

Fermanagh & Omagh District Council Community Support News – January 2021

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 Thursday 21 January

Council News & Events

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

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

A range of support is available to and within local communities. Further information is available by clicking on the link above.

FODC Events Audit

As part of the Events and Festivals Strategy for Fermanagh and Omagh District Council, the Council is seeking to engage with Event Organisers in the district in order to assist in building capacity.

Fermanagh and Omagh District Council wishes to work with local event organisers, either as individuals or groups, to identify training opportunities that would be most beneficial to them and to develop a schedule of event organiser training opportunities that is tailored to suit different levels of experience. Topics may include, but are not limited to, event planning, marketing, funding and health and safety (risk assessments).

If you would like to register your interest for attending training on any of these topics or more please email events@fermanaghomagh.com with the subject line Building Capacity for Event Organisers no later than Monday 11 January.

Enniskillen and Omagh Place Branding Consultation

Fermanagh and Omagh District Council is inviting members of the public to get involved in an online consultation in relation to the development of a Place brand for both Enniskillen and Omagh towns. You have until Friday 8 January 2021 to complete the survey for Enniskillen and Omagh at <http://bit.ly/FODCPlaceBrand>

Age Friendly at Fermanagh and Omagh District Council

Fermanagh and Omagh District Council are committed to providing an Age Friendly District and seek to ensure that older people lead more independent, engaged and socially connected lives. It is often said that to plan for the young excludes the old but to plan for the old includes everyone. For further information visit <https://www.fermanaghomagh.com/services/community/agefriendly/>

New 'Happy at Home' initiative launched to support older residents through the winter months

Following on from the success of Positive Ageing Month, Fermanagh and Omagh District Council is delighted to work in partnership with the Western Health and Social Care Trust and South West Age Partnership to support the 'Happy at Home' campaign through the production of a series of monthly newsletters.

Monthly newsletters will provide a range of short activities for residents to enjoy. Readers can also avail of helpful contact details and information on a variety of topics including shopping safely online, efficient home heating and winter warmer recipes.

[Download file: Happy at Home December 2020](#)

Physical copies will also be distributed to local community and older people's groups. For more information or to request a physical copy, please email age.friendly@fermanaghomagh.com

Share your Story – COVID-19

Throughout the COVID-19 health pandemic, there have been many examples of community organisations responding to the exceptional circumstances such as checking on elderly neighbours, taking part in sponsored events to raise money for the NHS and other charities, and delivering food parcels and medication to those who are shielding to name but a few.

In May 2020, we invited people to share a story of what they or their community did during this time to help others. Click on <https://www.fermanaghomagh.com/services/community/good-relations-2/share-your-story/> to see those stories of how individuals and collective action has supported people in the district throughout the COVID-19 health pandemic.

For further information about the community support currently available please visit <https://bit.ly/2UEKlna>

Community Support

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>

Area	Officer	Email	Telephone
Enniskillen	Steven Ormsby	steven.ormsby@fermanaghomagh.com	Ext 21232
Erne East	Catherine Garry	catherine.garry@fermanaghomagh.com	Ext 21205
Erne North	Steven Ormsby	steven.ormsby@fermanaghomagh.com	Ext 21232
Erne West	Kellie Beacom	kellie.beacom@fermanaghomagh.com	Ext 21201
Mid Tyrone	Hugo Sweeney	hugo.sweeney@fermanaghomagh.com	Ext 21237
Omagh	Josephine Treanor	josephine.treanor@fermanaghomagh.com	Ext 20222
West Tyrone	Neville Armstrong	neville.armstrong@fermanaghomagh.com	Ext 20275

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:

Declan Coyle - "The Green Platform" - feel positive, motivate yourself and your committee for the year ahead

Monday 18 January, 7.00 to 9.00pm

This webinar is with globally renowned author of "The Green Platform", Declan Coyle. Covid-19 brought many challenges to which the community and voluntary sector across the district responded without hesitation. Frequently it is community representatives who are first on hand when there is a crisis, so it is important that they practice self-care and stay motivated even at the most difficult times.

