

Fermanagh & Omagh District Council Community Support News – October 2020

The Community Support Newsletter is published monthly. 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 ext 21217 / email alison.gilmore@fermanaghomagh.com

The deadline for the next Newsletter is Wednesday 21 October

COVID-19 (Coronavirus) Information, advice & Council services

<https://www.fermanaghomagh.com/covid-19-coronavirus-information-advice-council-services/>

Council News & Events

Positive Ageing Month October 2020

The Western Health & Social Care Trust in partnership with Fermanagh & Omagh District Council, Public Health Agency, South West Age Partnership and Community & Voluntary groups are working together to promote Positive Ageing Month throughout the west in October 2020.

Positive Ageing Month is a month-long campaign of events and activities for older people that recognises and celebrates the contribution older people make to their communities and the wider society.

This year, in light of Covid-19, a mixture of activities is being planned that enable older people to connect both virtually through online events, and physically where this is permissible within the Covid-19 guidelines.

A comprehensive programme of events has been developed that encourages older people to take the five steps to well-being; Be Active, Give, Connect, Keep Learning and Take Notice. These 5 steps built into our daily lives can help maintain and improve our health and emotional wellbeing. For a full list of activities on offer throughout the month, download our brochure at:

www.fermanaghomagh.com/services/community/positive-ageing-month/

Also on offer during Positive Ageing Month is 'Keeping Well at Home'; a booklet with some ideas and suggestions to keep safe and well. It is designed for people who are less confident on the internet or perhaps don't have access to it with a useful list of contacts and phone numbers at the back. Download this brochure at:

www.fermanaghomagh.com/services/community/positive-ageing-month/

Finally, to compliment the 'Keeping Well at Home' booklet, Age NI have teamed up with Lady Mary Peters to launch an exercise programme called, 'Move with Mary' which is aimed specifically at keeping older people moving whilst at home. 'Move with Mary' consists of five exercise videos which cater for every level of capability, ranging from simple seated stretches, to balance, strength and gentle aerobic exercises. The videos have been developed in partnership to support the work of the Northern Ireland Frailty Network, Age Friendly Network NI, care homes and Age Sector Networks delivering locally for the benefit of older people. Discover the videos at the following link: <https://www.youtube.com/user/agenity>

Training Opportunities for Community and Voluntary Sector Groups

Fermanagh & Omagh District Council's Community Services has places available for the following free online courses for community and voluntary sector representatives based in the Fermanagh and Omagh District:

Fundraising Options for Groups in the time of COVID-19

Thursday 22 October, 7pm-8.15pm, online

Delivered by NICVA, this session aims to explore practical fundraising options and alternative income sources during this challenging time.

'Blunders with Funders'

Thursday 18 November, 7pm-8pm, online

A practical guide to completing funding applications.

Numbers are limited to 2 per group however further places may be available on request.

Booking essential. To book online: <https://form.jotform.com/202642794367059> or contact Kellie Beacom on 0300 303 1777 ext 21201, Mobile: 07761 029732 or email kellie.beacom@fermanaghomagh.com

PLACE-EE Project

The following courses are being offered online via Zoom and are open to all:

Getting back to your roots! Monday 5 October, 7.30pm - 9.00pm

Ever thought about tracing your ancestry or compiling your own family tree? As part of the PLACE-EE Project, Local Genealogist, Historian and Tour Guide Vincent Brogan, in this one-off Zoom session, will introduce you to basic Genealogy techniques, helping you to get started on that journey of discovery.

Zoom Meeting ID: 967 4763 0208 Passcode: 707238

Tuesday night is Story night. Tuesdays 6, 13, 20 and 27 October, 7.30pm - 9.00pm

The PLACE-EE Project invites you to join renowned Storyteller Liz Weir MBE via Zoom each Tuesday night in October. Grab a coffee, put your feet up and be entertained by stories steeped in myth and legend, some based on a little bit of truth and others born from a whole lot of imagination.

