

## Fermanagh & Omagh District Council Community Support News – March 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 Wednesday 21 March.**

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

### Council News & Events

#### Fermanagh and Omagh District Council Funding & Advice Fair

**Monday 12 March** - Enniskillen Library, Halls Lane, Enniskillen, BT74 7DR

Drop in anytime between 5pm–8pm. Advice Workshops facilitated by FRCN

6pm – Registering & Reporting to NI Charity Commission

7pm – Good Record Keeping for Committees

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

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

For further information contact Fermanagh & Omagh District Council, Community Services Department on 0300 303 1777 or email [kellie.beacom@fermanaghomagh.com](mailto:kellie.beacom@fermanaghomagh.com)

#### 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 Planning Update

Following the launch of “Fermanagh and Omagh 2030” in March 2017 (which is the overarching Community Plan for the district), an Action Plan has been produced which includes 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 8 week public consultation on the Action Plan has now finished. All comments and opinions expressed during the public consultation will be considered by the Strategic Partnership Board in March with the aim of finalising the first Action Plan in April. It is expected that an Action Plan will be published in April 2018 and partners will begin implementation as soon as possible.

**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 [communityplanning@fermanaghomagh.com](mailto:communityplanning@fermanaghomagh.com).**

We will keep you updated with our progress over the coming months on the Council website and social media platforms.

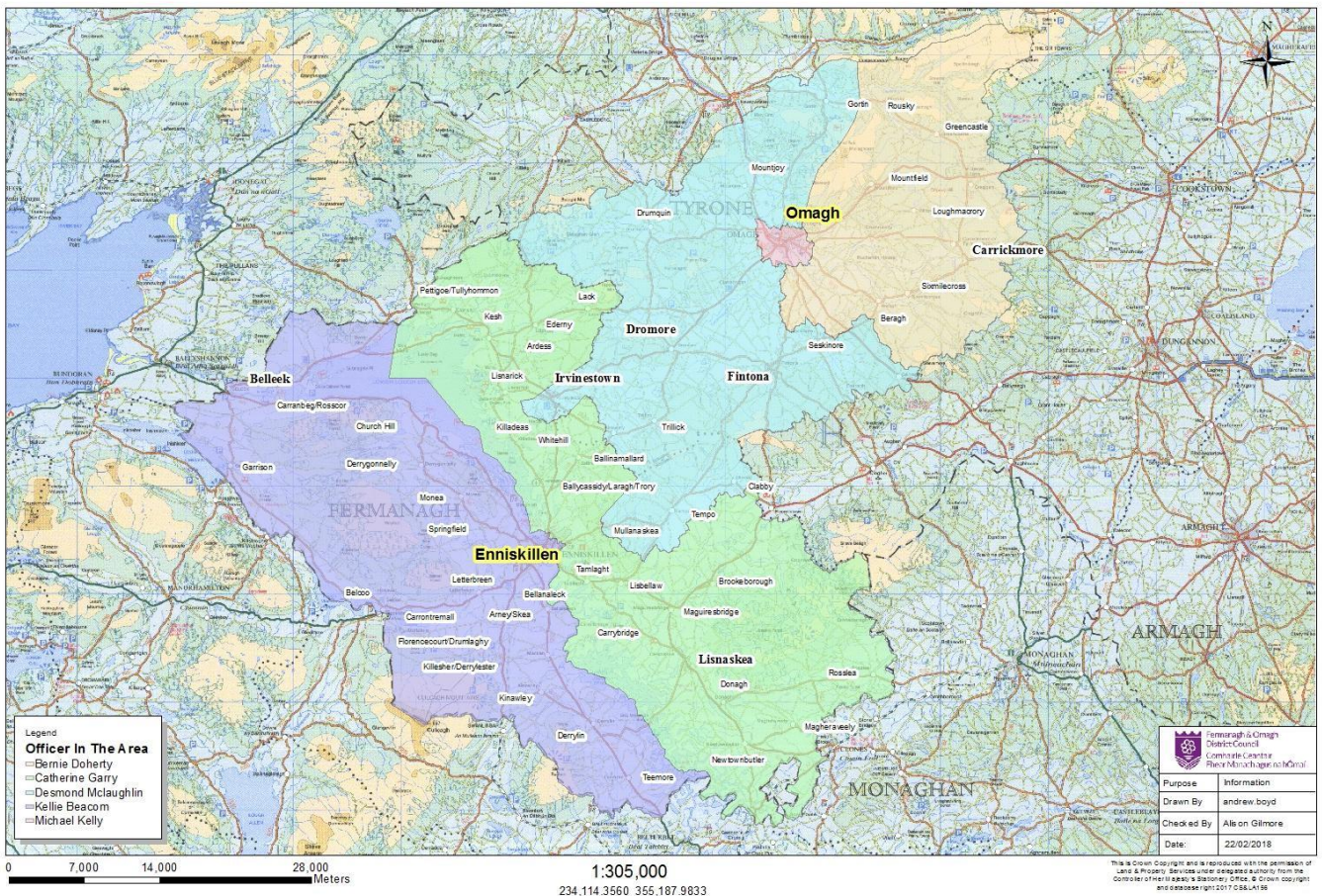
### Key Dates for your Diary – Further information in Newsletter or to follow at a later date

<b>March 2018</b>		
2 March	11am	RNIB Community Engagement Event, Enniskillen
2-4 March		Discover Fermanagh Open Weekend – free events
5 March	10am	CREDaBility Roadshow, Omagh
9 March		Age Friendly Conference <b>**Please note change of date**</b>
12 March	Afternoon	Deprivation Dissemination Event, Enniskillen
12 March	from 5pm	FODC Funding Fair, Enniskillen Library
14 March	Afternoon	Deprivation Dissemination Event, Cookstown
21 March	9.30am	Drink Wise Age Well Panel Discussion, Omagh
23 March		“Heart of Ancient Ulster” Landscape Partnership Scheme - Deadline for Expression of Interest Forms
27 March		Outdoor Recreation Networking Day, An Creagan, Co Tyrone
<b>April 2018</b>		
16 April		FODC Draft Improvement Plan 2018/19 – Public Consultation closes

## 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 Area



<https://fermanagh.maps.arcgis.com/apps/InformationLookup/index.html?appid=298ff71ef2fc4cacb2b2f5ee703c291b>

## 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 from 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)



### **St Patrick's Day, Omagh**

Plans are well underway for St Patrick's Day, Omagh 2018. You are all welcome to join in and 'Celebrate Together' during a variety of entertainment including the carnival parade on Saturday 17 March 2018.

With the use of the OASIS Plaza, Omagh town centre, Strule Arts Centre and Omagh Community House as well as other locations around the town, St Patrick's Day will be buzzing with the best of local talent, singing, dancing, music and family entertainment. The colourful St Patrick's Day parade will weave its way through the town creating an exciting carnival atmosphere.

**Schools, community groups, businesses and clubs are invited to participate.**

The Children's Art Exhibition will take place in Strule Arts Centre from Friday 9 March to Thursday 29 March.

