



## Fermanagh & Omagh District Council Community Support News – January 2018

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](mailto:alison.gilmore@fermanaghomagh.com)

**The deadline for the next Newsletter is Tuesday 23 January.**

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 & Omagh District Council 1st call for Grant Aid 2018/19

**A call for the Council's 1st round of grant aid funding will open week commencing Monday 15 January and will close on Thursday 8 February 2018 at 5.00pm.**

Fermanagh and Omagh District Council will invite applications from voluntary clubs, societies, community and sporting organisations; bursaries will also open to individuals for Arts, Culture & Sport. The group/individual must be based in the Fermanagh and Omagh District Council area. The grant aid funding must relate to projects/activities in the 2018/19 financial year. Applications will be invited in the categories listed below:-

##### **Grant Aid Streams:**

- Arts, Culture & Heritage
- Community Services - General
- Community Services - Revenue
- Festivals & Events - Large
- Festivals & Events - Small
- Good Relations
- Irish and Ulster Scots in the Community
- Seeding Grants
- Sports NI - Everybody Active 2020 Programme
- Sports Events
- Summer Schemes

##### **Bursaries:**

- Arts, Culture & Heritage Bursaries
- Irish Language Bursaries
- Sports Bursaries

\*All Grant Aid Streams are dependent on budget availability.

**Grant Aid - for Older Persons Groups**

Please contact the Council in the new year for an update.

Applications from all other groups must be made on the Council's official application form.  
**Application forms and guidelines will be available to download from**  
[www.fermanaghomagh.com](http://www.fermanaghomagh.com) week commencing 15 January 2018 or by contacting the  
**Funding & Investment Unit, Fermanagh and Omagh District Council**  
**(Tel: 0300 303 1777, Email: [grants@fermanaghomagh.com](mailto:grants@fermanaghomagh.com))**

**Late, incomplete or retrospective applications will not be considered.**

**Information Sessions** for all Grant Aid Streams will be held in the following locations:  
**Enniskillen Museum** – Tuesday 23 January 2018, 1pm-3pm  
**Bawnacre Centre, Irvinestown** – Tuesday 23 January 2018, 7.30pm-9pm  
**Castlepark Centre, Lisnaskea** – Wednesday 24 January 2018, 7.30pm-9pm  
**Strule Arts Centre, Omagh** – Thursday 25 January 2018, 1pm-3pm

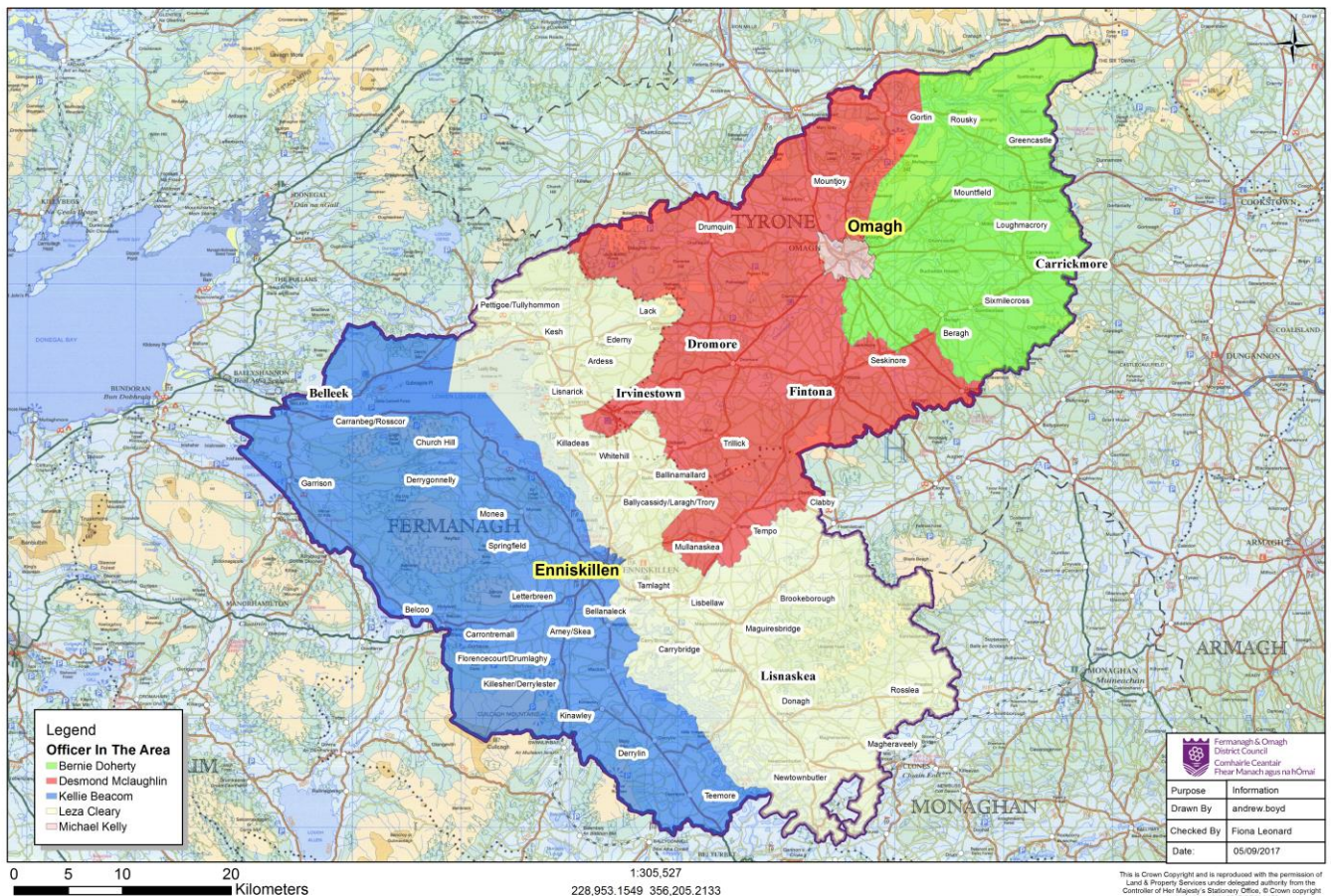
### Key Dates for your Diary – Further information in Newsletter or to follow at a later date

