



Fermanagh & Omagh District Council Community Support News – October 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 / alison.gilmore@fermanaghomagh.com

The deadline for the next Newsletter is Tuesday 23 October.

Council News & Events

The Council's Connect Centre, 16 High Street, Omagh is now open from 8.30am-6pm, Monday-Friday, where you can access a range of Council services and information. The operating hours of the Council's phone line 0300 303 1777 have also been extended to 8.30am-6pm Monday-Friday.

Positive Ageing Month – October

Welcome to Positive Ageing Month! A month-long calendar of events and activities for older people living in the Fermanagh and Omagh District Council Area. Supported by Western Health & Social Care Trust, Fermanagh & Omagh District Council, South West Age Partnership and Community and Voluntary groups.

Positive Ageing Month commences on Monday 1 October with a Tea Dance in the West End Community Centre, Enniskillen and in the Strule Arts Centre, Omagh on Tuesday 2 October. Both these events are free and run from 12 noon – 3pm with live music, dancing and refreshments. All welcome. Booking essential – Tel 0300 303 1777 or email alison.gilmore@fermanaghomagh.com

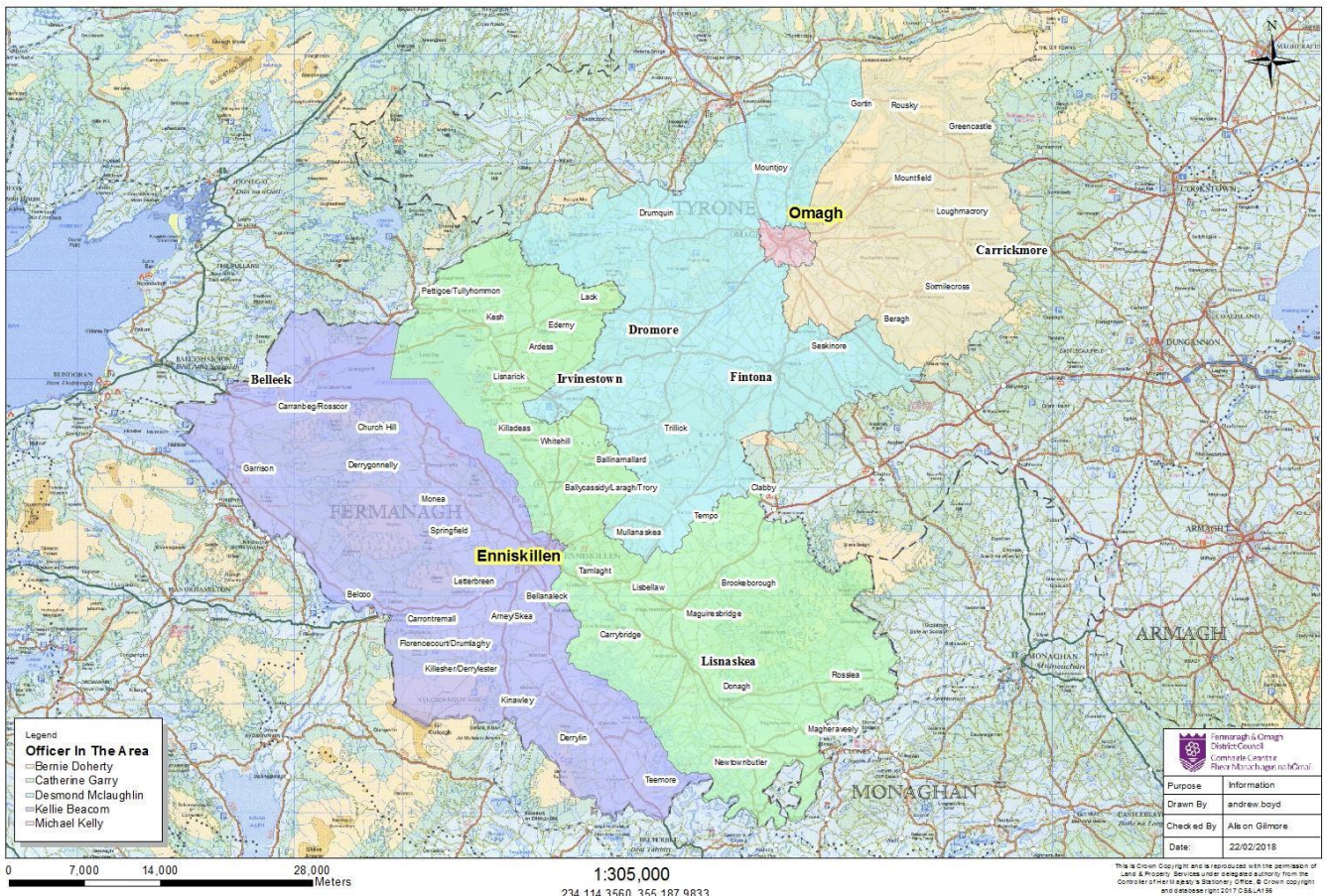
Key Dates for your Diary – Further information in Newsletter or to follow at a later date

Oct 2018	
Mon 8	Consumer Council Information/Training Day, Bawnacre 11am-2pm
Nov 2018	
Thurs 8	Community Convention, Bawnacre 7-9pm

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=298ff71ef2fc4cabc2f5ee703c291b>

Community and Voluntary Sector Register

Has your organisation registered their details? **All groups or organisations should get in touch** to register or update their details. This includes groups who have previously registered and those who are not currently on the register. 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 and receive further information on how we process your data on the Council website <http://www.fermanaghomagh.com/residential-services/community/community-register/>. Alternatively you can contact Community Services on 0300 303 1777 to speak to an officer who will send you a registration form and assist you with any questions you may have, or email alison.gilmore@fermanaghomagh.com for a copy of the new registration form.