This workshop by Declan Coyle will be uplifting, motivational, and provide a transformational template for inspiring our community work. He will explain how we can shift our thinking to positive proactivity and how then to inspire our committees. Declan engages his audience at a level rarely experienced using passion, energy, and humour to reveal how the "Green Platform" principles can be applied to any area of community work or life with amazing results.

Introduction to Governance Webinar

Tuesday 16 February, 7.00 to 8.30pm

This webinar provides an introduction to charity governance. It will be useful to those who are newly elected/appointed on to the committee/board of a charitable organisation (charity trustees). It will also be of interest to those charity trustees (committee members/directors) who wish to understand more about their role and what is expected of them. The training will include:

- the role of the committee/board
- legal duties of charity trustees
- the principles of good governance
- charity regulation

There will be lots of opportunities to ask questions. The session will be delivered using Zoom and joining instructions will be sent in advance. It is free.

Charities Annual Reporting Webinar

Thursday 18 February, 7.00 to 8.30pm

This session will provide trustees with simple and practical guidance on charity annual reporting requirements. The session will cover the following topics:

- completing the annual monitoring return
- the content of Trustee's Annual Reports
- the requirements for the annual accounts
- the requirement to have the annual accounts independently examined or audited.

There will be lots of opportunities to ask questions. The session will be delivered using Zoom and joining instructions will be sent in advance. It is free.

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

A Walk in Her Footsteps

Step into our journey of women through time

This new six-week programme will begin on Tuesday 19 January, 7.00pm – 8.30pm. Join us on-line in an informal, interactive programme designed by women for women. Come and meet new people, engage with a range of inspirational speakers, have invaluable discussions and more importantly have fun while learning.

To register, please email pauline.clarke@fermanaghmagh.com or Tel 0300 303 1777.

Places are limited and participants will be expected to commit to all six sessions.

ASPIRE Employability Programme

Are you:

- Currently unemployed and seeking paid work?
- Working fewer hours than you would like to?
- Thinking of a return to education but not sure how to get there?
- Applying for jobs and not having success?
- Lacking confidence in your skills and abilities?

The ASPIRE team can provide you with one to one personalised support to help you make the move ahead. ASPIRE can help with short term support to prepare or tidy up your CV, help you identify and apply for jobs that suit and help you to prepare for that job interview; or longer term support to update your skills, qualifications, gain valuable work experience and build up your confidence. ASPIRE is tailored to suit you!

To take the next step, contact ASPIRE Omagh on 028 8224 6535 or ASPIRE Fermanagh on 028 6632 6478. You can also e-mail aspire@fermanaghmagh.com; or find us on Facebook:

[@AspireEmployabilityProgramme](#)

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.fermanaghmagh.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.

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 News

Census 2021 is Coming to Fermanagh & Omagh District Soon....

The census happens only once every 10 years and gives us a picture of all the people and households in Northern Ireland. The last census was in 2011 and counted 1,810,900 people living here.

Census day will be on 21 March 2021

Local councils, charities and many other organisations use census information to help decide how to spend millions of pounds on services every year.

Census 2021 will be run predominantly online, with the majority of households receiving a letter with a unique access code, allowing them to complete on their computers, phones or tablets.

Paper questionnaires will also be available. This option may be of particular importance for those with poor broadband and those less digitally aware.

There will be a range of help available for those who need it including language support in 17 languages, accessibility support including Braille, Easy Read, British Sign Language & Irish Sign Language and practical help to complete your census.

If you would like more information for your group email census.engagement@nisra.gov.uk and we will connect you with our Fermanagh & Omagh Census Area Manager or visit the get involved section at www.census.gov.uk/ni and follow us on Facebook and Twitter @NICensus2021

Some Census facts

At the time of the last census...

- There were 41,512 households in Fermanagh & Omagh made up of 113,161 people
- 627 of these were aged over 90 years old
- 15% of households lived in adapted accommodation
- Almost 7,000 households did not have access to a car or van
- 11% of residents provided unpaid care with over 3,000 people providing more than 50 hours of unpaid care per week

Northern Ireland Blood Transfusion Service

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.

