

Fermanagh & Omagh District Council Community Support News – May 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 Thursday 18 May.
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

Entries Open for Enniskillen 10k

The Enniskillen 10k Road Race and Leisure Walk will take place this year on **Saturday 10 June** commencing at 2.00pm.

The event, organised by Fermanagh and Omagh District Council and supported by Enniskillen Rotary Club and the National Trust, carries a prize fund of £1,500.

Entrants can now register online by logging on to www.enniskillen10k.com Participants who register before Wednesday 10 May will be entered into a prize draw to win one of two £100 vouchers (one male and one female winner) for a local sports shop.

As part of the event a Kiddies Fun Run will also take place outside the Fermanagh Lakeland Forum, Enniskillen at 12 noon on the day.

This year, the Enniskillen 10k Road Race and Leisure Walk has been included within the Novosco Grand Prix Series which is a multi-race competition involving fifteen 10k races in Northern Ireland running from March to November 2017 with a range of prizes. Further information on the Novosco 10k Grand Prix Series is available from www.novosco10kgrandprix.com

The weekly parkruns in Enniskillen and Omagh can help participants make preparations for the Enniskillen 10k. The parkruns, which comprise a 5k run, jog or walk, take place at the Fermanagh Lakeland Forum, Enniskillen and Omagh Leisure Complex at 9.30am on Saturday mornings to help improve fitness levels. Further information regarding both parkrun events is available at www.parkrun.org.uk

For further information or to register for the 2017 Enniskillen 10k please visit www.enniskillen10k.com. Alternatively, contact Chris Elliott, Fermanagh and Omagh District Council by telephoning 0300 303 1777 (calls charged at local rates) or by email at chris.elliott@fermanaghomagh.com

Summer schemes for children and young people

A programme of summer schemes for children and young people will take place across the district this summer.

The Council's summer scheme programme will include a range of activities at community centres, leisure centres and multi-use games areas (MUGAs). Please keep an eye on the Council website and local press for further details soon.

Community Relations and Cultural Awareness Week 18–24 September

Community Relations and Cultural Awareness Week is an opportunity to celebrate all aspects of our culture and heritage, promote cultural diversity and tackle sectarianism and racism. It is about inspiring new ideas, promoting understanding, respect and engagement between and amongst all sections of our community. It gives us a chance to showcase the wide range of ways in which people are shaping the future together right now.

The Week provides a platform for organisations and groups from the community and voluntary sectors, arts, culture, sport, education and the wider public sector to showcase innovative approaches to good relations and building a united and shared community.

If you are interested in organising an event and wish to register an expression of interest, please telephone Pauline Clarke, Fermanagh and Omagh District Council on 0300 303 1777 or email goodrelations@fermanaghomagh.com by Friday 23 June 2017. The Council may be able to provide a modest amount of financial assistance towards your event.

All programmes will be advertised in Community Relations and Cultural Awareness Week publications.

Waste and Recycling

It is vital that we understand what happens to our waste – this helps us to think about how we can reduce and recycle our rubbish. By learning more about waste and recycling we can all do our bit for the environment.

Fermanagh & Omagh District Council believe in working with this and future generations to help improve our recycling and recovery rates. The recycling education officers are available to educate people about our facilities; the role everyone plays in recycling; and the benefits for the community.

If you are interested in an activity for your youth group or community group, please send a brief email outlining the dates you are interested in and details of your group to claire.mcdermott@fermanaghomagh.com or anthea.owens@fermanaghomagh.com and we will get in touch to discuss organising a bespoke session for you.

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/>

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

The ASPIRE programme is Fermanagh and Omagh District Council's Employability Programme; working in partnership with the Western Health & Social Care Trust and Education Authority Western Region.

If you are unemployed or working less than 16 hours per week and want to get back into employment or retrain for a job in a new area of work then ASPIRE could be for you. ASPIRE supports people, aged 16 and upwards providing work placements, short courses, qualifications, mentoring, coaching, health and well-being, support with CV's, application forms and interviews; and much more – a programme that's focussed on you, the individual, that moves at the right pace for you, all delivered in a supportive and friendly environment.