<b>January 2018</b>		
5 January		Deadline for Community Relations & Cultural Diversity Grant Scheme
5 January	5pm	Deadline for Fermanagh & Omagh Sports Forum Awards
8 January	9.30am	Universal Credit Briefing Session - Fermanagh House
8 January	12noon	Deadline for Live Here Love Here Community Awards
11 January – 1 February	7-9pm	The Heart of Ancient Ulster Landscape Partnership Scheme - Community Consultations
15 January		Deadline for Grow Wild Community Project Funding
15 January		FODC first round of Grant Aid & Bursary Funding for 2018/19 opens
16-24 January	am/pm	Community Planning Information Events
18/19 January		ASIST Training – Oak Healthy Living Centre, Lisnaskea
25 January	1030am	Money Management Workshop – Community House, Omagh
<b>February 2018</b>		
8 February	10am- 4pm	Volunteer Now – Young People & Volunteering – The Essentials – Fermanagh House, Enniskillen
8 February	5pm	Deadline for FODC first round of Grant Aid & Bursary Funding
12 February	pm	FODC Volunteer Recognition Event, Fermanagh <b>**Please note change of date**</b>
27 February	10am- 4pm	Volunteer Now Training – An Introduction to Keeping Children Safe – Fermanagh House, Enniskillen
<b>March 2018</b>		
2 March		Age Friendly Conference
12 March		FODC Funding Fair, Enniskillen

## 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=298ff71ef2fc4cacbeb2f5ee703c291b>

## 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](mailto:alison.gilmore@fermanaghomagh.com)



### **Last chance to nominate sporting talent for Fermanagh & Omagh Sports Awards**

**The deadline to nominate local sporting talent to the 2017 Fermanagh and Omagh Sports Forum Sports Awards is approaching with all nominations to be received by 5pm, Friday 5 January 2018.**

The Awards, which are organised in partnership with Fermanagh and Omagh District Council, recognise and celebrate local sports men and women, individuals and teams, for outstanding sporting performance in 2017.

Fermanagh and Omagh Sports Forum has issued a final call for nominations of local sporting talent from the district who have reached the highest achievements at County, Regional, National and International levels in 2017.

Award categories include Senior Sports Personality; Junior Sports Personality; Juvenile Sports Personality; Senior Sports Team; Junior Sports Team; Services to Sport; and Outstanding Achievement Award.

The Sports Awards will also recognise outstanding contribution and achievement in sports coaching talent in the district with awards for Coach of the Year and Disability Coach of the Year.

Nominations can be made by members of the public, sports governing bodies, clubs, schools, coaches and mentors. A shortlist of nominations will be compiled by Fermanagh and Omagh Sports Forum with winners announced at the Fermanagh and Omagh Sports Forum Sports Awards on Friday 23 February 2018 in the Silverbirch Hotel, Omagh.

[Further information and nomination forms are available to download from the Council's website.](#)

Nomination forms are also available at The Grange and the Public Services Centre, Omagh; Omagh Leisure Complex; Fermanagh Lakeland Forum and the Townhall, Enniskillen; Bawnacre Centre, Irvinestown; and Castle Park Leisure Centre, Lisnaskea. **Nomination forms must be received by 5pm, Friday 5 January 2018**

### **'What's Your Game?' Club and Coach Education Programme promoting excellence in local sport**

The 'What's Your Game?' Club and Coach Education Programme, delivered and funded by Fermanagh and Omagh District Council, provides opportunities for those involved in sport in the district to gain coach education.

Courses available on the 'What's Your Game?' Club and Coach Education Programme are beneficial to junior sports clubs in helping them to achieve Clubmark NI status – a recognised standard which demonstrates a club has achieved a level of quality in the areas of management, coaching and safety.

The 'What's Your Game' programme also includes a range of expert master classes focusing on such areas as disability training and strength and conditioning for athletes keen to improve their personal performance. Being able to offer such expert coaching has the added bonus of attracting new members to clubs. These masterclasses will be delivered in partnership with the North West Coaching Network.

The 'What's Your Game?' programme and application forms are available from [www.fermanaghomagh.com](http://www.fermanaghomagh.com) and reception at Omagh Leisure Complex, The Grange and the Public Services Centre, Omagh; Fermanagh Lakeland Forum and the Townhall, Enniskillen; Castle Park Leisure Centre, Lisnaskea, and the Bawnacre Centre, Irvinestown. Alternatively contact Billie-Jo Irwin, Fermanagh and Omagh District Council on 0300 303 1777 or email [billie-jo.irwin@fermanaghomagh.com](mailto:billie-jo.irwin@fermanaghomagh.com)

### Community Planning Update

The “Fermanagh Omagh 2030 “Community Plan is the overarching plan for the Fermanagh and Omagh district, bringing together the knowledge, expertise and collective resources of a wide range of partners, all working towards a single agreed vision. The Community Planning Partnership believes that services and quality of life for all in the district can be improved by getting the public, private and community/voluntary sectors working together better towards our agreed vision and 8 long-term outcomes.

The plan has been co-designed with input from all key stakeholders including the wider community. The co-design process took place over 2015 and 2016 and the plan itself was launched in March 2017.

Following the launch of the Community Plan, an Action Plan has been produced including actions which will help to begin to jointly tackle the major issues in the district and require a high level of partnership working to achieve, with a focus on prevention and early intervention. Some of the actions can be delivered in the short to medium term, others will take longer to fully achieve.

The plans are about your place and your future, so your say is important. The Community Planning Partnership is keen to hear what you think about what is included in the Action Plan. The Action Plan has been drafted and will be available for consultation for 8 weeks from 18 December 2017 to 11 February 2018. The Action Plan can be viewed at [www.fermanaghomagh.com/communityplan](http://www.fermanaghomagh.com/communityplan) and you are invited to have a look at the plan and give feedback via the ‘Comment’ button on the Council’s website or via the online survey.

Drop-in Public Information Events will be held in January (see below). At the events, you will be given an opportunity to talk to trained facilitators who will talk you through the Action Plan and take notes of your comments.

Lisnaskea Library	16 January 2018, 6pm-8pm
Omagh Library	17 January 2018, 10am-8pm
Enniskillen Library	23 January 2018, 10am-8pm
Owenkillew Community Centre, Gortin	24 January 2018, 6pm-8pm

Following consultation, a report will be prepared and presented to the Community Planning Strategic Partnership Board for consideration before agreement of the final Action Plan.

If you would like more information about the Community Plan Action Plan, you can get in touch with Oonagh Donnelly, Community Planning Officer by telephoning 0300 303 1777, ext 20213, textphone 028 8225 6216 or email [community.planning@fermanaghomagh.com](mailto:community.planning@fermanaghomagh.com)

### **New 5k to 10k Programme launched**

Fermanagh and Omagh District Council has organised a new '5k to 10k' programme commencing January 2018 as part of its Healthy Towns programme which is funded by the Public Health Agency (PHA).