Fermanagh Live Arts Festival

Experience Something Beautiful in Fermanagh

Experience and participate in Fermanagh's finest live entertainment and visual arts this autumn when Fermanagh Live takes place from **Wednesday 3 October to Sunday 7 October**. The festival thrives on showcasing local and international innovative and exceptional talent providing a diverse range of the very best in music, dance, film, literature, comedy, carnival and visual arts. Full programme of events available via <http://www.flive.org.uk>; Contact us arts@flive.org.uk

Geopark Events

Our full 2018 programme of events for the Marble Arch Caves UNESCO Global Geopark is ready for your enjoyment. It is designed to embrace the ethos of the United Nations Educational, Scientific and Cultural Organisation (UNESCO) in hosting events within the Geopark area which reflect the rich natural and cultural heritage of the border regions of counties Fermanagh and Cavan. The programme is also designed to cater for all interests: from family fun days, heritage and geology talks to walking and food festivals, craft workshops and guided rambles. There is a mix of activities for all those interested in learning more about their Geopark.

<https://www.marblearchcavesgeopark.com/geopark-events/>

Charity support

Fermanagh and Omagh District Council may provide support to charities in a number of ways including the provision of grant aid; the attendance of the Council Chair or Vice Chair at photo opportunities; use of Council facilities and the illumination of Council buildings to mark specific days of significance to a chosen charity which is associated with a particular colour.

Please note, applications for the use of Council facilities or the illuminating of Enniskillen Castle and Strule Arts Centre in a particular colour, should be submitted to the Council at least 6 weeks before the date requested, to allow sufficient time for the application to be considered.

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

Community News

Creating Our Landscape

Story Quilting workshops from 'Women Along the Border', a Fermanagh /Leitrim initiative of North Leitrim Women's Centre.

Tuesday 2 October - 'Mapping the Whole Picture' screen printing workshop in Kiltyclogher Community Centre at 7.30 pm

Wednesday 3 October – imagining, planning and designing our landscape with screen printing demonstration at 10.45am, hosted by Garrison Women's Group in Gillaroo Centre, Garrison.

All women welcome.

Monday 15 October - Rural Women's Day Celebration in Melvin Holiday Centre Garrison. Time to be confirmed.

This project has been supported by the EU's PEACE IV Programme, managed by the Special EU Programmes Body. All events free. For further information or to book your place contact Isobel at +353 (0)719856220 or email womenalongtheborder@gmail.com

The Aisling Centre

Promoting good mental health and emotional well-being on World Mental Health Day
7th Annual Coffee Morning - **Friday 5 October** 10.30am – 12noon

Fermanagh & Omagh Consumer Council information/training day

Fermanagh & Omagh District Council have invited The Consumer Council to deliver an event aimed at helping consumers with:

- ✓ saving money on your household bills;
- ✓ protecting against fraud and scams;
- ✓ preparing for winter;
- ✓ support available for consumers with a disability or long-term health condition;
- ✓ understanding your consumer rights online and on the high street;
- ✓ making an effective complaint; and
- ✓ knowing where to go for expert help & advice.

** Bring your latest electricity bill to find out if you could be saving £££s using The Consumer Council's free and independent Energy Comparison Tool. **OR** If you are a business consumer, we can do a water bill health check. **

Date: Monday 8 October 2018

Venue: Bawnacre Centre, Irvinestown

Time: 11am -2pm lunch included

Register to reserve your place with: alison.gilmore@fermanaghomagh.com

Northern Ireland Blood Transfusion Service

Monday 1 and Tuesday 2 October - St Macartin's Cathedral Hall, Halls Lane, Enniskillen
From 1.30pm – 4pm & 5.15pm – 8pm.

Wednesday 10 October - St Ronan's Parish Centre, Main Street, Lisnaskea
from 1.30pm – 4pm & 5.15pm – 8pm.

Please check out <http://www.nibts.hscni.net/donating-blood/where-to-donate/> for further Scheduled Donation Sessions. Telephone 028 9032 1414

Fermanagh Rural Community Network 'Awards 2018 Celebrating Your Achievements'

Fermanagh Rural Community Network (FRCN) are pleased to announce the 17th year of our Community Awards scheme to celebrate the work of Community Organisations in County Fermanagh. Nominations are requested from Organisations for the following categories:

1. Award for: Local Community Activity (In the last 12 months)
2. Award for: An Individual who has made a difference in your area

Prizes will be awarded. **Deadline for all Nominations 12 noon Monday 8 October 2018**

Only Nominations on the FRCN Awards 2018 Nomination Form will be accepted. Nomination Forms are available to download from the FRCN website www.fermanaghrcn.org or by contacting Frances on 028 6632 7006 or by e-mail info@fermanaghrcn.org

In co-ordinating this Awards Scheme, FRCN as the Local Rural Support Network for County Fermanagh, is proud to celebrate the skills, services and projects developed by Organisations and Communities throughout the County.