Department of Health

Organ Donation for Northern Ireland

A public consultation on the introduction of an opt-out system for organ donation is now live and everyone is encouraged to take part and have their say. The purpose is to seek public views on how to introduce the system to save more lives.

Join the conversation and have your say here bit.ly/376uav9

Closing date Friday 19 February

The Aisling Centre

Hope Healing and Growth - Virtual Day of Inspiration - Saturday 9 January, 10am-4pm

Motivational Speakers and Life Stories + Workshops

Guest Performance – Dara McNicholl – Finalist, The Voice Kids 2020

Admission Free – Donations Welcome

For further information and registration visit www.theaislingcentre.com Tel 028 6632 5811

Suicide Prevention Awareness: Facilitated Online Course

The current pandemic has made the delivery of suicide prevention training more challenging for us in 2020. To address this, the Public Health Agency has been working closely over the past six months with Fresh Minds Education to support a regional roll out of a facilitated online suicide prevention awareness course "Connections Link Life".

Each course will be delivered by experienced suicide prevention training facilitators. Participant support structures have also been incorporated into the overall contract delivery and processes will help to ensure and promote the safety of participants at all times.

Courses for the Western Health and Social Care Trust area are as follows:

- Monday 18 January : 9.45am - 12.15pm and 7pm – 9.30pm
- Friday 5 February : 9.45am – 12.15pm
- Monday 15 February : 9.30am – 12.15pm
- Monday 1 March : 1.45pm – 4.15pm

To book a course for your group: email hello@freshmindseducation.com (we will send you the link to the form for requesting a group booking) or go directly to our website and complete a request form <https://freshmindseducation.com/connections-booking-form/>

Individuals: Go directly to this website page to book a place on a scheduled event http://www.freshmindseducation.com/pha-link_life/ or email hello@freshmindseducation.com to be added to the waiting list.

Odyssey Parenting Your Teen Programme

Helping you deal with the reality of living with teenagers

Commences online on Tuesdays from 19 January 6.45pm – 8.30pm for 8 weeks.

This programme is open to all parents/carers across the Western Trust.

To register call 0808 8010 722

Warm, Well and Connected - Can we help you to help your community?

Omagh Forum for Rural Associations and the South West Rural Community Development Service are asking local community and voluntary organisations in Fermanagh and Omagh to contact them with programmes you can deliver which will help people affected by COVID-19. If your proposal is successful, we can provide financial support to run your programme between now and the end of March 2021. We can help with programmes covering Physical Activity, Mental Health, Nutrition, Loneliness and Isolation.

If you are interested, we have an Expression of Interest form to be completed and returned to us as soon as possible. Please contact laurence@omaghforum.org for this.

If you want support in organising or delivering the programmes or have a query about the programme please also contact us. Tel 028 8225 1559.

Warm, Well and Connected is funded by Department for Communities and Department of Agriculture, Environment and Rural Affairs

Omagh Samaritans

Samaritans are available 24 hours a day for anyone who is distressed, lonely or suffering.

Anyone can contact Samaritans **free** any time from any phone on 116 123, even a mobile without credit. This number won't show up on your phone bill.

Or you can email jo@samaritans.org or visit www.samaritans.org

Domestic and Sexual Abuse Helpline 0808 802 1414

Northern Ireland's 24hr Domestic and Sexual Abuse Helpline is a free and confidential service that offers help and support to male and female victims and survivors, worried friends and family members and professionals.

The Helpline is staffed 24 hours a day by fully trained operators and volunteers who are available to offer expert support and confidential, non-judgemental information. The team work alongside a range of community partners who provide specialist support services to those who have or are experiencing domestic and sexual abuse.

The Helpline, operated by specialist sexual trauma charity Nexus, is free to call on 0808 802 1414 and is open 24 hours a day, every day of the year. Support can be accessed by email

help@dsahelpline.org or contact can be made through the live webchat function available via the website www.dsahelpline.org You will be heard, you will be believed.