Zoom Meeting ID: 974 3684 8580 Passcode: 560635

How does your Garden Grow? Monday 12 October, 7.30pm - 9.00pm

As part of the PLACE-EE Project, Professional Horticulturist Scott Fallis will answer all your garden woes and quandaries in this live Zoom Gardening Question and Answer session. Got a rose bush underperforming, a knotweed moving in or just want to know what to feed, and when, then please forward your questions to joanne.cunningham@fermanaghomagh.com before Sunday 4 October for inclusion in this packed 1.5 hour gardening blitz.

Zoom Meeting ID: 945 0382 8665 Passcode: 738210

Local History Lectures. Thursday 8, 15, 22 and 29 October, 7.30pm - 8.30pm

Join two of Fermanagh and Omagh's best known Historians, Vincent Brogan and Frank McHugh, as they share their wealth of local history in these 4 x one hour lectures.

Zoom Meeting ID: 922 8306 5404 Passcode: 280602

For further information on any of the above please email

joanne.cunningham@fermanaghomagh.com or telephone Joanne on 0300 303 1777.

Key Dates for your Diary

Oct 2020	Positive Ageing Month (see front page article)
2 Oct	Rural Micro Capital Grants Scheme 2020 closes at 12 noon.
30 Oct	Consultation Closes – Draft Climate Change and Sustainable Development Strategy
Nov 2020	
20 Nov	RECOVER Fund Application closes 5pm
20 Nov	Grant Aid for Older Persons Groups closes 5pm

Good Relations Programme

As part of Fermanagh & Omagh District Council's Good Relations Programme, the "From Around the World" Exhibition celebrates cultural diversity within the Council area. We are delighted that Enniskillen Castle is now open for visitors and you can enjoy this multi-cultural exhibition of photographs, personal stories and artefacts, highlighting the many similarities between different cultures.

Our "Little Culture Explorers" Good Relations Programme is another great educational programme designed to complement and enhance the provision of multi-cultural education for young children. This programme provides voluntary, community and statutory pre-school childcare providers with the opportunity to avail of a multi-cultural play resources box for a period of time free of charge. The box is designed to help children experience other cultures and languages in a fun way through a variety of bi-lingual stories, music from around the world, wooden jigsaws and play figures. To book a resources box, please contact Good Relations by phone on 0300 303 1777 or by email goodrelations@fermanaghomagh.com

You can also experience culture through dancing. Grab your dancing shoes and celebrate cultural diversity with our "From Around the World" dance programme of nine on-line dance tutorials. You can try a wide variety of ethnic dances from Bulgaria, China, Latvia, Malaysia, India, Ireland, Japan, Poland and Scotland. Enjoy this programme through the following link:

<https://www.fermanaghomagh.com/services/community/good-relations-2/from-around-the-world-summer-dance-programme/> or on our Fermanagh & Omagh District Council YouTube channel.

Grant Aid Support The "Recover" Fund Programme 2020/21

Applications are invited from voluntary clubs, societies, community and sporting organisations. Groups must be based in the Fermanagh and Omagh District Council area. Projects and activities must take place before 31 March 2021.

The funding call opened on a rolling basis and the remaining closing date for receipt of applications is **Friday 20 November** at 5pm. Funding is subject to availability

For further information or to apply online, please visit the Council website at

<https://www.fermanaghomagh.com/services/funding-and-grants/>

Council Officers are available by telephone or email to provide guidance and support to groups who wish to apply to this fund. Please contact Community Services on 0300 303 1777, Text phone 028 8225 6216. Please see Guidance Notes for email contact details.

Grant Aid - for Older Persons Groups

South West Age Partnership (SWAP) is responsible for the delivery of Council Grant Aid for older persons groups. Older Peoples Groups must apply directly to the South West Age Partnership (SWAP) for this funding.

