

Fermanagh & Omagh District Council Community Support News – March 2019

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 Thursday 21 March

Council News & Events

Have your say on future of leisure in Fermanagh and Omagh

Fermanagh and Omagh's draft leisure strategy - Active Together - is now out for consultation. **Your input is important**

Please note that individuals as well as groups can respond. If groups would like activities etc in their own area or support for training and delivering sessions they will need to respond.

Please go to the following sites to review the draft strategy and complete the online questionnaire.

[Draft Strategy](#)

[Active Together Questionnaire](#)

In parallel with this, we will also be asking for feedback on the Fermanagh Lakeland Forum and play provision.

Fermanagh Lakeland Forum (FLF)

Under Active Places Action 4 we aim to deliver a prioritised investment programme to improve leisure facilities across the district. **The Fermanagh Lakeland Forum is 43 years old and we would appreciate your views on its future development.**

[Fermanagh Lakeland Forum Questionnaire](#)

Play

Under Active Places Action 5 we aim to develop and deliver a sustainable action plan for play spaces across the District.

[Play Provision Questionnaire](#)

It would be greatly appreciated if you could forward this information on to people who may be interested in offering feedback.

For full information and details of local drop in sessions please see

www.fermanaghomagh.com/your-council/consultations/public-consultation-on-draft-leisure-strategy-for-the-district/

All comments should be received no later than 12 noon on Monday 25 March.

New shared history and peace building website application to be developed for Fermanagh and Omagh

Members of the public are invited to share their experiences and knowledge on how their communities work together to deliver peace-building initiatives as part of the development of a new website application.

The website application, which will document the shared history of The Troubles locally, will also showcase peace building initiatives and activities specific to the Fermanagh and Omagh area. This is one of 16 projects being delivered as part of the £2.8 million Fermanagh and Omagh PEACE IV Local Action Plan.

The Local Action Plan is being delivered by Fermanagh and Omagh District Council and is supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB). Match-funding has been provided by the Executive Office in Northern Ireland and the Department for Rural and Community Development.

Information sessions on getting involved in the project will be held in the Connect Centre, 16 High Street, Omagh on **Tuesday 5 and 19 March** from 12 noon to 2.00pm and in Fermanagh House, Enniskillen on **Tuesday 12 and 26 March** from 1.00pm to 3.00pm.

A digital educational resource pack will be developed alongside the website application.

The website application and resource pack will provide an online archive of the shared history of The Troubles specific to the Fermanagh and Omagh area as well as highlighting cross community initiatives and best practice approaches that have contributed to sustaining a more peaceful society.

A networking group, to include members of the local community, will be established to guide the delivery of the project.

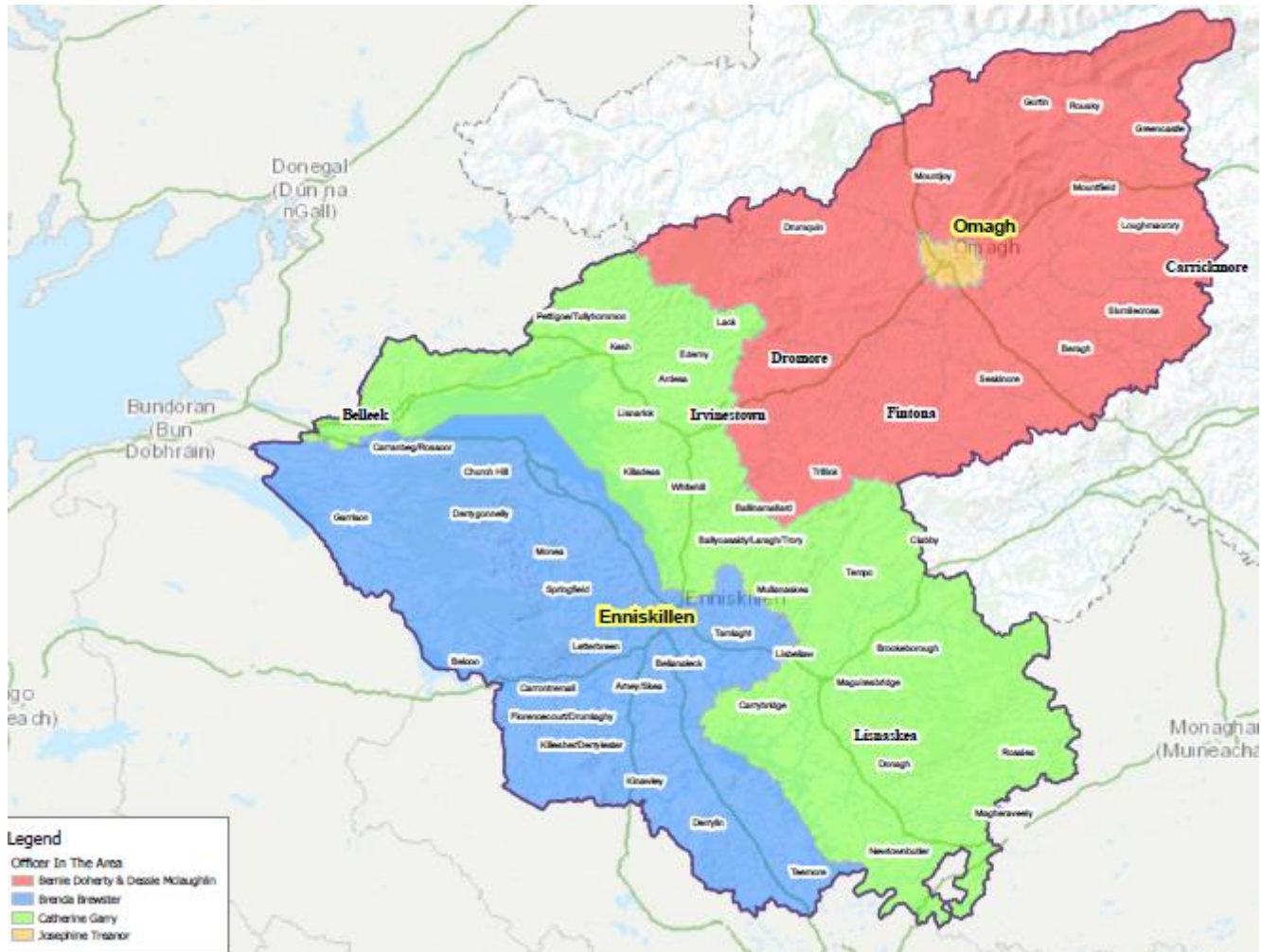
Firou Software Solutions UK Ltd is developing the website application and resource pack on behalf of Fermanagh and Omagh District Council. To register your interest and to get involved in the project please contact Noleen Neill, Firou Software Solutions UK Ltd on 07799 711923 or by emailing noleen@veri.ie