For further information call in for a chat to our Omagh office at the Sperrin Centre, 1 Market Street or the Enniskillen office at FRCl, 56 Tempo Road, Enniskillen.

Telephone Omagh: 028 82246535 or telephone Enniskillen: 028 6632 6478.

The ASPIRE Project is part-funded by the European Social Fund and Department for the economy.

Community News

Bat Conservation Ireland

BATLAS 2020 Mapping Ireland's Bats Training Event at National Trust Centre, Crom Estate, Newtownbutler **Tuesday 2 May** at 8pm.

1.5 hour presentation, discussion of sites followed by a visit to a local habitat to demonstrate the survey methodology. All are welcome - some experience of bat surveying preferable. Please register your interest at batlas@batconservationireland.org

Darkness Into Light - Annual 5K walk/run is taking place **Saturday 6 May** at 4.15am in Lisnaskea and Belleek. On-line registration available @ www.dil.pieta.ie

Please see links below for further information.

<https://en-gb.facebook.com/Darkness-Into-Light-Lisnaskea-380697932102072/>

<https://en-gb.facebook.com/Darkness-into-Light-Belleek-210658422619570/>

Omagh Gardening Society - Annual Flower Show

Omagh Gardening Society's 55th Annual Daffodil and Spring Flower Show takes place in St Columba's Hall, James Street, Omagh on **Saturday 6 May** at 2pm.

The vast array of colourful exhibits includes a magnificent show of daffodils, spring flowers and plants and floral art. Schools are encouraged to enter classes for under 16yrs of age. Show schedules are available in local florists, garden centres, Omagh Library and Strule Arts Centre or call 07733 328081 or 028 8167 9440.

Entries for all sections will be taken at the Hall on Friday between 7pm and 9pm and again on Saturday morning from 8.30am to 11.00am.

The public are warmly invited to this colourful Show on Saturday afternoon from 2pm. Entry is £2, Children free. The Show includes a Plant Stall and Afternoon Tea is available.

Tara Centre

11 Holmview Terrace, Omagh

Tel: 028 8225 0024

e-mail: info@taraomagh.com

www.taraomagh.com

Seminars and Workshops

- The Green Platform – Declan Coyle (Sat. 6 & Sun. 7 May; 10.00am – 4.00pm)
- Building Confidence and Self Esteem – Dr Tony Humphreys (Fri. 19 May; 10.00am – 4.00pm)
- "All Illness Begins in the Gut" – Chronic Inflammatory Disease, Autoimmunity and the Gut Connection – Dr Aileen O'Kane, MD, (Sat. 10 June; 10.00am -4.00pm)
- Understanding Self Harm and Suicide in Young People – A workshop for Parents and/or Other Concerned Adults – Dr Eoin Galavan & Dr Olivia Murphy (Wed. 14 June 7.00pm -10.00pm)
- Fostering Cross Community Dialogue & Mutual Understanding – A Guided Tour of Historical Belfast –Dr Eamon Phoenix (Fri. 16 June Depart Omagh 8.45 am; Return 7.00-8.00pm)

On-Going Programmes

- Yoga for Beginners and Intermediates – Heather Kems
- Soul of Healing Seminars – Mary Daly & Maura Twohig
- Meditating Together – Self-Facilitated Group

Lisbellaw South Fermanagh WW1 Society

Talk by Ross Hussey on Messines. **Monday 8 May**, Lisbellaw Methodist Church Hall at 8 pm. The society is open to all sections of the community and we will be looking at the involvement of all in various battles. Contact lisbellawsouthfermwwarsociety@gmail.com

Cycle in aid of the Speedwell Trust and in memory of Eamon McClean

Saturday 13 May Arvalee School, Omagh from 10 am

30 and 60 mile cycle organised by Omagh Wheelers, 5k family cycle, 5k Run/Walk. Family fun and entertainment throughout the day including bouncy castles, bubble football, soccer skills, art workshops, drumming, balloon making, face painting and an amazing science show. Music and refreshments. BBQ from 1 pm. The first aim of the event is to purchase a defibrillator for the Speedwell Trust. All other monies raised will be used to help continue Speedwell's cross community projects and support many of the initiatives started by Eamon during his time with the trust.