Drink Wise Age Well Project

New over 50s alcohol helpline

We recently commissioned a poll that found that one in two over 50s are drinking at a level that could cause health problems now or in the future and more than four million over 50s are binge drinking at least once a week during lockdown. We also know that the factors that can lead to increased alcohol use in an older population; retirement, bereavement, isolation and loss of sense of purpose, may be exacerbated by the pandemic.

In response to the above findings we are launching a free national Helpline supported by the National Lottery Community Fund. This will be available 7 days a week; Monday to Friday 12pm-8pm and 10am-4pm at weekends, providing confidential advice, information and support to anyone aged over 50 who may be worried about their drinking, or anyone worried about a loved one over 50. **The Helpline number is 0808 801 0750.**

Omagh Independent Advice Services

We are delighted to announce an extension to our existing services having secured additional funding up to 31 March 2021.

We are offering an Employment Advice Telephone Helpline targeted at people who are experiencing issues in their place of work due to the COVID crisis.

We will also be offering a Financial Inclusion Helpline which will assist people to make decisions in respect of their income and expenditure. The Helpline will also, where appropriate, make direct referrals to our existing Debt/Money Advice Service and Benefit Advice Service as well as to other local and regional agencies that promote financial inclusion.

The new Helpline numbers are:

Employment Advice Helpline 07388 546803 Tuesdays and Thursdays, 7-9pm

Financial Inclusion Helpline 028 9344 3258 Thursdays and Fridays, 10am-1pm and 2-4pm

Omagh Independent Advice Services is a registered charity and is the only free, independent and generalist Advice Centre in the Omagh area. We provide free and confidential advice, support and representation in respect of Benefits, Employment, Housing, Debt/Money Advice, Consumer Law and other welfare related issues.

Our normal service operates from Monday to Friday and can be accessed by

Telephone: 028 8224 3252; Text: 07890 02207; Email: info@oias.co.uk

Barnardo's Helplines

Barnardo's have a new helpline called 'Boloh' (means 'speak' in many languages). This is a UK wide service. Telephone 0800 1512 605

The Helpline is to encourage Black, Asian and Minority Ethnic children, young people (11-25 years) and families affected by Covid-19 to speak about their worries, their problems and their stresses during this time. Staff will provide emotional support, advice and signposting to other organisations who can provide further help. Professionals can make contact to discuss how to support a child or young person they are working with.

Currently the Helpline is open Monday and Friday 1-8 pm. Contact details: Andrew Tubman Children's Services Manager | The Black, Asian and Minority Ethnic family Covid-19 Helpline
Mobile: 07394 410638 Email: andrew.tubman@barnardos.org.uk

Barnardos 'See, Hear, Respond' service in Northern Ireland can take referrals and offer support for anyone that does not meet Boloh helpline criteria. Telephone 0800 157 7015
<https://www.barnardos.org.uk/see-hear-respond-northern-ireland>

NIFRS Winter Safety Campaign - Can You Help?

The winter months are notoriously a high risk time for accidental fires in the home and this year we are asking for your help in reducing this risk.

We are asking you to continue referring people at risk from fire in the home to us for a Home Fire Safety Check. We would also welcome the opportunity to work with you on any initiatives or campaigns you may be conducting over the coming months, where we could provide fire safety advice packs. If you have any events/plans over the next few months that you think we could contribute to, please get in touch via return email or by emailing partnerships@nifrs.org.

For detailed information including short videos on what causes fire and fire dangers in the home see <https://www.nifrs.org/safer-together-project/>

Sign up to Dry January/Feel Good February!

Sign up for your free pack in the post

This includes Motivational Calendar; Tagging Card; Money Box; Badge; Fridge Magnet; Pen; Directory of Services; Information on Alcohol; Mocktail Recipes.

Take the opportunity to gain from many of the health and financial benefits that going dry for January can offer; if you follow our @NIDACTS Twitter and Facebook pages you will see more information about these benefits in the coming weeks.

If you would like to take part in #DryJanuary/FeelGoodFeb please sign up through [here](#).