Key Dates for your Diary

March 2019	
1 March	Age Friendly Conference
4 March	Ulster Scots Consultation Meeting, Enniskillen Library
19 March	Closing date for FODC Public Consultation on Draft Improvement Objectives
22 March	Place-EE Show Case Event
25 March	Closing date for FODC Public Consultation on Draft Leisure Strategy, including Fermanagh Lakeland Forum Questionnaire and Play Provision Questionnaire
27 March	CVS Representatives Forum

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.



<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

Ulster Scots Consultation

Fermanagh and Omagh District Council are currently reviewing Ulster Scots activities within the District. We invite all individuals and groups to contribute to the process at the last remaining advisory session being held on:

Monday 4 March

2.30pm–4pm

Enniskillen Library

If you cannot attend we would encourage you to fill out the survey.

Please share the link to the survey to others you feel would like to contribute.

<https://www.surveymonkey.co.uk/r/FODCUlsterScots>

Fermanagh and Omagh District Council Enterprise Week

Free workshops being delivered by Social Enterprise NI

Introduction to Social Enterprise and how it differs from charities

Enniskillen Workshop - Monday 4 March, 2-4pm

West End Community Centre (lunch will be provided)

Omagh Workshop - Thursday 7 March, 2-4pm

The Hub, Campsie (lunch will be provided)

This workshop will explore the business model of Social Enterprise. If you have ever wondered if a social enterprise business model is for you/your organisation come along and find out the difference between Charities and Social Enterprises. Learn about diversifying your income streams, moving away from reliance on grants, differing legal structures and much more.

This workshop will be delivered by Social Enterprise NI who is the representative body for social enterprises and social entrepreneurs across Northern Ireland. Connecting, supporting, developing and sustaining vibrant businesses to create social change. Social Enterprise NI are an independent, member-led organisation and a gateway for social enterprises in Northern Ireland.

Please book your place now so you don't miss out on this fantastic opportunity by contacting Coleen McBrien, Neighbourhood Renewal Coordinator via email coleen.mcbrien@femanaghomagh.com or telephone 0300 303 1777 ext 20314.

Omagh & Sperrins Walking Festival 2019

Saturday 23 and Sunday 24 March

The Omagh & Sperrins walking festival is a 2 day event inviting locals and visitors alike to experience the Sperrins within the Fermanagh & Omagh District Council area.

You can chose a family, moderate or challenging walk to experience the Sperrins in your own way. Places can be booked online using the following link <https://bit.ly/2E2WWyz>

Severe Weather Conditions etc

Fermanagh and Omagh District Council works with the emergency services and other agencies such as DfI Rivers and Roads, NI Water, Western Health and Social Care Trust and the Housing Executive to plan for and help respond effectively to all emergency situations.

Click on the link below for a list of useful telephone numbers and literature or to sign up to receive Met Office weather alerts, check for latest power cuts information etc

www.fermanaghomagh.com/services/community/environmental-health/emergency-planning/

Between North and South

Launch Date: Friday 1 March from 6pm-7.30pm

Exhibition Dates: 1-29 March, Monday-Friday 9am-5pm daily

Venue: Lakeland Community Care (Belcoo Enterprise Centre) (Ground Floor)

Not long after the UK referendum on Brexit, local photographer Ruth Gonsalves Moore returned to Fermanagh taking a job 'over the border', becoming one of an estimated 118,000 frontier workers undertaking daily north to south, south to north commutes.

The nothing-to-be-seen border has started to once again loom large and the car radio jams with worrying talk. However, during these journeys the personal has space to percolate and Ruth begins documenting her journeys 'from the inside and through the screen'. Letting the camera find its own focus, she considers what comes in and out of view in this between north and south place, where the local and the global co-exist or collide and everything (and nothing) is in-flux. Aware that as she presses the shutter her own projections mingle with what is being stirred in the landscape and political surrounds.

In her images she is inviting us to consider: What is coming into view? What are 'the personal journeys' being undertaken?

Images presented in this exhibition are a work-in-progress and have been made over the past 15 months by the artist.

