



Fermanagh & Omagh District Council Community Support News – October 2017

The Community Support Newsletter is published on a monthly basis.

Regular updates are also issued by email.

If you wish to receive these or place an article in the Newsletter

please contact Alison Gilmore on 0300 303 1777

or email alison.gilmore@fermanaghomagh.com

The deadline for the next Newsletter is Thursday 19 October.

Please ensure that you send your information in on time for this deadline
as groups have indicated they prefer to receive only one email per month.

Council News & Events

Fermanagh and Omagh District Council Funding & Advice Fair

Thursday 26 October

Omagh Library, 1 Spillars Place, Omagh

Drop in anytime between 4pm–8pm

Advice Workshops – Registering & Reporting to NI Charity Commission

5.00pm – facilitated by FOCUS

7.00pm – facilitated by Omagh Forum for Rural Associations

(workshops will run for approx.30 -40 mins)

This event will provide community and voluntary organisations with the opportunity to explore funding opportunities and discuss projects face to face with staff from various funding organisations.

For further information contact Fermanagh & Omagh District Council, Community Services Department on 0300 303 1777 ext 20222

Temporary relocation of Council's Public Services Centre

Fermanagh and Omagh District Council's Public Services Centre, Omagh has temporarily relocated to the Strule Arts Centre, Omagh while refurbishment works take place at its current premises on 16 High Street, Omagh.

For further information or to contact the Public Services Centre please telephone 0300 303 1777, Text Phone 028 8225 6216 or email publicservices@fermanaghomagh.com.

Bushcraft and Survival Skills

Fermanagh and Omagh District Council has organised two 'Come and Try' bushcraft and survival skills sessions as part of an initiative to encourage more people outdoors on:

Saturday 7 October at Gortin Glens Forest Park, and

Sunday 8 October at Castle Archdale Forest Park

The **free** half day sessions, designed for young people aged 8–14, commence at 1pm and finish at 4pm and will be delivered by fully qualified instructors. Among the skills being demonstrated are safe fire building, foraging and the construction of shelters.

Places are limited and will be allocated on a first come, first served basis. All participants must be accompanied by a parent, guardian or carer for the duration of each session.

For further information and to register on the programme, please contact Imelda McCarron, Fermanagh and Omagh District Council by telephoning 0300 303 1777 (all calls charged at local rate), email imelda.mccarron@fermanaghomagh.com or visit www.fermanaghomagh.com

Fermanagh and Omagh PEACE IV Local Action Plan – Information Events

Interested in finding out how to get involved?

Fermanagh and Omagh District Council is hosting a series of information events to publicise and promote the range of programmes that will be delivered through the Fermanagh and Omagh PEACE IV Local Action Plan.

Funding of £2.6m has been secured to lead on promoting peace building and reconciliation within the district through the delivery of the Local Action Plan. The Plan will support 15 programmes or initiatives across three key themes – Children and Young People, Shared Spaces and Services and Building Positive Relations.

To find out more about the Action Plan and how to get involved please come along to an information event. Events will take place as follows:

- Tara Centre, **Omagh at 7.00pm on Monday 2 October 2017**
- ARC Healthy Living Centre, **Irvinestown at 7.00pm on Thursday 5 October 2017**

Tea/Coffee available from 7.00pm with events commencing at 7.30pm sharp

For further details on the information events or the PEACE IV Programme, please contact Fermanagh and Omagh District Council's PEACE IV Programme Co-ordinator, Deborah McCartan by telephoning 0300 303 1777 or email deborah.mccartan@fermanaghomagh.com

This initiative is supported by the EU PEACE IV Programme managed by the Special EU Programmes Body. For further information on the PEACE IV Programme please visit www.seupb.eu.

PEACE IV Shared Spaces and Services

Opening of Invitations for Expressions of Interest:

Fermanagh and Omagh District Council wishes to notify groups and organisations working within the community and voluntary sectors of the upcoming invitations for expressions of interest for the following programmes:

PEACE IV Youth Focused Shared Space Programme:- 2 October 2017

A capital programme aimed at developing and enhancing areas or buildings to become more youth focused shared spaces. The programme aims to improve cross-community relations and community cohesion and assist young people to develop a greater understanding of diversity.

- Capital investment of between £50,000 and £70,000 is available for the development, extension or refurbishment of areas, buildings or spaces with the focus on shared youth provision.
- In the interests of geographical equity, one community/area from each District Electoral Area (DEA) will be selected for participation.
- A number of additional projects may be held in reserve.

Full information will be available to view/download from the Council's website from 2 October 2017.

For further details, please contact:

John Campbell - PEACE IV Shared Spaces Project Officer by telephoning 0300 303 1777 or email john.campbell@fermanaghomagh.com

PEACE IV Re-imaging Programme for Existing Spaces:- Mid October 2017

A small capital and activity programme aimed at enhancing facilities to attract new users, make spaces more accessible and to provide support in the delivery of activities that promote and encourage cross community usage.

- Capital investment of up to £6,000 is available to enhance or refurbish existing areas, buildings or spaces with the focus on attracting new users.
- Investment of up to £2,000 is available to design and deliver activity programmes with the aim of promoting and encouraging cross community usage.
- A minimum of 25 projects will be selected for participation.

For further details, please contact:

Hugo Sweeney - PEACE IV Project Officer by telephoning 0300 303 1777 or email hugo.sweeney@fermanaghomagh.com

This initiative is supported by the EU PEACE IV Programme managed by the Special EU Programmes Body. For further information on the PEACE IV Programme please visit www.seupb.eu

Geopark Community - Drifting Apart

Do you live in, or are you part of a community group within Marble Arch Caves UNESCO Global Geopark? Find out how the Geopark can benefit you!

Marble Arch Caves UNESCO Global Geopark in partnership with GSNI and GSI are running a series of free workshops to help local people and community groups understand and explore the geology, archaeology and biodiversity of the area and how the Geopark was once connected to places across North West Europe, Canada and Russia.

Numbers are limited and allocated on a strictly first come, first served basis.
To find out further information or to RSVP, contact Helen on 028 6634 8855
or email helen.carleton@fermanaghmagh.com

Tuesday 21 November, 7pm-9pm – Geology and Geomorphology of the Geopark
– Silver Bear Centre, Bawnboy
Tuesday 28 November, 7pm-9pm – Flora and Fauna of the Geopark
– Field Studies Centre, Derrygonnelly
Tuesday 5 December, 7pm-9pm – Archaeology of the Geopark
– Silver Bear Centre, Bawnboy
Saturday 9 December, 10am-3pm – Geopark Field Trip

Public Consultation

Draft Equality Action Plan 2017-2019

Draft Disability Action Plan 2017-2019

Consultation Closing Date: Friday 20 October 2017

Fermanagh and Omagh District Council is currently seeking your views on:

1. The **Draft Equality Action Plan 2017-2019**.
2. The **Draft Disability Action Plan 2017-2019**.

The Council recognises the importance of consultation in all aspects of the implementation of its statutory Equality and Disability duties and invites you to take part in this public consultation exercise.