Please share the link below with anyone else who might want to participate:

<https://www.eventbrite.co.uk/e/dry-january-feel-good-february-tickets-127289212461>

Volunteer Car Drivers needed in Omagh and surrounding areas

Help us deliver services in your local community!

If you have a full clean driving licence, access to your own car and free time to help your local community, then becoming an **Easilink volunteer driver** could be the opportunity for you!

Volunteer drivers will have the opportunity to:

- Help others in their local community
- Be reimbursed expenses at 45p per mile

- Retain their benefits
- Meet new people and make friends.

Please note: Additional Vehicle Insurance not required; Volunteers are subject to Access NI check
For further information contact our Omagh office on 028 8224 8140.

Action Mental Health

Continuing to deliver mental and emotional well-being training both face to face and on-line. 'Mindset' is a mental and emotional health and well-being awareness programme for young people aged 14 to 17 and adults. It is funded by the PHA so there is no cost.

<https://www.amh.org.uk/services/menssana/mindset/>

'MensSana' supports all ages in the area of mental health and emotional wellbeing through a range of activities tailored to suit group needs. AMH Qualified and experienced staff can deliver a range of training for your group. <https://www.amh.org.uk/services/menssana/>

Contact Michael McLean with any queries Tel 07976 639909 Email mmclean@amh.org.uk

AWARE: Overcoming Depression, changing lives

Free courses being delivered in the New Year – now open for registration

Mood Matters Adult Workshop (2hrs)

This light and interactive mental health awareness training session is an opportunity for you to think about how to look after your own mental health. We will explore mental health stereotypes and look more closely at how to spot the early signs of mental health illness: stress, depression, anxiety disorders and bipolar. This session will teach you coping skills for everyday life, how to avoid getting caught in a vicious circle, how to break unhelpful habits that we sometimes have when our mood is low, and where to get further help and support. This session will focus on you as an individual and will then allow you to apply these skills to supporting family, friends and other colleagues. **To register** for a place visit Mood Matters Adult <https://www.aware-ni.org/booking-mood-matters-adults/>

Living Life to the Full (6 weeks @ 2hrs per week)

This 6-week course 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. This programme looks at a different topic each week, and it is broken down as follows:

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.

To register for a place visit Living Life to the Full <https://www.aware-ni.org/booking-living-life-to-the-full/>

Omagh Forum for Rural Associations

Join us for our free Online Zoom Classes

Please contact Carol at Omagh Forum on info@omaghforum.org to register. All classes are **free** and spaces are limited. To take part you must live in the Fermanagh/Omagh area. To join the online Zoom classes, you must have an email address, internet access and a laptop, tablet or smart phone.

Gentle Yoga - A gentle, encouraging introduction to yoga, enabling you to grow in strength and flexibility in a kind and welcoming way.

- 4 weeks via Zoom - Tuesdays 7.30-8.30pm, 12, 19, 26 January and 2 February

On-Line Training Programme

Omagh Forum is delivering a further series of training sessions by zoom over the next few months, so why not take advantage of these and learn from the comfort of your own home. Please register in advance using the link below and we will send you a zoom invite. 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.

Running an online meeting

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.

- Thursday 14 January, 7pm

<https://www.eventbrite.co.uk/e/running-an-online-meetingagm-tickets-130575433637>

How to use 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 45 mins 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.

- A basic guide to using zoom - Tuesday 19 January, 11am

<https://www.eventbrite.co.uk/e/a-basic-guide-to-using-zoom-tickets-129474259997>

Re-opening your community facility

As restrictions ease 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

- Friday 15 January, 11am

<https://www.eventbrite.co.uk/e/re-opening-your-community-facility-tickets-130548063773>

- Thursday 4 February, 7pm

<https://www.eventbrite.co.uk/e/re-opening-your-community-facility-tickets-130548466979>

Training Opportunities

SUSE+

Starting January 2021

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

New courses include: Foundation Skills in Working with Children, Personal Success & Wellbeing, Progression to Employment, Customer Service, Money Management, Retail, Business Administration, Barista and Essential Skills in Numeracy and Literacy.

The SUSE+ team would like to wish everyone a Happy Christmas and a Peaceful 2021.