This pop-up exhibition is one of a series of events and activities organised by the Arts Service of Fermanagh and Omagh District Council. This is part of the Council's on-going commitment to arts development and to artists.

Public Consultation on Draft Improvement Objectives

Fermanagh and Omagh District Council is seeking your views on its draft Corporate Improvement Plan 2019/20. This is currently out for consultation with a closing date of **Tuesday 19 March**.

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

The document is available in different formats upon request. You can obtain copies of our Improvement Plan by:

1. Downloading the document from the Council's website at <https://www.fermanaghomagh.com/your-council/consultations/closed-consultations-2/>
2. Telephoning the Council on 0300 303 1777
3. Emailing the Council at ryan.tracey@fermanaghomagh.com

The Council is happy to receive feedback by:

Letter: The Grange, Mountjoy Road, Omagh, Co Tyrone BT79 7BL

Email: ryan.tracey@fermanaghomagh.com

Telephone: 0300 303 1777

Textphone: 028 8225 6216

Or you can complete the questionnaire online

at https://www.surveymonkey.co.uk/r/ImprovementObjectives2019_20

The Great Northern Railway Project

Insight Solutions, working in partnership with Beam Creative Network, have been appointed by Fermanagh & Omagh District Council to deliver an exciting programme focused on the former Great Northern Railway. Known locally as the 'Derry Road', this once important gateway passed through Carrickmore, Beragh, Sixmilecross and Omagh on its way from Portadown to Derry/Londonderry, before closing in 1965.

'The Sugar Train'

Thursday 21 March, 7:30pm @ Strule Arts Centre

A fantastic short drama production telling the story of the last train journey to Bundoran. Directed by renowned local dramatist Bean McCaugherty.

To register your interest and be kept up to date on this and similar future programmes, please contact Fergal O'Donnell (Director, Insight Solutions) by email to fergal@insight-solutions.org or telephone 07713 623 264. Places are limited so please get in touch as soon as possible!

A project supported by the European Union's Peace IV Programme and managed by the Special EU Programmes Body (SEUPB). This Programme is being delivered by Insight Solutions and BEAM Creative Network on behalf of Fermanagh and Omagh District Council.

Blazing a Trail

Friday 8 March, 10am–1pm, Fermanagh House, Enniskillen

Fermanagh and Omagh District Council's Good Relations section in partnership with Rural Community Network and Northern Ireland Rural Women's Network invite you to join them for International Women's Day

A half day conference exploring key influential women in history as well as highlighting what everyday life was like for ordinary women during 1912–1922. Keynote speakers will be joined by local actors and a local poetry reader.

Guest speakers: Dr Alex Tierney, Trinity College, Dublin and Maureen Hetherington, The Junction, Derry~Londonderry

Transport may be available from Omagh to Fermanagh for the event upon request. Lunch will be provided.

Participants are also invited to attend a fringe event at Enniskillen Castle to view the exhibition 'Suffragettes, Scholars, Sisters and Spies, the women of Fermanagh 100 years ago.' This exhibition highlights Fermanagh's forgotten and famous daughters from the early 20th century.

To register please contact Pauline Clarke, Fermanagh and Omagh District Council on 0300 303 1777 or email pauline.clarke@fermanaghomagh.com

Inclusion Calendar – 2019

A 2019 Inclusion Calendar is available to download from Fermanagh and Omagh District Council's website. <https://www.fermanaghomagh.com/services/community/good-relations-2/>

The calendar provides information on the dates of the main religious and secular days of significance and the various awareness months throughout the year and can be used as a tool when planning events.

The production of the calendar has been part funded by the Council's Good Relations Programme.

Enniskillen Electricity Network Upgrade

Northern Ireland Electricity Networks (NIE Networks) is the owner of the electricity transmission and distribution networks in Northern Ireland, transporting electricity to over 860,000 customers including homes and businesses.

NIE Networks will be undertaking a £1 million programme of upgrade works to their infrastructure and systems in Enniskillen ahead of the Council starting the Enniskillen Public Realm Scheme later this year.

The work, which will replace the existing low voltage cable network within the Public Realm Scheme area, will start on Anne Street and work towards Forthill Road. Approximately 7km of mains cable will be laid with most of the underground cables located in the public footway and, where required, existing older services to individual premises will be replaced.

Gary Morton, Project Manager for NIE Networks, said:

“Our upcoming work in Enniskillen is a very important project in our plans to upgrade the electricity infrastructure throughout Northern Ireland. Reliability issues can occur with older electricity cables and parts of the network in the area are approximately 80 years old. Our £1 million investment will modernise the network and ensure we are delivering the highest level of service to our customers in Enniskillen.

“Our work will be carried out in six phases with work completed at each phase before moving to the next to help minimise disruption to businesses, traffic flow and members of the public.”

Further information about NIE Networks and the Enniskillen project can be found at

www.nienetworks.co.uk

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.