**For further information please contact The Events Management Team, Fermanagh and Omagh District Council on 0300 303 1777 email [events@fermanaghomagh.com](mailto:events@fermanaghomagh.com) or online at [www.fermanaghomagh.com](http://www.fermanaghomagh.com)**

### **Enjoy a St Patrick's Day like no other in Ireland's only island town, Enniskillen!**

St Patrick's Day Parade and Fun Day returns to Enniskillen on Saturday 17 March - Streets of our county town will be transformed with colour and fun - this year's theme is 'Pages Thru the Ages'.

The fun starts at the Broadmeadow with a free family fun day and a host of live entertainment acts starting at 1.30pm. Enjoy a range of free activities including bouncy castles, climbing walls, archery, face painting and wandering mascots. Enjoy free tasty treats with chocolate fountains, green candy floss and Lilley's famous themed gelato all on offer.

For those wishing to grab a prime viewing position there will be live music, pre parade on the Diamond with Full Moon Fever from 1.30pm as well as walkabouts to keep you entertained. Anyone worried about missing part of the rugby, fear not – we will ensure audio coverage!

The event is organised by a small team of volunteers who are supported by Fermanagh and Omagh District Council, Enniskillen BID and local businesses. This year's Pages Thru The Ages themed spectacular parade is one not to be missed. Kicking off at 3.30pm the parade features a processional sculpture, floats, vintage vehicles, acrobatics, live music and much, much more. Join in the fun by dressing as your favourite book character, spot prizes for best outfits.

**For the full range of participants, activities and fringe events visit [www.projectstpatrick.com](http://www.projectstpatrick.com) or on facebook @stpatrickenniskillen.**

### **Gortin Glen Forest Park User Survey**

Fermanagh and Omagh District Council is seeking views on most appropriate outdoor recreation development proposals at Gortin Glen Forest Park.

Will you please complete the survey in the link below and share on your social network platforms.  
<https://www.surveymonkey.co.uk/r/GORTINGLENSFP>



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

# Improvement Plan 2018/19

Draft

We are holding a public consultation on our Improvement Plan for 2018/19.  
It will last 8 weeks and will run from 19 February to 16 April 2018.  
You can respond by email, letter or by taking the online survey on our website.

## Vision for Fermanagh and Omagh

"Our Vision is of a welcoming, shared and inclusive Fermanagh and Omagh district, where people and places are healthy, safe, connected and prosperous, and where our outstanding natural, built and cultural heritage is cherished and sustainably managed".

This Vision is shared with our key partners through the Community Plan for the area 'Fermanagh and Omagh 2030'.

## Looking to the Future: Tell us what you think

The Council has a statutory duty to secure continuous improvement in delivering its functions, including activity that enhances the sustainable quality of life and environment for ratepayers and communities. Each year the Council is required to identify, consult on and publish its improvement objectives and we want to develop ongoing communication with our citizens about your improvement priorities.

## Improvement Objectives

We have identified the following five improvement objectives for 2017-18, aligned to the Community Planning themes:

1. We will increase uptake of leisure and recreation opportunities and provision of information to support healthier choices **1**
2. We will aim to promote economic growth by supporting an inclusive approach to entrepreneurship and business starts **2**
3. We will support our local town centre economy by making it easier for residents and visitors to access car parking when visiting our key towns and service centres **3**
4. We will continue to invest in environmental programmes which will reduce waste going to landfill and improve recycling efforts **4**
5. We will continue to develop better relationships with service users and suppliers through ongoing improvements to our services and the supporting systems/processes **5**

You can discuss improvement priorities with us by making contact as follows:

@fermanaghomagh



performance.improvement@fermanaghomagh.com



fermanaghomagh



0300 303 1777  
Ext 20229



Download the full document at: [www.fermanaghomagh.com](http://www.fermanaghomagh.com)

### **Expressions of Interest for new 'Heart of Ancient Ulster' Landscape Partnership Scheme**

More than 150 people, representing the community and voluntary sectors in the Lower Sperrins plateau, attended consultation events at 8 venues across the Fermanagh and Omagh and Mid Ulster District Council areas to hear details of the new "The Heart of Ancient Ulster" Landscape Partnership Scheme.

The scheme has been devised with Heritage Lottery funding to conserve and protect the outstanding prehistoric landscape of the lower Sperrins and reconnect the local community to its unique natural, built and cultural heritage.

**The deadline for the submission of expression of interest forms is Friday 23 March 2018.**

The form can be downloaded from the following link:-

<https://www.fermanaghomagh.com/residential-services/arts-and-culture/expressions-interest-new-heart-ancient-ulster-landscape-partnership-scheme/>

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 £3 million.

The investment has been secured by the Heritage Lottery Fund. 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.

### **Ulster Scots Education Pack**

Fermanagh and Omagh District Council is launching a new Education DVD based on the Ulster Scots traditions, language and culture. It will serve as a tool to aid teachers in exploring the Ulster Scots tradition with their pupils and combines History, Language, Dancing and Arts and Crafts. The Education pack has step by step guides to each project, including templates and links to the curriculum.

The DVD has been produced as part of the Good Relations Programme, and was jointly funded by The Executive Office and Fermanagh and Omagh District Council under the "Our Cultural Expression" theme of the Together: Building a United Community Strategy. The theme aims to promote mutual respect and understanding amongst the community, where the community's diversity is strengthened and where cultural expression is celebrated and embraced.

**The DVD is available free of charge to all primary schools within the Fermanagh and Omagh District Council area.**

### **Seachtain na Gaeilge Events**

#### **Singing in Irish and Scots Gaidhlig**

5.00 pm-6.00 pm, Thursday 1 March

Strule Arts Centre, £5.00

Workshop in Singing in Irish and Scots Gaidhlig with Edel Ní Churraoin and Joy Dunlop (members of performing group LAS)

#### **Sean-nós and Scottish step dancing**

5.00 pm-6.00 pm, Thursday 1 March

Strule Arts Centre, Free

Workshop in Sean-nós and Scottish step dancing with Edel Ní Churraoin and Joy Dunlop

#### **Ceolchoirm na Féile / Festival**

8.00 pm, Thursday 1 March

Strule Arts Centre, Tickets £5

Featuring LAS an exciting new five piece with leading players from the contemporary Celtic music scene. They combine lively music numbers with beautifully arranged Scottish Gàidhlig/Irish language songs and Scottish stepdance/sean-nós dance routines.

#### **Oíche Cluichí**

9.00 pm -10.00 pm, Thursday 1 March

Enniskillen Castle, Free

Practice your Irish with Irish Language monopoly, scrabble and more

#### **One Day Irish Language Course**

10.00 am – 4.00 pm, Saturday 3 March

Lough Melvin Centre, Garrison, Free

This one day course is a chance to focus on learning Irish for an entire day, with the opportunity to try for a Fáinne award as well.

