaps just to use as an area to chill out or have a bite to eat. **Thursdays/Fridays 3 - 6pm and Saturday 3 - 5pm**

JAVA – Just a Virtual Area is aimed mainly at students (**age group 16-25**) of nearby colleges and provides an area where they can use facilities while on lunch breaks or on days they finish early. Full use of facilities is available under supervision. **Tuesdays/Thursdays/Fridays 12 – 2pm**

Youth Club – This is a chance for young people (**1st and 2nd years**) to meet new friends and build relationships through planned activities such as team building, challenge nights, trips, interactive workshops and free time where young people can have full use of facilities within the hangout. **Wednesdays 6 - 8pm**

Underground Music Movement – This group provides an environment for young people (**age group 13-18**) with an interest in music to come along and play the instrument of their choice or perhaps just listen with their friends. This group welcomes young people from all backgrounds and ability levels to come along for a jamming session. **Saturdays 3 – 5pm**

STIG – Social Teen Inclusion Group is a group where young people on the autistic spectrum can come together and take part in planned activities, workshops, trips and programmes under supervision. **Every 2nd Thursday 7 – 9pm**

Information, advice and support – All staff are fully trained so if you have ANY issues that you feel you need help with please drop in or give us a call. **Telephone 028 6632 5559**

Volunteering Opportunity For Men And Women Aged 50+ - Safer Ageing Fermanagh is a partnership between Fermanagh Women's Aid and Men's Action Network, that tackles issues of Elder Abuse and isolation of older people within Fermanagh. Through becoming a Buddy, you can help us achieve this. If you can spare a few hours a week to visit an older person in the community, Safer Ageing Fermanagh could be for you! If you are interested in becoming a Buddy or would like more information, please contact **Marie on 028 6632 8898 or email marie@fermanaghwomensaid.com**. We particularly welcome applications from men over the age of 50 at this time.

Volunteer With Samaritans - Could you touch another person's life when it really matters? Omagh Samaritans have opportunities for volunteers. Our volunteers are changing lives every day and developing valuable skills and friendships along the way. We're behind you all the way with the training and support you need for the volunteer role you take on. Your training will show you how to give your whole attention to each person you're supporting and empathise with their feelings, without being overwhelmed yourself. The benefits of becoming a Samaritans volunteer are:

- Change peoples' lives.
- Contribute and share existing skills.
- Develop new listening and communication skills you can use in all aspects of your life.
- Meet new people from all different kinds of backgrounds and cultures.
- Improve your CV.
- Give something back to your local community.

You'll be surrounded by people with the same motivation as you. Whether you want to become a listening volunteer, or use your other skills to support us in a different role, Omagh Samaritans welcomes your support. There are many other skills required to run Omagh branch of Samaritans. Support volunteers help with the many other branch activities including fundraising, outreach, publicity, IT Support and finance. We are not a religious organisation and we positively welcome enquiries from all sections of the community. You don't need to have previous experience or qualifications, but you do need to be interested in other people and be open-minded. You also need to be over 18 years old. For further information please contact **07437 980466** or visit www.samaritans.org/volunteer.

Aware Support Groups are for people affected by depression including relatives, carers and friends who want to know more about depression and how they can help someone recover.

An AWARE Support group will bring you together

- with other people experiencing similar problems
- so you can support each other and help one another
- to learn more about your own illness and the treatments available
- to share experiences and develop self-help strategies and coping skills that will help you manage depression

The groups are very informal where individuals may talk about their experiences, share information and ask questions. No member is obliged to speak and short periods of silence are normal. There is no charge for attending.

We have support groups near you in:

- **Enniskillen** – Aisling Centre, at 7.30pm on Tuesdays (fortnightly)
- **Omagh** – Omagh Library, at 6.45pm (weekly)

No need to book just turn up.

Information on Aware's support groups can also be found at www.aware-ni.org

If you want more information contact Caroline on 028 7126 0602 or caroline@aware-ni.org

Details of the fundraising calendar can be found at www.aware-ni.org/events

Conferences and Events

Omagh Volunteer Centre (OVC)

Community House, 2 Drumragh Avenue, Omagh

Tel: 028 8224 0772

Email: omaghvc2@yahoo.co.uk

Our Services include:

For VOLUNTEERS

- Volunteer recruitment/registration
- Source volunteering opportunities
- Referral of volunteers to match opportunities
- Volunteer support
- Volunteer recognition activities

For ORGANISATIONS

- Promotion of volunteering opportunities
- Volunteer recruitment/referrals
- Help in identifying roles/writing role descriptions
- Help to set up a volunteer programme/improve an existing one
- Help/guidance with good practice in volunteer management e.g. with developing policies and procedures
- A free volunteering “health check”

TRAINING

- Safeguarding of Vulnerable Adults (SOVA)
- Child Protection
- Befriending & Mentoring
- Help to source training e.g. Disability awareness & First Aid

SMALL GRANTS FOR VOLUNTEERING PROGRAMME (DfC)

- We are the local delivery partner for this programme which includes promotion, training, support and guidance.