Fermanagh Gardening

Tuesday 16 October at 8pm in Enniskillen Library. They will have a short AGM followed by the ever popular fun auction of many plants donated from their members. All welcome.

"Have a Go" in the Kitchen Garden at Florence Court

Apple Harvest Day **Sunday 21 October** 2-4pm. Come along to help us harvest the many Irish apple varieties we grow at Florence Court, or have a go at apple pressing, bobbing for apples or taste-testing!

For more information visit www.nationaltrust.org.uk/florence-court
[facebook.com/NationalTrustFermanagh](https://www.facebook.com/NationalTrustFermanagh)

Young at Heart Retirement Living Exhibition: 21st Anniversary Year

Glenavon Hotel, Cookstown - Wednesday 24 October, 10am-3pm

Established in 1997, the free admission event is aimed at anyone retired in the community with useful information and advice on travel, health, finance, volunteering and leisure activities.

Antique Roadshow

The event will also feature the popular **Antique Roadshow** where visitors can bring along antiques and heirlooms for free valuation from our expert.

Free Transport

We are pleased to offer free transport for any groups who would like to attend. If you would like to avail of a free coach or minibus call 07925 156198. We will also be running a bus to and from Omagh on the day. www.youngatheartni.com

NIPB and PSNI Public Consultation Prioritisation Simulator

The Police Service of Northern Ireland and the Northern Ireland Policing Board are looking for your views to help shape the future of policing.

They wish to hear from you, the community and key stakeholders on the future priorities, structure and delivery of local policing in Northern Ireland.

What decisions would you make if you were in charge of policing in your area? What do you think the priorities are and where do you think the resources should go?

To take part in the consultation (on or before **9 November**) or to find out more information please visit <https://psni.prioritysimulator.com/>

Networking Forum

SUSE+ in connection with South West College is holding a networking meeting for organisations that are currently working with those over the age of 16 and upwards. It is an opportunity to come along to share best practice, discuss what your service offers and also find out how other organisations could support you or your clients that you are working with.

There are so many different services, organisations and community groups in the local area and sometimes the information of what is being offered doesn't filter through to the people on the ground.

Meetings will take place as follows:

- Wednesday 21 November, 11am-12.30pm
- **Technology and Skills Centre, Enniskillen** South West College

- Wednesday 28 November, 11am-12.30pm
- **Omagh Campus** South West College

Please contact david.taylor@swc.ac.uk if you wish to be included in this forum and feel free to forward this onto any organisation or service that you feel may benefit from attending this meeting.

Cancer Connect NI

We have a number of volunteering roles for adult and young volunteers at The Cancer Connect NI Winter Wonderland 2018 at The Buttermarket so don't miss this wonderful opportunity to get involved, have fun and be part of the magic at the heart of Enniskillen this Christmas.

Wednesday 28 November to Sunday 2 December
Wednesday 5 December to Sunday 9 December

The Winter Wonderland (ticket only) will be open 5pm to 8pm weekdays and 4pm to 8pm weekends. Our Christmas market in The Buttermarket will be open to the public from 12noon to 9pm every day.

We welcome adult volunteers before and after the event to help with setup/cleanup. We work in partnership with The Millennium Volunteer Awards to ensure the volunteering work of our young volunteers is recognised.

Click the link to get started or click the button on our facebook page: <http://eepurl.com/dGStm1>
For more information PM us on Facebook or email ccniwinterwonderland@gmail.com

Omagh parkrun

Weekly Free 5km Timed Run Every Saturday 9.30am – Omagh Leisure Centre
Register now at www.parkrun.org.uk Facebook.com/Omagh parkrun

Health and Social Care

Oncology Services Transformation Project

We want to know what matters to you, and would like to hear your views on how we can improve Cancer Services in Northern Ireland. The focus of the project is the patient pathway from diagnosis through treatment processes for Chemotherapy and Radiotherapy. This does not include treatment for blood cancers or treatment through surgery.

If you would like to have your say, please fill out our short 5-minute survey at:
<https://www.surveymonkey.co.uk/r/WKWQ7QY>

Project St Patrick

Following a period of uncertainty, it is with great pleasure that the small, cross community committee of volunteers can now announce they will be returning next year.

On Sunday 17 March we are looking forward to schools, community groups, businesses and other organisations to help embrace the environmental theme of **Go Green In 19**. It's your opportunity to showcase your environmental credentials and for non-profit making groups there will again be bursaries available to help make your float dreams a reality!

We are very keen too to see our larger Fermanagh based employers get involved as part of their commitment to Sustainability Goals 2020, with Balcas just having signed up.

As well as 40 shades of green we can promise a riot of colour and music to suit all tastes as well as the usual entertainment and freebies galore. As usual we're only as good as you the talent taking part, so if you're part of a group or school, why not plan your float as part of your creative schedule, this is the official 6 month warning! We are available to provide advice on the theme (anything green goes) and can match you with another group or business if you wish.

Chairman of Fermanagh and Omagh District Council, Councillor Howard Thornton, said: "St Patrick's Day celebrations in Enniskillen bring together people from many different communities, attracts visitors to the area and benefits local business. Fermanagh and Omagh District Council is pleased to continue to work in partnership with Project St Patrick and to continue and indeed enhance its support of St Patrick's Day celebrations in Enniskillen."