You can obtain copies of any, or all, of the documents from the Townhall (Enniskillen) or The Grange (Omagh), or by:

Downloading the documents from the Council's website – www.fermanaghmagh.com

Telephoning the Council on 0300 303 1777 ext. 21178, Textphone: 028 8225 6216

Emailing finbar.maguire@fermanaghmagh.com

All documents are available in alternative formats upon request.

Consultation Responses

You can respond to this consultation by:

Letter: Public Consultation, Policy and Strategic Services, Townhall, Enniskillen, County Fermanagh. BT74 7BA.

Email: finbar.maguire@fermanaghmagh.com

Telephone: 0300 303 1777 ext. 21178

Textphone: 028 8225 6216

Or you can complete an **online questionnaire** available at www.fermanaghmagh.com

Alternatively, if you prefer a meeting in which to give your comments face-to-face, we will do our best to meet your request.

“Explore Omagh and the Sperrins” Discount Voucher Booklet

A new discount voucher scheme booklet has been launched recently in the Strule Arts Centre for the Omagh and Sperrins region. The “Explore Omagh and the Sperrins” discount voucher booklet is part of a marketing campaign aimed at attracting an increased number of visitors to the area and encouraging them to shop locally and visit some of the many attractions and activities in the area.

The booklet includes vouchers for more than 20 local businesses including shops, restaurants, attractions and activity providers. It will be available in all participating outlets including local hotels and attractions and will also be available in Visitor Information Offices across Northern Ireland. The booklets were also made available to all visitors attending the recent Omagh Food Festival.

The voucher booklet is the first in a series of marketing initiatives promoting the Omagh and Sperrins area. A new website, www.exploreomaghsperrins.com has been set up to support the initiative and marketing campaigns incorporating social media are being developed around some of the events in the area. The extensive marketing plan is funded by Fermanagh and Omagh District Council and co-ordinated by Fermanagh Lakeland Tourism. A working group of local providers will also be meeting regularly to develop networking opportunities and co-ordinate activities to promote the region.

For further information or if any local providers wish to get more involved in future activity please contact us by emailing – info@omaghsperrins.com.

Disability Sailing on Lough Erne

Fermanagh and Omagh District Council is working in partnership with the Public Health Agency, Disability Sport NI, Sport NI and Lough Erne Yacht Club to provide sailing opportunities on Lough Erne for people with disabilities through the Sailability Project.

Four specialised and adapted sailing boats have been purchased through the Sailability project and are available for use at Lough Erne Yacht Club. The boats are also ideal for use by older people.

The project is led by Disability Sport NI and is part of a wider ‘Active Living: No Limits 2021 Action Plan’. The aim of this initiative is to improve the health and well-being of people with disabilities in Northern Ireland through participation in sport and active recreation.

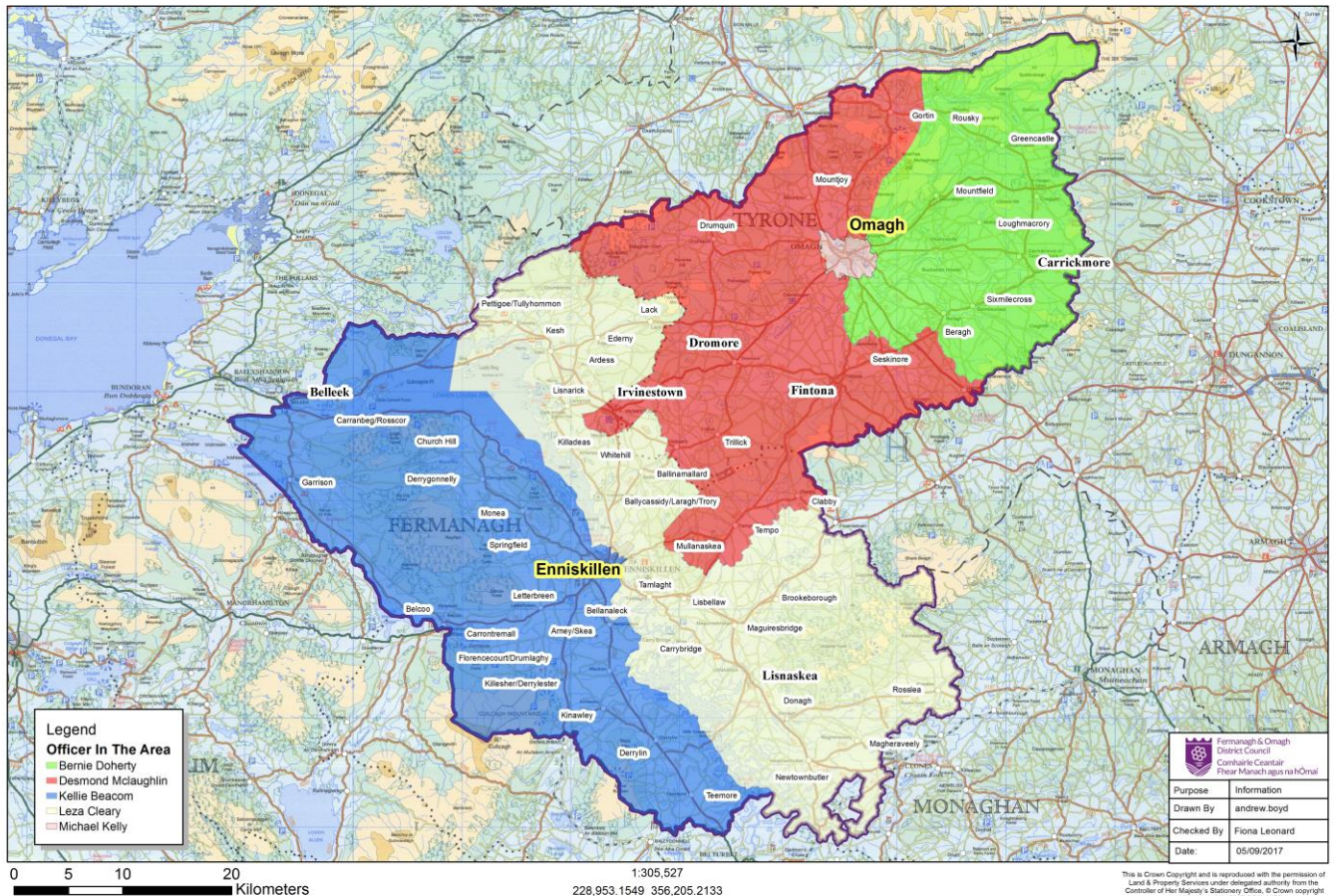
For more information on how you can get involved in the sailing programmes please contact Tom Bailey at Lough Erne Yacht Club by telephone on 028 6638 8432, email info@leyc.net or look on the club website www.leyc.net.