ACCESS NI CHECKS

- We are the local umbrella body for the Access NI vetting service
- Access NI guidance/support and process applications

GOOD MORNING OMAGH

- Telephone befriending service – 5 days per week

Tara Centre

11 Holmview Terrace, Omagh

... in the service of healing, peace and holistic well-being.

Inspired by a vision of global awareness, the Tara Centre provides a safe, nurturing environment in which:

- to heal and transcend pain and trauma;
- to bring hope to those in despair;
- to build an inclusive community of peace and reconciliation;
- to support those who seek to free themselves from the poverty trap and its negative consequences
- to educate beyond narrow, divisive, tribal loyalties
- to educate towards a deep, active and enlightened awareness of this amazing universe of which humanity forms an integral part.

The Tara Centre has made two key appointments - Angela O'Kane as CEO, and Margaret Spencer as Co-ordinator of Therapeutic Services. The filling of these two significant posts at the Centre is an injection of fresh energy which we trust will contribute considerably to the enrichment of many lives.

We are delighted to present an inter-disciplinary package of health and well-being services:

ON-GOING SERVICES:

- **Counselling / psychotherapy & art therapy**
- **Complementary therapies**
- **Premises for hire** with small and large rooms, a choice of catering and dining hall available. Please contact us to discuss your organisation's needs.
- **Bookshop** and lending library.

PROGRAMME OF SEMINARS AND WORKSHOPS:

For further details on any of the above or to hire the premises, please contact Reception, send an email or use the Centre website:

Tara Centre, 11 Holmview Terrace, Omagh.

Tel: 028 82250024

e-mail: info@taraomagh.com

www.taraomagh.com

Training Opportunities

Drink Wise Age Well

Do you support or work with people aged 50+? Are you aware of the dangers of alcohol misuse in the over 50's? We are providing the following FREE half day training workshops:

Wednesday 8 March	Fermanagh House, Enniskillen	10am-2pm
Thursday 16 March	Omagh Enterprise Centre	10am-2pm

Training manuals and lunch provided.

To register please contact Anita Doonan on 028 8283 9240 or by email anita.doonan@drinkwiseagewell.org.uk. Spaces are limited so early registration is advised.

We also offer peer/volunteer, frontline staff and enhanced training options. Please contact us for more information.

BME Cultural Competency for Mental Health Training for Trainers

Date & Venue: Wednesday 15 March, Omagh Community House, Omagh

Duration: 9.30am – 4.30pm **Facilitators:** Charo Lanao

Aimed at: Practitioners who work with Black Minority Ethnic (BME) communities.

Aim of Course: Black Minority Ethnic (BME) communities often have difficulties in accessing health services because of cultural and language barriers and this increases when it comes to mental health.

This one day 'training for trainers' programme has been developed through funding from the Public Health Agency and will enable practitioners to deliver the programme to others. The course aims to provide the trainer with the knowledge and skills of the key issues experienced by other cultures in terms of accessing mental health services in Northern Ireland. To apply for this course, you must have previous experience of delivering training and be able to sustain delivery as an integral part of your role.

To secure a place contact the Health Improvement Department on 028 7186 5127. Email health.improvement@westerntrust.hscni.net

Crowdfunding Training

Tuesday 21 March 10am-3.30pm, Cookstown

NICVA & Rural Community Network are delighted to offer this one-day training course on Crowdfunding in partnership with Crowdfund UK and Northern Ireland Environment Link (NIEL). Anne Strachan from Crowdfund UK will deliver a workshop on how we can use Crowdfunding as a way to raise money for the work that we do. Anne has run participative training on crowdfunding across the UK since 2012 in partnership with local networks, councils, social enterprises, business support organisations and universities.

The workshop is participative and consists of presentation, film, and individual and group work activities. Participants are encouraged to ask questions and bring their own experiences and projects into the discussion.

This training is for those involved in fundraising for their organisation who would like to learn more about this innovative fundraising tool.

To book your place, please click on this link <http://www.nicva.org/event/crowdfunding-cookstown>

Fermanagh Youth – Our Castles Need You!