Register online www.gosportus.com

Facebook https://www.facebook.com/EamonsGetTogether/?ref=br_rs&hc_ref=SEARCH

Omagh's Hard of Hearing Club - Monthly Meeting

Running for over 20 years the Omagh Hard of Hearing club has been supporting members of our local community.

Hearing loss and deafness can create difficulties in communicating with friends and family, and can lead to isolation. People with hearing loss often report that they no longer go out socially, attend events, or even go shopping as often, because they struggle to hear and conversation can be difficult. The aim of the Omagh Hear to Meet Group is to meet other people who understand what it is like to live with hearing loss, take part in fun filled activities and meet others over a cuppa.

The club is for people who have a hearing loss or wear a hearing aid. The group is **free** of charge and meets in Omagh Library.

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.**

Enniskillen - Fermanagh House

Thursday 4 May 10am-11.30am

Belleek - Rathmore Clinic

Monday 8 May 11am- 12 noon

Newtownstewart - Rural North West Community Support

Monday 8 May 10.30am- 12 noon

Castlederg - Derg Valley Health Living

Tuesday 16 May 10.30am- 12 noon

Strule Family Practice - Omagh Health Centre

Wednesday 17 May 2-3pm

For further information contact Mary on 0791 8767 640

Fermanagh House, Broadmeadow Place, Enniskillen BT74 7HR

Telephone 028 6632 0210

Up and coming events in May:

The Satchel Project (School's And The Community Helping Educational Learning)

The Nurturing Programme for Parents which started in March will continue throughout the month of May each Tuesday 10am - 12 noon. Creche facilities on site (first come, first served basis).

To reserve your place and for more information please contact **Anne on 028 6862 8741 or 07760 886920** Arc Healthy Living Centre, Irvinestown.

Recovery College – Courses for May:

Wednesday 3 May – Managing Setbacks: 10.30am – 12.30pm. This interactive workshop explores the ups and downs of mental health difficulties, how to cope in a crisis and what gets you back on track.

Wednesday 10 May – Recover Through Activity: 10.30am-12.30pm. This course will emphasise the importance of increasing participation in everyday life to enhance mental wellbeing.

Wednesday 17 May – Understanding Obsessive Compulsive Disorder (OCD): 10.30am-12.30pm. This workshop aims to explore the signs and symptoms of OCD, hear from those who have their own lived experience and what support and treatment options are available.

Wednesday 24 May – Getting a Good Night's Sleep: 10.30am-12.30pm. This workshop is designed to help those who are currently experiencing difficulty sleeping. Participants on this course will be given tips and advice to help them have a 'good night's sleep'.

For further information and booking please contact: Olive Young, Recovery College Co-Ordinator on 028 8283 5367 or EM: olive.young@westerntrust.hscni.net

ASCERT Training Courses for May:

Foundation Module – Adults and Family Members

Monday 15, 22 & 29 May 9.30am-4pm

The Regional Initial Assessment Tool for Young People (RIAT)

Friday 19 May 10am-1pm

Wednesday 21 June 10am-1pm

Working with Young People and Substance Misuse

Monday 29 May & Tuesday 30 May 9.30am-4pm

The Regional Hidden Harm Protocol

Wednesday 7 June 10am-1pm

For further information and to book a place please contact Lisa on 028 926 04422 or email:

training@ascert.biz

Macmillan Cancer Support are running a series of **FREE** courses in Fermanagh House for those who support others affected by cancer. On the following dates from 10am - 4.30pm.