Project St Patrick committee members are very grateful to Fermanagh and Omagh District Council for their continued support and to Enniskillen BID whose grant assistance of £2000 means we will be able to promote the event to visitors further afield and together we can all help put our St Patrick's Day truly on the tourist map.

For further updates check out St Patrick Enniskillen on Facebook and Twitter or Instagram

Women's Resource & Development Agency (WRDA)

Free Workshops for women and women's groups across Northern Ireland.

Contact Elaine on 028 9023 0212 Email elaine.croy@wrda.net

WRDA is a women's resource organisation that works across Northern Ireland. We work for women's equality and participation in society. We believe women of all ages and backgrounds have experience, insight and understanding of the world around them - but little opportunity to share their voice. Women play a vital role in their communities, but are often denied opportunities to influence changes and decisions because of rigid stereotypes. Our workshops are tailored specifically for our particular people and area and we use them to explore themes such as discussing womanhood; finding our identity; family roles; sharing stories; women's perspectives; finding your voice; knowing your community; taking part; women's leadership; what shapes us; women's influence on healing and peace.

Omagh Volunteer Centre – What we do

We provide a comprehensive service helping people who would like to volunteer. Some people know what kind of volunteering they would like to do, however others may wish to avail of an informal chat with us to find out more about the wide variety of volunteering opportunities available in the local area and to figure out what would be suitable for them.

There are so many reasons to volunteer such as to connect with your community and make new friends, to get out and about more/feel useful, to learn new skills/improve your job prospects, to give back to a cause you feel strongly about, and to boost your confidence/self-esteem.

At the moment we have local volunteering opportunities for Befriending, Helping with Older People/Children, Learning Disabilities, Physical Disabilities, Charity Shops, Fundraising, Youth work, Families, Sports, Animal Rescue, Victims & Survivors, Driving, Environment/gardening, Mental Health and so many more.

We also provide services to charitable organisations and community/voluntary groups such as 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 and free volunteering “health checks”.

We are the local delivery partner for The Department for Communities Small Grants for Volunteering Programme and are available for support and guidance through the application process.

Omagh Volunteer Centre coordinates The Good Morning Omagh Telephone Befriending Service which provides weekday phone chats to isolated older people in our community. The calls are kindly provided by trained and supported volunteers.

Contact us at Omagh Volunteer Centre for the above services and to find out more about the training courses that we offer; Safeguarding of Vulnerable Adults (SOVA), Child Protection, Befriending & Mentoring, Help to source training e.g. Disability awareness & First Aid.

Tel: 028 8224 0772 or Email: omaghvc2@yahoo.co.uk or call into our office on the 3rd Floor, Community House, 2 Drumragh Avenue, Omagh.

Community Family Support Programme

If your family needs help, support is available. If you or a family member isn't in education, employment or training, you will get help and advice to address your needs and access to a range of positive opportunities.

You can join by ringing 028 7138 2260 and ask to speak to a member of the Community Family Support team. We are always happy to help!

We can also be contacted on the Community Family Support Programme Facebook page, PM us any questions you might have.

This project is part funded through the Northern Ireland European Social Fund Programme 2014 - 2020 and the Department for the Economy.

mPower Healthy & Connected Communities

mPower is a 5-year EU-funded project operating in the border counties of the Republic of Ireland, Northern Ireland and Scotland. The project will champion a preventative approach to care, supporting societal change by empowering more people to self-manage their health and care in the community.

The service will commence initially in the South East Fermanagh area and will be offered to older people (aged 65 +) living with long-term conditions. Community Navigators will offer personalised wellbeing plans that will focus on supporting self-management and will include:

- **Social Prescribing** – connecting people to local activities and services
- **Digital Health Interventions** – connecting people to technology to enhance support for health & well-being.

Among this group social isolation and loneliness is a major health issue and community engagement has proven to be one of the most effective ways of tackling this issue.

mPower is seeking to link with clubs/associations or societies who feel they have a social engagement opportunity for an older person within their programmes either as a member or a volunteer. For more information visit **mPower** website www.mpowerhealth.eu/

If you have a social engagement opportunity to offer, **please contact Elaine Aughey, mPower Implementation Lead @ elaine.aughey@westerntrust.hscni.net** or 07879 113279.

Hearing loss charity seeks new members to join research panel

People with deafness and hearing loss are invited to join Action on Hearing Loss' research panel to share their experiences and inform the charity's campaigning work.

Panel members are asked to complete up to four online surveys a year and from time to time may be contacted about opportunities to take part in focus groups or one-to-one interviews.

Feedback from the panel has been used to inform the charity's 'Working for Change' campaign, which aims to change attitudes to hearing loss in the workplace, as well as the charity's work on subtitles. Thanks to 6000 people who got involved in the 'Subtitle it' campaign, a law was passed in April 2017 giving **Ofcom new powers to legally enforce subtitles on video-on-demand services.**

To join the panel or find out more, visit www.actiononhearingloss.org.uk/researchpanel where you will be asked to fill in a short questionnaire.

Tara Centre, 11 Holmview Terrace, Omagh BT79 0AH

Tel: 028 8225 0024 email: info@taraomagh.com www.taraomagh.com

Pathways from a Troubled Past – From Welfarism to Civil Rights and the ‘Troubles’

Dr Eamon Phoenix

This series of 5 interactive seminars continues to examine the nature of politics, the economy and society in Northern Ireland in the critical decades after the Second World War. A warm Tara welcome is extended to people of all traditions (and/or no tradition at all) who wish to explore this vital background to modern Ireland. No previous knowledge of Irish history is assumed or required.