Interested in taking part in Team Building outdoors at one of our best castles in Fermanagh? Ian Young, former World Champion Kickboxer and Ex Footballer will be putting teams through their paces at Tully Castle on **Friday 31 March**.

Or want to give something back to the community? Come to Castle Balfour, Lisnaskea on **Thursday 23 March** to help us clean up the castle and have a go at some traditional craft skills.

Participants 16yrs+

Contact: Stefanie.McMullen@communities-ni.gov.uk to secure a booking now! Don't miss out!

Step Up To Sustainable Employment+ (SUSE+)

SUSE+ is an employment solutions programme that helps participants to become more job ready by up skilling or reskilling. Based at the Southwest College the programme covers the Fermanagh-Omagh district council and Mid Ulster council areas. It is aimed at those aged 16-65 who are unemployed - including those working under 16 hours or who are economically inactive. SUSE+ offers a variety of accredited Level 1 qualifications all gained within a maximum of 12 weeks - these can include Health and Social Care, Horticulture, Welding, Multiskills Construction, Retail, Customer Service, Employability, Essential Skills ICT, English, Maths. Participants can also avail of 1 day training courses that can include First aid at work, Manual Handling and Food hygiene. Each participant has a dedicated mentor who will provide guidance and support in completing a CV, Work placement, Job applications, Interview skills, Budget management, Careers guidance and Computer skills. Mentors have built up strong links with local employers which further develops the participant's journey into employment.

If you would like to meet with the team in your local area to discuss or sign up to the programme please contact:

Omagh : Tracy Sharkey 074 3653 3475 or Darrell Law 077 3995 1970

Enniskillen : David Taylor 074 4253 1667 or Dermott Feely 077 3428 1029

Going Places Programme

The Going Places Team support the Neighbourhood Renewal Areas (NRA) within Fermanagh & Tyrone with the aim of signposting, referring and providing a wraparound support for NRA residents aged 16+ who want to gain entry into Education, Training or Employment.

The Going Places Team provide NRA residents access to any Level 2 and above provision offered within South West College; alongside the vocational area of their choice residents will also get the support of a mentor to assist them on their journey to the World of Work.

If you feel that you would like to explore your career journey opportunities with the support of a mentor please contact a member of the Going Places Team on: 077 3428 1030 or 077 0815 2879 or 078 5638 1535

Some of the **Free Courses** available now for residents in a Neighbourhood Renewal Area are:

Hotel & Tourism / Hospitality

Food Safety in Catering

Emergency First Aid in the workplace

CSR

CV Building & Interview Skills

For more information or to book a place on any of these courses contact a member of the Going Places Team on the above numbers.

Free Driving Theory Support Course - Are you or someone you know struggling with their Driving Theory? The Community Family Support Programme are offering a free Driving Theory Support course to participants. All information is provided and classes are held on a Wednesday morning. **Please contact Ciara on 07739 651585 for further information.**

Mental Health Resilience Workshops - Action Mental Health has recently been commissioned by PHA to deliver fifteen Mental Health Resilience workshops for 14-17 year olds and fifteen Mental Health Resilience workshops Lot 2 (adult) in the Western Trust area. These workshops entitled Mindset will run continuously throughout the year. The programmes will be delivered in youth and community settings for groups of eight to twenty people. Duration 3 ½ hours. The aims of the workshops are:

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

To book a programme contact **Action Mental Health MensSana Project Worker Brenda Burns on 07885 407092 or 028 6632 3630 or email mindset@amh.org.uk.**

The Alzheimer's Society - Training for Informal Caregivers

Do you provide unpaid care and support for a family member, neighbour or friend living with a dementia?

- Do you care for a loved one in an informal basis?
- Would you like to meet with other informal carers?
- Would you benefit from finding out more about dementia, coping mechanisms, legal/financial issues, basic communication skills?
- Are you aware of all the dementia services available in your area?

Well this **free training** is for you! We are flexible and can run evening or weekend courses. We can also offer the training to family groups within their own homes if necessary. **Please call: Carla Mulholland 07718 322726 or e-mail carla.mulholland@alzheimers.org.uk Roisin Flynn 07484 507178 or e-mail roisin.flynn@alzheimers.org.uk**

We have a number of volunteering opportunities within the Enniskillen area. We need volunteers to help support the Legacy Giving Team in ensuring we can continue to raise money to support people affected by dementia, whilst providing the information and means for those wishing to leave a gift in their Will or donate in memory of a loved one. Do you have local knowledge and links, good communication skills and a few hours a month to volunteer?