To enquire about sailing opportunities generally within the Fermanagh and Omagh District Council area please contact Imelda McCarron by calling 0300 303 1777 or email Imelda.mccarron@fermanaghomagh.com

Community Support Officer Areas

The Community Services Department offer support to individuals and organisations within the community and voluntary sector promoting community action. Officers within the Community Services Team are available to assist community groups and voluntary organisations make as big a difference as possible to local lives and issues. The link or map below can help you find your local Community Support Officer - please contact us for any assistance you or your organisation may require on 0300 303 1777.

Community Support Officer Areas



<https://fermanagh.maps.arcgis.com/apps/InformationLookup/index.html?appid=298ff71ef2fc4cacbcb2f5ee703c291b>

Community and Voluntary Sector Register

Has your organisation registered their details? Registration will enable Fermanagh and Omagh District Council to keep you updated with important information and provide any necessary support you may require. You can download a registration form on the Council web site

<http://www.fermanaghomagh.com/residential-services/community/community-register/>

Contact us on 0300 303 1777 Ext 21217 Email: alison.gilmore@fermanaghomagh.com

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

Community News

Omagh Mood Walk

Sunday 1 October at 2.00pm

The AWARE Mood Walk is a key event in the calendar for people throughout Omagh. Anyone can take part in the Mood Walk and you can choose to walk (or run) 5k or 10k. The Mood Walk will begin from the Youth Sports Centre and go through Lovers Retreat and back to the Youth Sports Centre for some afternoon entertainment. **Registration opens at 12.30pm.** All money raised from the AWARE Mood Walk is put back into AWARE to help improve mental health services in the area. Register now and walk #milesformentalhealth and help make a real difference in your area.

To register, visit www.aware-ni.org/mood-walks.html or call AWARE Belfast Office 028 9035 7820.

Sixty Years Gone - but not forgotten!

Headhunters Railway Museum commemorates the 60th Anniversary of the closure of railway services in Fermanagh & bordering counties with events for all the family

‘Railways in Ulster’s Lakeland’ Enniskillen Library to 7 October

Photographic exhibition featuring Fermanagh railway scenes captured by Anthony Burges and Neil Sprinks, complemented by railway artefacts (Free).

‘Weirs Bridge Photographic Exhibition’ Ardhowen Theatre to 21 October

Normal Opening Hours. A photographic exhibition by Headhunters Railway Museum capturing the iconic Weirs Bridge (Free)

‘Each a Glimpse and Gone Forever’ – Fermanagh’s Railway Story

Enniskillen Castle Museums Monday 2nd October 2017 - 13 January 2018.

Normal Admission Charge. A photographic exhibition featuring Fermanagh railway scenes captured by John J. Smith complemented by a collection of railway artefacts sourced by Headhunters Railway Museum.

For details of all the commemorative events contact Headhunters Railway Museum, 5 Darling St, Enniskillen: Tel. 028 6632 7488 info@headhuntersmuseum.com www.headhuntersmuseum.com

Open Tuesday to Saturday 9.00am - 5.30pm (Free Admission)

Fermanagh Churches Forum

Dr Éamon Phoenix, the well-known historian, broadcaster and columnist will present the first of our FCF autumn seminars, on the theme Reformation/reformations, on **Tuesday 3 October** 7.30pm – 9.30pm at the Bridge Centre, East Bridge Street, Enniskillen. He will speak on “The Reformation: Its Origins, Spread and Impacts from the German States to Ireland: 1500 to Our Own Day”

‘Palliative Care - What does it mean?’

The Western Health and Social Care Trust are holding two events to support Palliative Care Week.

Thursday 5 October - Killyhevlin Hotel, Enniskillen or

Thursday 12 October – Waterfoot Hotel, Londonderry

Events will run from 1pm-4pm with a light lunch included between 1pm-1.30pm

The focus for these events is ‘**living well with respiratory disease**’. These highly interactive (**and fun**) events will outline the context of life-limiting respiratory disease, consider the concept of palliative care and illustrate the importance of living well and taking control. The events will provide participants with useful tips for self-management and where they can access help, support and advice.

Places are limited to a first come first served basis (priority will be given to members of the public in the first instance) but we welcome health care workers too.

Please email: caroline.mcglinchey@westerntrust.hscni.net **stating which event you would like to attend** and whether you are a **member of the public or health care worker** – confirmation of place will be given following receipt of email.

For more information please contact Mrs Emma King, Macmillan Specialist Palliative Care Team Manager on 028 8283 3117.

Drink Wise Age Well

Are you concerned about your drinking? Are you aged 50 or over and feel your drinking is causing problems in your life? Drink Wise Age Well offer free support throughout the WHSCT area on an individual or group basis to help you. Are you concerned about a family member’s drinking? Are they aged 50 or over? Contact us on 028 8283 9240.

Come along to our weekly support group for free and confidential support.

Wednesdays 1.30pm-3.30pm, Fermanagh House, Broadmeadow Place, Enniskillen BT74 7HR
Telephone 028 6638 1714

Thursdays 11.00am-1.00pm, Omagh Community House, Drumragh Avenue, Omagh BT78 1DP
Telephone 028 8283 9240

Event for employers: Thursday 5 October 12pm-1.30pm Mellon Country Inn, Omagh BT78 5RA
Come along and find out how we can support your business and its employees with a range of free training, support and wellbeing activities aimed at reducing the level of alcohol misuse in over 50s.
For more information/to book a place contact maria.harvey@bitcni.org.uk Tel 028 7186 1550

Auction, Rossorry Parish Hall, Enniskillen

Saturday 7 October at 2pm, viewing from 10am

Small items of furniture, household goods, jewellery, bric-a brac, firewood, turf, barley straw.
No reserve, No Commission

(Auctioneer- David Stuart of Stuarts Auctions, Sligo Road, Enniskillen)

Refreshments served; Proceeds to Rossorry Parish Building Fund

Casting For Brand New Cookery Show

Think you're Northern Ireland's answer to Jamie Oliver? Could you give Nigella a run for her money? Do you have the culinary skills to keep Gordon Ramsay quiet? Afro-Mic Productions and Stellify Media are looking for participants for an exciting new cookery show. Do you think you could impress the people in your community with delicious food and good craic?

This new TV series will feature amazing food from across the globe, so we need enthusiastic amateur chefs from around the world who live right here in Northern Ireland. Are you confident enough that you can teach the audience at home how to make the food you love?

If you're over 18 and think this could be you or someone you know, please complete the form on <http://bit.ly/2wReMCE> by **Sunday 8 October**.