#### **Oíche Scéalta**

9.00 pm -10.00 pm, Thursday 8 March

Enniskillen Castle, Free

Evening of Irish language short stories special guest Séamus Mac Annaidh

#### **Féach: Garden of Celtic Saints**

10.30 am -12 noon,

Saturday 10 March, Sacred Heart Church, Lisnarick Road, Irvinestown, Free

A bilingual tour of the unique carved statues created to share the early Christian history of the surrounding area.

#### **Céilí beag**

9.00pm – 10.00 pm, Thursday 15 March

Fermanagh Lakeland Forum, Free

Irish Céilí and set dances called in Irish

### **Relaunch of advisory groups to improve access to Council services and facilities**

Fermanagh and Omagh District Council has relaunched a number of Advisory Groups to provide support, guidance and direction to Elected Members and Council Officers on matters related to disability, with a particular focus on how Council services are designed and delivered.

The three Groups – the Disability Advisory Group; the Enniskillen Access Advisory Group (previously known as Ardhowen Arts and Disability Advisory Group); and the Omagh Access Advisory Group (previously known as Strule Arts and Disability Advisory Group) – were initially established to provide support to the Council's Arts and Heritage service. However, following a period of consultation the Groups have now been relaunched with a wider remit to include all Council facilities and services.

Membership of the Disability Advisory Group consists of both Elected Members and Volunteer Members, whilst both Access Advisory Groups consist solely of Volunteer Members who either have a disability or represent people with disabilities.

The Disability Advisory Group will also work to ensure that the Council is delivering upon its promises outlined within its Disability Action Plan 2017-2019.

The Groups will meet on a regular basis throughout the year. If you have an issue or concern regarding access to Council services or facilities and would like to bring this to the Groups' attention for consideration, please contact a member of the relevant Group – contact details are available on the Council's website.

**For further information on the Disability Advisory Group, or any of the Access Advisory Groups or to raise an issue or concern, please email [disability@fermanaghomagh.com](mailto:disability@fermanaghomagh.com) or telephone Matthew Nevin or Finbar Maguire, Fermanagh and Omagh District Council on 0300 303 1777 or Text Phone 028 8225 6216.**

### **Every Body Active Inclusive Walk**

**Monday 12 March** 10am - 12noon (time slot will be given to large groups)

Omagh Leisure Complex - McCauley Park. Route can be adapted to suit abilities

Everyone welcome for a morning stroll. Refreshments provided.

**For more information/to register, please contact Billie-Jo Irwin on 0300 303 1777 or via email [billie-jo.irwin@fermanaghomagh.com](mailto:billie-jo.irwin@fermanaghomagh.com)**

### **Aqua Legends Programme**

Fermanagh and Omagh District Council has launched an innovative swimming programme aimed at the "over 60s". The 'Aqua Legends' programme is taking place at Omagh Leisure Complex and Fermanagh Lakeland Forum, Enniskillen. The programme commenced on Monday 8 January at Omagh Leisure Complex at 11.35am and Wednesday 10 January at Fermanagh Lakeland Forum, Enniskillen at 12.30pm.

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.

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, please contact the relevant leisure centre.**



### **'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)

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

Fermanagh and Omagh District Council has organised a new '5k to 10k' programme 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 commenced on Saturday 6 January at 8.30am** at the Fermanagh Lakeland Forum, Enniskillen. Sessions from week 1 – 6 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)

### **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).**

### **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 the 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)

### **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.**

## Community News

### Discover Fermanagh Open Weekend 2-4 March

To kick off the season, many of Fermanagh's visitor attractions are opening their doors for **free**.

For details of all the events happening see <http://bit.ly/DFOW18> #DFOW18

### RNIB Connect – Bringing together people affected by sight loss

Are you or a loved one affected by sight loss? Perhaps an eye condition such as cataracts or macular degeneration is affecting your day to day life...

We want to know what's important to you and explore how together we can make positive changes in your life, your local community, and wider society.

Join us at a community engagement event on **Friday 2 March, 11am to 1.30pm** in Fermanagh House Enniskillen.

### The Fermanagh Genealogy Centre

Open afternoon on **Saturday 3 March** at Enniskillen Castle Museum Local Studies Area from 1.30-4.30pm. Everyone is welcome to come along and see how they can begin their family tree, see what service we offer, find out about volunteering with us or join as a member to attend our talks programme.

On **Saturday 10 March** from 1.30-3.30pm we have a talk by Frank Roofe on 'The Personalities of the Back Streets' upstairs in Enniskillen Library and another on **Saturday 24 March** by Des McCabe on 'Enniskillen Workhouse' again from 1.30-3.30pm in the Library.

Members are free, visitors are asked for a donation of £3.00; refreshments are included.

### Come and try orienteering!

Perfect for beginners and families

Fermanagh Orienteering Club – **Sunday 4 March** at 2pm in Castle Saunderson

<https://fermoblog.wordpress.com/contact/>

### CREDability Roadshow

**Monday 5 March** 10am-1.30pm (including Lunch) Hospital Road Community Centre, Omagh. A half day of information and workshops for everyone involved in the Youth Sector. Learn how you can make Youth Work more inclusive of children and young people who have a disability. Information stands and resources to take away.

Register on [www.surveymonkey.com/r/credabilityevent](http://www.surveymonkey.com/r/credabilityevent). For further information contact Helen McVitty-O'Hara on 07796 797571 [helen.mcvitty-ohara@mencap.org.uk](mailto:helen.mcvitty-ohara@mencap.org.uk)

### Northern Ireland Blood Transfusion Service

**Monday 5 March** from 2.30-4pm and 5.15-8pm  
Wark Hall, Main Street, Belleek, BT93 3FY

Please check out <http://www.nibts.hscni.net/donating-blood/where-to-donate/> for further Scheduled Donation Sessions



### **Fermanagh Churches Forum**

Lenten Lunches continue on:

**Wednesday 7 March** – St Macartin's Cathedral Hall, 12.30-2pm

**Wednesday 14 March** – The Bridge Centre at the Presbyterian Church, 12.30-2pm

Please also note that the Faith and Friendship group, an interdenominational Bible study, fellowship and prayer gathering, sharing the reflections of Rev Ruth Patterson, will meet on

**Wednesday 21 March** from 12.30-2pm, at the Riverview Room in the Bridge Centre. All are very welcome. Tea and coffee will be provided – please bring your own sandwiches!