Dates: Wednesday 3rd, 10th, 17th, 24th October and 7th November 2018

Times: 7.30pm – 9.30pm (Registration from 7.00pm–7.30pm)

The Green Platform - Simply Life Changing – Freedom to live the life you want!

Declan Coyle (2-day workshop)

Dates: Saturday 13th and Sunday 14th October, 2018

Times: 10.00am - 4.00pm each day (registration 9.30am - 10.00am)

“All Illness Begins in the Gut “– Learn how to feel better and live well!

Dr Aileen O’Kane MD

Date: Saturday 20th October 2018

Time: 10.00am - 4.00pm (registration 9.30am - 10.00am)

An Introduction to Ayurveda – Stay vibrant and healthy - realising your full potential.

Dr Aileen O’Kane MD

Dates: Saturday 27th October and Saturday 3rd November 2018

Times: 10.00am - 4.00pm each day (registration 9.30am - 10.00am)

The Enneagram – a powerful gateway to self-awareness and understanding others.

Declan Coyle (2-day workshop)

Dates: Saturday 17th and Sunday 18th November 2018

Times: 10.00am - 4.00pm each day (registration 9.30am - 10.00am)

Yoga for Beginners & Intermediates

Heather Kemp

Beginners – Wednesday 26th September 2018 - Wednesday 28th November 2018 (10.30am - 12.00pm) and Thursday 27th September 2018 – Thursday 29th November 2018 (7.00pm - 8.30pm)

Intermediates – Wednesday 26th September – Wednesday 28th November 2018 (12.00pm - 1.30pm) and Thursday 27th September– Thursday 29th November 2018 (8.30pm - 10.00pm)

Soul of Healing Seminars

Maura Twohig and Mary Daly

Dates: Saturday 29th September & Saturday 10th November 2018

Times: 11.30am – 5.30pm (registration 11.00am – 11:30am)

Christmas Meditation – Connect with the true meaning of Christmas

Maura Twohig and Mary Daly

Date: Saturday 15th December 2018

Times: 3.30pm – 8.00pm (registration from 3.00 – 3.30pm)

Meditating Together

Self-Facilitated Group

Dates: Tuesdays starting 4th September 2018 (10.30am - 12.00pm)

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

Premises for Hire – Contact the Facilitator of Day to Day Services to receive the updated special booklet. Contact details below.

Bookshop and Lending Library – available during Centre's normal opening hours.

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

Tel 028 6632 5811 www.theaislingcentre.com

Mindfulness Meditation with Mary Conway

8 week autumn course plus Monthly Drop in/Taster Sessions - please contact Centre on 028 6632 5811 if you would like more information.

AA

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

ADHD

Adult support group. 1st Thursday of the Month 7pm – 9pm

For information contact Niall Greene or Emma Weaver

t: 07729618563 | 07724916770 | e: 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

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 - 1st 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 - 2nd 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: oeqsg2@yahoo.co.uk

Island Artists

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

Yoga

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

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

Thursdays 6.30pm-7.30pm. Contact Christina Cornyn 07722 550040

Fermanagh House, Broadmeadow Place, Enniskillen BT74 7HR

Telephone 028 6632 0210 www.fermanaghhouse.org

Western Area Child Care Partnership Training

Safeguarding – full course on Tuesday 2 and Tuesday 9 October from 7-10pm

Paediatric 1st Aid – Monday 15 and Tuesday 16 October from 7–10pm

Contact Nicola on 028 9536 1042/028 9536 1033 or email childcare.info@hscni.net

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

Western Trust Recovery College

Wednesday 3 October - 'Introduction to Recovery', 10.30am – 12.30pm

Wednesday 10 October - Asserting Yourself, 10.30am – 12.30pm

Wednesday 17 October - Coaching Skills for Health and Wellbeing, 10am – 1pm

Wednesday 24 October - Getting a Good Night's Sleep, 10.30am – 12.30pm

Wednesday 7 November - Living with and Managing Anxiety, 10am -1pm

Wednesday 14 November - Living Well with Bipolar, 10am - 1pm

Thursday's 15 & 22 November - Introducing and Exploring Mindfulness, 10.30am – 12.30pm

Wednesday's 21 & 28 November - WRAP, 10.30am – 4pm

Wednesday 5 December - Exploring Your Options, 10am – 1pm

Contact Olive Young on 028 8225 2202 Ext 237337

or Register online at www.westeritrust.hscni.net

Children in Crossfire - Fully funded and accredited CPD two day training for primary and post-primary teachers run by TIDAL: Educating the Heart, Thursday 4 October and Friday 5 October

9.15am - 4.00pm. For further information contact donna.mcfeely@childrenincrossfire.org

Register at www.surveymonkey.co.uk/r/CJ9KZ9V

St John's Ambulance - 2 day First Aid course on Tuesday 2 and Tuesday 9 October;
1 day course on Tuesday 6 November. All days run from 9am-4pm.

www.sja.org.uk/sja/training-courses/first-aid-courses/search-for-training-courses.aspx