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

Youthscape Programme

Now recruiting for new 28-week programme starting January 2021.

At a time when youth unemployment is steadily increasing, especially as the biggest youth employers, retail and hospitality, are hit by further COVID-19 restrictions, Youthscape is offering young people the opportunity to develop skills, gain qualifications and receive a financial incentive.

The project is open to young people aged 14-24 that are not in full-time employment, education or training. Participants have the opportunity to achieve an Open College Network (OCN) Level 1 accreditation in Vocational Skills and will explore various topics on Good Relations, Personal Development and Citizenship.

Participants need to attend a South West College campus or engage online for 3 days per week and those eligible (aged 16+) will receive an £8 per day incentive for getting involved. A £4 lunch voucher is available on the days participants attend college, along with support for childcare, travel and access to the internet.

Each participant is allocated a dedicated Key Youth Worker for weekly 1-1 mentoring to develop a personal development plan, with additional support available from a Specialist Youth Worker or Health and Wellbeing Worker on request.

A previous participant Hannah described their experience, "I had a really good time on the programme. I was so glad to have the programme during lockdown, it gave me something to do. It helped me to socialise cause I was feeling really isolated. And I have a plan for what course I am applying to next. I would recommend it to anyone."

There are other exciting opportunities participants can get involved with. These include our very own Youth Forum, radio programme, podcasts and quizzes to name a few. These activities will allow you to meet new people, gain confidence, discuss and share ideas you are passionate about and acquire new skills that you can use moving forward in your life.

If you are interested in applying or would like more information please contact Ryan (Omagh) 07557 178139 or Chloe (Enniskillen) 07775 505218 or visit our Facebook page, Youthscape.

Opportunities for Digital Inclusion and Participation

Libraries NI

If you have a tablet, laptop or phone and need help to address a specific problem, our digital team can help. Simply phone 028 9039 5989 (Monday-Friday, 9.15am-4.45pm) with a brief description of how you need IT help and library staff will phone you within 48 hours with free, helpful advice on many topics.

Click on the following link for details of digital help sheets and zoom workshops:

<https://www.librariesni.org.uk/Digital-Help/Pages/default.aspx?src=LNID-Learn-DigitalHelp>

Business in the Community, in partnership with Go ON NI and NI Direct, is offering free digital help for anyone who needs it. If you have a tablet, laptop or phone and need help to address a specific problem, our digital volunteers can help. Simply text the word DIGITAL to 67300* with a brief description of what you require help with, or call 07551 852684* and leave a message, and a volunteer will phone you within 48 hours with free, helpful advice on many topics.

*All calls and text messages will be charged at your network operator's standard rate.

The ONSIDE project aims to improve the health and wellbeing of disabled people over 16 years old through increasing their social and digital involvement in the community. Over a six-month period, we will deliver person-centred support to increase your community connections both digitally and socially, attend a digital skills programme which will train, equip and support you to become connected online. The ONSIDE project offers participants independence, choice and control.

Contact Ciara McGivern, Northern Ireland Housing Executive -Email Ciara.McGivern@nihe.gov.uk
Tel 028 9598 3169 Mobile 07468 350723

www.disabilityaction.org/onside

Linking Generations Northern Ireland

For advice on how to improve your digital literacy or help someone with their digital literacy click on <https://www.digital-age.org.uk/>

NICVA Help with Digital

[https://www.nicva.org/article/help-with-](https://www.nicva.org/article/help-with-digital?utm_source=eNews+weekly+bulletin&utm_campaign=5f23bfc036-)

[digital?utm_source=eNews+weekly+bulletin&utm_campaign=5f23bfc036-](https://www.nicva.org/article/help-with-digital?utm_source=eNews+weekly+bulletin&utm_campaign=5f23bfc036-)

[EMAIL_CAMPAIGN_2019_06_11_01_26_COPY_01&utm_medium=email&utm_term=0_3f6979e667-5f23bfc036-323206929](https://www.nicva.org/article/help-with-digital?utm_source=eNews+weekly+bulletin&utm_campaign=5f23bfc036-EMAIL_CAMPAIGN_2019_06_11_01_26_COPY_01&utm_medium=email&utm_term=0_3f6979e667-5f23bfc036-323206929)

Western Trust Health Improvement, Equality and Involvement Department

Latest Training Brochure running to March 2021

COVID-19 has presented challenges to how we deliver our training. We are pleased to be able to offer a range of courses via Zoom. While we are aware that delivery of training online may present difficulty for some, we appreciate your understanding as we work to develop our programmes safely within the current challenging situation.