**The new programme aimed at those aged 18 years and over will commence on Saturday 6 January 2018 at 8.30am** at the Fermanagh Lakeland Forum, Enniskillen. Sessions from week 1 – 6 will last for one hour whilst sessions from week 7 – 12 will last an hour and a half. There is no charge to participate within the programme.

The programme will be led by fully qualified Fermanagh and Omagh District Council fitness coaches who will provide professional training, support and advice to help participants achieve the 10k goal.

For further information or to register for the '5k to 10k' programme, please [click here](#) or alternatively contact Chris Elliott, Fermanagh and Omagh District Council, by telephoning 0300 303 1777 (all calls charged at local rate). Participants will be admitted to the programme only after completing a health screening assessment.

For helpful tips and advice on getting active please visit [www.choosetolivebetter.com](http://www.choosetolivebetter.com)

### **Aqua Legends Programme**

Fermanagh and Omagh District Council has launched an innovative swimming programme aimed at the "over 60s". The 'Aqua Legends' programme will commence at Omagh Leisure Complex and Fermanagh Lakeland Forum, Enniskillen in January 2018.

The free 12-week programme which consists of swim instruction and aqua based activities for those aged 60 years and over will be facilitated by appropriately qualified instructors and is funded by the Public Health Agency (PHA) as part of its Healthy Towns West Programme.

**The programme will commence on Monday 8 January 2018 at Omagh Leisure Complex at 11.35am and Wednesday 10 January 2018 at Fermanagh Lakeland Forum, Enniskillen at 12.30pm.**

Availability on each programme is limited and places will be allocated on a first come, first served basis. All participants will be required to complete a pre-exercise questionnaire. Participation on the programme is free of charge.

For further information and to register, participants should contact the relevant leisure centre.

For tips on getting active, making healthier food choices and advice on setting yourself targets, visit [www.choosetolivebetter.com](http://www.choosetolivebetter.com)

### **Boccia 'Come and Try It' Session**

Fermanagh and Omagh District Council has organised a free Boccia 'Come and Try It' session on **Saturday 13 January 2018** at Omagh Leisure Complex from 11.30am as part of its ongoing inclusive activity programme in partnership with Disability Sport NI.

The activity session, which is suitable for young people aged under 18, will last for one hour and will be delivered by fully qualified instructors.

Participants are encouraged to come along and attend the session which is taking place at Round 5 of the Northern Ireland Boccia League event which is facilitated by Disability Sport NI.

Participation on the Boccia 'Come and Try It' session is free, however places are limited and will be allocated on a first come, first served basis.

To register or for further information please contact Chris Elliott, Fermanagh and Omagh District Council, by telephoning 0300 303 1777 (calls charged at local rate) or visit the Council's website at [www.fermanaghomagh.com](http://www.fermanaghomagh.com)

### **The Challenge Fund; Arts and Culture Programme Launched**

A new arts and culture initiative which will help to develop skills within the sector, promote positive health and well-being and raise awareness of traditions from a bygone era through arts, crafts and performance has been launched.

The Challenge Fund, co-funded by Fermanagh and Omagh District Council and the Arts Council of Northern Ireland will be delivered under three themes; 'Arts for All' concentrating on health and well-being, active ageing and inclusion; 'Multiple Identities' focusing on musical cultural traditions and 'Loughs, Bogs & Mountains' addressing rural arts, traditional skills and the environment. The programme, which will run until October 2019, will be delivered in partnership with a number of organisations including South West Age Partnership, Royal Scottish Pipe Band Association (NI) and Dún Uladh – one of Comhaltas Ceoltóirí Éireann's seven regional centres, Sliabh Beagh Arts, An Creagán and a number of other venues, local organisations and individual artists.

The Challenge Fund will make a total investment of £250,000 across the district. Each of the programme themes will provide a series of arts, crafts, performance and training workshops and activities for various groups in local communities. The activities will result in the creation of new artworks, development of new skills and expertise, exhibition and performance opportunities and increased capacity across the arts and cultural sector in Fermanagh and Omagh. The Challenge Fund will also deliver an Artist in Residence initiative, bringing distinguished artists into the district to undertake a wide range of activities engaging with local schools, businesses, community groups and artists. There will also be support for local artists including an unprecedented opportunity for an artist to undertake a residency at the Centre Culturel Irlandais in Paris, with prospects of making European and International connections. Finally, a programme of technical and theatre training will take place across the district for local voluntary, community and amateur drama groups and young people.

Further information on the Challenge Fund [please click](#) here or email [culture@fermanaghomagh.com](mailto:culture@fermanaghomagh.com) or telephone 0300 303 1777

### **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](mailto:info@leyc.net) or look on the club website [www.leyc.net](http://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](mailto:Imelda.mccarron@fermanaghomagh.com)

### **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](mailto:publicservices@fermanaghomagh.com).**

### **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/>



### **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](mailto:claire.mcdermott@fermanaghomagh.com)** or **[anthea.owens@fermanaghomagh.com](mailto: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.**

### **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](mailto:louise.mclaughlin@fermanaghomagh.com)**

## Community News

### A New Year.... A New You

A day of inspiration will be held in Fermanagh House on **Saturday 6 January** from 10am – 5pm. There will be inspirational speakers, mindfulness, laughter yoga, drumming workshops, taster treatments plus more! All proceeds from the event are going to the Aisling Centre which promotes positive mental health and emotional well-being. Tickets cost £10. Call the Aisling Centre on 028 6632 5811 or email [info@theaislingcentre.com](mailto:info@theaislingcentre.com) or purchase from Reception. Please confirm attendance/requests for treatments as places are very popular and limited.

### Live Here Love Here Community Awards 2018

#### Nominate Your Community Heroes!

It is time to celebrate the dedicated and determined volunteers throughout Northern Ireland who are working to create cleaner and greener communities. Live Here Love Here are calling for you to nominate your local community hero for the Live Here Love Here Community Awards 2018! These awards celebrate the tremendous efforts of groups and individuals across the province who embody the values of Live Here Love Here, making Northern Ireland a cleaner, greener and safer place to live. If you know a group or an individual who deserves an award for the work carried out on a positive environmental project then we want to hear from you. This work could be anything from improving the quality of their local environment, an innovative way of reducing litter, or encouraging others to have pride within their local community through practical environmental action.

Taking place on the 20 February 2018 at Belfast Harbour Commissioners Office, the awards will be hosted by Lesser Spotted Journeys presenter, Joe Mahon and will encourage all generations to come together with likeminded people and celebrate their pride in their communities.

With 14 categories to apply for, there is something for everyone. Whether your nominee is a dedicated litter hero or a community champion, now is your chance to say thank you.