For further information or to apply for Grant Aid please contact Allison Forbes Tel: 028 8225 1824 or email: aforbes@southwestagepartnership.co.uk

West End Community Centre (Enniskillen)

Are you bursting with fresh ideas for community activities and events? Do you want to further develop your volunteering experience and organisational skills? You can help to influence and organise Community activities at the West End Community Centre and make a positive and lasting impact on your local community.

For more details contact Julie on 07527 609884 or email julie.armstrong@fermanaghomagh.com

ASPIRE - Free Employability Support

Has the Covid-19 crisis affected your employment? Immediate support to find employment is available through the ASPIRE Programme. Contact us today for help to secure work.

Immediate support includes:

- One-to-one job search
- CV development
- Assistance to complete job application forms
- Preparation and practice for interviews
- Reskilling opportunities - qualifications, skills training, work placements, mentoring, health and wellbeing support.

For more information contact ASPIRE now at aspire@fermanaghomagh.com

Tel: Enniskillen 028 6632 6478 and Omagh 028 8224 6535, Mob: 07799 471448

or visit ASPIRE on Facebook <https://www.facebook.com/AspireEmployabilityProgramme/>

“Litter Champion” Volunteer Scheme

Fermanagh and Omagh District Council recently launched the “Litter Champion” scheme - a new initiative which will allow individuals to register as Council Volunteers to help keep local public places cleaner and more vibrant.

Fermanagh and Omagh District Council is committed to a cleaner, greener, and more vibrant District. The Council currently undertakes a programme of cleansing to deal with litter, dumping, and fly tipping across the District each year. In the current year, it is estimated that the cost of this programme will be around £1.9 million.

While our cleansing teams do a fantastic job in keeping the District tidy, the Council greatly appreciates when individuals and communities offer their support to help maintain and improve our District through volunteering.

By supporting local litter collecting events, residents of the district can play a positive role in improving and protecting the environment by formally registering either in small family/friend groups or as part of larger community/sporting organisations.

Fermanagh and Omagh District Council will provide registered volunteers with the necessary equipment and advice on litter picking and will collect bagged rubbish left in designated areas once the litter pick is finished.

By registering you are also supporting the Council by gathering valuable data on the amount/type of rubbish and problem areas, as well as helping us to promote cleaner communities.

For more information on the “Litter Champion” scheme, please visit the Council website at

www.fermanaghomagh.com, contact the Council by telephone on 0300 303 1777

or email litter.champion@fermanaghomagh.com

Public Consultation

Fermanagh and Omagh District Council is currently seeking your views on our Draft Climate Change and Sustainable Development Strategy 2020-2030.

Recognising that we are facing climate breakdown and a biodiversity crisis which are impacting here and now, and will affect all aspects of our lives in coming years, Fermanagh and Omagh District Council has resolved to formally declare a Climate Emergency.

The Strategy sets out the practical steps we can take over the coming years to minimise climate change impacts on our day to day lives, and suggests ways in which we can try to counter the severity of this Climate Emergency. It also sets out how we will work towards the achievement of the United Nations' 17 Global Sustainable Development Goals by moving closer to building an inclusive, sustainable and resilient future for our people, our environment and our economy. The Strategy recognises that our local contribution is part of a complex challenge that involves all of us, both nationally and internationally. The Council will work towards achieving, and going beyond, the statutory targets which will be in place for achieving net zero carbon emissions.

You can obtain copies of the Draft Strategy and the Response Questionnaire by:

- Downloading the documents from the Council's website www.fermanaghomagh.com/consultations
- Telephoning the Council on 0300 303 1777
- Textphone: 028 8225 6216 · Emailing: consultations@fermanaghomagh.com

Consultation Responses: You can return your response to the consultation by:

- Completing the online questionnaire at www.fermanaghomagh.com/consultations
- Completing a paper copy and posting to: Public Consultation, Policy and Strategic Services, County Buildings, Enniskillen, Co Fermanagh, BT74 7BW.
- Emailing your response to: consultations@fermanaghomagh.com

Consultation documents will be available in a range of formats upon request. Please contact us via the above contact details with your requirements.