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 Kellie Beacom, Community Services, Fermanagh and Omagh District Council, on 0300 303 1777 or email kellie.beacom@fermanaghomagh.com

Community News

Pathfinder

Have your Say: Your Voice can influence the future of Health and Social Care in Fermanagh and West Tyrone

The Western Trust are asking the public to join them on an engagement journey as they strive to create better, sustainable and affordable Health and Social Care services across Fermanagh and West Tyrone. The full programme, which will see events coming to most areas in the region, can be found at www.westeritrust.hscni.net/pathfinder

If your Group would like to arrange an Engagement Session as part of the complete Pathfinder Engagement Programme then please contact Chris Curran, Communications Manager, by email to pathfinder@westeritrust.hscni.net

Fermanagh Community Transport Ltd

Important Passenger Notice - Changes to Services

The 5 Bus Service has now ended

It is with much regret that Fermanagh Community Transport Ltd has taken the decision to end The 5 Bus Service. Our members are advised to make alternative arrangements for afterschool travel. This decision has been driven by the increasing pressures on our service in terms of reduced funding from Government, and in order to ensure that we meet EU Drivers Working Hours Regulations, Fermanagh Community Transport Ltd will be reducing its Dial a Lift operating times.

Change to Dial a Lift Daily Operating Times

Due to increasing pressures on our service in terms of reduced funding from Government, and in order to ensure that we meet EU Drivers Working Hours Regulations, Fermanagh Community Transport Ltd has reduced its Dial a Lift operating times. Pick-up of members will commence from 8am at the earliest on any morning, and the latest drop-off will be 5.15pm. FCT Ltd will not be in a position to offer pick-up or drop-off to members outside of these hours Monday through to Friday.

Minimum 3 Days Advance Booking for Dial a Lift Service

In order to improve scheduling and enable more members to travel, Fermanagh Community Transport Ltd have implemented a new 3 day advance booking policy. All bookings must now be made at least three days prior to the requested journey.

Northern Ireland Blood Transfusion Service

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

Omagh Ethnic Communities Support Group

Improvers Level 2 ESOL Course (free of charge)

For those who have basic level English and wish to improve their language skills. Telephone 028 8224 9750 to register.

South West Age Partnership

Circus Skills Workshop for Older People 60+

The experienced tutors from Streetwise Community CIC will teach the group a range of activities from juggling skills with scarves, balls and hats, plate spinning techniques and loads more tricks and skills! Social Circus has so many benefits for the wellbeing of older people, it can improve physical health, social health, emotional health and cognitive function. Most importantly it is fun.

Taking place fortnightly on Fridays:

Bawnacre Leisure Centre, Irvinestown 10.30-12.30

Castle Park Leisure Centre, Lisnaskea 10.30-12.30

St Patrick's Hall, Fintona 2.00pm-3.30pm

For more information and to book a place contact Allison Forbes, South West Age Partnership on 028 8225 1824 Email aforbes@southwestagepartnership.co.uk

Free Hearing Aid Support Sessions

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. The details are below:

Fermanagh House, Enniskillen

First Thursday of the month 10am-11.30am, 7 March, 4 April, 2 May, 6 June

Rathmore Clinic, Belleek,

Fourth Monday of the month 11am-12.00pm, 25 March, *15 April, *20 May, 24 June

Newtownstewart Centre 2000

Second Monday of the month 10.30am-12.00pm, 11 March, 8 April, 13 May, 10 June

Rouskey Community Centre

Second Tuesday of the month 10am-11am, 12 March, 9 April, 14 May, 11 June

Derg Valley Healthy Living Centre, Castlederg

Third Tuesday of the month 10.30am-12.00pm, 19 March, 16 April, 21 May, 18 June

Community House, Omagh

Third or fourth Wednesday of the month 11am-12.30pm, 20 March, 17 April, 22 May, 19 June

For enquiries please contact Mary Cruickshank (Hearing Aid Liaison Officer)

Mobile: 07918 767640 Email: Mary.Cruickshank@hearingloss.org.uk

Fermanagh Genealogy

Meet upstairs in Enniskillen Library, 1.30-3.30pm.

Everyone is welcome – Visitors £5.

Further information available on www.fermanaghgenealogy.org

Email fgc2012@hotmail.com

Saturday 2 March – Fermanagh Open Event (1-4pm)

Are you looking for a new hobby? Would you like to know how to start a family tree?

Pop in to chat to some of our members and find out if we can help you.

You can become a member of our group and hear about the benefits of volunteering with us.

Saturday 9 March – Research Talk - Using DNA Websites to trace your family

Speaker – Martin McDowell 2-3pm

Common Ground NI

Therapeutic groups for anxiety and depression

Walking ... Talking Making

A Nature Based Therapy Group for Anxiety and Depression

Facilitators:

Robbie Breadon PhD – Psychotherapist, Fionnuala O’Neill – Artist and Art Therapist Trainee.

The Walking-Talking-Making programme is designed to use each participant’s creativity levels and joy of the outdoors to help improve mental health and general wellbeing. Taking time to talk within the group or individually with the facilitators will enhance the therapeutic benefits of being outdoors and creating art. A range of mindfulness techniques will also be included. The Spring 2019 programme is being offered to people with anxiety and depression. The group will meet every week for 10 weeks and will be led by a Psychotherapist and an Art Therapist Trainee.

There is an extension to the programme, two participants will have the opportunity to experience a series of 1-1 sessions with Fionnuala in her role as the Art Therapist Trainee.

This group will run on Thursday mornings starting on Thursday 7 March, 10am - 1pm.

For a full description of the programme see [Walking - Talking - Making - Group for Anxiety and Depression](#). If you would like to make a referral or self refer to this service see the [Referrals Page](#).