Entry is free and easy, simply visit [www.liveherelovehere.org](http://www.liveherelovehere.org) to download a nomination form and send it in to Karina at [karina.magee@keepnorthernirelandbeautiful.org](mailto:karina.magee@keepnorthernirelandbeautiful.org) before **12 noon on**

**Monday 8 January 2018** so your group doesn't miss out!

Live Here Love Here is an inspiring partnership between the Department of Agriculture Environment and Rural Affairs; Choice Housing; Northern Ireland Housing Executive; Coca-Cola; McDonald's and nine local councils, working alongside Keep Northern Ireland Beautiful. If you would like to find out more or get involved with Live Here Love Here please visit our website; [www.liveherelovehere.org](http://www.liveherelovehere.org) or contact [enquiries@liveherelovehere.org](mailto:enquiries@liveherelovehere.org).

### Welfare Changes – Universal Credit Briefing Session

**Monday 8 January 2018, 9.30am**

**Fermanagh House, Broadmeadow Place, Enniskillen, Co Fermanagh BT74 7HR**

You are invited to an event on 'Preparing for Universal Credit' in the Omagh, Enniskillen and Dungannon areas.

This session follows an introductory presentation delivered in September 2017. The session will provide important information for those who may be working with Universal Credit claimants in the **Omagh, Enniskillen and Dungannon** areas, including information on the introduction of Universal Credit, support for claimants, the payment timeline, Universal Credit Advances and sanctions. There will also be a short presentation on the Department of Finance's Rate Rebate scheme. The event is expected to last approximately 3 hours.

Please confirm your attendance by **Wednesday 3 January** to

[WelfareChanges@communities-ni.gov.uk](mailto:WelfareChanges@communities-ni.gov.uk) Please advise if you have any special requirements.

### **AWARE - Living Life to the Full Course (6 weeks)**

**Community House Omagh, 2 Drumragh Avenue, Omagh, BT78 1DP**

**1-2.30pm on 10, 17, 24 and 31 January; 7 and 14 February**

The free course has been developed by Dr Chris Williams, Professor of Psychological Medicine, University of Glasgow, a recognised expert and trainer in cognitive behavioural therapy. This programme delivered by AWARE can make a big difference to your life. It can help you sleep better, feel happier, have more energy, gain confidence, get out more and enjoy better relationships and can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges.

**For further information contact Linda Wade on 028 7126 0602, Email [linda@aware-ni.org](mailto:linda@aware-ni.org)  
[www.aware-ni.org](http://www.aware-ni.org)**

### **Diabetes UK – Omagh Area Diabetes Support Group**

More and more people in Northern Ireland are affected by diabetes, whether being diagnosed themselves or caring for someone else with the condition. There are over 100,000 people living with diabetes in Northern Ireland including an estimated 12,000 people living with undiagnosed Type 2 diabetes.

A good way of finding support is by joining a Diabetes UK Support group. The **Omagh Area Diabetes Support Group** is holding its first meeting of 2018 on **Wednesday 24 January, 7.30pm** at Omagh Fire Station. The speakers on the night will be a local Paediatric Diabetes Specialist Nurse and Diabetes Specialist Nurse with the theme being Knowledge is Power.

The group will offer people living with diabetes in the Omagh Area a chance to meet and share experiences with others, in a relaxed and informal environment. The group will meet on a monthly basis with guest speakers at meetings who will talk about diabetes and offer advice, help and practical tips to live well with diabetes.

Members have found that belonging to a local group like Omagh Area Diabetes Support Group makes a really positive impact on how they approach managing diabetes and the difference that support, whatever form that may take, can make. The Group is informal and friendly and provides the opportunity to learn more about diabetes and to ask questions in a welcoming environment, as well as hearing from expert guest speakers.

**For more information about the group, please contact Lorraine on 07780 731227 or join the Omagh Area Diabetes Support Group on Facebook.**

### **Best of NI at Garden Show Ireland**

Garden Show Ireland will once again celebrate our unique local landscape in the garden displays created by Councils at the 2018 Show taking place from **4–6 May 2018 at Antrim Castle Gardens**.

The theme for the 2018 Best of Northern Ireland gardens will be "**Northern Ireland's Eco Landscape**" depicting each area's special ecology and providing Show visitors with ideas on how to create gardens that are rich in biodiversity and local wildlife.

For more details please see [www.gardenshowireland.com](http://www.gardenshowireland.com) or contact [claire@gardenshowireland.com](mailto:claire@gardenshowireland.com) Tel: +44 7703 534623 or +353 86 8580602

### **The Heart of Ancient Ulster Landscape Partnership Scheme (LPS) are out and about**

Moirá O'Rourke Development Officer for The Heart of Ancient Ulster LPS has been busy out and about during the last few months meeting with local community representatives, external agencies and statutory bodies discussing the Lower Sperrin plateau and its assets.

The Lower Sperrin plateau is situated within the heart of Mid Ulster and is known for its natural beauty with a plethora of built, natural and cultural heritage and it is this heritage that needs protected for future generations.

Moirá O'Rourke said; "People have been living on this landscape for over 5,000 years and their invaluable knowledge paves the way to protect the environment creating and exploring new opportunities, whilst increasing tourism to the area.

"Historic monuments scatter the land and cultural traditions have been passed down from previous generations. This is an exciting time, while the project is still in its infancy we will seek to support and encourage community groups to come together and work collectively on themes such as built, natural and cultural heritage. Local people will be able to up skill and avail of training and become Ambassadors for the land in which they live.

"As a result, community consultations have been scheduled to take place in the following venues, this is an opportunity for community groups to come together to hear more about what lies ahead and give their views on what they would like to see take place in their area.'

Rowntree Centre, Pomeroy	Thursday 11 January 2018	7.00/9.00pm
Broughderg Community Centre	Tuesday 16 January 2018	7.00/9.00pm
Sixmilecross (Venue TBC)	Thursday 18 January 2018	7.00/9.00pm
An Creagan Visitor Centre	Monday 22 January 2018	7.00/9.00pm
Galbally Community Centre	Thursday 25 January 2018	7.00/9.00pm
The Patrician, Carrickmore	Tuesday 30 January 2018	7.00/9.00pm
Greencastle Community Centre	Thursday 1 February 2018	7.00/9.00pm

Thanks to the Heritage Lottery Fund (HLF) who have awarded Round 1 funding to the Landscape Partnership scheme. The Heart of Ancient Ulster Landscape Partnership will conserve and protect 144km<sup>2</sup> of outstanding Neolithic landscape and reconnect the local community to its unique natural, built and cultural heritage.