### **Hope from Hopelessness: Empowering Men to Understand and Improve their Mental Health Men's Health Conference, Monday 5 March NWRC, Derry-Londonderry**

Men are 3 times more likely to die by suicide than women. But there is hope and things can be done! The Health Improvement, Equality and Involvement Department of the Western Health and Social Care Trust in partnership with Men's Action Network and Men's Health Forum for Ireland invites you to attend a half day conference which is aimed at anyone who works with men or who has an interest in men's health. The event will include:

- the theory of preventing suicide in men
- applying the theory to your practice to make a difference
- the experiences of local men portrayed through drama
- interactive, practical workshops looking at what works to improve wellbeing

[read more](#)

**Places are limited so early booking is advised.**

**Contact** [sonia.montgomery@westerntrust.hscni.net](mailto:sonia.montgomery@westerntrust.hscni.net)

### **Lisnaskea Historical Society**

**Monday 12 March, 8pm – Castle Park Centre, Lisnaskea**

Talk by John Reihill on 'The Islands of Upper Lough Erne' accompanied by slides and maps. This should be of great interest to everyone, both local and with a love of the Lough. John was born on Iniscorkish Island and lived there for most of his life, running a popular restaurant with his wife Sheila. He has now retired to the mainland in Lisnaskea and is sadly a widower, but his love and knowledge of the Lough is tremendous still. He has written three smaller books and a big one about his life growing up and living on the island. Everyone is welcome and refreshments will be served afterwards.

### **Deprivation Dissemination Events**

**Updated Multiple Deprivation Measures (NIMDM 2017)**

<https://www.nisra.gov.uk/statistics/deprivation/northern-ireland-multiple-deprivation-measure-2017-nimdm2017>

Local events will take place as follows:

**Enniskillen Monday 12 March (afternoon)**

**Cookstown Wednesday 14 March (afternoon)**

There are no further public events being planned. Events include a 45 minute presentation of the findings and a demonstration of resources, as well as provide an opportunity for questions.

Please register to ensure a place at one of these events at

<https://consultations.nidirect.gov.uk/dof/registration-for-nimdm17-dissemination-events/>

### **Family Wellness Project (Mindwise)**

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 offers services across Fermanagh & Omagh.

**For more information or to discuss making a referral please contact Rachel Cashel (Children & Families Manager) on 07773 221967/028 6634 4181 or email [Rachel.cashel@mindwisenv.org](mailto:Rachel.cashel@mindwisenv.org)**

### **Upcoming Wellbeing Programmes**

#### **'Supporting Children with Anxiety'**

This short, interactive programme gives parents and carers some basic information and guidance about how to look after their mental health and that of their children. There is a particular focus on recognising the signs and symptoms of anxiety/stress, tips on how to deal with it and sources of help.

There is an opportunity for discussion and for participants to share things that they find helpful for themselves and their children.

- Monday 5 March 10am-12 noon Unit 45 Strabane Enterprise Agency BT82 9FR
- **Thursday 8 March 7pm-9pm Fermanagh House, Enniskillen**
- Wednesday 14 March 7pm-9pm The Junction, Dungannon
- **Thursday 15 March 7pm-9pm Omagh Leisure Centre**

The programme is open to parents/carers of a child/ren aged 12 and under living in the Western or Southern trust area. Unfortunately this course is not open to professionals.

To book a place complete our online booking form at <https://www.parentingni.org/family-wellness-project/wellbeing-programmes/wellbeing-programme-calendar/>

#### **Parent/Carer Support Group monthly meetings**

**Monday 5 March** – Omagh

**Monday 26 March** – Enniskillen

If you are interested in attending, please contact Charmaine McCorry (Family Wellness Project Support Group Facilitator) on 07740 410169 or email [charmaine@cause.org.uk](mailto:charmaine@cause.org.uk). 1-1 parent meetings are also available.

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)

### **Inspire Wellbeing - Student Wellbeing Conference**

**Thursday 15 March 9.30am-4.30pm, Craigavon Civic Centre**

Supporting staff who support students – Keynote speakers from the Healthy Universities Network and choice of workshops. Further information from Noelle Higgins [n.higgins@inspirewellbeing.org](mailto:n.higgins@inspirewellbeing.org)

**Fermanagh Ramblers and Hillwalkers** invite you to their Annual General Meeting on **Thursday 15 March** at 7.30pm sharp in the Waterways Ireland building, Sligo Road, Enniskillen. Come along and find out more about our walking and hiking club. The evening will include a guest speaker and club members will be on hand to address any queries you may have after the meeting over a cup of tea. We welcome new members of ALL ages from 18+.

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

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

**Check us out on Twitter: [twitter.com/FRamblers](https://twitter.com/FRamblers)**

**[www.fermanaghramblers.co.uk](http://www.fermanaghramblers.co.uk) or [secretary@fermanaghramblers.co.uk](mailto:secretary@fermanaghramblers.co.uk)**

### **The Goodwill Gifts Support Group**

#### **International Women's Day celebration - Saturday 10 March**

Westville Hotel at 7pm

Invitation to all members, friends and networking groups to celebrate International Women's Day. This year's theme: Press for progress...

The event will highlight and talk about the different women, their own individual challenges in life, and how they work so hard for what they have achieved with their personal and professional experiences... There will be speakers, music, dancing and refreshments and an opportunity to meet and greet old and new members from different people in all walks of life.

**Places are limited to first come, first served. Ring Rose on the number below to confirm your attendance on or before 7 March.**

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.**

### **Fermanagh Gardening Society**

Meet on **Tuesday 20 March** at 8pm in Enniskillen Library.

Guest Speaker: Philip Havercroft from Leamore Nursery in Co Wicklow who specialises in Peonies and will bring a selection with them. Email: [fermanaghgarden@outlook.com](mailto:fermanaghgarden@outlook.com)

### **Educational Resources for Commonwealth Day & Games Events**

With Commonwealth Day (12 March) and the Commonwealth Games only a few weeks away the Cabinet Office has sent out a message from the Department of the Environment (UK) enclosing an information pack for schools, youth groups and organisations. It is aimed at Key Stage 3 pupils but is also relevant to younger.

The online schools pack can be found at

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/678960/DfE -  
\\_Commonwealth Education Teachers Pack.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/678960/DfE_-_Commonwealth_Education_Teachers_Pack.pdf)

A limited number of additional educational resources for schools and youth groups are available, including colour booklets and interactive information sheets promoting the Commonwealth and the forthcoming Games, by emailing Selwyn Johnston at [selwynjohnston16@gmail.com](mailto:selwynjohnston16@gmail.com)

### **Rotary Club Event with Dame Mary Peters and Holly Nixon**

With only a matter of weeks until the Commonwealth Games in Australia's Gold Coast in April, Dame Mary Peters will be in Co Fermanagh on Commonwealth Day, 12 March.

Dame Mary, who won Commonwealth and Olympic Gold Medals and is Patron of the Northern Ireland Commonwealth Games Council, will be visiting the county to support events and encourage young athletes to take part in future competitions.

She will be joined on the day by Enniskillen oarswoman Holly Nixon, Rowing World Champion.

While there are two private events earlier in the day, the public is welcome to come along to an event in the Lisgoole Suite at the Killyhevlin Hotel, Enniskillen, on **Monday 12 March** at 1pm where Dame Mary Peters and Holly Nixon will be inspirational guest speakers.

The meal at the Rotary Club of Enniskillen event will cost £12 (main course, tea/coffee); **booking is necessary.**

**Please contact either Henry Robinson (President of Enniskillen Rotary Club)**

**email [harobinson@gmail.com](mailto:harobinson@gmail.com) tel 07889 033477 or the Killyhevlin Hotel 028 6632 3481**

### **Outdoor Recreation and Your Community**

A networking day and seminar to explore connections between outdoor recreation, community planning and the Sport NI Everybody Active interventions.