Action on Hearing Loss – Free Help and Support drop in session on Thursday 4 October and Thursday 1 November 10am-11.30am for hearing checks, hearing loss services advice, new batteries & ear mould tubing, help with cleaning etc. Contact Sheena Kelly, Outreach

Development Officer on 028 8225 1446/07553 353980 Email: sheena.kelly@hearingloss.org.uk

'Good Practice in the Support of Youth Social Action' one day workshop on

Thursday 11 October 9.30am-3.30pm run by Volunteer Now. Aims to equip organisations with the tools to run a meaningful youth led social action project and allows organisations to learn more about social action projects and how they can carry them out with the young people that they work with. To book a place go to www.volunteernow.co.uk/training-events/view/783

Big Lottery Funding – Helen Hill will be available on 12 October, 9 November and 14 December from 10.30am – 4.00pm to talk to you about your project ideas. For further information contact Helen on 028 9055 1436 or email helen.hill@biglotteryfund.org.uk

Free Planning Advice – Thursday 4 October 1pm-4pm. This is run by Community Places who offer impartial and confidential planning advice on objecting or commenting on a planning application to people who cannot afford a planning consultant along with other information on the planning system. For further information go to www.communityplaces.info

Email info@communityplaces.info or telephone 028 9023 9444

First Aid Awareness Training – Monday 15 October at 7pm. This is specifically for farm based injuries and is free to farmers, farm family members and employees. You receive a free First Aid box and a free First Aid Manual. It is a 3 hour first aid course which is CPR Certificated. Learn skills that could reduce the impact of a serious farm accident. Attendees must have a Farm ID number to attend. Open for age 18 and over (16 and 17 years may attend if accompanied by adult from farm. To book contact Global Horizon Skills Steve 028 8225 6772 Email: info@ghskills.com

Charity Commission Training for Trustees - 'Reporting a Serious Incident to CCNI'.

Wednesday 7 November 7.30-9pm

For booking please go to <https://www.co3.bz/event/reporting-serious-incident-ccni-0>

Meghan's Yoga Classes – Mondays 6.30-8.30pm, Tuesdays 5.30–6.30pm, Thursdays 11am-12 noon. For further details contact Meghan on 07837 562516 or email nutt_meggs@hotmail.com

U3A Choir meet on the 1st & 3rd Monday of each month

U3A General meeting AGM will be on Monday 8 October

U3A Poetry group will be meeting on Monday 8 October 2 – 3.30pm

Family Mediation – assist families experiencing the trauma of separation. Appointments available in Fermanagh House on Monday and Thursday mornings. Call 028 9024 3265 or email enquiry@familymediationni.org.uk

Sarcoidosis Support Group – meet first Monday of the month from 7-9pm

For further information contact WendyWatson27@yahoo.com

St Michael's Bridge Club meet Monday evenings September – May 7.30-10pm

Mum's Wellness Drop in Group - Every Tuesday 10–11.30am.

For further details contact Ursula at Mindwise 028 6632 4334 or 07760 627428

Fermanagh Genealogy Centre - volunteers meet for training on the second Tuesday of the month September - June 7-9pm. If you are interested in volunteering at the Fermanagh Genealogy Centre you can call into Enniskillen Castle Museum when we are open Mon, Wed, Thurs 2-4pm and we will show you around. If you wish to join as a member to attend our talks & trip program, email us at fgc2012@hotmail.com

Drinkwise Age Well run a support group on Wednesdays from 1.30-3.30pm.

For further details please go to <https://www.drinkwiseagewell-training.org.uk/>

Autism NI Support Group – meet from 8-10pm on the 4th Wednesday of the month (*not July or Aug*). For further information contact Michelle Higgins 07834 484229

The Macular Support Group – meet on Wednesdays 17 & 24 October 11am -1.00pm.

For further information contact Doris Cutler on 028 6634 1404.

The Downs Syndrome Support group will meet in Fermanagh House on Wednesdays 3 October and 7 November from 8-10pm. For further details contact Catherine Dunne on 028 6638 8409.

Fermanagh Board Game group meet Wednesday evenings.

Contact Chris Fawcett at paddyfawcett@hotmail.com

Victim Support - an independent organisation - not part of the police, courts or any other criminal justice agency. Appointments available via 028 9024 3133 or email info@victimsupportni.org.ni

Addiction NI - a community addiction service – Tel 028 9066 4434 or email enquiries@additionni.com

Fermanagh Film Club - special showing on Wednesday 3 October from 8-10pm as part of Fermanagh Live of 'Last Confessions of Alexander Pearce' followed by a question and answer session with Ciaran McMenamin. They will also be showing 'Kacchadi Mule' a Michael Brown film on Monday 8 October, 'Jeune Femme' on Wednesday 10 October and 'Sweet County' on Wednesday 24 October and 'The Ciambra' on Wednesday 14 November, all from 8-10pm For further information please go to www.fermanaghfilmclub.com/programme/

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

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

Training Opportunities

Northern Ireland Piping and Drumming School

Adults/Boys & Girls

Learn to play the bagpipes; snare drum; bass and tenor drum
Learn the discipline of drum majoring and highland dance
Learn the theory of music

Classes run on a Saturday morning 10am-12.30pm in Enniskillen Royal Grammar School,
1 Lough Shore Road, Enniskillen

Please contact Gloria on 07752 217418

Walking on Eggshells

Non Violent Resistance Programme

Mondays 1 October – 26 November, 10am-12 noon, Enniskillen

Child to parent violence is an abuse of power through which the child or adolescent attempts to coerce, control or dominate others in the family.