Over the last decade, HLF's Landscape Partnership programme has provided £221million across the UK. The programme helps to forge new partnerships between public and community bodies, ensuring people are better equipped to understand and tackle the needs of their local landscapes. Grants range from £100,000 to £3million.

Thanks to National Lottery players, HLF invest money to help people across the UK explore, enjoy and protect the heritage they care about - from the archaeology under our feet to the historic parks and buildings we love, from precious memories and collections to rare wildlife. [www.hlf.org.uk](http://www.hlf.org.uk)  
You can follow HLF on Twitter, Facebook and Instagram and use #HLFsupported or #NationalLottery.

For more information please contact Moirá O'Rourke, Development Officer on 028 8676 34853 or email [Moirá.O'Rourke@midulstercouncil.org](mailto:Moirá.O'Rourke@midulstercouncil.org)



### **Project St Patrick**

The theme for the 2018 county parade is Books: Pages Thru The Ages. Please email [info@projectstpatrick.com](mailto:info@projectstpatrick.com) for further information.

### **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 embarked on an audio project to record the voices of people from border areas in counties Cavan and Fermanagh. Participants told 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](mailto:tsullivan@cavancoco.ie) Phone 00 353 49 4378517

Savina Donohoe, Cavan County Museum

Email [sbdonohoe@cavancoco.ie](mailto: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.

### **Blue Grass Meets Green Grass**

We are pleased to announce that the world class dance company Starmaker's will be visiting Ireland from the Southern American State of South Carolina in the Summer of 2018. The passion of Starmaker's is to inspire, motivate and enrich every student in the art of dance and this will be their first visit to Ireland. The group will be in Ireland's shores from 4-9 June 2018.

The desire of the Starmaker's students is to share their talent of dance in the clogging genre and sharpen their skills in both Highland and Irish dance techniques while in Ireland. Starmaker's dance company is founded by world Clogging champion Christi Stanton who will be leading a group of 40 people, including 20 students between the age of 8 and 18 years old. The Clogging dance style celebrates the fusion of both Irish and Highland dance adapted in the New World in the same way that Bluegrass and Country music morphed from traditional Irish and Scottish music. In many ways it's an untold story of how dance was fused through immigration and in it's time for Starmaker's to bring the steps back to Ireland.

The dance company's locations and dates in June are as follows:

- 4 June Belfast
- 5 June Belfast
- **6 June Enniskillen**
- **7 June Enniskillen**
- 8 June Newcastle
- 9 June Dublin

We would like to partner with other Highland Dance and Irish Dance schools and eager to find connections for the students to form relationships for education, dance, and hospitality!

Contact Judith McLoughlin [Judith@shamrockandpeach.com](mailto:Judith@shamrockandpeach.com)

### **Battle's Over**

#### **A Nation's Tribute – 100 Years of Remembrance**

A special evening service will be held at St Macartin's Cathedral, Enniskillen, the most westerly location in the United Kingdom on 11 November 2018 with beacon lighting and bell ringing.

## **Organ Donation Northern Ireland**

### **Speak up and save a life**

Approximately 7000 people require an organ transplant annually in the United Kingdom. There is a real shortage of organ donations and unfortunately every year around 14 people in Northern Ireland die waiting for an organ transplant.

Fermanagh and Omagh District Council are working with the Western Health and Social Care Trust (Western Trust) to raise awareness of the need for families and friends to have a conversation around their wishes in relation to organ donation.

This is because after your death, your next of kin will be consulted on whether your organs can be donated, even if you carry a donor card. Any decision they make will be respected. When families or friends know the wishes of their loved ones it can give them the confidence to fulfil your wish to be an organ donor.

There are many ways to register as a potential donor:

- Register online at [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk) or [www.organdonationni.info](http://www.organdonationni.info)
- Register when applying for or renewing a driving licence
- Register when registering with a GP Practice
- Telephone the NHS Donor Line 0300 123 23 23. Lines are open 24 hours a day all year round
- Download a form from [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk) print it and return it by Freepost
- Register when applying for a Boot's Advantage Card.

## **Supporting Informal Carers – Western Health and Social Care Trust**

The Western Trust Carers Support Team is an information and sign posting service for informal/unpaid carers within the Western Health and Social Care Trust. The team work with carers who care for a loved one (child or adult) who is ill, disabled or old and frail.

The Carers Support Team work across the Western Trust geography. The team are happy to visit groups and attend health fairs with information for informal carers. The team also run carers walking groups.

If you are involved with a community/carers group and would like the Carers Development Worker to visit your group or you are an informal carer interested in joining one of our walking groups, please contact Louise Gilheany, Carers Development Worker, Carers Support Office, 2 Coleshill Road, Enniskillen, BT74 7HG. Email: [Louise.Gilheany@westerntrust.hscni.net](mailto:Louise.Gilheany@westerntrust.hscni.net) or Tel: 028 6634 4180.

For more information on Carers Support visit the Western Trust website [www.westerntrust.hscni.net](http://www.westerntrust.hscni.net)

## **Women Making Waves - Boccia programme**

**Tuesdays in Lakeland Forum**, 2.30pm - 3.30pm every second week.

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](mailto:eileenwmw@gmail.com)

### Information from the Cabinet Office for EU nationals living in Northern Ireland

As you know, since the result of the referendum, the UK government has made clear that its first priority in negotiations with the EU is to secure the status of EU citizens living in the UK, and UK nationals living in the EU. No EU citizen currently in the UK lawfully will have to leave at the point that we leave the EU.

On 26 June we published a policy paper (available in English) which sets out our offer to EU citizens and their families in the UK. We are seeking to provide EU citizens with certainty about their future as soon as possible and we are very close to reaching an agreement with the EU.

There is no need for EU citizens living in the UK to do anything now, including applying for a permanent residence document. There will be no change to the status of EU citizens living in the UK while the UK remains in the EU.

We know that some of your residents will need to know what they need to do, and when, once a settlement agreement has been made with the EU. We want to make sure that people are kept up to date, and are encouraging people to sign up to the Home Office updates newsletter.

120,000 people are already signed up, but there are over 3 million EU citizens currently living in the UK. We would really appreciate your help in signposting people to this useful resource. Below is some information which, if possible, it would be great if you could please share with your audiences, either through your social and digital channels, newsletters, magazines or through community groups with links to these audiences.