Horticulture Therapy for Anxiety and Depression

Robbie Breadon PhD – Psychotherapist

Anja Rosler - Community Gardener and Conservation Consultant

The Common Ground Horticulture Therapy programme is designed to use the activity of growing plants to help improve mental health and general wellbeing. Taking time to talk within the group or individually with the facilitators will enhance the therapeutic benefits of gardening. A range of mindfulness techniques will also be included. The Spring 2019 programme is being offered to people with anxiety and depression. The group will meet every week for 12 weeks and will be led by a psychotherapist and a community gardener. There is extensive published evidence to support the efficacy of Horticulture Therapy in helping to improve mental health. Previous participants at Common Ground have said that they love coming out to the farm and have reported lots of benefits over 12 weeks.

Common Ground has been running these groups since the spring of 2016. The groups are kept small so participants will have a lot of individual support. Activities are coordinated with the individuals’ care team and/or family input.

The 2019 spring group is focused starts on Tuesday 5 March, 10am-1pm. It will be a 12 week program. More information is available via [Horticulture Therapy for Anxiety and Depression](#).

You can access the service using the referral link - [Referral /Self Referral to Common Ground](#)

Women Along the Border

‘Body and Mind’ Event

As part of its cross border project, North Leitrim Women's Centre is holding a 'Body and Mind' event in Cashel Community Centre **on Friday 15 March** at 7.30pm. This will include a talk on women and nutrition, and an introduction to Mindfulness. This event is to celebrate International Women's Day and is free of charge. Refreshments will be served.

Cross Border Story Quilt

Great progress is being made on the cross border story quilt depicting the border areas of Fermanagh and Leitrim, and women are invited to join in. If you can stitch, knit, crochet, print, cross-stitch, want to learn how (or even just cut material) or come along for the chat - you are very welcome.

Contact Isobel on 00 353 71 985 6220 or email womenalongtheborder@gmail.com for details of dates and venues.

Fermanagh Gardening Society

Tuesday 19 March, 8pm Enniskillen Library.

Everyone welcome. Non members £3.

Two workshops:

1) Care and maintenance in your garden. This will cover propagating, seed sowing, plant division, pruning. This will be delivered by Barbara Carleton, head gardener at Aughentaine Estate.

2) Preparing for the "Show". This will include preparation, staging exhibits, hints and tips from an expert, no other than Dave Hardy from Esker Farm Daffodils.

Saturday 6 April

Annual Daffodil and Spring Show, Cathedral Hall, Enniskillen.

Entries to be staged for 11.30am sharp.

Show opens to public at 1.30pm precisely, with a monster plant sale.

Schedules available and can be emailed if requested to fermanaghgarden@outlook.com

or find us on Facebook @fermanagh garden

Public Health Agency

Delivering Together & HSC Transformation Programme

Expansion of Community Development Approaches Symposium

Wednesday 20 March, 10am-12.30pm in Craigavon Civic Centre BT64 1AL

- Bi-annual conference for all Community Development stakeholders
- Update on Community Development Framework
- Engagement on Next Steps

Numbers are limited so early registration is advised. Please email Frances.Dowds@hscni.net indicating any dietary or support needs.

Lisnaskea Historical Society

Monday 25 March, Castle Park Centre, Lisnaskea 8pm

Johnny Dooher from the Federation for Ulster Local Studies and the Ulster Local History Society will be speaking on 'Coping at local level with war and upheaval - West Ulster 1910-1920.'

Everyone is welcome. Entry is £4 with refreshments after this PowerPoint presentation.

European Heritage Open Days 14 & 15 September 2019 – Invitation to Register

Once again, the European Heritage Open Days (EHOD) weekend in September – when hundreds of buildings open their doors for free – is back with the aim of enthusing the public about our built environment and shared heritage.

Visitors thoroughly enjoy getting inside buildings that are usually closed, and appreciate the intimate knowledge that only you can pass on about your building or event.

This year's EHOD sub-theme is: "Arts and Entertainment".

We would be delighted if you could participate in EHOD 2019 and ask you to Register Online, by visiting <https://www.surveymonkey.co.uk/r/EHOD2019>

The closing date for Registration is **Friday 12 April**

If you are looking for ideas to attract more visitors, or if you need extra help on the day, please contact Amanda Milligan whose role is to support owners, participants and custodians from the registration process right through to the event itself, and to offer help and advice on any aspect of EHOD you may need.

Contact EHOD@communities-ni.gov.uk Telephone 028 9082 3207

Travellers Additional Support Advice 4 Health Project

This new service provides advice, information and advocacy for Travellers in Fermanagh. The project will provide support with social security benefits, housing, debt & budgeting, employment, cross border issues and all other social welfare matters.

Contact Community Advice Fermanagh to book an appointment on 028 6632 4334

Statutory, Community and Voluntary groups can refer directly by completing a referral form which can be obtained from the following:

Hannah Magee, Traveller Health Support Worker, South West Acute Hospital

hannah.magee@westerntrust.hscni.net Tel: 028 6638 2000 ext. 254471

Siobhan: speoples@communityadvicefermanagh.com

Marie: marie.mclaughlin@westerntrust.hscni.net

Free Trees from the Woodland Trust

We want to make sure that everybody in the UK has the chance to plant a tree. So we're giving away hundreds of thousands of trees to schools and communities.

We have two delivery periods per year, one in March and the other in November. We are currently taking applications for trees to be delivered in November 2019.

For more help and advice, [Tree Tools for Schools](#) has everything you need to plan, plant and care for your tree pack, whether you are a school or community group.