The programme will support parents* and carers to achieve a calmer and violent free home -

- Overcome sense of helplessness
- Develop a support network
- Stop destructive behaviours
- Improve family relationships

*Due to funding stipulations this programme is only available to mothers at this time.

All parents/carers will complete an initial telephone assessment to ensure the programme is suitable for their family circumstances. **Call 0808 8010 722 to register.**

Free ASIST Training for Community & Voluntary Sector Organisations

ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognise risk and learn how to intervene to prevent the immediate risk of suicide. **A waiting list will be maintained** and you will be contacted as and when a place becomes available on future workshops scheduled.

Tuesday 9 & Wednesday 10 October

Omagh – venue to be confirmed

Further information available at www.dhcni.com/clear or contact Brenda Morris
CLEAR Project Manager on 028 7138 3386

Health Improvement Training

The Health Improvement, Equality & Involvement Department of the Western Trust is running the following courses:

- 4 October 10.00am-1.00pm Solid Start Weaning Programme Irvinestown
For those working with parents, carers and guardians of children aged 0-1 year.
- 18 October 1.00pm-4.30pm Boccia Leaders Award Altnagelvin
For those working with older people, people with disabilities or mobility problems
- 19 October 10.00am-4.00pm Good Food Toolkit Omagh
For community workers who have the opportunity to promote healthy messages
- 25 October 9.30am-4.30pm Traffic Light Sexual Behaviours Altnagelvin
Supports those working with children and young people to identify/assess and Respond appropriately to sexual behaviours

For further information and to book tel 028 7186 5127 health.improvement@westerntrust.hscni.net

New Stress Control classes in WHSCT area

Stress doesn't just make you feel bad – it can also be bad for your health. The good news is there are measures you can take to deal with it. The Public Health Agency (PHA) is encouraging those experiencing stress to participate in stress control classes which it is funding and are being delivered by Health and Social Care Trusts across Northern Ireland.

Stress is the feeling of being under too much mental or emotional pressure, and pressure turns into stress when you feel unable to cope. Common signs of stress include sleeping problems, sweating, loss of appetite, and difficulty concentrating. You may feel anxious, irritable, low in self-esteem, have racing thoughts, worry constantly or go over things in your head. You may notice that you lose your temper more easily, drink more or act unreasonably. You may also experience headaches, muscle tension or pain, or dizziness. Stress causes a surge of hormones in your body. These stress hormones are released to enable you to deal with pressures or threats – the so-called 'fight or flight' response.

The free Stress Control programme is held once a week over six weeks and teaches skill and techniques for managing stress. Topics covered include an overview of what stress is, controlling your body, controlling your thoughts, controlling your actions, managing panicky feelings, getting a good night's sleep and planning for the future. Stress control is a class, not 'group therapy' – you do not have to talk about personal difficulties in front of others.

Although it is preferable to start at Session One, you can join a class at any time and sessions are open to everyone regardless of age. Everyone is welcome to bring a friend, relative or carer along with them. There is no referral system, just turn up, take a seat, then sit back and learn some great ways to control stress. It is a very relaxed informal setting and people can come and go as they need.

Omagh Enterprise Centre

Monday 1 October to Monday 5 November, 6.30pm-8pm

Fermanagh House, Enniskillen

Thursday 4 October to Thursday 8 November, 6.30pm-8pm

For more information, visit www.mindingyourhead.info/training

WAVE Trauma Centre

Psychological Trauma and the Family System

One day workshop facilitated by Ben Harper, WAVE Trauma Centre

Thursday 25 October, 10am-4pm

Designed to explore the development and maintenance of psychological trauma within the Northern Ireland context of the 'Troubles', this workshop will provide an overview of theories of trauma within the family, the influence of trauma on attachment styles and explore the evidence base for systemic work and Post Traumatic Stress Disorder (PTSD). This one-day workshop would be of interest to those working with traumatised individuals and families and those within conflict and post-conflict contexts. Cost £50. A certificate of attendance will be provided on completion of workshop. To register follow the link below -

https://ecommerce.apps.qub.ac.uk/osoltransactions/catalog/product_info.php?cPath=101&products_id=185211

Four-day Workshop facilitated by Ben Harper

Commences Thursday 24 January 2019, 10am-4pm

This course has been designed to explore the maintenance of psychological trauma within the context of the Northern Ireland Troubles. Students will be provided with an overview of theories of trauma within the Family, the influence of trauma on attachment styles and explore the evidence base for systemic work and Post Traumatic Stress Disorder (PTSD). Participants will be required to complete a 2,500 word assignment for course accreditation. Successful participants will receive 10 CAT Points (Level 1) through Open Learning, School of Social Sciences, Education and Social Work, Queen's University, Belfast. This course will run 4 consecutive Thursdays. Cost £125.

You can enrol on this course by visiting www.qub.ac.uk/ol or contact 028 9097 3323/3539 or for further information about the course please contact Trauma Education at Wave Trauma Centre on 028 9077 9922 or email Traum.education@wavetrauma.org

Please contact the WAVE Trauma Centre, Omagh for any other information on:

028 8225 2522 or admin@waveomagh.co.uk

DARE to Lead Change

Dialogues About Race and Ethnicity (DARE)

We aim to build, improve and sustain positive relationships through training and dialogue with local people and their neighbours from different cultures and countries.