*The UK Government's first priority in negotiations with the EU is to secure the status of EU citizens living in the UK, and UK nationals living in the EU. No EU citizen currently in the UK lawfully will have to leave at the point that we leave the EU.*

*If you are an EU citizen living in the UK, there is no need to do anything now, including applying for a permanent residence document. There will be no change to the status of EU citizens living in the UK while the UK remains in the EU.*

*If you would like to find out the latest information you can sign up for [email updates](#)*

*You can also find more information from the Home Office [here](#).*

### 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

### **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.

Get involved, join Connect by calling the Connect team on 0303 123 4555; emailing [connect@rnib.org.uk](mailto:connect@rnib.org.uk) or through our website [www.rnib.org.uk/connect](http://www.rnib.org.uk/connect)

**Action on Hearing Loss Northern Ireland** is part of the new UK Hear to Inform and Connect (2017-19) project, funded by the Big Lottery Fund. This project will help to grow our information service to reach even more older people with hearing loss.

The aim of the project is to ensure older people with hearing loss feel better informed about how to manage their hearing loss, and where to access further support in their local area. Our information teams will also work with care homes, community groups and local organisations who provide services or support for older people with hearing loss, to help them make their services more accessible and inclusive.

Our information Officers and volunteers will help in a number of ways:

- By delivering information stands in a range of community and health settings such as libraries, leisure centres, GP surgeries and hospitals.
- By giving talks to care homes, local community groups and organisations on deaf awareness, equipment, communication and Action on Hearing Loss services and campaigns.
- By carrying out basic hearing screenings using a hand held screener to identify whether further assessment by a hearing professional is required.
- By providing demonstrations of equipment such as vibrating alarms and amplified telephones, to support older people to better manage their hearing loss.
- By signposting to other local services for older people who are deaf or hard of hearing

**For further information or to arrange a talk to your group or get a hearing check contact Geraldine Keys on 07393 232833 or email [geraldine.keys@hearingloss.org.uk](mailto:geraldine.keys@hearingloss.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](mailto:homestartomagh@btconnect.com)



### **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](mailto:bsuwewni@cats.org.uk)

### **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.

We are looking for student volunteers to help out at our charity shop. The experience will help potential volunteer students to develop their self confidence and experience dealing with different people in different walks of life. For further information, please ring Rose Kelly on 07881 347716 for interviews and appointments.

**Women of the World** are willing to welcome ALL women of different nationalities, especially local women who are interested in being friendly with the international women living within Enniskillen rural and urban areas. We have monthly friendship, regular meetings and celebrate an Annual "International Women's Day in March"

For further information please ring Rose Kelly 07881 347716 or Eileen Drumm 07864 635639

### **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](http://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](mailto: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.

Local Family Wellness Parents Support Groups taking place during January are:

Omagh – Wednesday 10 January

Enniskillen – Monday 22 January

**If you are interested in attending, please contact Charmaine McCorry (Family Wellness Project Support Group Facilitator) on 07740 410169 or [charmaine@cause.org.uk](mailto:charmaine@cause.org.uk) to complete 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](http://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](mailto:mariette.mulvenna@hearingloss.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.

### **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 provide individual support for organised events in Enniskillen and Omagh.

**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.

**Legacy Giving Support Volunteer – Enniskillen** - The Legacy Giving Team provides the information and means for those wishing to leave a gift in their Will or donate in memory of a loved one. You will volunteer closely with the local Legacy Giving Officer (LGO), who will make sure that you have the required information and training to enable you to carry out a range of activities - which may include distributing leaflets, arranging appointments, maintaining relationships, and keeping records.

The role will suit you if you have an interest in supporting people with dementia, have good communication skills, can act professionally, and volunteer with minimal supervision.

**Why volunteer?** We are the UK's leading dementia charity. Every day, we work tirelessly to find new treatments and, ultimately, a cure for dementia. We provide expert information, training, and support services to all those who need our help. And we are creating a more dementia-friendly society so people with the condition can live without fear and prejudice.

**If you would like to find out more about this role, or other volunteering opportunities available, please contact Rosario Mc Hugh, Volunteering Officer**

**([rosario.mchugh@alzheimers.org.uk](mailto:rosario.mchugh@alzheimers.org.uk) / 028 7138 4570) or visit our website at [www.alzheimers.org.uk](http://www.alzheimers.org.uk).**

### **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](mailto:fermanaghcab@citizensadvice.co.uk)**

**Omagh Ethnic Community Support Group** are providing a free advice and advocacy service to members of ethnic communities in the area. This service is being provided by specially trained advisors and also includes interpreting for major languages, especially Polish, Hungarian and Chinese. Available on Wednesdays by appointment only.

Free advice and advocacy service also available on appointment basis every second Tuesday in **Aisling Centre, 37 Darling Street, Enniskillen**

**For further information contact Karolina on 028 8224 9750**

**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](mailto:lisbellawsouthfermwwarsociety@gmail.com)

#### **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

**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](mailto:fundraising.ni@mencap.org.uk) or call 028 9069 1351.

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



**Fermanagh House, Broadmeadow Place, Enniskillen BT74 7HR**

**Telephone 028 6632 0210**

**Volunteer Now** are running training in Fermanagh House on:

**Thursday 8 February 2018** from 10am-4pm. **'Young People & Volunteering – The Essentials'**. Free Workshop designed specifically for people, whether in a paid or unpaid role, that support and work with volunteers under 25 years old. A Certificate of Attendance is awarded at the end of this workshop. Book online at [www.volunteernow.co.uk/training-events/view/710](http://www.volunteernow.co.uk/training-events/view/710)  
For any further information, or if you would like to discuss a tailored workshop for your organisation please contact David Fitzsimons ([david.fitzsimons@volunteernow.co.uk](mailto:david.fitzsimons@volunteernow.co.uk) or 028 9081 8330).

**Tuesday 27 February 2018** from 10am-4pm. **'An Introduction to Keeping Children Safe'** For further details and booking please go to <http://www.volunteernow.co.uk/training-events/view/659>

### **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](mailto: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.ni](mailto:info@victimsupportni.org.ni)
- **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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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/2017/11/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@omaghgardeningssociety.org](mailto:info@omaghgardeningssociety.org) [www.omaghgardeningssociety.org](http://www.omaghgardeningssociety.org)**

**Set Dancing Omagh -** Omagh Traditional Dancing Club Set Dancing Classes held every **Monday from 8.30pm – 10.30pm in Dun Uladh Heritage Centre**, Ballinamullan, Omagh.

Tel Marie 07786 982988 for more information

### **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](http://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](mailto: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](mailto: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**

### **The Conservation Volunteers - Green Gym Project**

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 Ivan Black on 028 7126 2664 or email [i.black@tcv.org.uk](mailto:i.black@tcv.org.uk)**

This Green Gym is funded by the Public Health Authority.