Module 4: Cancer Awareness: Thursday 4 May, Friday 5 May, Friday 26 May

For further details please contact: Margaret T O'Hagan (Co-ordinator & Trainer Macmillan Cancer Support) Tel: 028 7930 0278 or email magsk@btinternet.com

St John's Ambulance are running a one day first aid course on **Tuesday 16 May**. For further details or booking please contact District office Belfast -Tel: 028 9079 9393 EM: districthq@ni.sja.org.uk
Website: www.sja.org.uk/sja/training-courses.aspx

Western Area Childcare Partnership - Courses in Fermanagh House as follows:

Paediatric First Aid (refresher) Tuesday 9 & 16 May 7pm - 10pm.

Safeguarding (full) Wednesday 10 & Thursday 11 May 7pm - 10pm

Safeguarding (refresher) Tuesday 30 May 7pm - 10pm

Paediatric First Aid (full) Thursday 8 & 15 June and Friday 9 & 16 June 7pm - 10pm.

For further details & booking go to www.childcarepartnerships-ni.org/training-quality

Regular Groups:

- **Drink Wise Age Well** run a support group for the over 50's wishing to talk about drinking on Wednesdays from 1.30pm - 3.30pm. For further details please go to <https://www.drinkwiseagewell-training.org.uk/>
- **Sarcoidosis support group** – meet first Monday of the month from 7-9pm
- **The Rainbow Project** - meet monthly on the 4th Wed of the month 7-9pm
- **St Michael's Bridge Club** – meet every Monday at 7.30pm September - May.
- **Family Mediation** – assisting families experiencing the trauma of separation. Appointments available in Fermanagh House. Call 028 9024 3265 or email enquiry@familymediationni.org.uk
- **U3A** – leisure and learning co-operative of older people. Choir, drama and poetry. Meet regularly in Fermanagh House. Call 028 6632 0210
- **Downs Syndrome Support Group** meet in Fermanagh House 1st Wed of month Oct-May at 8.00pm. Contact Catherine Dunne on 028 6638 8409
- **Autism NI Support Group** - 4th Wednesday of the month 8-10pm (*not July or Aug*). For further information contact Michelle Higgins 07834 484229
- **Victim Support** - hold appointments in Fermanagh House. They are a charity who supports people affected by crime. They offer a free and confidential service, whether or not a crime has been reported and regardless of how long ago the event took place. We are an independent organisation - not part of the police, courts or any other criminal justice agency. Telephone 028 9024 3133 or email info@victimsupportni.org.ni
- **Addiction NI** - Hold appointments in Fermanagh House. They are a Community Addiction Service; a registered charity providing treatment and support for people who are dependent on alcohol or drugs. We provide tailor-made treatment programmes for people with drug or alcohol problems, delivered in community settings. We also give confidential support for people affected by someone else's drinking or drug use. For more details telephone 028 9066 4434 or email enquiries@addictionni.com
- **Fermanagh Genealogy Centre Volunteers** - meet in Fermanagh House for training on the last Wed of the month Sept - Jun 7-9pm. If you would be interested in volunteering at the Fermanagh Genealogy Centre you can call into Enniskillen Castle Museum when we are open and we will show you around. If you are interested in becoming a member of the Fermanagh Genealogy Centre or wish to attend our talk & visit program, email our secretary Frank McHugh at fgc2012@hotmail.com

Citizens Advice Fermanagh currently seeking volunteers

The work of Citizens Advice Fermanagh would not be possible without volunteers. There are many ways to get involved. You can support our front-line service by training to be an advisor, help streamline the office administration systems, use your IT skills, language skills or knowledge of local communities, or you can fulfil strategic roles and sit on the management committee and help with fundraising, publicity or our social policy work.

Voluntary work for Citizens Advice provides excellent opportunity to gain invaluable experience for paid employment. You will receive 100% support, full training and your expenses paid. We are committed to equal opportunities for our workers and clients, and welcome volunteers regardless of race, gender, sexuality or disabilities.

For further information please contact Siobhan Peoples, Manager, Citizens Advice Fermanagh, Fermanagh House, Broadmeadow Place, Enniskillen, BT74 7HR, e-mail fermanaghcab@citizensadvice.co.uk

Fisher Cycle Challenge

Join us for a fun, challenging day cycling around Fermanagh this Spring! With three separate routes of 22, 45 and 75 miles – each taking in the stunning views of Co Fermanagh - it caters for all abilities of cyclists.