If you require assistance to record your consultation response, please email consultations@fermanaghomagh.com, telephone 0300 303 1777 or textphone 028 8225 6216 and leave your contact details; a member of staff will be in touch to provide assistance.

Consultation Closing Date: Friday 30 October 2020

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 and receive further information on how we process your data on the Council website <https://www.fermanaghomagh.com/services/community/community-register/>.

Alternatively, you can complete an online form at <https://form.jotform.com/202643203667048> or 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 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 email communitysupport@fermanaghmagh.com

Community Support Officer Areas

The Community Services Department offers 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 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/ZoneLookup/index.html?appid=82210c413ab74bcd8da1750af0321163>

Community News

Support Needed in Promoting Key Public Health Messages

Your help is needed to help stop the spread of Coronavirus in Northern Ireland

It is hoped that by having messages reinforced by established organisations and groups who have strong and trusted connections with local communities, people will respond to the urgent need to sustain measures to prevent any further spread of coronavirus. Please see links to documents below:

[Letter from the Public Health Agency](#)

[StopCOVID NI App](#)

[Test, Trace & Protect](#)

Northern Ireland Blood Transfusion Service

Silverbirch Hotel, Omagh – Wednesday 30 September and Thursday 1 October, 10.30am to 1.30pm and 3pm-6pm.

Please note that donation sessions are now by appointment only; to book an appointment, please call 08085 534 653 between 10am and 4.30pm.

Many thanks for your continuing support - it is greatly appreciated.

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

Fermanagh Rural Community Network

Reminder - Awards 2020 - Celebrating Your Achievements

Fermanagh Rural Community Network (FRCN) are pleased to announce the 19th year of our Community Awards scheme to celebrate the work of Community & Voluntary Organisations in County Fermanagh. All Organisations should submit at least one nomination.

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 on Monday 5 October

Only Nominations on the FRCN Awards 2020 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.

Organ Donation Northern Ireland

Most people would accept an organ if they needed one. Not surprising really. Yet only 47% of us have signed the NHS Organ Donor Register.

Last year 11 people died in Northern Ireland waiting for an organ transplant. By signing the register and talking to your family about your decision you could help save the lives of up to nine people.

See below link to find out more on how to register to become an organ donor

<https://www.organdonationni.info/>

Reopen your community facility programme

Omagh Forum is launching a new programme on Reopening your community facility. See below on how to participate and avail of support and resources.

Omagh Forum has been working with community groups over the last few months supporting them in considering return to their premises. This arose from the survey we carried out in June and July asking how rural communities were managing over lockdown and we asked what help groups needed. In response to this we initially issued risk assessment templates and guidance for groups and the feedback on those has been excellent. We are currently carrying out a further survey on re-opening community facilities and have had great participation in this – if you would like to respond please go to this link, it will literally take 2-4 minutes

<https://forms.office.com/Pages/ResponsePage.aspx?id=u-vlfnYdKkGEhyKyQ59Z9nx28-CxIBGryfEEeMoO19UM0wyRIIJUEhBVDhWUzFKMUQyVk5VVVILVSQLQCN0PWcu>

Omagh Forum also had our question on how the new regulations affected community facilities answered on the Assembly floor by the Health Minister, Robin Swann.

We have now been successful in a funding application to cfni under the New Needs fund to roll out a **programme of support to halls and community facilities on reopening**.

We now invite interest from groups to participate in the programme.