### **Tara Centre, 11 Holmview Terrace, Omagh BT79 0AH**

**Tel: 028 8225 0024 email: [info@taraomagh.com](mailto:info@taraomagh.com) [www.taraomagh.com](http://www.taraomagh.com)**

**Prior booking is essential**

**Meditating Together** - Self-facilitated groups

Mondays (8.00-9.30pm) Tuesdays (10.30am-12.00)

(Open to anyone who has followed the Tara Centre Meditation/Mindfulness Course for Beginners)

**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.**

**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](http://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](http://www.growingtogether.community) or contact **Sinead Bailie, Northern Ireland Advisor – Growing Together** (Normally available on Tuesday) Mob: 07725 973980  
[sinead@farmgarden.org.uk](mailto:sinead@farmgarden.org.uk)

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

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

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



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

**Telephone 028 6632 5811**

### **Mindfulness Meditation**

With Mary Conway

### **MBSR 8 Week Course**

Advanced Registration Required

8 Week Spring course 24 January - 14 March 2018

**Induction day** Thursday 4 January 2018, 10am to 7pm

Mary Conway will be available to respond to queries about the course and to receive and talk about personal applications (please call Centre to make appointment)

**All Day Retreat** Saturday 10 March 10.30 – 3.30 (Open to MBSR 'Graduates')

**For further information**, an application form and to arrange an appointment please contact the Aisling Centre on 028 6632 5811

### **Monthly Drop in / Taster Sessions**

Tuesday's, 7.30 – 9.00pm on:

23 January, 20 February, 20 March, 24 April, 22 May 19 June 2018

### **Journeying Together**

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

For further information please contact the Centre

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

[www.theaislingcentre.com](http://www.theaislingcentre.com)

Register to receive e-updates. Contact the Centre:- E- [info@theaislingcentre.com](mailto:info@theaislingcentre.com) /

T - 028 6632 5811. Follow us on Facebook or Twitter

### **Programmes & Events**

#### **ASIST**

Facilitated by Oak Healthy Centre

The aim of ASIST is to help caregivers become willing, ready and able to provide emergency first aid to persons at risk of suicidal behaviour. During the two-day workshop, participants will examine their attitudes about suicide, learn how to effectively recognise and review the risk of suicide and develop new and/or reinforce existing intervention skills.

Advanced Registration Required

Thursday 18 January & Friday 19 January 2018

#### **Booking information**

**Please call the Oak healthy Living Centre, Lisnaskea for more information or to register 028 6772 3843**

### **Support Groups and Networks**

#### **AA**

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

#### **ADHD**

Adult support group. 1<sup>st</sup> 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](mailto: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. 1<sup>st</sup> 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. 2<sup>nd</sup> 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

**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](http://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**

## **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.**

### **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](mailto:collage.ekn@gmail.com) or contact Genevieve Murphy on 028 6634 1399 for more information.**

### **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](mailto:admin@nowgroup.org); an app is also available to download from your app provider.

### 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 a number of very caring hosts 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](mailto: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](mailto:bmcateer@amh.org.uk), web [www.amh.org.uk](http://www.amh.org.uk)

### 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.

**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.

Like our facebook page and share to access **free training** for individuals not in education, training and employment <https://www.facebook.com/cfspfermanaghomagh/>

**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.

**NAS (National Autistic Society) Parent Support Group** – Meetings take place on the 2<sup>nd</sup> 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](mailto:gemma@fermanaghhouse.org)**.



### **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](http://www.man-ni.org) or call us on 028 7137 7777.**

**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](mailto:fostercareni@actionforchildren.org.uk)**

**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**.

### **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](mailto: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

### **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.**

**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](mailto:Michaela@breakthru.co.uk)  
Breigeen – 07769 2694334 or [Breigeen@breakthru.co.uk](mailto:Breigeen@breakthru.co.uk)  
Breakthru HQ – 028 8775 3228

### **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](mailto:nigel@shelterni.org).

### **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](http://www.samaritans.org/volunteer).

### **Mums Wellness Project**

The Mums Wellness Project aims to support expectant mothers and mothers with infants up to one year experiencing emotional health and wellbeing challenges. The Mums Wellness Project is an early intervention service for those mothers and or expectant mothers that do not meet the threshold for mental health services.

The Project offers an individualised 1-1 WRAP (Wellness Recovery Action Plan) to support mothers and expectant mothers to help manage difficult feelings and develop action plans to help them feel better. This is delivered in their own home or locally for 8-10 weeks with sessions lasting approximately one hour.

After completion of the 1-1 WRAP Programme, mums can avail of the Mums Wellness Support Group. The support group is run regularly within the local area throughout Fermanagh. It is an opportunity for women to come together in a safe and supportive environment for mutual support and strengthen social wellbeing.

Pilot Project funded by Comic Relief led by Mindwise

Contact Ursula Meehan on 07760 627428 or 028 6632 4181

Email [Ursula.meehan@mindwisenv.org](mailto:Ursula.meehan@mindwisenv.org)

### **Western Adult Autism Advice Service**

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

1 <sup>st</sup> Thursday in March	Strabane Library
<b>1<sup>st</sup> Wednesday in June</b>	<b>Enniskillen Library</b>
1 <sup>st</sup> Thursday in October	Derry Central Library
<b>1<sup>st</sup> Thursday in December</b>	<b>Omagh Library</b>

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

### **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 2<sup>nd</sup> 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](mailto:stacey@thefindcentre.com) or [dwaine@thefindcentre.com](mailto:dwaine@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](http://www.aware-ni.org)

**If you want more information contact Caroline on 028 7126 0602 or [caroline@aware-ni.org](mailto:caroline@aware-ni.org)**

Details of the fundraising calendar can be found at [www.aware-ni.org/events](http://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

### Money Management Workshop

Organised by Community Family Support Programme, Omagh

**Thursday 25 January**, Community House Omagh 10:30am to 12:30pm

[www.customizedtraining.co.uk](http://www.customizedtraining.co.uk)

Contact Ciara Balfour on 07739 651585 [ciarabalfour@customizedtraining.co.uk](mailto:ciarabalfour@customizedtraining.co.uk)

### Free Training Courses – Erne East Area

The Peace Impact Programme (PIP) funded through the International Fund for Ireland, is offering free training to assist community groups and individuals in the Erne East area to comply with ever increasing regulations.

#### Training Courses Coming Up

- Manual Handling
- Risk Assessment
- Health & Safety
- Food Safety

To register for a course contact Stephen Mulligan [stephen.ohl@btconnect.com](mailto:stephen.ohl@btconnect.com) or for more information call **028 677 23843**

### Kick-Start Your Career for the New Year

Local employability initiative, ASPIRE is encouraging the public to “kick-start their career” this new year with the launch of new learning and training opportunities.