Women Making Waves - Boccia programme

Tuesdays in Lakeland Forum

2.30pm - 3.30pm every second week, **Tuesday 10 October** to Tuesday 19 December.

New members are always welcome – just turn up at the Forum - we start sharp as we only have an hour each session to enjoy the craic. For further information, contact eileenwmw@gmail.com

Delivering Together and Health and Social Care Transformation

- An opportunity to contribute to the development of a Strategic Framework for expanding community development approaches to reducing health inequalities.

The Fermanagh and Omagh event will be held on **Tuesday 10 October** 2017 from 7-9pm in the Bawnacre Centre, Irvinestown although you may attend any event that suits your diary.

Please respond to Sharon.kelly@hscni.net stating which event you would like to attend.

Lisnaskea Historical Society

Monday 16 October, 8pm, Castle Park Centre, Lisnaskea

Talk by Dr Jonathan Hamill on "Enniskillen Gaol"

Refreshments served. All welcome

Young at Heart Retirement Living Exhibition

The Enniskillen Hotel, Forthill Street, Enniskillen - Wednesday 11 October 10am-3pm

Established in 1997, Young at Heart is the recognised brand for retirement living in Northern Ireland with annual events and publications targeted at the province's growing retirement population.

New Exhibitors & Antiques Roadshow

This year's **free admission** event will include many new exhibitors and will also feature the popular antiques roadshow where visitors can bring along antiques and heirlooms for valuation. Health Advice, Short Breaks, Wills & Probate, Volunteering, Getting Online & The Internet, Retirement Housing, Consumer Rights, Days Away, Staying Safe at Home, Inheritance Tax Planning, Fitness & Wellbeing.

Free Transport for Groups

For further information and to arrange free transport for groups, contact David Scott, Young at Heart Organiser on 07925 156198 www.youngatheartni.com

30th Anniversary Exhibition of Ardess Art Society 12–15 October 2017

It is 30 years since Dorothy Pendry first established this art society in Ardess House, a year after she founded the very successful Ardess Craft Centre.

The public are cordially invited to the **opening night** at **7.30pm on Thursday 12 October** in Ardess Parish Hall, Ardess, Co Fermanagh BT93 1GL.

Bryony May, Arts Manager, Fermanagh and Omagh District Council will open the event.

The exhibition is also open on **Friday 13 and Saturday 14 October from 11am to 6pm.**

There is a **free painting demonstration** by **Dr Denise Ferran** on **Saturday 14 from 2-4pm.**

Brian Ferran, Denise's husband, will also take part. Denise is from Fermanagh and is an established artist who paints the landscapes and seascapes which surround her studio in Inishowen. Members of the public are warmly invited to this demonstration.

The exhibition is also open from **2-4pm on Sunday 15 October.**

Autumn Social Innovation Workshops

Do you want to learn more about social innovation? What it is and how you can use it to improve what you do and how you do it? NICVA are running a further round of 11 workshops throughout Northern Ireland in the last quarter of 2017 including **Fermanagh House, Enniskillen on 26 October.**

Full details available on <http://www.nicva.org/article/autumn-social-innovation-workshops>

Pretty'n'Pink is the only registered Breast Cancer Charity in Northern Ireland which provides much needed support for Patients of Breast Cancer and their families

We are seeing an increase of patients diagnosed with Breast Cancer in your local area and we are working closely with the Breast Care Nurses from the local hospitals to ensure that we can help as many patients as possible through their cancer journey.

We would love for you to join us for one week in October where everything goes Pretty 'n' Pink for Breast Cancer.

PINK WEEK will run from 16–22 October and we are asking everyone to THINK PINK and help support your local breast cancer charity during this time. It would be great if we could re-connect with previous supporters as well as gaining new supporters to help us raise money for our Support Fund. Here are some ideas:

- Turn your shop, beauty salon, or work premises PINK for the week to help raise awareness
- Place collection boxes in your work premises so that customers can donate
- Get your colleagues to wear a splash of PINK for the day, and pay a small donation to participate
- Hold a PINK themed coffee morning, bun sale or a tea party.
- Get the girls around for a PINK PJ party or movie night
- Hold a PINK themed pub quiz

As part of PINK WEEK we are asking men to wear Pink to show support. Don't forget 'Real Men Wear Pink'!

We can provide you with the merchandise to help with your fundraiser for Pretty 'n' Pink.

Thank you so much in advance for taking the time to support our charity and we hope to hear from you soon. Many thanks The Pretty 'n' Pink Team

Cats Protection

We are trying to establish a new branch in the Erne area (BT74, BT92, BT93 & BT94) and we need to recruit some volunteers to help run the branch. For further details click on:

[http:// www.cats.org.uk/get-involved/volunteering/find-an-opportunity](http://www.cats.org.uk/get-involved/volunteering/find-an-opportunity)

or email bsuwewni@cats.org.uk

RNIB Connect

This is a community for everyone affected by sight loss; the aim is to bond and strengthen an already vibrant community to share experience and stories, knowledge and skills so the community works for and with each other to grow independent connections.

Connect NI will be starting local meaningful engagement in Autumn 2017 - Get involved, join Connect by calling the Connect team on 0303 123 4555; emailing connect@rnib.org.uk or through our website www.rnib.org.uk/connect

Action on Hearing Loss hopes to offer local support to every town in Northern Ireland.

Do you or someone you know have a hearing loss and or Tinnitus? Could you be a **Local Community Champion**? We need volunteers to champion support in their local area.

Do you think you could support local people with a monthly hearing aid user session, an information stand, a Tinnitus support group or an isolated older person with a much needed befriender? Just 2 hours per month could deliver either of these services.

Do any of these roles sound like something that would interest you? Why not join our Campaigns team or help us raise much needed funds with our fundraising team? There are roles to suit everyone, full training provided and expenses paid.

Should you require further information on Action on Hearing Loss support in the area or to receive a volunteer application pack please contact Laura Murphy on telephone 028 9023 9619 or e-mail volunteering.ireland@hearingloss.org.uk or visit www.actiononhearingloss.org.uk

Free Hearing Aid Support Sessions in Enniskillen

If you're having trouble with your hearing aid, need new batteries (they are free for NHS aids), need the ear mould tubing changed, or just need some advice about how to get the best from your hearing aid, come along and talk to an Action on Hearing Loss volunteer. They'll be glad to help with any problems you are having with your hearing aid/s. No need to make an appointment. Sessions are held in Fermanagh House, Enniskillen on the first Thursday of the month.

For further information contact Mary on 028 7132 0167/07918 767640

Can you lend a hand?

Have you parenting experience – a mum, dad, grandparent? Would you like to share this experience? Can you spare 2-3 hours a week? If so, we could really do with your help.