Join us on Zoom as we discuss:

- o A practical guide as restrictions ease

- o Planning for re-opening your community facility
- o A step-by-step approach
- o Sample Covid-19 risk assessment for your facility
- o Covid-19 secure guidelines
- o Social distancing within a community facility
- o Cleaning and encouraging good hygiene
- o Sample hiring agreements
- o Day to day procedures
- o Procedures if someone becomes unwell with Covid-19

Participants may be eligible for a free resource pack to assist with reopening their facility.
Please register before Friday 9 October as the first training session takes place on Monday 12 October at 7.30pm.

To register, please contact Mary T maryt.conway@omaghforum.org or call 028 8225 1559.
 For more information on our work please visit our website www.omaghforum.org or follow us on facebook or twitter @ofrarsn

Here and Now Older Peoples Health and Well-being Arts Festival for 2020/21

Life's Road Trip - Here & Now and Planning ahead

Inspired by the theme of Celebrating and Reflecting the many stages of Life through the Arts – music, dance, drama, visual arts, poetry, art exhibitions, film-making etc.

If you or your group are inspired to take part in this year's 10th Anniversary Festival or would like more information about the Festival Programme of Arts please contact hereandnow@artscare.co.uk for an expression of interest form or call 028 9031 1122.

Free 4-week Inclusive Cycling programme

Saturdays 10, 17, 24 & 31 October

10am - 11am

Omagh Leisure Complex, Running Track

Limited places, booking essential via <https://bit.ly/3ly2Prb>

Omagh Futsal Club

To Celebrate Positive Ageing Month, Walking Football is a slower version of the game and designed for all abilities

Sundays 4, 11, 18, 25 October

10.30am - 11.30am

Mountfield Community Centre, Omagh

To book contact 07923 657972

Blog: Smoking and Covid-19

The Public Health Agency have just launched a social media release in respect of Smoking & Covid-19. See links to the blog & social media post below.

<https://www.publichealth.hscni.net/node/5284>

<https://www.facebook.com/publichealthagency/photos/read-our-latest-covid19-blog-smoking-and-covid-19-what-we-know-about-the-associa/3592196554148287/>

Omagh Volunteer Centre

Our Autumn newsletter is now available – please visit <https://omaghvolunteercentre.org/newsletter>

Action for Children, Floating Support Service

Our team are continuing to deliver a service to all young people during this unprecedented time. We understand that everyone has different circumstances and may require additional support. We work with young people aged 16-25 years old in the Fermanagh area and young people 16-18 years old in the Omagh area, who are homeless or at risk of homelessness. We wanted to let you know that the service is still open for new referrals and all staff are continuing to provide an effective service to ensure all our young people have a safe place to call home. All staff are working remotely and continue to deliver an effective service. All new enquiries/requests can be made via Phone on 028 8225 9495

Working Together to Promote Mental Wellbeing

The five Health and Social Care Trusts, Public Health Agency and Northern Ireland Ambulance Service have developed the 'Working Together to Promote Mental Wellbeing' social media campaign to promote positive mental and emotional wellbeing of people across Northern Ireland.

All the key messages and information about how you can support the campaign is on the Minding Your Head website at <https://www.mindingyourhead.info/>. We also have information on the WHSCT website at <https://westerntrust.hscni.net/working-together-to-promote-mental-wellbeing-in-northern-ireland/>

Being aware in the present moment can help us feel calm and relaxed and to think more positively. For more examples of ways to Take Notice at this time, visit the [Covid Wellbeing NI Hub](#) For more information on how you can increase your daily activity, visit [Choose to Live Better](#)

Volunteer Now

If you are a group and would like to join up to avail of our exciting new platform Be Collective for free, please [Click here](#)

Be Collective is your digital gateway to helping your community and realising your positive social impact. Share volunteer opportunities to a wide audience, join groups, run events, manage people and engage new audiences. Be Collective has something for everyone.

If you would like some assistance in getting your group on to the Volunteer Now website please get in touch with your local Volunteer Now Support Officer Lynn Johnston on 07467 486638 or email lynn.johnston@volunteernow.co.uk We can also forward on a step by step guide. We look forward to hearing from you.