An Creagán Centre, Co. Tyrone **Tuesday 27 March 2018**

Further details and booking form available from Duane Fitzsimons on 028 9030 3930.

Email [duane@outdoorrecreationni.com](mailto:duane@outdoorrecreationni.com)

**Please return the booking form no later than Tuesday 20 March.**



### **Drink Wise Age Well**

**Panel Discussion: Calling Time, Addressing ageism and age discrimination in alcohol policy, practice and research.**

**Wednesday 21 March, 9.30am to 12pm - Strule Arts Centre, Omagh**

The discussion will focus on our recent report, Calling Time: Addressing Ageism and Age Discrimination in Alcohol Policy, Practice and Research.

Issues covered will include:

- How can we adopt the report's recommendations to ensure access for all ages in relation to alcohol services and support?
- Is Northern Ireland's equality legislation out of step with elsewhere?
- Do we focus enough on the issues and support needs of our 50+ population?
- Does age discrimination exist in day to day provision of services in Northern Ireland?

Our expert panel will provide their insight and there will be an opportunity for you to contribute. From this discussion, we will produce a non-attributable summary report. This report will be shared with policymakers, encouraging them to make firm commitments to address these important issues. We will hear from a representative from the Equality Commission for NI, Evelyn Hoy, Commissioner for Older People, Thelma Abernethy, Director Addiction NI, and Dr Sarah Wadd, University of Bedfordshire.

Drink Wise, Age Well is a comprehensive alcohol awareness and support programme, which aims to develop sustainable solutions to the increasing levels of alcohol use among over-50s.

To register for this free event please [click here](#).

If you require any further information or have any questions about the event, please contact [northern\\_ireland@drinkwiseagewell.org.uk](mailto:northern_ireland@drinkwiseagewell.org.uk) or call 028 8283 9240.

### **Drink Wise Age Well**

Do you want to talk to someone about your drinking? Come along to our weekly support group which is free and confidential for anyone over 50. Local sessions on:

Wednesdays 1.30pm-3.30pm, Fermanagh House, Broadmeadow Place, Enniskillen BT74 7HR  
Thursdays 11.00am-1.00pm, Omagh Community House, Drumragh Avenue, Omagh BT78 1DP

**For further information contact Drink Wise Age Well on 028 8283 9240.**

### **Omagh and Sperrins Walking Festival**

**Saturday 24 March – Registration at Gortin Activity Centre**

**Sunday 25 March – Registration at An Creagán Centre**

Various starting times/levels of walk available. Limited availability so advance booking recommended at [www.exploreomaghsperrins.com/events](http://www.exploreomaghsperrins.com/events)

**Note:** Participants should wear appropriate sturdy footwear and be prepared for all weathers

Further Information on each walk available from Far and Wild, Activity Provider, on 07775 911198  
Email: [hello@farandwild.co.uk](mailto:hello@farandwild.co.uk)

### **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 which offers people living with diabetes a chance to meet and share experiences with others, in a relaxed and informal environment. Guest speakers will attend meetings and will talk about diabetes and offer advice, help and practical tips to live well with diabetes. The **Omagh Area Diabetes Support Group** is holding its next monthly meeting on **Wednesday 21 March** in Omagh Fire Station at 7.30pm. There will be an opportunity to hear all about the great work of hypo awareness dogs from NIAD.

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.

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

### **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.**

### **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 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

### **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. 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.

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)

### **Action on Elder Abuse Northern Ireland**

Violence and abuse do not respect age and no one should suffer. The sad reality is that thousands of older people in Northern Ireland are suffering harm and abuse, most often perpetrated by people they know and trust.

At Action on Elder Abuse Northern Ireland we work to change that. We seek a society that values and protects older people, keeping them safe from neglect, physical and sexual abuse, emotional and financial abuse. We provide help and support to anyone who is concerned about the abuse or harm of an older person. We deliver the only dedicated elder abuse Helpline which is free to call and offers impartial and confidential advice and support to help with your concerns. If you need to talk to us or you are worried about an older person, call us in confidence to get the support every older person deserves. Help is just a phone call away.

**AEA Freephone Helpline: 080 8808 8141** [www.elderabuse.org.uk/northernireland](http://www.elderabuse.org.uk/northernireland)

### **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 email** [eileenwmw@gmail.com](mailto:eileenwmw@gmail.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)

### **Don't get your heart - and bank balance - broken by romance scammers, warn TSS**

With Valentine's Day and thoughts of romance still fresh in people's minds, the Trading Standards Service in Northern Ireland is warning people to be careful about who they accept as a 'friend' online, as they are aware that people can be preyed upon by dating and romance scammers, on social media sites.

Sharon Muldoon of the Trading Standards Service said: "Social media has overtaken online dating sites as the most common way for dating and romance scammers to contact potential victims. If you're going on social media, a dating site or app to find a potential Mr or Ms Right, it's important to keep your guard up to a scammer's advances."

Trading Standards has provided the following tips to enable you to help to protect yourself from an online dating/romance scammer:

- Scammers create believable profiles to present themselves as an almost too good to be true 'catch' - use a Google Image search to check if their profile picture is genuine;
- If the person you are interested in says they are overseas, or can't meet you right now for any reason, be suspicious - their excuse may sound reasonable, but it is usually a lie;
- Be careful when people profess strong feelings early on - scammers want you to fall in love with them, so they can abuse your trust and feelings to get money out of you;
- Scammers spin sympathetic tales about why they need money, but please don't fall for it - you should never ever give, or send money to someone you have only met online; and
- Don't share intimate photos or use webcams in an intimate setting - scammers will use these photos or webcam recordings at a later date to blackmail you.

**If you think that you may be involved in a romance scam please contact Action Fraud immediately on 0300 123 20 40, or log onto their website <https://www.actionfraud.police.uk/> to use their online reporting tool. Alternatively, if you would like to speak with an Officer within the Trading Standards Service in Northern Ireland, please phone 0300 123 62 62.**

### **School Governor Campaign Launched**

The Department of Education and the Education Authority (EA) have recently launched a recruitment campaign to promote and encourage applications to the role of school governors. As the four year term for existing governors is coming to an end, we now need people with a range of skills and experience to help manage schools across Northern Ireland.

The Boards of Governors of schools have an important role to play in the management of a school alongside the Principal. A key function of the school governor role is to make sure that the school provides its pupils with a good education and meets all their educational needs

There are many personal benefits that come from being a school governor. It provides the opportunity to meet new people, learn new skills and to contribute significantly to the success of local schools and education in Northern Ireland more generally.

Further information is available on the EA website [www.eani.org.uk/schools/school-governors/](http://www.eani.org.uk/schools/school-governors/). This includes the 'Becoming a School Governor' booklet. Download a copy of the application form at <http://www.eani.org.uk/schools/school-governors/do-you-want-to-be-a-governor/application-process/>

If you have any further queries please contact governor support services [govsupport@eani.org.uk](mailto:govsupport@eani.org.uk).