We have lovely young families who just need a friend, someone who understands what it's like being a parent, someone to talk to, someone to lend a hand.

If you are interested in volunteering **please contact Home-Start Omagh District**, Macca Resource Centre, 21a Knockshee Pk, Omagh BT797PH

Phone: 028 82240902/ Mobile: 078 9530 7598 e-mail: homestartomagh@btconnect.com

The Goodwill Gifts Support Group Charity

Provides support to combat isolation experienced by majority members of Black and Minority Ethnic (BME) groups

New and old members meet and greet at our community services office **every Saturday** at Goodwill Gifts Charity Shop, 6 Georges Street Omagh or telephone Rose for a one to one appointment on 07881 347716.

Voices of the Troubles - Building Positive Relations

People from Cavan and Fermanagh sharing their experiences of conflict in Northern Ireland

In 2017 Cavan County Council will embark on an audio project to record the voices of people from border areas in counties Cavan and Fermanagh. Participants will tell their stories of how 30 years of conflict affected their lives, their families, their educational prospects and lifestyles.

Have you a story to tell? Would you like to take part?

Cavan County Council is looking for suitable candidates from Cavan and Fermanagh border areas to contribute to this project which will run to March 2018.

Small groups will meet locally on weekly basis.

For information contact:

Tom Sullivan, Cavan County Library

Email tsullivan@cavancoco.ie Phone 00 353 49 4378517

Savina Donohoe, Cavan County Museum

Email sbdonohoe@cavancoco.ie Phone 00 353 49 8544070

This project/initiative is supported by the EU's PEACE IV Programme, managed by the Special EU Programmes Body.

Sports Clubs Get Online as Clubmark NI Scheme is Relunched

Sport Northern Ireland is inviting local sports clubs to register online for its Clubmark NI accreditation scheme.

The Clubmark NI scheme provides accreditation to clubs which demonstrate minimum operating standards in the areas of coaching, management, safety, community engagement and safeguarding. Over ninety local sports clubs currently hold Clubmark NI status, helping them to be recognised as a safe, rewarding and fulfilling place for participants of all ages to enjoy sport and stay involved throughout their lives.

Sport Northern Ireland has now launched a new online portal for the scheme, streamlining the process for clubs who wish to gain accreditation.

Clubmark NI is delivered in partnership with the eleven local authorities and twenty-two governing bodies of sport, who will guide and support registered clubs through the process towards accreditation.

Sports clubs can gain more information on the Clubmark NI, and register for the scheme, via the Sport NI website www.sportni.net/clubmarkni

For further information, contact Francis Casey, Sport Northern Ireland 028 9038 3217

Lough Erne Heritage - an organisation formed over two years ago to promote and preserve the history of the traditional boats of Lough Erne. Click on the following link for further information:

<http://afloat.ie/inland/inland-waterways/item/36925-lough-erne-heritage-is-preserving-history-of-traditional-boats> Email info@lougherneheritage.com

Family Wellness Project

Parent & Carer Support Group monthly meetings.

The Family Wellness Project is an early intervention project for children aged 5-12 who are experiencing emotional health & wellbeing difficulties, and their families. The project is funded by the Big Lottery Fund Reaching Out: Supporting Families fund and is delivered by MindWise in partnership with Action Mental Health, AWARE, Parenting NI, CAUSE and the Child & Adolescent Mental Health Service (CAMHS) teams within the Western (Fermanagh & Omagh only) & Southern Trusts.

If you are interested in attending one of our groups in your area, please contact Charmaine McCorry (Family Wellness Project Support Group Facilitator) on 07740 410169 or charmaine@cause.org.uk to complete a referral form.

Omagh - Monday 9 October at 11am -1pm in The Strule Arts Centre.

Enniskillen - Monday 23 October at 7pm - 9pm in Fermanagh House.

Positive parenting strategies are covered at each meeting. **Contact Charmaine first before attending to fill in a referral form.**

1-1 meetings are also available for parents who require support with accessing appropriate medical/educational services. Parents with children who have a diagnosis of Autism, ADHD, Dyslexia, Dyspraxia etc can also avail of this service.

Visit our website for more information on the Family Wellness Project and to access resources on children's emotional health & wellbeing www.parentingni.org/family-wellness-project

Several programmes are available through Action Mental Health and AWARE Defeat Depression partnerships with the Family Wellness Project for community groups to avail of including Mood Matters x 2 hours, Living Life to the Full x 6 weeks, Supporting Children with Anxiety, Healthy Me and Mindfulness. To book the programmes contact Carmel Rooney, Acting FWP Co-ordinator Tel 07773 221 967.

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. For more information please contact Mariette Mulvenna at 028 9023 9619 or by email: mariette.mulvenna@hearingloss.org.uk

Alzheimer's Society

Regional fundraising is at the very centre 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 dementia 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 to provide individual support for 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 month 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? If you would like to find out more about this or any of our volunteering opportunities please contact Rosario Mc Hugh, Volunteering Officer (rosario.mchugh@alzheimers.org.uk / 028 7138 4570) or visit our website at www.alzheimers.org.uk.

The Fermanagh Genealogy Centre

Volunteer run advice centre open Monday, Wednesday and Thursday afternoons 1.30-4.30pm in Enniskillen Castle Museum, booking essential via <http://www.enniskillencastle.co.uk/explore-more/fermanagh-genealogy-centre/>

Member talks on third Saturday of month September to April in Enniskillen Library 1.30-3.30pm. Programme details from centre notice board or face book page.

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

Reconnect is a registered charity which offers support to adults with acquired brain injury (ABI) through specialist training and rehabilitation programmes. As part of its unique service, Reconnect is currently delivering bespoke gardening workshops which serve to promote psychological, physical and emotional well-being.

The workshops are delivered by Caroline Lennon, a qualified Horticulture Therapist and trainer who is also responsible for the development and expansion of Reconnect's Horticultural Outreach services across Northern Ireland.

Workshop placements are now available to adults with ABI who wish to experience gardening for the first time or are seasoned gardeners who would like to learn new skills -

- Seed sowing of flowers, vegetables & herbs
- Care and maintenance of plants
- Designing and planting up hanging baskets containers
- Propagation of plants by cuttings & root division
- Crafts e.g. container art, hazel basket making, flower arranging

All workshops are designed to meet the needs and abilities of the individual and will be delivered in a style and format such as 'table-top & chair', which can accommodate those who have issues around mobility.

Training for recognised qualifications - Access to accredited OCN courses in Horticulture is on offer to those who are interested in undertaking a recognised qualification. The course work will be led by the trainer who will support learning by compiling a portfolio of evidence, knowledge and understanding.

For more information please contact Caroline Lennon, Reconnect Horticulture, Outreach Co-ordinator on 07789 740725

Lisbellaw South Fermanagh WW1 Society

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

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. Available on Wednesdays by appointment only.