ASPIRE provide assistance to anyone aged 16 years old and over who is currently unemployed or working less than 16 hours a week and is seeking paid work.

In the latest recruitment drive for the New Year, ASPIRE will be offering a range of free learning and training opportunities, such as:

- Essential Skills in Numeracy/Literacy
- Classroom Support package
- ICT for User Skills and Computerised Accounts
- Classroom Support Package
- First Aid at Work Training
- CSR Cards and Forklift Licence Training
- CV Development, Interview Skills and Job Search
- Health and Wellbeing

For further information on the ASPIRE Programme, please contact:

the Omagh Office on 028 8224 6535 or the Enniskillen Office on 028 6632 6478 to speak to a member of the ASPIRE team. Alternatively, you can find us on Facebook – Aspire Employability Programme.

**The ASPIRE programme is part funded through the Northern Ireland European Social Fund 2014-2020 and the Department for the Economy.**

### Youth Development Programme

A two year course is available to young people aged 16-25 who are currently not in education or employment. It gives them the opportunity to develop their skills and qualifications, and progress onto a work placement or apprenticeship in the second year with the option to complete a level 2 or 3 NVQ at this stage also.

**For further information please contact Rachel Boylan, Youth Outreach Officer, Fermanagh Youth Development Programme**

**Email:** [Rachel.fydp@gmail.com](mailto:Rachel.fydp@gmail.com) **Tel:** 028 66 326478

### 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](mailto:fsaca.dlaw@hotmail.com) or  
John Quinn 028 6638 9629 [fsaca1@hotmail.com](mailto:fsaca1@hotmail.com),

FSCAA, Unit 9 Ballinamallard Enterprise Centre BT94 2BD Find us on Facebook.

### Team Up with the Prince's Trust

South West College are currently enrolling students who are 16-24 for the next Team Programme **due to commence in January 2018**. It is a 12 week personal development programme which helps the participant with confidence, communication and many other interpersonal skills.

Each student will attain a Level 1 - Certificate in Employment, Teamwork and Community Skills, a Level 2 First Aid in the workplace certificate and gain valuable experience completing mental health awareness and drugs and alcohol awareness training.

The course offers the opportunity to participate in outdoor adventure activities, to fundraise and complete a community project, to gain experience and skills in a work placement of their choice and to support other groups of people in the community. It also assists in building/enhancing the participants' CV, support in completing application forms and to practise interview techniques. Overall this programme supports the participant back into education or employment.

For further information contact Shireen Greene, South West College - Enniskillen Campus  
Tel: 07523 273865 [Shireen.greene@swc.ac.uk](mailto:Shireen.greene@swc.ac.uk)

**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](mailto:mindset@amh.org.uk).

## Western Trust Health Improvement Training

### **Food Values** – 25 January 2018, Newtownstewart 2000 Centre

For those working with community/voluntary sector groups who wish to deliver food budgeting programmes. Attempts to make participants more aware of their shopping and spending habits.

### **Cook It! Tutor Training** – 22 & 27 February 2018, Newtownstewart 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.

### **Walk Leader** – 21 February 2018, 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.

### **Falls Prevention for Community Workers** – 27 February 2018, Omagh Hospital

For those within local communities who will be able to disseminate the learning to older people to reduce falls.

**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](http://www.westerntrust.hscni.net) [www.facebook.com/WesternHSCTrust](https://www.facebook.com/WesternHSCTrust)

## 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](http://www.networkpersonnel.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**

**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](mailto:claire.yakub@networkpersonnel.org.uk) web: [www.networkpersonnel.org.uk](http://www.networkpersonnel.org.uk)**

### **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](http://www.citizensadvice.co.uk)**

Please do not hesitate to contact us by email [nichola.macdougall@citizensadvice.co.uk](mailto:nichola.macdougall@citizensadvice.co.uk) or phone 028 9023 1120 ext 237

**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:

<b>Enniskillen Office:</b>	<b>Michelle</b>	<b>028 6632 9858</b>	<b><a href="mailto:mbaker@rutledgegroup.co.uk">mbaker@rutledgegroup.co.uk</a></b>
<b>Omagh Office:</b>	<b>Patricia</b>	<b>028 8224 0333</b>	<b><a href="mailto:pkelly@rutledgegroup.co.uk">pkelly@rutledgegroup.co.uk</a></b>



### **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](mailto:Katherine.robertson@wrda.net) for further details.

### **Step Up To Sustainable Employment+ (SUSE+)**

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

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

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

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

**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](http://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.

### 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](mailto:carla.mulholland@alzheimers.org.uk)**

**Roisin Flynn 07484 507178 or e-mail [roisin.flynn@alzheimers.org.uk](mailto: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](mailto: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](mailto:shirleydonaldson@first-housing.com)

## Funding Opportunities

### Community Relations and Cultural Diversity Grant Scheme

The small grants scheme is open and the deadline has been extended to **5 January 2018**. For application form and guidance notes please log onto [www.community-relations.org.uk](http://www.community-relations.org.uk)

### Grow Wild Community Project Funding 2018

Now open for applications!

Have you got a ridiculously exciting idea for a project that **brings people together** through activities that help connect their community and celebrate UK native wild flowers, plants and/or fungi?

Please get in touch with Grow Wild to discuss your ideas or you can also look at our web page [Grow Wild Community Project Guidance](#) for more information on **how to apply**.

Contact Stéphanie Baine, [northernireland@growwilduk.com](mailto:northernireland@growwilduk.com), if you have any questions or for the link to the online application form.

Awards of £2000 or £4000 are available for groups to transform their space or to do something new and/or creative that will help communities and celebrate our native wild flowers, plants and fungi.

Applications need to be in by **15 January 2018** for your chance to join Grow Wild's project network.

**Be inspired** by previous Grow Wild community projects. [Click here](#) to visit our interactive map and read some of our community profile pages.

Sign up to the Grow Wild newsletter for the many free offers, competitions, blogs and lots of amazing information at [growwilduk.com](http://growwilduk.com):

In spring 2018, groups can register for **free Grow Wild seed and fungi kits** to share.

Get Creative Youth awards of £500 will be open in 2018 for young people to showcase their creative talents

Pledge your support by planting a virtual seed [here](#)

[s.baine@kew.org](mailto:s.baine@kew.org) 07920 477 553 [www.growwilduk.com](http://www.growwilduk.com) [@Grow WildNI](#)

Tel: 020 8332 3849

**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/](http://www.omaghenterprise.co.uk/social-enterprise/)

### **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](mailto:rita.harkin@ahfund.org.uk) or call 0300 121 0342. Also have a look at [www.ahfund.org.uk](http://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](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 it 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](mailto:info@ucitltd.com)**