Access the Training Brochure via <https://westerntrust.hscni.net/new-health-improvement-training-brochure-for-october-2020-to-march-2021/>

Whole staff training in Trauma and Mental Health-Informed Schools and Communities

Thursday 4 February, 10am – 1pm

The Health Improvement Equality and Involvement Department (WHSCT) is working with Trauma Informed Schools UK to bring you this half-day course delivered on Zoom.

This training is designed to support the implementation of trauma informed and mentally healthy practices into schools and organisations and is suitable for all practitioners who work with children, young people and their families in a variety of settings.

The course will cover:

- Understanding the needs of children and young people including those who have endured trauma or who have a mental health issue.
- Understanding how to positively implement a whole school/community approach to trauma and mental health
- Exploring practical skills and experiential learning in terms of understanding trauma related behaviour.

To book a place on this course, please contact health.improvement@westerntrust.hscni.net

CAWT Mental Health Innovation Recovery

Online Course Timetable

A list of recovery courses being delivered online via Zoom can be accessed at

<http://cawt.hscni.net/projects/eu-interreg-va-programme-2014-2020/mental-health-innovation-recovery-i-recover/>

The Oak Healthy Living Centre in Lisnaskea is a partner organisation with this cross-border project and if anyone is interested in enrolling on any of the courses, they can contact the Oak for an email enrolment form and any assistance required. All courses are free.

Email info@OakHLC.com Tel 028 6772 3843

Arts Care 4 U

14 January 2021 • 11 February 2021 2-4pm

Available free of charge for staff working in older people, adult mental health and adult learning disability settings. Priority is for nursing and residential but community settings who can clearly demonstrate that they are able to deliver to groups may also be considered if places are available.

Commitment is only 1 x 2 hour training session. We are encouraging two attendees from each setting and their setting will receive a resource box of materials including a DVD on guided diversionary activities worth £250.

Course Content: An introduction to the organisation Arts Care and the benefits of using art, music and creative movement activities to enhance the well-being of older and vulnerable people in Nursing and Residential Care and supported living. Learning how to use the contents of the Arts Care 4 U Art Box. This includes learning how to facilitate art sessions (eg painting, collage, felting), facilitate a range of creative movement exercises and learn how to host a sing along with residents and their families.

Contact health.improvement@westerntrust.hscni.net Tel 028 7186 5127

Futures Youth Project - Online Programme

The Futures Project is a youth programme run in partnership between NI Housing Executive, Belfast Met and Start360.

The course is aimed towards 16-24 year olds who are perhaps looking for some direction. The programme has recently moved to an online format due to the current pandemic. Our next course will be **commencing on Tuesday 12 January** and will be run on Tuesdays and Thursdays, across a 3-6 month period.

Participants will receive £8 for each day of the course and will also obtain an OCN Level 2 Qualification in Personal Success and Wellbeing (comparable to GCSE A-C) upon completion. The course can offer a taster for life at Belfast Met and support is also offered with transition into education, employment or training at the end of the programme. The project is delivered in an informal environment involving fun activities with weekly tasks while the course content will focus mostly on team building, understanding feelings & emotions, communication skills, drugs and alcohol, cyber-bullying, peer pressure, discrimination and so forth.

Aside from qualifications and other incentives, this is an enjoyable course which offers a great opportunity to meet like-minded people and the chance to work on a community project. Recent participants have made a video which outlines what day to day life on the course looks like – this can be viewed at <https://www.youtube.com/watch?v=j3qLkvdzO10> .

Young people can be referred by organisations or register themselves by contacting us at futuresproject@nihe.gov.uk or contacting us on 07920 518125.