### **Keep Northern Ireland Beautiful**

**The Adopt a Spot programme** is a scheme that will formally enable groups across Northern Ireland to adopt a locality and look after it. With street cleansing costing nearly £40 million a year, why not take pride in your area and adopt a spot? The area that you adopt can be any area of your choosing, subject to council or landowner approval. It can be anywhere: a section of roadway, beach or green space, a forest park, river or urban area. If there is an area that you think could do with a clean-up and needs a bit of TLC, why not adopt it and instil a sense of “pride in my place.”

Adopters can be families, community or youth groups, church groups, schools, businesses or sporting associations. There are a limited number of spaces, so get your application in early! Successful groups will be provided with clean up kits which are to be collected from the Keep Northern Ireland Beautiful office and they will include:

- Litter pickers
- Gloves
- Branded rubbish bags
- Branded high viz vests
- Branded Adoption Certificate and adopter pledge
- A hints and tips booklet on how to run a successful clean up

Keep Northern Ireland Beautiful asks that you agree to the terms and conditions set out in the contact. This includes agreeing to carry out 4 clean ups over the course of a year, and reporting your results and pictures through the Live Here Love Here website.

To be part of the Adopt a Spot scheme, please contact Karina Magee on 028 9073 6920  
[karina.magee@keepnorthernirelandbeautiful.org](mailto:karina.magee@keepnorthernirelandbeautiful.org) <http://www.liveherelovehere.org>

### **“Every Story Matters”**

Do you love reading? Would you like to join a team that shares this passion to help older people? Have you an hour or more to spare every week?

**The Verbal Arts Centre is looking for volunteers in the Omagh area** and would like to hear from you for our Older People’s Programme in Care Homes.

Reading Rooms takes place in the heart of the community, using a reading aloud/shared reading model to encourage participants to share personal experiences from their past, sparking memories, stimulating new thoughts and provoking conversations related to the short stories and poems used by the volunteers. Residents get to share their own story.

Volunteers are supported with accredited training OCN Level 2 Facilitation Skills for Shared Reading, with Events, Master Classes and Volunteer Support Meetings. Please note that training will take place in the Omagh area.

“Come join us and help us ease the loneliness of Older People”

**Contact: Sinead Devine Older People’s Officer –**

**Email** [readingrooms@theverbal.co](mailto:readingrooms@theverbal.co) **Tel: 028 7126 6946**

Verbal Arts Centre, Stable Lane and Mall Wall, Bishop Street Within, Derry~Londonderry BT48 6PU Website: [www.theverbal.co](http://www.theverbal.co) Facebook: Verbal Arts Centre

## **Alzheimer's Society**

### **Volunteer Advocate Opportunity**

Would you like to help empower people with dementia, to help them have their voice heard? We are looking for Volunteer Advocates in Omagh, to support people with Alzheimer's with decision making, self-advocacy, and advocating on their behalf. This role will help to ensure people's human rights are upheld and their voices, wishes and concerns are heard.

### **Join the Omagh Fundraising Group**

Working with the local Community Fundraiser, you will attend meetings with other core members, research, contribute ideas, promote and attend events. You may also take on an area of further responsibility, such as Group Leader or Treasurer. This could be a couple of hours per month for planning meetings plus attending events.

**If you would like to find out more about this or any of our volunteering opportunities please contact Rosario Mc Hugh, Volunteering Officer ([rosario.mchugh@alzheimers.org.uk](mailto:rosario.mchugh@alzheimers.org.uk) 028 7138 4570) or visit our website at [www.alzheimers.org.uk](http://www.alzheimers.org.uk).**

## **The Alzheimer's Society - Training for Informal Caregivers**

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

Well this **free training** is for you! We are flexible and can run evening or weekend courses. We can also offer the training to family groups within their own homes if necessary. **Please call:**

**Carla Mulholland 07718 322726 or e-mail [carla.mulholland@alzheimers.org.uk](mailto:carla.mulholland@alzheimers.org.uk)**

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

## **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)**

## **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)

## 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.

## Are you feeling down, depressed, anxious?

AWARE are offering free 1-to-1 sessions with a student well-being coach for a limited time. This service is based on a guided self-help approach and can help • Improve low mood. • Improve symptoms of anxiety including panic attacks or phobias • Improve sleep patterns. • Increase motivation to improve overall quality of life.

Working with the coach you can: • Identify and change unhelpful thinking patterns and behaviours. • Identify problems and set goals to deal with them.

Between 6-8 sessions will take place, lasting about 40 minutes each. Suitable if you are affected by low mood and/or mild to moderate anxiety or depression.

The service is based in our offices at 15 Queen Street, Derry/Londonderry. **If you would like more information please telephone 07757 281898 or 028 7126 0602.**

## 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)

**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)**

- **Follow-up 1-day workshop – Dr Éamon Phoenix**

Date: Saturday 10 March (10am-4pm) (Registration 9.30am)

Group Exploration of key issues raised during the 5-week series “Pathways from a Troubled Past: The Shaping of Ireland from Celts and Normans to Plantations, Rebellion and the Union: Early Times to 1800”. Attendance restricted to those who followed the series.

- **The Only Way is Ethics – Maintaining Best Ethical and Legal Practice for Counsellors and Psychotherapists- Dr Barbara Mitchels PhD, LL. B, FBFCP, MBACP**

Date: Friday 23 March (10am-4.30pm) (Registration from 9.30am-10.00am)

- **Soul of Healing Seminars - Maura Twohig and Mary Daly**

Date: Saturday 3 March (11/11.30am–5.30pm)

- **Yoga for Beginners & Intermediates - Heather Kemp**

**Beginners** – continues weekly to Wednesday 28 March (10.30am-12pm)  
and Thursday 29 March (7pm-8.30pm)

**Intermediates** – continues weekly to Wednesday 28 March (12.00pm-1.30pm)  
and Thursday 29 March (8.30pm-10.00pm)

- **Meditating Together**

Self-Facilitated Groups      Mondays (8pm-9.30pm)      Tuesdays (10.30am-12pm)

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

### **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)**

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

**Telephone 028 6632 0210**

### **Fermanagh Film Club**

Wednesday evenings from 8-10pm

7 March 'Loveless'; 21 March 'Hotel Salvation'

Membership £28/non member £5 per night/student £16/student non member £3 per night

Contact Ann McDermot [fermanaghfilmclub08@gmail.com](mailto:fermanaghfilmclub08@gmail.com) Website: [www.fermanaghfilmclub.com](http://www.fermanaghfilmclub.com)

### **Childcare Courses - Western Area Childcare Partnership 7pm-10pm**

Health & Safety, Risk Assessment & Manual Handling - Thursday 1 March & Tuesday 6 March

Play in the Home-based Setting - Wednesdays 7 & 21 March

For further details & booking please go to: <http://childcarepartnerships.hscni.net/> or contact The Childcare Partnership Training Team on 028 9536 1042/028 9536 1033 – Western Office

### **Action on Hearing Loss – Free Help**

Help and support drop in session on Thursday 1 March and Thursday 5 April 10–11.30am.