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

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 Community Family Support Programme - Enniskillen Knitting Group

Tuesdays 11.00am – 12.30pm.

Would you like to learn how to knit or share your knowledge with someone else over a cuppa?

Tea/Coffee and Cakes provided. Limited places. Contact Ciara 07739 651585

Eligibility criteria for the programme

Fermanagh House, Broadmeadow Place, Enniskillen BT74 7HR

Telephone 028 6632 0210

Fermanagh Film Club will be showing '**JUMP**' on **4 October** 7pm-late, '**CERTAIN WOMAN**' on **11 October** 8-10pm. Annual Membership £28, Students £16 & Non Members pay £5, students £3 on the night. For further information email: fermanaghfilmclub08@gmail.com or go to their website: www.fermanaghfilmclub.com

St John's Ambulance - Two day course on **3 & 10 October**. 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

Our Regular Groups:

- **Sarcoidosis support group** – first Monday of the month from 7-9pm
- **St Michael's Bridge Club** - every Monday at 7.30pm September - May.
- **Family Mediation** – assisting families experiencing the trauma of separation. For an appointment 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. Call 028 6632 0210
- **Downs Syndrome Support Group** – first Wednesday of month Oct-May at 8.00pm. Contact Catherine Dunne on 028 6638 8409
- **Autism NI Support Group** - 8-10pm 4th Wednesday of the month (*not July or Aug*). Contact Michelle Higgins 07834 484229
- **Victim Support** - 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. Tel 028 9024 3133 or email info@victimsupportni.org.uk
- **Addiction NI** - a community addiction service/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 ring 028 9066 4434 or email enquiries@addictionni.com

Music in Fermanagh

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

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

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/>

Telephone: 028 9038 3825

Facebook: Female Sports Forum **Twitter:** @FemSportsForum

Instagram: @femalesportsforum

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

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**

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/>

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!

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

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).

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**

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

Aisling Centre, 37 Darling Street, Enniskillen, BT74 7DP
Telephone 028 6632 5811

World Mental Health Day - Coffee Morning – Friday 6 October 10.30am – 12 noon

We hope you can join us. All proceeds will be used to support the provision of Counselling Services at the Centre.

Self-Harm & the Family - CLEAR Project

Advanced Registration Required. Facilitated by ZEST. Monday 2 & 9 October, 9.30am – 4.30pm
Booking information Email: claire@dhcni.com Online: www.dhcni.com/training

Mental Health First Aid - Western Health & Social Care Trust

Advanced Registration Required. Thursday 12 & 19 October, 9.30am – 4.30pm
Booking Forms at health.improvement@westerntrust.hscni.net, Tel: 028 7186 5127

Mindfulness Meditation with Mary Conway

MBSR 8 Week Course

Advanced Registration Required.

8 Week Autumn course 11 October – 29 November

All Day Retreat 25 November 10.30am – 3.30pm (Open to MBSR 'Graduates')

Monthly Drop in / Taster Sessions

Tuesday's 7.30 – 9.00pm on 24 October, 21 November, 12 December

Journeying Together

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

For further information please contact the Centre

Poetry Workshops with Rosemarie Keenan

An invitation to dip into some familiar lines & passages

Tuesday 3 October, 10 October, 17 October 2.00pm – 4.00pm. Everyone welcome, feel free to attend one or all of the sessions. No prior knowledge of poetry necessary

Christmas Poetry - Tuesday 12 December

For Further Information on these and other programmes visit our website –

www.theaislingcentre.com. Register to receive e-updates. Contact the Centre:- E-
info@theaislingcentre.com / T - 028 6632 5811. Follow us on Facebook or Twitter

Support Groups and Networks

AA

3 meetings per week. For information contact the Aisling Centre – 028 6632 5811

ADHD

Adult support group. 1st Thursday of the Month 7:00pm – 9:00pm. For information contact Niall Greene or Emma Weaver t: 07729618563 | 07724916770 | e: niaadhd@gmail.com

AWARE

A self-help support group-for people who are affected by depression or bipolar disorder (manic depression). Alternative Tuesdays 7:30pm – 9:00pm

For information contact 0845 120 2961 e: help@aware-ni.org

Escapists

Support group for carers. Every Wednesday morning 10:30am – 1:00pm
For information contact Clare McGovern 078 3011 7766

Forget Me Not

Support group for people bereaved by suicide. 1st Monday of the Month 7:30pm – 9:00pm
For information contact Collette Cullen 078 2653 5199

SWEDES (South West Enabling Deaf Encouraging Sign)

Deaf, hard of hearing, hearing and signing social network. 2nd Tuesday of the month 7:00pm – 9:00pm. For information contact Joan Thompson 028 6632 5811

Island Artists Mondays 7:30pm – 9:30pm & Wednesdays 2:00pm – 4:00pm

For information contact Maura Newman – 079 6822 5704

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.

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

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.

Tara Centre, 11 Holmview Terrace, Omagh BT79 0AH

Tel: 028 82250024 email: info@taraomagh.com www.taraomagh.com

Workshops, Seminars and Events Autumn/Winter 2017

- **An Island Divided: Northern Ireland from Partition to Civil Rights 1920-1970 (Dr Eamon Phoenix)**
This series of 5 interactive sessions will be illustrated by actual footage and will trace the history of Ireland and more particularly Northern Ireland from the establishment of partition in 1921 to the era of Terence O'Neill and the Civil Rights movement.
Wednesday 4, 11, 18, 25 October & 1 November (7.30pm-9.30pm)
- **Bio Energy Information Evening – Michael O'Doherty**
An information evening for anyone interested in learning about the integration of powerful and effective healing techniques that work by rebalancing the life energy of the body/bio energy
20 October (7.30pm-9.30pm)
- **Transforming Stress and Anxiety into Vitality –Michael O'Doherty** Training in Bio-Energy Healing Techniques for managing stress and anxiety - 2 full days
Saturday 21 October (10.00am-5.00pm) and Sunday 22 October (9.30am-4.30pm)
- **The Green Platform – Declan Coyle 2 day workshop**
Saturday 4 November and Sunday 5 November (10.00am-4.00pm each day)
- **An Introduction to Ayurveda: A Holistic Healing Programme (A workshop in two parts) Dr. Aileen O'Kane**
Part 1 Saturday 11 November (10am-4.30pm) & Part 2 Saturday 18 November (10am-4.30pm)

Also on offer this term:

- **Soul of Healing Seminars** – Mary Daly and Maura Twohig
Saturday 7 October, Saturday 11 November (11.00am – 5.30pm)
Tara Centre Christmas Meditation: Saturday 16 December (3/3.30-8pm)
- **Yoga for Beginners & Intermediates** - Heather Kemps
Beginners Wednesday 27 September – Wednesday 29 November (10.30am-12.00pm) and Thursday 28 September – Thursday 30 November (7-8.30pm)
Intermediates Wednesday 27 September – Wednesday 29 November (12pm-1.30pm) Thursday 28 September – Thursday 30 November (8.30pm-10pm)
- **Meditating Together** - Self Facilitated Groups
Mondays (8.00pm-9.30pm) Tuesdays (10.30am-12.00pm)
(Open to anyone who has followed the Tara Centre Meditation/Mindfulness Course for Beginners)

Craft Fair - In the Spirit of the Christmas Season

Saturday 25 November, 11.00am-4.00pm, Tara Centre Omagh

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**.