Full details available via <https://www.woodlandtrust.org.uk/plant-trees/free-trees/>

Alzheimer's Society - United Against Dementia

Will you join the thousands of volunteers already taking on dementia?

Join us as a Fundraising Representative

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

The Fundraising Representative role will provide support to the Community Fundraiser for **Enniskillen** attending cheque presentations, giving talks about the work of Alzheimer's Society and attending events as a representative of Alzheimer's Society. This is an ideal role for someone who has excellent communication skills and is confident in giving talks, is approachable and is willing to learn about dementia and Alzheimer's Society.

Interested?

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

Sexual Health Services

Young people's sexual health clinic

South West College Enniskillen Campus, Wednesday afternoons 12.30-3.30pm Room M109.

You don't have to be a student to attend the service. This service helps students to make healthier choices and provides a confidential listening ear if students need someone to talk to about sexual health issues. If you would like more information about the clinic contact College Student Services or ask at reception or contact Ann Linstrom Health Improvement Officer WHSCT

Ann.linstrom@westerntrust.hscni.net

Tara Centre, 11 Holmview Terrace, Omagh BT79 0AH

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

Pathways from a Troubled Past

Dr Éamon Phoenix returns to Tara to continue the Wednesday evening series of interactive seminars on the historical context in which we live our lives on this part of the island of Ireland. The aim of the workshops is to promote a reconciled society through an informed understanding of our shared history. We are developing this series and the theme continues to ask the central question - Can we shape a better and more reconciled society from our difficult past?

Dates: Wednesdays 6, 13 March

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 9 and Sunday 10 March

Times: 10.00am – 4.00pm each day (Registration 9.30am – 10am)

Emotional Freedom Techniques (EFT) - *An Empowering Tool for Emotional Freedom*

Bridin McKenna

Dates: Saturday 30 March

Times: 10.00am - 4.00pm (Registration 9.30am-10am)

Yoga for Beginners & Intermediates

Heather Kemp

Beginners – Wednesdays to 27 March (10.30am - 12pm); Thursdays to 28 March (7pm - 8.30pm)

Intermediates – Wednesdays to 27 March (12 - 1.30pm); Thursdays to 28 March (8.30 – 10pm)

Soul of Healing Seminars

Maura Twohig and Mary Daly

Dates: Saturdays 2 March and 6 April

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

Meditating Together

Self-Facilitated Group

Dates: Tuesdays 10.30am - 12.00pm

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

PATHS - an inter-denominational voluntary group formed to support families and individuals bereaved by suicide. Meetings are normally held on the first Tuesday of each month 8-9.30pm. For further information, contact Jimmy on 07879 414385.

Omagh Men's Support Group

Meetings are normally held on Monday nights, 7.30 -9.30pm.

For further information, contact Gerry on 07799 472968

Project St Patrick

We would like to remind all groups that there is support available for those wishing to take part in the 2019 parade in Enniskillen, embracing the theme of 'Go Green In 19'.

Growing participation and subsequent media coverage has meant that there has been no better time to showcase your project and to showcase your environmental credentials to the community.

Visit us on facebook for more info or email info@projectstpatrick.com

Aisling Centre, 37 Darling Street, Enniskillen, BT74 7DP
Tel 028 6632 5811 Email info@theaislingcentre.com www.theaislingcentre.com

Mindfulness Meditation 8 Week Course

Full day workshop Saturday 6 April 10.30am – 3.00pm

Registration is essential. Please contact the Aisling Centre for registration forms

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: oe CSG2@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

Recovery College – Spring Courses commence on 6 March. For details and enrolment form email recoverycollegewest@westerntrust.hscni.net or phone 028 7127 6452/028 7127 6453. Further information at <http://www.westerntrust.hscni.net/about/3830.htm>

Free Workshop ‘Bringing the Agreement Home’ – Friday 1 March 11am-1pm.

This is being run by The Centre for Cross Border Studies and offers an accessible review of the 1998 Belfast/Good Friday Agreement and subsequent related agreements.

To register please contact tricia.kelly@qub.ac.uk. For further information please contact Anthony Soares, Deputy Director of the Centre for Cross Border Studies at a.soares@qub.ac.uk

FODC & T:BUC are running a public consultation event to seek the views of our ethnic communities in Fermanagh House on Monday 11 March, 7-9pm. You will have the opportunity to discuss community activities you'd like to be involved in; meet other people who share your interests; find out how we can help with your project. Light refreshments will be provided. Email rumena.kostadinova-mccabe@fermanaghmagh.com for further information/to register

Is transport a big issue for you?

Imtac, a committee of disabled and older people, is organising a meeting on Friday 22 March to discuss transport and travel with disabled people and older people from 11.30am-1.30pm. Lunch will be provided. The meetings are the chance to tell Imtac about problems you have accessing transport. We will use what you tell us in the advice we give Government. It is also a chance to learn more about what Imtac does and how you can get more involved in our work.

Free Jack McKinney Workshops

Wednesday 6 March - **Volunteers and engaging “new” people including young people** - Learn effective techniques for involving community volunteers as part of your group's work. Get tips on good practice including how to engage young people and polish up on existing policies and procedures.

Wednesday 13 March - **Keeping the costs down – getting greater value for money** - Effective Cost Management is critical to the success of any organisation. It is particularly important for community and voluntary organisations because there is an ever increasing need to be sustainable. This workshop will give guidance on cost management for community organisations in particular.