Each route, slightly varied from previous years, will carry its own challenges through the rolling hills and the additional challenge of King and Queen of the Mountain up to the stunning Lough Navar Viewpoint is open to all 75 mile participants.

Cycle starts at 9am on **Saturday 20 May**. Register online before the event or on the day (from 8.30am) - £20 early bird entry fee per person (£25 on the day).

Get on your bike, get fit and help raise some money for local charities!

If you require further information please visit www.fishercyclechallenge.co.uk or [www.facebook.com/fisherengineeringcyclechallenge]www.facebook.com/FisherEngineeringCycle Challenge

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

Lisnaskea Historical Society

All welcome. Contact Vicky Herbert on 028 6772 1730 for further details.

Charity Vintage Fayre, Road Run and Family Fun Day

Saturday 20 May, 11am-4pm, Omagh Showgrounds

Organised by Clogherny, Seskinore and Drumnakilly Churches

There will be craft stalls, a cake stall, collectables stall, bouncy castle and various sideshows. Entertainment, refreshments and a barbecue will be operating throughout the day. Auction of good quality goods at 3pm followed by a raffle.

A road run for vintage cars and vintage and modern tractors will leave at 2pm (Registration £10 to include a free lunch and memento).

Entry to the day is £5 with children admitted free.

All money raised will go to support the charity SANDS in their project to provide snuggle cots and memory boxes to bereaved parents who have lost a baby and also the Church Rectory Fund.

For more information or to register a stall contact Andy on 028 8075 8570.

Music in Fermanagh

The Contempo String Quartet - Wednesday 31 May at 8 pm in the Ardhowen Theatre

The return of this amazingly energetic young quartet, two married couples, who electrified us last year with their lively intensity!

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

Choice housing currently have 3 x 1 bedroom bungalows for people on the Housing Executive waiting list aged 50+ in Carn Court, Rosslea, Co Fermanagh.

Sheltered housing enables older people to live independently and privately in their own dwelling within a safe, friendly and supportive environment. All of our sheltered dwellings are linked to a 24 hour emergency call centre and tenants can have a pendant alarm if required. A scheme co-ordinator support service is available on site five days a week. Our aim is to ensure tenants feel safe, enjoy their privacy and independence, and have the opportunity to participate in social events and activities.

For further information contact Charlie Temple on 0300 111 2211 or email Charlie.Temple@choice-housing.org

Big Knit for Age NI

This year Age NI and innocent are planning the biggest Big Knit ever and we need the help of crafty knitters in the County Fermanagh area to help us reach our target of 94,500 little woolly hats.

The colourful creations will adorn innocent smoothie bottles. For each be-hatted smoothie sold, innocent will donate 25p so that Age NI can continue to provide vital services and support to people in later life, their families and carers across Northern Ireland.

Rosalind Cole, Age NI Events and Community Fundraising Officer, said, 'We are almost half way there yet we still need help to knit a further 50,000 miniature hats so we can hit the incredible target set for this year's Big Knit campaign.'

'Age NI is overwhelmed by the response to the appeal so far. We'd like to take this opportunity to thank knitting groups and individual knitters in County Fermanagh for taking up the challenge. However, we're appealing for people to carry on knitting for us and for budding knitters to start knitting for us. The final deadline to submit hats is **21 July**.'

'We know that many people in the County Fermanagh area love to knit and we really enjoy seeing the range of colourful creations coming in so far from traditional woolly hats to cute animals and even some popular comic characters.'

'We have a strong supporter base across Northern Ireland and over the last 6 years, 292,000 tiny hats have been knitted raising an amazing £73,000 for Age NI.'

'We greatly appreciate the time and commitment that each and every knitter puts into making their tiny creations and for their continued efforts in helping us to make this year's Big Knit the biggest ever. As a result Age NI will be able to provide people with the companionship, advice and support they need to live better later lives.'