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.

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 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.

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.

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

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 Tel 028 6632 3630** Fax 07734 860337, email bmcateer@amh.org.uk, web www.amh.org.uk

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.

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.**

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.

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 Enniskillen Royal Grammar School Lough Shore site 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.

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

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.**

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

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.

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

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**.

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**.

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

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 or Janice Ferguson 07762 447789

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

2 Quay Lane, Enniskillen BT74 6AG Activities/Clubs for young people aged 11-25 including open mic nights, jamming sessions, personal development, homework club, help with CVs, UCAS personal statements, searching for local jobs.

Youth Club – Tuesday nights 5-7pm (11-12 years) – Air hockey, pool table, trips away + more!

Drop In – Tuesdays 3.30-4.30pm; Wednesday-Friday 3.30-5.30pm (11-17 years)
Follow us on FB/INSTA/Twitter for regular updates.

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-Fridays 12 – 2pm

STIG – Social Teen Inclusion Group is a group for young people aged 16-25 years who are on the autism 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**

Email us on stacey@thefindcentre.com or dwayne@thefindcentre.com

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

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

The ASPIRE Employability Programme

Register now for Literacy and Numeracy Essential Skills Training

As we have approached the start of a new school term, this may be an opportune time for parents to think of their own skills, particularly in relation to supporting their children with homework. The Literacy and Numeracy classes don't just help when seeking employment but can enable parents to cope with some of the practicalities of everyday life.

Achieving an Essential Skills Qualification could open up a wide range of opportunities and can help individuals to fulfil their potential, gain confidence and achieve their goals.

ASPIRE also offer free opportunities in

- NVQ Level 1 Qualifications
- Work Experience Placements
- Graduate Programme
- CSR Cards
- Forklift Licence Training
- First Aid Certificates
- Classroom Support Package
- Sounds Write Linguistic Phonics

To be eligible for the ASPIRE Employability Programme you must be unemployed or working less than 16 hours per week.

Omagh Tel: 028 8224 6535 The Sperrin Centre, 1 Market Street, Omagh, BT78 1EE

Enniskillen Tel: 028 6632 6478 FRCl, 56 Tempo Road, Enniskillen, BT74 6HR

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

Team Up with the Prince's Trust

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 @ South West College, Enniskillen Campus, BT74 6AE
Tel: 07523 273 865. Email catherine.donaghy@swc.ac.uk

Prince's Trust

Enterprise Information Session – Tuesday 10 & 17 October, Omagh Library 11am-12pm

Enterprise Programme – Monday 23–26 October, Omagh Library 10am-4pm

If you're aged 18-30 and unemployed, or working fewer than 16 hours a week, and have a business idea or some ideas to explore, our Enterprise Programme could be for you. Kicking off with a free information session, we'll tell you how we can support you and, if you're still keen, we'll also invite you onto our 4 day interactive workshop.

For further information please text "Call me" to 07983 385 418
or email outreachNI@princes-trust.org.uk

Course to Deliver Self-Management Programme for People Living with a Long Term Health Condition

Action Mental Health in partnership with the Western Health and Social Care Trust will be providing this '**Train the Trainer**' Course in the Silverbirch Hotel, Omagh.

The course will take place over 4 full days **from Monday 2 – Thursday 5 October**.

There is no charge for attending. Attendance will enable you to deliver the Managing the Challenge Course to your patient / client group. Those trained will be required to deliver a minimum of 2 courses per year in their local area (Course delivery: 1 x 3 hour session per week over a 6 week period).

To book your place or for more information please contact Programme Co-ordinator Brenda Burns on 07545 206367 or email mtc@amh.org.uk for more information.

Youth Programme 16-25 Year Olds

Not in Education, employment or training

Unsure what to do next? Want to meet new people and make new friends?

1:1 Mentoring, Support & Guidance; personalised specific training and development opportunities; get involved in sport, volunteering and community engagement; OCN Accredited training and courses; informal workshops.

Free lunch, travel allowance, gym membership, driving lessons, residential (including NI home match at Windsor Park). Also drop in service available and benefits advice.

Contact:

Darrell Law 07943 017 900 fsaca.dlaw@hotmail.com or

John Quinn 028 6638 9629 fsaca1@hotmail.com,

FSCAA, Unit 9 Ballinamallard Enterprise Centre BT94 2BD

Find us on Facebook.

Western Trust Health Improvement Training

Cook It! Tutor Training – 12/17 October, Altnagelvin Hospital/All Saints Centre, L'Derry; 22&27 February 2018, Newtown Stewart 2000 Centre
2 day course aimed at those working with groups within the community/voluntary sector who wish to deliver nutrition education and cooking programmes.

Mental Health First Aid (MHFA) – 12 & 19 October, Aisling Centre, Enniskillen
This is the help provided to a person developing a mental health problem or who is in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.
Participants receive a certificate and a MHFA handbook on completion of the course.

Inclusive Skills – 17 October, Foyle Area, L'Derry
Aimed at those working with children with physical, sensory and learning disabilities or mixed groups of disabled and non-disabled children.
Participants will receive the "Inclusive Skills" resource pack on completion.

Boccia Leaders Award – 29 November, Bawnacre Centre, Irvinestown
Aimed at those working with older people, people with disabilities or mobility problems.
Participants will be able to facilitate Boccia sessions – a Paralympic sport designed specifically for athletes with a disability affecting locomotor function, but is also enjoyed by older people and those with limited mobility. Played indoors; participants will be expected to access their own equipment after completing the course.

Walk Leader – 25 October, Gransha Park, L'Derry; 21 February, Bawnacre Centre, Irvinestown
This is a basic level course aimed at anyone wishing to set up a walking for health group as part of their work role or in a voluntary capacity.

For further details and an application form contact Health Improvement, Equality and Involvement Department, Maple Villa B, Gransha Park, Co.Londonderry BT47 6WJ
Tel: 028 7186 5127 Fax: 028 7186 5128

www.westerntrust.hscni.net www.facebook.com/WesternHSCTrust

Basic book-keeping for small charities

Tuesday 7 November 7-9pm, Fermanagh House, Enniskillen
A free two hour practical workshop for treasurers, or those that keep the financial records, of small charities to help them establish appropriate financial systems. For further information please refer to <http://www.nicva.org/article/basic-book-keeping-for-small-charities>

Free Money Management Training – Local Group Support

Citizens Advice are offering a Free 1 day course on Money Management to groups throughout Northern Ireland, funded by DfC.