Funding Opportunities

Sport NI: Sports Sustainability Fund

In response to the Covid-19 pandemic, a new £25 million Sports Sustainability Fund has been launched to help recognise governing bodies of sport and clubs which have been financially impacted by the crisis.

The Fund, which will be administered by Sport Northern Ireland, will provide much needed support to alleviate financial hardship caused by lost income as a result of lockdown and ongoing restrictions, and enable governing bodies and their affiliated clubs and sporting organisations to plan and prepare to increase opportunities for participation in sport, recreation and community use following the end of restrictions.

The Sports Sustainability Fund will only accept applications from a Recognised governing body of sport. Clubs should apply through their governing body. Sport NI will not accept applications directly from clubs.

Visit: <http://www.sportni.net/funding/our-funding-programmes/sports-sustainability-fund/>

Sport NI will be hosting a governing body online information workshop to answer any questions on the application process on Wednesday 6 January, details to be confirmed.

This fund will close for completed applications at 3pm on Monday 11 January.

COVID-19 Charities Fund (Phase 2)

The £11.7million fund will open on 6 January providing up to £75,000 to charities that have lost income due to the impact of Covid-19 and are unable to cover unavoidable costs between 1 October 2020 and 31 March 2021.

Charities are urged to start making application preparations ahead of the opening.

The Northern Ireland Council for Voluntary Action (NICVA) has agreed to provide independent expert advice and guidance to charities wishing to seek financial assistance from the Fund.

Contact details of how to seek guidance and help can be found at

<https://www.nicva.org/covid19/charities-fund-advice>

Community Finance Ireland will administer this phase of funding on behalf of the Executive and the Department for Communities. Full details on how to make a claim to the Covid-19 Charities Fund Phase Two can be found at <https://communityfinanceireland.com/covid-charity-fund-readiness-information/>

Closing date Friday 22 January.

Dormant Accounts Fund

The new Dormant Accounts Fund opens on Tuesday 12 January. Although the £12m funding will be administered through the National Lottery it should be noted that this is **not** lottery money.

For more information please see this link:

<https://www.tnlcommunityfund.org.uk/funding/programmes/dormant-accounts-fund>

The National Lottery Shared History Fund

The Shared History Fund uses funds provided by the UK Government and is being distributed by The National Lottery Heritage Fund using criteria set by the Northern Ireland Office.

It will support organisations seeking to:

- Mark the centenary of Northern Ireland in 2021 in a spirit of mutual respect, inclusiveness and reconciliation, in line with the Principles for Remembering.
- Facilitate local and national awareness of, and engagement with, this significant national anniversary.

Grants will be awarded between £3,000 and £100,000 in two categories: £3,000-£10,000 and £10,000-£100,000. Funding must be spent by 31 March 2022.

For full information visit <https://www.heritagefund.org.uk/funding/shared-history-fund>

Deadline: noon on Friday 15 January

LELP Community Engagement & Farming Fund

Applications are invited to the Lough Erne Landscape Partnership (LELP) Community Engagement & Farming Fund (CEFF) supported through funding from the National Lottery Heritage Fund.

The fund is designed to help fund and implement exciting new project ideas that will reconnect local people with their landscape; celebrating its built, natural and cultural history and heritage.

Grants of up to £5,000 are available and further details of the grant can be found [here](#).

Projects grants will be available for the delivery of exciting and innovative new projects. We are looking for projects that will deliver the protection, conservation and celebration of the unique character of the Lough Erne region. LELP are keen to work with inspired groups and individuals to develop a wide range of innovative project ideas, in all sectors such as agriculture, tourism, arts, local histories and biodiversity.

Members of the LELP team are available to discuss your project ideas by contacting Heather Gott E: heather.gott@rspb.org.uk or call M: 07738 116385. (Due to the Covid 19 pandemic all staff are working from home).

We are keen to support you with your application, and any questions you may have. Please do not hesitate to get in touch with the LELP team.

Closing date for applications: 5pm, Friday 15 January (late submissions not accepted)

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>