To take part in the Big Knit, contact Dorothy McConkey on 028 9024 5729 or email dorothy.mcconkey@ageni.org For more information or to download patterns, visit www.ageni.org/bigknit

Sending in your hats - You can post your hats in to us at any time. We are always glad to receive them and it helps us with the workload if the posting of hats is staggered

Please post to: **FREEPOST RRTU-HSZY-LTHZ**, Age NI, 3 Lower Crescent, Belfast, BT7 1NR.

If knitting as part of a group it is helpful to us when counting hats if you can bag your hats in lots of 50 or 100 and write the number of hats on the bag, and if individual knitters can let us know how many hats they have posted.

Every hat is important to us - it can be as plain or as colourful as you like, with or without a bobble! So if you have scraps of wool to use up the Big Knit is the perfect fit.

Baby hats are not needed in South West Acute Hospital, Altnagelvin Area Hospital or Royal Victoria Hospital. They are **needed in Delivery Suite, Craigavon Area Hospital**. Please put your name and address in parcel. Please contact valeriebr7@btinternet.com or mobile 07837 616814 for further details.

Shopmobility Omagh Does Event Mobility

Shopmobility Omagh is now in a position to attend rural events at **no cost** to the organisers or potential users. This project is to ensure people who would otherwise be isolated in their own home have the opportunity to enjoy the festivities just like everyone else.

We are now booking dates to attend any events within Omagh and surrounding areas, on a first come, first served basis. So make sure you don't miss out on this **free** service and ensure your event is accessible to everyone. All we ask of the organisers is that you advertise in flyers/posters that we will be in attendance at your event. (Please confirm booking beforehand).

Shopmobility Omagh also offers a **free** daily "Meet & Greet" service whereby you ring us from any of the town car parks and we will bring the equipment to you....and collect it again when you're finished with it.

Tel 028 8224 0991/07517 953536 or email shopmobilityomagh@outlook.com to book your event or find out more.

Shopmobility Enniskillen

We require a volunteer manager to support our recruitment of volunteers. The role will consist of Managing and recruiting volunteers, attending volunteer events, developing appropriate volunteer roles, promoting volunteering externally, organising rotas and providing inductions.

This opportunity will give the suitable volunteer great experience in management and full training will be provided. Call 028 6632 9965 Email eniskillensm@live.co.uk

Active Female Competition

The Female Sports Forum in partnership with O'Neills Sports have a new monthly 'Active Female Competition' to highlight the contribution of women and girls in sport and physical activity across Northern Ireland.

Nominate a participant, coach, volunteer or administrator who has had recent individual and/or team success and/or made an exceptional contribution to their sport in the previous month. After all the nominations are in, the Female Sports Forum will shortlist three of the nominees and post online their reason for nomination on their social media platforms for the public to then vote for the most deserving female who will win a £50 voucher from O'Neills Sports.

For more information and to nominate, please visit

<https://femalesportsforum.com/2017/02/active-female-competition-association-oneills-sports/>

Facebook: Female Sports Forum

Twitter: @FemSportsForum

Instagram: @femalesportsforum

Closing date for entries 5pm, Thursday 11 May

Alzheimer's Society, Enniskillen

Volunteering Opportunities.

Regional fundraising is at the very center of how we raise vital funds at a local level. The money we raise funds the delivery of universal services as well as the services we provide locally such as activity cafes. It also helps to fund research into care for today, a cure for tomorrow, as well as for our campaigning work.

We have opportunities for volunteers to be involved as part of an existing group, or providing individual support at organised events in Enniskillen.

Join a Regional Fundraising Group - Working with the local Community Fundraiser, you will attend meetings with other core members, research, contribute ideas, promote and attend events. This could be a couple of hours per months for planning meetings plus attending events.

Become an Events Fundraiser - The role will be based at fundraising events, the times, dates and locations of which will vary. Example of fundraising events include: collections, Memory Walks, community events, corporate events and special events. Example tasks could include route marshal, manning the information stall, bucket collection, setting up and packing down at events, or assisting at corporate events.