We want to ensure that money management training is available to as many as possible by training existing staff, volunteers and members in organisations, networks and community groups as they adapt to Welfare changes.

In turn those who attend this training can share their money management knowledge and skills throughout their organisation/networks and community groups to those financially impacted by welfare reform.

At Citizens Advice we know that having the financial skills to make informed decisions at key life events can mean the difference between a secure future and a desperate struggle. Through this training we aim to help people avoid a financial crisis.

We want everyone to have the knowledge, skills and confidence to make informed decisions around budgeting, borrowing, saving, credit and banking. Our trainers make sure the sessions are fun, engaging and full of practical tips.

The areas covered in the training are

- All areas of money management (budgeting/saving/credit/banking)
- Impact of Welfare Reform
- Digital - online budgeting tools, comparison sites and information
- Signposting/referral debt advice etc

If your organisation would be interested in this training in your area we can organise this for 12 or more participants.

Please visit the Citizens Advice Website for up-coming dates, www.citizensadvice.co.uk

Please do not hesitate to contact us by email nichola.macdougall@citizensadvice.co.uk or phone 028 9023 1120 ext 237

Network Personnel – Together Towards Employment

Free Level 1 qualifications to individuals aged 18 plus who are economically inactive or working less than 16 hours per week.

We offer: • Help to find a job • Self-Employment Support • Confidence Building & Personal Development • Employability Skills • FREE Accredited Training including Level 1 Qualifications • Food Safety • Manual Handling • CSR card • Forklift licence • First Aid • SAGE • Level 1 ICT. To register, call us on 028 7963 1032 - Eligibility criteria apply.

**Network Personnel Ltd., Omagh Community House, 2 Drumragh Avenue, Omagh, BT78 1DP
Tel: 028 8283 9311 www.networkpersonnel.org.uk**

Breast, Cervical and Bowel screening Awareness Programme

The Women's Resource and Development Agency in association with the Public Health Agency is currently providing training across Northern Ireland. **The Breast, Cervical and Bowel Screening Awareness Training Programme** takes place over 3 two hour sessions and is available to individuals and organisations working with hard to reach groups **across Northern Ireland**. These programmes are provided at no cost to groups.

The sessions cover:

Breast awareness and Breast Screening, including a practical demonstration on how to check your breasts and the signs and symptoms to look for

Cervical Screening, including what happens at a smear test the types of results and what they mean

Bowel Cancer Screening, including the signs and symptoms to look out for and how to take the screening test

WRDA Programmes are delivered by experienced trainers qualified to Level 3 in Training and Development through WRDA's Community Facilitators Training Programme and provide employment for local women whilst building Community Capacity.

If you are in contact or associated with a local community or women's group that would benefit from this training feel free to get in touch with **Katherine Robertson** by calling **028 9023 0212** or by emailing Katherine.robertson@wrda.net for further details.

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

Rutledge Recruitment & Training are one of the largest training and recruitment agencies in Northern Ireland with over 25 years' experience in the field.

Training for Success programme - All school leavers will be entitled to £40 per week on top of their travel expenses.

As well as providing qualifications in their chosen occupational area, English and Maths, the young person will gain the work experience necessary to better equip them for the next stage in their career.

In addition we provide further support to meet their wider needs including preparation support and expenses for Driving Theory Test, Bonus Payments for attendance, Trips, Breakfast club and Hairdressing Kits.

Please call or drop into your local branch Monday – Friday between 9am-5pm:

Enniskillen Office: Michelle 028 6632 9858 mbaker@rutledgegroup.co.uk
Omagh Office: Patricia 028 8224 0333 pkelly@rutledgegroup.co.uk

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 including 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

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

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.

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.**

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**

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 Tel 07715 629658 Email shirleydonaldson@first-housing.com

Funding Opportunities

UnLtd Spaces for Change

Expression of interest deadline 30 October

For 16-24 year olds up to £5000 Cash Award & Support

Spaces for Change (S4C) is a UK wide programme that will find, fund, support and connect young people aged 16-24 to start and run social ventures that unlock the potential of unused or under-utilised spaces for the benefit of the local community, especially other young people.

Awards will be available for young leaders consisting of up to £5000 project funding, a dedicated award manager providing tailored support, cohort support, and peer to peer networking opportunities for sharing knowledge and learning.

Young people aged 18–24 will also have the opportunity to crowd fund alongside their award with support from Spacehive. This will enable the young person to demonstrate tangible support from the local community for their idea, learn valuable skills, as well as increasing the chances of sustainability of the social venture.

To apply for a Spaces 4 Change please go to <http://youngunltd.org.uk/looking-for-support/spaces-4-change/> and complete an Expression of Interest.

For further information please contact Nuala Smyth, Award Manager UnLtd
Tel 028 9094 1619 / 07545 933 816 Email nualasmyth@unltd.org.uk

The Architectural Heritage Fund

Rita Harkin has been appointed as the Northern Ireland Support Officer to develop Growing Community Enterprise Through Heritage - a two year project, funded by the Department for Communities' Historic Environment Division and The Pilgrim Trust.

If any community groups in the area are involved in trying to find a sustainable use for an historic building at risk, please get in touch with Rita at: rita.harkin@ahfund.org.uk or call 0300 121 0342. Also have a look at www.ahfund.org.uk for information on the work of the Fund, which provides grants, loans and advice.

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

Building Better Futures Loan Fund

The Ulster Community Investment Trust (UCIT) is a Charity which was set up to provide loans to charities, community organisations, sports clubs and social enterprises. Since this time the organisation has approved loans totalling in excess of £50 Million to over 400 third sector organisations.

UCIT has recently partnered with Belfast Charitable Society and Building Change Trust in the provision of a new fund for the third sector which provides smaller, tailored, unsecured loans ranging from £1,000 to £25,000.

Loans are available for many purposes including property – purchase, construction or renovation, equipment, renewable energy projects, bridging funding gaps, restructuring existing debt, working capital and funding shortfalls in larger grant assisted projects.

UCIT's core loan fund provides loans from £25,000 to £500,000+ to third sector organisations including community associations, rural development initiatives, churches and faith-based organisations, energy and environmental initiatives, childcare schemes and housing associations.

As a registered charity, all profits generated by the Trust are recycled for reinvestment into the community sector.

If you have any further questions or would like to discuss your requirements informally please don't hesitate to **contact UCIT on 028 90315003** or info@ucitltd.com

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/