Hearing checks, hearing loss services advice, batteries/ear mould tubing, help with cleaning etc.

### **Fossil Free Northern Ireland**

Tuesday 6 March 4-6pm. Everyone is welcome.

For more information go to <https://www.facebook.com/events/577306139284000/>

Register at <https://www.eventbrite.co.uk/e/fossil-free-ni-fermanagh-and-omagh-launch-tickets-43167245393>

Fossil Free Northern Ireland is a new climate activism movement, seeking to decarbonise Northern Ireland's economy, society and environment via a series of targeted campaigns. It is an opportunity for people living in the Fermanagh and Omagh Council area to network with other local campaigners, and help to develop the campaign for a local audience.

This event is open to anyone interested in getting active on fighting climate change. We're developing a programme of campaigns that will always make achievable demands of the people and institutions that can deliver the pathway to a zero carbon Northern Ireland.

### **Natural Gas Pipeline**

Gray's Communications are running two Natural Gas Pipe Line, drop in, information sessions for SGN in Fermanagh House on 15 March from 12-2pm and again from 5-7pm. For further information please contact Bernie Mullen on 07809 159450 [info@grayscommunications.com](mailto:info@grayscommunications.com)

### **Autism NI – Social Skills and ADS Workshop**

Wednesday 21 March from 10am-3pm. For further information/to book please contact Christine Quail on 028 9040 1729 (option 4) [christine@autismni.org](mailto:christine@autismni.org)

### **WHSCT Recovery College Courses**

These are a range of educational courses and workshops designed to promote wellbeing and recovery. Free of charge and open to all. Register online [www.westerntrust.hscni.net](http://www.westerntrust.hscni.net) and follow the links to Recovery College or call Olive Young 028 8225 2202 ext 237337. Wednesdays:

14 March 10.30-12.30 Managing your panic

21 March 10.30-12.30 Understanding Depression

28 March 10.30-1.00 Living with Psychosis

11 April 10.30-12.30 Learning to Like Yourself

18 April 10.30-12.30 Finding your voice

9 & 16 May 10.30-4.00 WRAP – Wellness Recovery Action Plan

30 May 10.00 - 1.00 Getting involved in co-production



**St John's Ambulance First Aid Courses**

Tuesdays from 9.30am - 4.30pm. All courses now include defibrillator training.

2 day Courses on 10 and 17 April

1 day Emergency First Aid Course on 15 May

For further information & booking please phone 028 9079 9393

**Youth Action Northern Ireland Training Opportunity for 18-25 year olds**

Are you interested in Youth Work? An NIOCN Level 2 'Introduction to Youth Work' would be good for you to do. Contact Roisin Kelly on 028 6632 8534 or [roisin@youthaction.org](mailto:roisin@youthaction.org)

Visit the website @ [www.youthaction.org](http://www.youthaction.org)

**Our Regular Groups:**

**Macular Degeneration Support Group** - Monthly meeting third Wednesday of each month 11am -1pm. For further information contact Doris Cutler on 028 66 341404. Next Meeting 14 March.

**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. Appointments available in Fermanagh House. Call 028 9024 3265 or email [enquiry@familymediationni.org.uk](mailto:enquiry@familymediationni.org.uk)

**Fermanagh Genealogy Centre** – Training for volunteers second Tuesday of the month Sept-June 7-9pm. If you would be interested in volunteering at the Fermanagh Genealogy Centre call into Enniskillen Castle Museum on Mon, Wed, Thur 2-4pm and we will show you around. If you are interested in becoming a volunteer in the Fermanagh Genealogy Centre or wish to join as a member to attend our talks and trip programme, email us at [fgc2012@hotmail.com](mailto:fgc2012@hotmail.com)

**U3A** – leisure and learning co-operative of older people. Choir, drama & poetry Tel 028 6632 0210

**Down's Syndrome Support Group** - First Wednesday of month October-May 8pm.  
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. Telephone 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)

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

**Mindfulness Meditation** with Mary Conway

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

Tuesdays 7.30-9.00pm, 20 March, 24 April, 22 May, 19 June 2018

**Journeying Together** with Mary Daly

### **Monthly support group for people who live with or have lived with a loved one's addiction**

Wednesdays 7.30-9.00pm, 14 March, 11 April, 9 May, 13 June 2018

For further information on these and other programmes contact the Aisling Centre 028 6632 5811

Visit our website – [www.theaislingcentre.com](http://www.theaislingcentre.com)

Register to receive e-updates. email [info@theaislingcentre.com](mailto:info@theaislingcentre.com) / Follow us on Facebook or Twitter

## **Support Groups and Networks/Workshops**

### **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 7pm – 9pm

For information contact Niall Greene or Emma Weaver

t: 07729618563 | 07724916770 | e: [niaadhd@gmail.com](mailto:niaadhd@gmail.com)

### **AWARE**

Self-help support group for people affected by depression or bipolar disorder (manic depression).

Alternative Tuesdays 7.30 - 9pm. 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 – 1pm

For information contact Clare McGovern 07830 117766

### **Forget Me Not**

Support group for people bereaved by suicide - 1<sup>st</sup> Monday of the Month 7.30pm – 9pm

For information contact Collette Cullen 07826 535199

### **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 - 9pm

For information contact Joan Thompson 028 6632 5811

### **Ethnic Communities Support Group**

Free advice & advocacy service - Available by appointment, every second Tuesday 10am – 4pm

For information contact Karolina at OECSG on 028 8224 9750 Email: [oe CSG2@yahoo.co.uk](mailto:oe CSG2@yahoo.co.uk)

### **Island Artists**

Mondays 7.30pm – 9.30pm & Wednesdays 2pm – 4pm. Contact Maura Newman 07968 225704

### **Yoga**

Mondays & Thursdays 6.30pm – 7.30pm. Contact Alasdair McKay 07776 290903

Thursdays 11.30am – 1pm. Contact Jenni Brown 028 8954 1994

**Lough Erne Heritage** - an organisation formed over two years ago to promote and preserve the history of the traditional boats of Lough Erne. **For further information click on:**  
<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)

**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**

### **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)**

**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**

### **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/>**



### 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/2018/01/active-female-competition-association-oneills-sportwear/>**

**Telephone:** 028 9038 3825

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

**Instagram:** @femalesportsforum

### Omagh Gardening Society –

**For further details email [info@omaghgardeningsociety.org](mailto:info@omaghgardeningsociety.org) [www.omaghgardeningsociety.org](http://www.omaghgardeningsociety.org)**

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

**Tel Marie 07786 982988 for more information**

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

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

### **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)**

**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)**.

### **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!**

**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.**

### **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**

**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.

**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.

**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.

**Telephone: 02882 250539, Mobile: 07718422483,**

**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)

### **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.**

**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).**

### **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.**

**Erne Speakers Toastmasters**– Meet in **Devenish Suite, Killyhevlin Hotel** 8-10pm 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.**



### 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 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.

### 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

### 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 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)**

**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**

**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)**

### **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.**

**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

## **Leonard Cheshire Disability**

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

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

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

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

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

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

#### **One-to-One/Individual to access**

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

#### **Group**

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

- Resilience
- Self-Determination
- Assistive Technology

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



### Shelter NI - The SLATE Project

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

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

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

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

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

An AWARE Support group will bring you together

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

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

We have support groups near you in:

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

No need to book just turn up.