Face covering exemptions for people with hearing loss

Action on Hearing Loss is raising awareness of how face covering exemptions apply to people who are deaf or have a hearing loss, and encouraging the public to be more deaf aware.

Many people with hearing loss will be able to wear a face covering, however, if you are unable to wear your hearing aids or cochlear implant processor securely with a face covering you are exempt. You also do not need to wear a face covering if you are travelling with, or providing assistance to, someone who relies on lip reading to communicate.

Claire Lavery, Director at Action on Hearing Loss Northern Ireland, said: "It's important for people to recognise that although they may not normally be exempt from wearing a face covering, the exemption applies to them if they are assisting someone who relies on lipreading.

If someone who is deaf or has hearing loss asks you to step back and remove your face covering to communicate with them you wouldn't be acting illegally in doing so, though many are unaware of that."

The charity is also encouraging everyone to adopt their communication tips. These include reducing background noise in shops, using induction loops, repeating and rephrasing sentences where someone doesn't understand you and being prepared to write things down if necessary.

The charity has more information on its website, including tips on how to wear a face covering securely with hearing aids or a cochlear implant.

For more information visit www.actiononhearingloss.org.uk, contact information.nireland@hearingloss.org.uk or call 028 9023 9619.

Training Opportunities

AWARE free 6 week 'Online Living Life to the Full' courses

available for registration for adults 18+ via our website in the **Western Health Trust Area**. To register visit <https://www.aware-ni.org/booking-living-life-to-the-full/>

For further information in support of the Living Life to the Full course visit <https://www.aware-ni.org/wellbeing-programmes/living-life-to-the-full>

About the Course:

The Living life to the Full programme will be delivered via zoom over 6 sessions lasting approx. 2hrs each. This is a programme that can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges. It looks more closely at the ways in which mental health can be impacted by life events and unhelpful thinking styles which may also then affect our physical health and overall enjoyment of life.

Week One: Why Do I Feel So Bad - This enjoyable, interactive session introduces the 5 areas approach and shows that what you think and do influences how you feel.

Week Two: I Can't Be Bothered Doing Anything - We've all said this to ourselves when we're feeling down. This session encourages you to start doing things which can make you feel better.

Week Three: Why Does Everything Always Go Wrong - This session teaches you to recognise and control your unhelpful thinking patterns. It encourages you to challenge your negative thoughts and replace them with more helpful ones.

Week Four: I'm Not Good Enough - We're not born with doubts like these! Things others have said creep into our heads and we begin to believe them. Re-build your self-confidence and learn to like yourself again.

Week Five: How to Fix Almost Everything - Everything is achievable if broken down into small enough steps. This session introduces a 5-step plan to help you tackle problems and make positive changes in your life.

The Things You Do That Mess You Up - This session helps you to identify things such as drinking, comfort eating or spending money which may make you feel better initially but which may lead to problems over time.

Week Six: Are You Strong Enough to Keep Your Temper - This session helps you to recognise what winds you up and teaches you how to control your anger and improve your happiness and relationships.

10 Things You Can Do to Feel Happier Straight Away - This last session sums everything up and shows you some simple things that you can build into your everyday life to help you feel happier, fitter and more positive.

Help is available for the unemployed

Have you recently been made redundant or are unemployed? If so, SUSE+ can help you. We are currently offering help and support with Job Searches, CV Building, Interview Preparation. Mentors work 1:1 with participants to help secure a job in the local area.

We are offering MIG Welding in October 2020. If you are seeking work in welding, please get in contact today as places are limited.

An online course provision is also available which includes mindfulness and meditation, money management, holistic therapies, self-care, employability, job clubs and much more.

*Eligibility criteria applies.