The DARE to Lead Change Project (DARE) is led by Bryson Intercultural, in partnership with TIDES Training and Consultancy (TIDES), funded by the European Union's PEACE IV Programme and managed by the Special EU Programmes Body (SEUPB). The project is available in Northern Ireland and the Border Counties.

Build relationships through integrated training, this training element has three areas:

1. Stepping into Diversity
2. Good Relations & Civic Leadership - Open College Network qualification (OCN Level 2)
3. Contentious Cultural Issues (OCN Level 2)

The free training is designed for local community groups based in Northern Ireland and/or the Border Counties. For the first part of the training – "Stepping into Diversity" the training is open to all groups. Once your group has completed Stepping into Diversity, we will invite you to work alongside another group who reflect a different part of the community, to complete either or both of the Good Relations & Civic Leadership and Contentious Cultural Issues courses. The set of courses on offer are tailored to the needs of your group and other options and courses are available.

To participate or for more information please contact...

Iulia Picu-Iwaisi Email: iuliapicu-iwaisi@tidedelearning.org Tel: 028 9075 1686 / 07397 554102

Carole Kane Email: carolekane@tidedelearning.org Tel: 028 9075 1686 / 07397 555905

Funding Opportunities

Register your interest in £500 Youth funding opportunity with Grow Wild

Are you 14-25 and want to flex your creative skills? Then we're offering you the chance to apply for **£500** to lead a project that celebrates UK native wildflowers and fungi in exciting and engaging ways. Our challenge is to make everyone else as passionate as us - and that's where you come in! **We want your project to reach and inspire lots of people in your school, youth group or community.** You can use visual art, music, poetry, dance, or theatre... whatever it is that you and your friends are good at. Use your imagination; the more creative the better!

Why should you apply?

- Improve your C.V. or personal statement.
- Make a stronger connection with your community.
- Gain independence and develop new skills.
- Raise awareness about wildflowers and fungi.

Click on <https://r1.dotmailer-surveys.com/864ve8e6-843buqc7> and fill in the details to get more information or telephone 07920 477553 www.growwilduk.com

Rural Micro Capital Grant Scheme 2018

This Scheme is funded under the Department of Agriculture, Environment and Rural Affairs Tackling Rural Poverty and Social Isolation Programme.

Micro Capital grants of between £200 and £1,500 are available to rural community-led, voluntary organisations for projects tackling issues of local poverty and / or social isolation.

The total project cost must not exceed £3,000. Projects must clearly address an issue of rural poverty and/or social isolation and applicants must provide a minimum of 15% match funding.

The scheme is being delivered by the Rural Support Networks on behalf of the Department of Agriculture, Environment and Rural Affairs.

Application forms, guidance notes and further advice and information is available from Omagh Forum for Rural Associations (OFRA) www.omaghforum.org

Tel: 028 8825 1559 e-mail: maryt.conway@omaghforum.org

The Rural Micro Capital Grant Scheme 2018 will be open for applications from Monday 10 September until 4pm on Friday 5 October 2018.

Black Santa Funding

Available to a range of charities including medical research; those caring for children, youth and the elderly; the improvement of employment opportunities for young people and a host of small charities which cannot afford paid fund-raisers.

For further information and an application form click on

<http://www.belfastcathedral.org/community/black-santa/>

Completed forms should be submitted **by Friday 26 October 2018**

Community Foundation for NI - Micro Grant Programme

Established in recognition and celebration of the contribution of voluntary groups and people to our society and the need for a simple application process for small amounts of funding.

Grant Size: Up to £1,000

Priorities: Low capacity groups who have limited access to funding

The fund is open for applications on a rolling call basis, subject to fund availability.

You do not have to have a constitution to apply to this fund.

Full details available at <http://www.communityfoundationni.org/micro-grant-programme>

Energy for Generations Fund

ESB Group Next quarterly deadline 13 November. ESB has been a supporter of the arts in Ireland through partnerships with ESB Feis Ceoil, ESB Centre for Study of Irish Art in The National Gallery and ESB Live at the National Concert Hall. Full details available from <https://www.esb.ie/acting-responsibly/community-stem-and-the-arts/esb-corporateresponsibility>

Community Relations Council

Community Relations/Cultural Diversity Scheme has now re-opened

Deadline date: 14 November 2018

Grants are up to £10,000 but the average one is around £5,000 to £6,000.

www.community-relations.org.uk/community-relations-cultural-diversity

If you have any questions or would like to discuss a proposal prior to submitting an application, please contact a member of the Funding & Development Programme on 028 9022 7500 or email info@nicrc.org.uk

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

Trees on the Land - Applications now open

We're delighted to announce that applications for trees are now open for what will be the 7th annual planting day. The planting day will be Saturday 9 February 2019.

Open to community groups etc, tree packs are available for the establishment of small woodland areas, coppice, hedgerows, shelter belts, reforestation and agroforestry work. We also have a number of heritage and traditional apple tree packs available.

Applications for trees will close at Midnight on Wednesday 5 December 2018. Please do apply promptly as tree packs are allocated on a first come first served basis.

All of the information about the project and details for making an application are on the website: www.treesontheland.com

Pre-application enquiries are welcome - please email to info@treesontheland.com with any queries.