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

**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)**

### **Youthscape is still recruiting**

Youthscape is a new programme running in the SWC Technology and Skills Centre, Enniskillen. This cross community and cross border programme focuses on 3 key areas - Personal Development, Good Relations and Citizenship. Participants will achieve a Level 1 OCN Qualification in each area at the end of the programme. It is intended for young people between the ages of 16 – 24 who are not in full-time education, employment or training. There is a £8 a day incentive, free lunch and support with travel and childcare costs. This programme is young person centred, so participants will be able to focus in on things they enjoy with trips to activity centres and meeting other young people from Tyrone and Donegal.

**If you would like to meet with the team in your local area to discuss or sign up to the programme please contact Hannah Magee 07557 178162 or [hannah.magee@swc.ac.uk](mailto:hannah.magee@swc.ac.uk)**

**Find us on Facebook- Youthscape.**

### **Free Mood Matters Parent and Baby workshop**

**offered by AWARE to groups across the Omagh and Fermanagh area (2 hours)**

This is delivered to expectant mothers and parents of babies under 3 years of age. There is a strong emphasis on looking after the mental health of both the parent and the child. The programme features videos of parents discussing their experience of depression during and after pregnancy, including the help they got and what they do now to look after their mental health. It also features information from professionals about recognising the signs and symptoms of a mental health problem or mental illness, where to get help and simple self-help strategies to maintain good mental health or recover from illness.

Content includes:

- What is mental health
- Things that affect your mental health
- Mental health problems and mental illness-during and after pregnancy
- Signs and symptoms of stress
- Signs and symptoms of depression including depression relating to pregnancy
- Looking after you and your baby's mental health
- Where to get help if you need it
- How AWARE can help

**To book a workshop contact Catherine @ AWARE 028 7126 0602 [catherine@aware-ni.org](mailto:catherine@aware-ni.org)**



### **Free LGBTQ+ Awareness Training**

**Thursday 8 March**, 6-9pm, Omagh

See [www.cara-friend.org.uk](http://www.cara-friend.org.uk) for more information and to book your **free** place. This training aims:

- To give you a better understanding of issues affecting LGBT young people
- Make your practice more inclusive to the needs of LGBTQ+ Young people
- Give insight into dealing with situations that may arise when dealing with issues around Gender Identity issues and/or Sexualities in your place of work/home.

### **Community Family Support Programme**

**Coming up in CFSP Omagh**

Aged 16-65? Not in Education, Training or Employment? CFSP supports families to address barriers and reach their full potential into Education, Training and Employment.

Driving Theory Support – Tuesdays – Omagh Community House 10.30am-12.30pm

Job Goals – Wednesdays – Omagh Enterprise Centre, 11.30am-1.30pm

Want to find out more, book a space on training or to talk to a member of your local team? Call 028 7138 2260 or 07739 651536.

### **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, a Fermanagh and Omagh District Council led employability initiative, provides 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 in fields such as Classroom Support, Retail, Construction, Care and Support and Health and Wellbeing programmes, with Job Search Preparation, CV Development and Interview Skills.

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.**

**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**

### **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: [Rachael.fydp@gmail.com](mailto:Rachael.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. 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**

**Facilitating Groups** – 1 March, Omagh Hospital and Primary Care Complex

1 day course aimed at people who have limited experience of working with groups or who want to develop their skills in group work.

**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)**

**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).**

### **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

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

#### **Free Qualification and Training**

Are you aged 16+ and unemployed? Want to re-skill or up-skill?

**Join the SUSE+ programme being in April 2018** to get the support and guidance you need to move towards sustainable employment with a range of qualifications and training in:

Driver Theory Practice; Horticulture; Health & Social Care; Business Administration; Construction; Engineering; First Aid; Manual Handling.

**Get in touch today to find out more – Contact Tracy Sharkey 074 3653 3475**

**[tracy.sharkey@swc.ac.uk](mailto:tracy.sharkey@swc.ac.uk) or Michelle Maguire 077 3995 1970 [michelle.maguire@swc.ac.uk](mailto:michelle.maguire@swc.ac.uk)**

### **Breast, Cervical and Bowel Sinforcreening 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.

**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 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

### 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.

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

### UnLtd Social Enterprise: Workshop/Next funding dates

#### Social Enterprise: Starting Well Workshop – Belfast – Wednesday 14 March 2018

Do you have an idea for change? Are you thinking about setting up a social enterprise? Would you like some help to get started?

Join us for this half-day workshop to:

- Meet others who want to create social change
- Test out your idea in a supportive environment
- Learn about the essential components of a good social enterprise
- Find out who can help you

In the spirit of UnLtd, you will be invited to share your own experiences and ideas.

For booking information, please click [here](#)

Any queries, please contact Lead Award Manager for this workshop [Nuala Smyth](#)

### Upcoming Dates

#### UnLtd Grow It Award (£15,000 Cash Award & Support)

##### Expression of Interest deadline: 27 March 2018

You're a social entrepreneur creating compelling impact and you want to scale

To apply for a Grow It Award please click [here](#) to complete an Expression of Interest.

#### UnLtd Do It Award (up to £5,000 Cash Award & Support)

**Expression of Interest deadline: 27 March 2018**

Do you have an idea to address a social or environmental issue?

To apply for a Do It Award please click [here](#) to complete an Expression of Interest (EOI). EOIs can be submitted all year round.

**Spaces for Change**

**For 16-24 year olds up to £5,000 Cash Award & Support**

**Expression of Interest deadline: 27 March 2018**

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

Awards will be available for young leaders consisting of up to £5,000 project funding, a dedicated award manager providing tailored support, cohort support, and peer to peer networking opportunities for sharing knowledge and learning.

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

To apply for a Spaces 4 Change please click [here](#) to complete an Expression of Interest (EOI).

**For further information please contact Nuala Smyth, Northern Ireland Manager UnLtd, Room 112, City East Business Centre Tel: 028 9094 1619 / 07545 933 816**

**Email: [nualasmyth@unltd.org.uk](mailto:nualasmyth@unltd.org.uk)**

**Grow Wild Community Project Funding 2018**

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 contact Rita at: [rita.harkin@ahfund.org.uk](mailto:rita.harkin@ahfund.org.uk) or call 0300 121 0342. See [www.ahfund.org.uk](http://www.ahfund.org.uk) for information on the work of the Fund, regarding 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)**