For more information contact tracy.sharkey@swc.ac.uk Mobile 07436 533475

Omagh Forum

Autumn Training Programme

Due to the times that are in it, these will be online this year. As we are expecting high demand, we would advise early booking as places will be limited. Please look through the list below and click on the respective "Eventbrite" link to book yourself on to whichever course you wish to attend. Please ensure you enter your email address and closer to the date of the meeting we will send you the necessary link for you to log on to that course.

Don't be put off by the technology, zoom is straightforward to use and we are happy to help with any technical queries in advance. All classes will open 10 minutes early to allow for any technical hitches. We can also offer the "Basic guide to using zoom" at a different time to multiple members of one group if you wish, that way you can keep in touch virtually.

Thursday 1 October 7.30pm [Running an online meeting/AGM](#) This training session will help you to Plan & Run an On-line Meeting or AGM During Covid-19. The pandemic has changed how many voluntary and community groups carry out their work but Management Committees have ongoing responsibilities for good governance. We will look at Charity Commission guidance and particular responsibilities around AGM's as well as the importance of your governing document among other things.

Monday 12 October 7.30pm [Re-opening your community facility](#) As restrictions are changing and organisations look to reopen community facilities, Omagh Forum has put together practical guidance to assist you in preparing to bring your community facility back into use. The session will explore Sample Covid-19 risk assessment for your facility; Covid-19 secure guidelines; Social distancing within a community facility; Cleaning and encouraging good hygiene; Sample hiring agreements; Day to day procedures; Procedures if someone becomes unwell with Covid-19

Participants may be eligible for a free resource pack to help in re-opening.

We are not actively encouraging groups to open community facilities at this time, rather we are providing information and resources for when groups decide to do so.

Tuesday 13 October 11am [A basic guide to using zoom](#) Omagh Forum is offering basic Zoom Communication training to help and encourage groups and individuals stay in touch at this time. Zoom is basically a communication tool where you can see and chat to numerous people at one time. There is a written chat function and the host can share documents from their laptop for others to view, among other things. You will need a smart phone or tablet or laptop and reasonable broadband coverage.

We will send out training materials in advance for you to have a look at and we will send an invite to your email address to attend the meeting, we anticipate 45mins to an hour.

We can also offer the training at a different time to multiple members of one group if you wish, that way you can keep in touch virtually

Monday 26 October 11am [Running an online meeting/AGM](#) Course details above.

Wednesday 4 November 11am [Re-opening your community facility](#) Course details above.

Mindfulness for Teachers

The Health Improvement, Equality and Involvement Department of the Western Health and Social Care Trust are delighted to offer teachers (primary and post primary) the opportunity to experience and learn mindfulness in a 6 week programme delivered via Zoom. These sessions will last 45 minutes each and will allow you to practice mindfulness for yourself which will help to build your own resilience for the year ahead.

Also if you continue to practice, there is a plan next year that we will offer practitioner training to allow you to bring this skill into the classroom.

You can choose from one of three courses but we would ask that if you choose to enrol, that you commit to completing the six sessions and the home practice assignments every week.

Please note: This course was previously advertised for during school hours, but following feedback from teachers we have made the decision to amend the course times to after school hours.

The course dates and times are below:

6 October – 10 November: 6 Tuesdays 4pm to 4:45pm

11 November – 16 December: 6 Wednesdays 4pm – 4:45pm

7 January – 11 February: 6 Thursdays 4pm – 4:45pm

Because of the nature of the training, places are limited to 20 per course and we would encourage one place per school so as many as possible can be accommodated.

To apply for the training please contact health.improvement@westerntrust.hscni.net
Telephone 028 7186 5127

Funding Opportunities

Department for Communities COVID Social Enterprise Fund

The fund is designed to support social enterprises that already deliver services and products but find themselves in financial difficulties directly as a result of the coronavirus pandemic.

For more information please visit: <https://bit.ly/35XK76Z>

Deadline 5pm, Friday 23 October.