Interested? Please contact Rosario Mc Hugh, Volunteering Officer

rosario.mchugh@alzheimers.org.uk telephone 028 82 250103 or visit our website at www.alzheimers.org.uk

Take the Next Step to a healthier you!

The Western Trust is working in partnership with The Public Health Agency to encourage staff to quite literally take some simple steps to better health.

'Take the Next Step' aims to highlight that by sitting less and moving more we can increase our daily steps and help reduce the risk of developing long-term health conditions such as heart disease, some cancers and type 2 diabetes. Increasing activity levels also helps maintain a healthy weight and promotes positive mental health.

You can download one of the many free apps available or buy a pedometer to measure how many steps you take, then set personal goals to increase this number. Ideally this should be done as a group challenge so why not get your friends, family, your local community group or workplace to form a team to support and encourage each other to increase your daily steps and feel the health benefits.

If you would like to 'Take the Next Step' to better health, a range of resources including a Leader's Guide and Step Log are available to download at:

www.publichealth.hscni.net/publications/step-challenge-toolkit-leaders-guide-poster-certificate-etc

Please register your team on the form provided at the back of the Leader's Guide.

Hard copies of Step Challenge information leaflets for participants are also available on request by emailing: Lesley.Finlay@westerntrust.hscni.net Telephone 028 7186 5127 ext 217127.

Go on... 'Take the Next Step' to a healthier you!

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.

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

Telephone 028 6632 5811

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 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

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

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**

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.

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

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

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.

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 fgc2012@hotmail.com

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@omaghgardeningssociety.org www.omaghgardeningssociety.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).

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.

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.

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/>

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

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.**

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

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

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
Breigeen – 07769 2694334 or Breigeen@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

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
1 st Wednesday in June	Enniskillen Library
1 st Thursday in October	Derry Central Library
1 st 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

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. 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**.

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 (**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 (**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 (**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**

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

Training Opportunities

Team Up with the Prince's Trust

The next Team starts on **Monday 22 May**.

The programme is FREE for unemployed young people aged 16-24. It's a full time course that won't affect your benefits. Childcare allowance available. Public Transport costs reimbursed.

Week 1 – **Planning for Progression** – work alongside 10 other members of your team.

Week 2 – **Go on residential for Teamwork...**

Week 3 to Week 5/6 – **Community Project** - Get out and meet the community, help with a project that you get to choose, painting & decorating, landscape gardening and make a difference!

Week 6/7 and Week 8 – **Work Experience** - What do you want to do, try a new skill, sample a new opportunity or look for a career?

Week 9 - **Career Planning** - Let us help you to put together a CV on our job search week. If you want to work and are not sure what to do then you should join our **Team**

Week 10 & 11 - **Supporting Others** – Get to know who is around you, speak to local groups, organise days away, ten-pin bowling, sports and fun

Week 12 - **Presentation Skills** – Finish off your qualifications, present yourself to your family and friends at an end of Team Programme get together

Qualifications – your work will achieve results

Prince's Trust – A Certificate in Employment, Teamwork and Community Skills

Also – Level 2 Certificate - First Aid in the Workplace

For further information, contact Catherine at South West College, Enniskillen Campus, BT74 6AE on 07523 273865. Email catherine.donaghy@swc.ac.uk

Jobmatch is open to those aged 18 and upwards who live within the Omagh area. It is targeted at those who are unemployed, economically inactive or working less than 16 hours per week.

Within the programme we can offer training such as CSR, Forklift, Manual Handling, SAGE, IT and various others, as well as career guidance and counselling, cv developing, interview skills and so on.

For further information contact Claire Yakub on 028 8283 9311 or Mobile 07855 108608

Email: claire.yakub@networkpersonnel.org.uk web: www.networkpersonnel.org.uk

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 offer peer/volunteer, frontline staff and enhanced training options. Contact Anita Doonan for more information 028 8283 9240/email anita.doonan@drinkwiseagewell.org.uk

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.**

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.

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

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/