Are you passionate about ensuring people affected by dementia's voice is heard? Volunteer Advocates empower and support people with dementia and/or carers of people with dementia to express their views, wishes and concerns, supporting people in their choices and rights, and will provide information and support them to access services across all providers.

If you would like to find out more about any of the volunteering opportunities, please contact Rosario Mc Hugh, Volunteering Officer on Rosario.mchugh@alzheimers.org.uk or ring 028 8225 0103 or visit our website www.alzheimers.org.uk for more details.

CRAFT Training offer a number of training opportunities for young people to learn new skills and gain qualifications so that they can get ahead in their career.

Through the Training for Success programme or the Apprenticeships NI Programme, young people can gain the skills they need to get employed and start their career.

For more information **telephone 028 8225 9377** **www.craftrecruitment.com**

Exploring Enterprise3 Programme - This is a free programme that helps participants take the first steps to gain employment or explore a business idea. All participants gain a free accredited qualification within the programme. This adds to a CV and helps to break down barriers to employment or self-employment. Fermanagh Enterprise Ltd will be delivering this programme in Fermanagh, they have friendly and experienced advisors who will offer advice and assistance and offer access to main stream support options. The Exploring Enterprise3 Programme will help participants:

- Gain a QCF Understanding Business Enterprise Qualification.
- Improve skills for business and employment.
- Meet new people.
- Get back on track.

For eligibility details and more information please contact **Fionna Martin on 028 6632 3117 or email fionna.martin@fermanaghenterprise.com**.

The Way2Go Project is a new, province wide initiative supported by the Big Lottery Fund planning to improve knowledge and understanding of the impact of alcohol on individuals, families and communities, as well as identifying risks associated with excessive alcohol consumption.

The content of the workshop raises awareness of statistical information on the impacts of alcohol in Northern Ireland; will increase knowledge about risks associated with drinking alcohol and getting home safe; also looks at alcohol and offending, alcohol and health, alcohol and the media, and raises knowledge about impacts of alcohol and the risks of homelessness. Within the workshop we will also provide information regarding getting help for someone who is misusing alcohol.

Our workshops will be offered free of charge to schools and youth settings throughout the province. The quality assured workshops are tailored according to the age group and needs of each group. Sessions are fully interactive using PowerPoint presentation, booklets, group work, activities and discussion to fully engage young people.

Way2Go directly link with the core of the 'Model for effective Practice', aims to compliment education and service provisions to aid the personal and social development of young people ensuring they have opportunities to participate effectively in society.

If you would like to book a free workshop for your School or Youth club, or to discuss any aspect of the project, please contact First Housing Aid and Support Services, 7 Queen Street, Enniskillen, BT74 7JR

T: 07715 629658

E: shirleydonaldson@first-housing.com

Funding Opportunities

Funding Boost for NI Community Projects

A new dedicated £350,000 loan scheme has been launched to help provide funding for community projects across Northern Ireland.

Community groups, voluntary organisations, charities, sports clubs and social enterprises will be able to access the scheme which will be **funded by Building Change Trust** and managed by the Ulster Community Investment Trust (UCIT).

The new fund will provide small loans which cannot currently be raised from traditional sources. The loans can be used for a wide range of purposes, including buildings and repairs, equipment purchase, making facilities more energy efficient or funding shortfalls in larger grant assisted projects.

Further information about the scheme is available by contacting UCIT on 028 9031 5003 or visiting www.ucitltd.com

Social Housing Enterprise Investments awards - The Education, Training and Business Start-Up Grants are open year round (awards up to £1000, limited number).

The link below provides additional information and a link to the application forms:

http://www.nihe.gov.uk/index/community/community_social_housing_investment_scheme.htm

Do It For Real – Apply for up to £2,000 to start your social enterprise. Omagh Enterprise Company in partnership with UnLtd, Comic Relief and Spirit of 2012 is delivering Do It For Real, an exciting new youth programme to help people across Northern Ireland become social entrepreneurs. The programme will give young people (aged 16 – 30) the skills to develop their social ideas while having fun and helping to improve their community. We currently offer two support packages:

- Test It Award – Apply for £500 cash and receive mentoring from one of our dedicated Award Managers to explore, plan and try out your social idea.
- Do It Award – Turn your idea into a real venture by applying for up to £2,000 cash funding and receive one-to-one support and expert advice to help create a positive social impact.

You can find more information about the Do It For Real programme, including how you can apply, eligibility criteria and FAQ on our website www.omaghenterprise.co.uk/social-enterprise/