Wednesday 20 March – **Challenges and Opportunities for Community and Voluntary Groups in Enniskillen** - This workshop will provide representatives from community organisations across Enniskillen to come together and explore the challenges they are facing now and in the future. Building on this there will be an opportunity to discuss practical opportunities for future collaboration and support.

To reserve a place on any of the training workshops which run from 7.30-9.30pm please contact Hazel at the Fermanagh Trust hazel@fermanaghtrust.org Tel 028 6632 0210

‘The Work of Byron Katie’ - weekend workshop 2 and 3 March 10am-5pm entitled ‘Getting Unstuck’. This is suitable for anyone new to, familiar with or experienced in ‘The Work’. Join them to identify and question the limiting beliefs that keep us stuck, lower our confidence, create conflict with others and leave us feeling at odds with the world. Using a simple yet radical process, we can set ourselves free and find peace in all aspects of life.

For further details and booking contact Noelle McAlinden at artangel61@gmail.com or go to www.theworkireland.ie

‘Zest for Life’ Cancer Focus six week course Tuesdays 5 March - 9 April 10.30am-1pm.

This is a free programme designed for people on a survival and recovery period in their cancer journey. The course aims to help identify positive lifestyle changes that will help improve physical and mental well-being. Please contact Helen Murphy, Cancer Focus NI Counsellor
T: 028 9066 3281 E: care@cancerfocusni.org

Michelle's Baby Massage, Reflexology and Yoga Wednesday 13 March 10am – 12.30pm for a 5 week course. Please contact Michelle on 07870 366080. www.zenyogani.com

Volunteer Now are running a 3 hour basic '**Keeping Children Safe**' awareness course on Thursday 7 March, 10am-1pm for those working with children and young people. The training is delivered by accredited trainers with experience of safeguarding issues. Participants receive a certificate on completion of the full course. If courses are fully booked your details will be placed on a waiting list for future courses. To book go to https://www.volunteernow.co.uk/course/keeping-children-safe-an-introduction/cid_0/

St John's Ambulance 2 day First Aid Course 9 and 12 April, 9am-4pm. For further details and booking go to <http://www.sja.org.uk/sja/training-courses/first-aid-courses/search-for-training-courses.aspx>

Adele Paton Mother & Baby Group 1st Monday of each month from 10am-12noon.
For further information please contact Adele on 07816 758780

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
The **U3A General meeting** is held on the 2nd Monday of the month
The **U3A Poetry group** is held on the 1st & 3rd Monday of the month 2–3.30pm

Family Mediation – assist families experiencing the trauma of separation. Appointments available 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

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

Headway – The Northern Ireland Brain Injury Association - support group each Wednesday from 10.30am–12.30pm. Further information at <https://www.headway.org.uk> or email Joanne Aiken on joanne.aiken@headway.org.uk.

Addiction NI – A community addiction service providing treatment and support for people who are dependent on alcohol or drugs. Also give confidential support for people affected by someone else's drinking or drug use. Tel 028 9066 4434 or email enquiries@addictionni.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 3rd Wednesday of the month from 11am-1pm.
For further information contact Doris Cutler on 028 6634 1404

The Downs Syndrome Support group meet 1st Wednesday of the month from 8-10pm.
For further details contact Catherine Dunne on 028 6638 8409.

Fermanagh Film Club will be showing 'Shoplifters' Wednesday 13 March; '1945' on Wednesday 27 March and 'Wildlife' on 10 April.
For further information please go to www.fermanaghfilmclub.com/programme/

Fermanagh Board Game Group meet alternate Wednesday evenings.
Contact Chris Fawcett at paddyfawcett@hotmail.com

Good Relations work with WRDA

The Women's Resource & Development Agency does Good Relations work with a focus on women and promoting women's voices. It hopes to begin a Good Relations programme in the Spring that would involve working with groups regularly across the space of a year and bringing them to interact with other groups to produce a toolkit women can use to bring about change in their communities.

Elaine Crory, WRDA Good Relations Officer, is interested in making preliminary contact with some women's groups, especially hard-to-reach demographics, rural women, and those West of the Bann where there is limited reach. Please contact her on 028 9023 0212 or email elaine.croly@wrda.net if interested. www.wrda.net

Sure Start

Home Safety Information Morning - Thursday 7 March, 10am to 11.30am, Silverbirch Hotel

Find out how to keep you, your child/ren and home safe. Various information stands. Refreshments available on arrival. All members of the community welcome – you don't have to be registered with Sure Start to avail of this. Please phone office to book your crèche place and transport for families registered with Sure Start Tel 028 8225 2936

Celebrating New Mums & Dads and New Mums & Dads to be Wednesday 20 March, 10am to 12 noon, Silverbirch Hotel

Introducing parents/grandparents to all Sure Start staff/services. Various information stands. Pampering sessions available. Refreshments on arrival and lunch. Parents able to register with Sure Start. Crèche and transport available for families in the Sure Start area.
Tel office on 028 8225 2936

Training Opportunities

South West Rural Community Development Service Training/Learning Opportunities

Specifically designed for voluntary and community sector organisations, it will benefit trustees, management committees, staff and volunteers. The training is informal and participants will learn new things that they can be put into effect in their own groups

Social Media for Community Groups

Tuesday 5 March - Owenkillew Community Centre, Gortin 7-9pm

Don't know where to start about developing a Facebook page or Twitter account for your group? Unsure as to what the potential Social Media has for your organisation? This training will help you find out more about how to use this to help promote your group's work and activities and to reach new audiences. Particular focus on using Facebook and Twitter

Scam Awareness

Tuesday 12 March - Omagh Community House 7-9pm

Many people are being caught in scams. Citizens Advice research shows that almost three-quarters of people surveyed have been targeted by scammers over a two year period (2015-2017). This workshop will give a brief introduction to scams and how to spot them, be they by telephone, email or letter. A practical session with an opportunity for questions, we hope this session helps you avoid being a victim of fraud.