Rural Micro Capital Grants Scheme 2020

Closes at 12 noon on Friday 2 October 2020

This Scheme is funded under the Department of Agriculture, Environment and Rural Affairs Tackling Rural Poverty and Social Isolation Programme. Guidance and Online Application Forms is available on our website www.omaghforum.org

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.

Applications this year will be online

Key objectives

The Rural Micro Capital Grant Scheme 2020 has been designed to:

- Help rural community-led voluntary groups to address local issues of access poverty, financial poverty and social isolation.
- Improve the lives of rural communities, and in particular the wellbeing of isolated individuals.

Projects must focus on one of the following three themes:

- Modernisation (of premises/assets)
- Information Communication Technology (ICT)
- Health and Wellbeing.

We would strongly advise all groups to take part in one of the “Zoom” information sessions hosted by Omagh Forum for Rural Associations, in conjunction with South West Rural Community Development Service so that your group has all the latest information on the programme and together we all can learn from previous experiences.

Our last Information Session takes place on Monday 28 September @ 7.30pm

Join Zoom Meeting

<https://us02web.zoom.us/j/83015852044?pwd=ckd4N1pZMkovS2w3aVZVenY1eGFYdz09>

Meeting ID: 830 1585 2044

Passcode: 461935

Previous meetings have been very informative and we want potential applicants to make the best application they can.

The meeting will be open from 7.20pm to allow for any joining/technical issues. All welcome, please identify yourself to us before the meeting starts

Road Safety Grants Scheme

The Road Safety (Safe Travel) Grant Scheme, administered by the Department for Infrastructure, offers grants of up to £10,000 to develop and run projects which are aimed at improving road safety or the take up of active travel in local communities. Individuals and groups can apply, but individuals must be working in partnership with a community group. Full details available at

[Department for Infrastructure \(DfI\): Road Safety Grants Scheme](#)

The deadline for applications is 12pm on Friday 9 October.

Trees on the land campaign

Trees on the Land is a cross-border initiative working to establish young native trees across the 32 counties of the Republic of Ireland and Northern Ireland. Various packages of trees are available at a small fee for delivery and in some cases a fee for tree packs.

See below a summary but follow the website link to find out all the details and apply directly online at <https://www.treesontheland.com/>

Applications are open to farmers, smallholders, councils, community groups, schools, colleges, sports clubs, golf clubs, gardeners and other landowners.

Ordering Your Trees: Tree packs can be ordered online by following the instructions online. Applications are accepted on a first come first served basis. All applicants are issued with an application number when their order is complete and kept up to date with project news and information by email.

Tree Pack Schemes: We have the following schemes for 2021 tree planting:

All Landowners - Small Tree Packs - Up to 250 Trees.

All Landowners - Larger Tree Packs - Over 250 Trees.

Schools & Colleges - Sponsored and Donated Trees - Free of Charge.

Farm Tree Challenge - Trees for farms - Sponsored trees available.

Community Tree Challenge - Trees for communities - Sponsored trees available.

Application Deadlines:

Sunday 15 November, midnight - Applications for Small Tree Packs - up to 250 trees.

This deadline applies to all landowners including schools and colleges.

Sunday 25 October, midnight - Applications for Larger Tree Packs - over 250 trees.

This deadline applies to all landowners including schools and colleges.

Community Relations/Cultural Diversity Small Grants Scheme

This funding is intended to help community/voluntary groups throughout Northern Ireland engage in Community Relations work.

Full details available at: https://www.community-relations.org.uk/community-relations-culturaldiversity?mc_cid=842b315766&mc_eid=20ad8a81f7

Closing Date: 4 December 2020

Funding to connect your community through food

Food for Life Get Togethers harnesses the power of good food to connect and bring together people of all ages and from different backgrounds.

We're offering small grants of £150 to April 2021. The grants are to support community led food growing, cooking and sharing activity and Get Togethers.

For further information visit <https://www.foodforlife.org.uk/get-togethers/get-involved/small-grants>