Basic Finance

Tuesday 2 April - Eskra Community Centre 7-9.30pm

A practical workshop for treasurers or personnel of small community groups to help them establish appropriate financial systems to keep their organisation safe. The focus of this workshop is basic record keeping and financial management including setting up and maintaining the books (income & expenditure ledger, petty cash), cash handling, understanding charity funds (restricted and unrestricted) and accounts and the role of the treasurer.

To secure your place and for catering requirements please contact Claudine on 028 8225 1559 or email info@omaghforum.org **Transport can be arranged.**

Governance & Funding Support Workshops

Omagh Forum for Rural Associations in conjunction with South West Rural Development Service are inviting attendance at "One to One" workshops being held in **various locations** across the Fermanagh & Omagh District Council area during March 2019.

Issues to be discussed:

- Governance issues
- Development planning
- Application form filling
- Funding opportunities
- Any issue relevant to your group!!!

Spaces are limited so early registration is advised.

Please contact Tiernach Mahon, Rural Development Officer
on 028 8225 1559 Mobile 07968 741745 for further information.

Health Improvement Training

Courses run by Health Improvement, Equality & Involvement Department of the Western Trust:

Traveller Cultural Awareness Training

Tuesday 5 March – The Migrant Centre, L'Derry 10am – 1pm

Tuesday 12 March – Action Mental Health New Horizons, Enniskillen 10am – 1pm.

Aim of Course: To increase understanding of Traveller culture and enable participants to gain greater knowledge of the issues which affect the health and wellbeing of travellers.

Contact Marie McLaughlin, Travellers Development Officer on 07584 207237

marie.mclaughlin@westerntrust.hscni.net

Solihull Understanding Trauma Seminar

Tuesday 12 March – Limavady Health Centre, 9.30am - 4.30pm

Aim of Course: To develop an awareness of trauma, the effects that it has on children and young people and strategies you can use to support them

Ordinary Magic – Resilience Training for Practitioners (post- primary)

Tuesday 26 March – South West College, Omagh 10am - 4pm

Do you work with children and young people aged from 11 years? Would you like to be able to help them to be more resilient? Young people who are resilient are better equipped to resist adversity and recover better from traumatic events and this course, facilitated by Young Minds www.youngminds.org.uk, will help you promote resilience in your work with children aged from 11+

Digital Safeguarding Awareness

Thursday 28 March – venue to be confirmed 9.30am – 4.30pm

Aim of Course: The training will focus on the benefits and harms facing children and young people in the online world and will provide resources to support practitioners in their safeguarding work with children. The training will also provide resources for staff who intend to deliver their own bespoke training within their respective organisations.

For further information on the above courses and to book tel 028 7186 5127

health.improvement@westerntrust.hscni.net

Law Centre NI

Universal Credit Information & Awareness Training (Free) (half day)

The introduction of Universal Credit (UC) represents a fundamental change to the benefits system and has brought many changes and challenges for claimants and advisers alike. With the ongoing rollout in NI being followed by the migration of clients from legacy benefits to Universal Credit advisers need to be capable of guiding clients through the benefits maze and its impact on the 'legacy benefits' system.

The course will cover:

- Aims and principles of universal credit
- Who can claim;
- How UC is calculated and paid;
- conditionality & possible sanctions associated with UC

This course is suitable for individuals and organisations working with people impacted by Welfare Reform and who need to know the basics of Universal Credit.

If you would like to facilitate a training session for your organisation please contact

Louise Togneri, Training Manager on 028 9024 4401 or email louise.togneri@lawcentreni.org

NICVA

Training sessions on being a committee member

For full details visit: http://www.nicva.org/article/charity-trustee-training-series?utm_source=eNews+weekly+bulletin&utm_campaign=9afc2797a3-EMAIL_CAMPAIGN_2019_01_25_02_05&utm_medium=email&utm_term=0_3f6979e667-9afc2797a3-323238133

Basic finance training for treasurers and personnel of small charities.

Tuesday 2 April, Eskra Community Centre

Please see here for more detail www.nicva.org/article/basic-finance-training-for-small-charities

Funding Opportunities

The Big Lottery Fund

now The National Lottery Community Fund

www.tnlcommunityfund.org.uk/funding/programmes/awards-for-all-northern-ireland

Got a funding idea?

Come and chat about your project ideas with Helen Hill from our funding team.

Fermanagh House, Enniskillen:

Fridays 8 March, 12 April, 10 May, 14 June, 5 July, 9 August

Omagh Community House:

Fridays 15 March, 26 April, 17 May, 21 June, 19 July, 16 August

Please contact Helen to arrange a 30 minute appointment.

Email helen.hill@tnlcommunityfund.org.uk Telephone 028 9055 1436

Changes to Heritage Lottery Fund

For further information on the new, five-year Strategic Funding Framework that sets out how we will distribute National Lottery good causes money for heritage visit www.heritagefund.org.uk

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>

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