

## Fermanagh & Omagh District Council Community Support News – February 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](mailto:alison.gilmore@fermanaghomagh.com)

**The deadline for the next Newsletter is Thursday 18 February**

### Council News & Events

#### **Applications are now open for the Covid-19 Volunteer Support Fund**

The Council received funding from the Department for Communities to provide vital support for volunteering in recognition of their invaluable role during the COVID-19 pandemic.

**Applications for this funding will close on Friday 5 February at 5pm.**

To apply for this funding or to read the guidance notes visit [bit.ly/2SWfkxZ](https://bit.ly/2SWfkxZ)

#### **Applications are now open on a rolling basis for the Covid-19 Community Support Fund (Tranche 3).**

The Council received funding from the Department for Communities to enable groups to provide community and social support to vulnerable and isolated persons in the Fermanagh and Omagh Council area.

To apply for this funding or to read the guidance notes visit: [bit.ly/2SWfkxZ](https://bit.ly/2SWfkxZ)

#### **COVID Wellbeing NI**

Feelings of fear and anxiety have been amplified by the challenging situation we are all now facing. These are normal emotions, but it is important that we continue to acknowledge them, take positive actions to look after our mental health and reach out for support. That is why we are drawing your attention to the COVID Wellbeing NI online hub.

This website features resources, self-help guides and information on support services relating to a range of mental health and wellbeing issues. Check it out here [www.covidwellbeingni.info](https://www.covidwellbeingni.info)

The Department for Communities and the Department of Health partnered with 15 leading mental health and wellbeing charities and the Healthy Living Centre Alliance, which represents 28 local Healthy Living Centres, to create COVID Wellbeing NI and focus on promoting mental health and wellbeing during, and after, the pandemic.

#### **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.

### **Census 2021 is Almost Here.....**

The next census is happening in March 2021. The information collected in the census is used to help make decisions about how vital services such as education, transport and health are planned and funded. That's why it's so important everyone takes part.

Your community links can help us spread the word about what the census is and why it matters. Your networks can help us reach those people who need support. This will help make sure they're included and counted too.

**Census 2021** will be the first census run mostly online. In the first week of March 2021, you will receive a pack in the post with an online code or paper questionnaire. It's easy to complete online by following the steps in your letter but don't worry if you aren't online. Paper questionnaires including a large print version are still available - call our contact centre and they will post one to you. This number is on your letter and it's free to call.

We also have accessibility support available including guidance in Braille, British and Irish Sign Language and Easy Read as well as help in 17 languages.

[Get Involved: Information Leaflets - Helping everyone take part in Census 2021 - Census 2021](#)

For more information, email [census.engagement@nisra.gov.uk](mailto:census.engagement@nisra.gov.uk), visit [census.gov.uk/ni](http://census.gov.uk/ni) or follow us on Facebook and Twitter @NICensus2021

### **Intercultural and Multilingual Communication Training – Invitation**

**Monday 22 February**, 3.00-4.30pm

Online, via MS Teams (link will be emailed on registration)

Facilitator: Dr Francesca La Morgia, Assistant Professor at Maynooth University and Ulster University

To mark International Mother Language Day 2021 during Multilingual Week and celebrate cultural diversity, FODC's Good Relations would like to invite you to an interactive online session: Promoting Diversity and Integration through Intercultural and Multilingual Communication.

Session Content:

- How to plan for effective communication when there are language barriers
- How to understand communication differences across cultures
- Recognising and appreciating difference to reduce our bias through
  - \* maintaining mother tongues and preserving one's cultural identity while learning from each other
  - \* understanding and promoting multiculturalism, inter-culturalism, inclusivity, diversity and cultural integration

To receive a link for the online session email [goodrelations@fermanaghomagh.com](mailto:goodrelations@fermanaghomagh.com)

This session will be particularly beneficial to community leaders, schools and playgroups, educators, anybody interested in multilingualism and multiculturalism.

### **Calling all Centenarians...**

As part of Fermanagh and Omagh District Council's plans to mark 100 years since the creation of Northern Ireland we are calling all individuals who are 100 or over in 2021. Plans are in the making to work with people on a shared reminiscence project.

If you or a family member are turning 100 or are already so and reside in the Fermanagh and Omagh District Council area, please contact [age.friendly@fermanaghomagh.com](mailto:age.friendly@fermanaghomagh.com) for more information.

### **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/>

Recognising that we all need a little extra help and support especially at this time, Fermanagh and Omagh District Council has launched a **2021 calendar for older people** in partnership with the Western Health and Social Care Trust, South West Age Partnership, Derry City and Strabane District Council, Causeway Coast and Glens Borough Council and the Public Health Agency.

To see and download the calendar, click on

<https://www.fermanaghomagh.com/services/community/agefriendly/age-friendly-2021-calendar/>

If you wish to receive a paper copy please contact Sharon Howe 0300 303 1777 or email [age.friendly@fermanaghomagh.com](mailto:age.friendly@fermanaghomagh.com)

### **Fermanagh and Omagh District Council invites you to an exciting new programme COVID-19 ~ Faith Communities, Agents of Change**

#### **Exploring the role of Faith Communities during the COVID-19 pandemic**

Faith Communities play an important role in people's daily lives and help create meaning in times of great uncertainty or anxiety. This programme provides an opportunity for people to participate in a series of four online workshops, promoting and encouraging discussions on faith during the COVID-19 pandemic.

Discussion areas include:

- Has faith survived the impact?
- How have faith communities supported community cohesion?
- Can faith communities be agents of change?
- What does tomorrow's faith community look like?

**Programme dates are Thursdays 4, 11, 18 and 25 February from 7.00pm – 9.00pm**

The programme will be facilitated by the Churches Trust.

To register email: [pauline.clarke@fermanaghomagh.com](mailto:pauline.clarke@fermanaghomagh.com) or telephone 0300 303 1777.

Places are limited and participants will be expected to attend all four sessions

### **Council launches Share Your Story publication**

As part of plans by Fermanagh and Omagh District Council to document the community response during the first phase of the COVID-19 pandemic, community groups, sporting organisations and individuals across the district submitted stories and photographs of activities which they undertook during the pandemic which made a difference to their communities.

The stories have now been collated in the form of a publication entitled Share Your Story, which is available to download or by hard copy on request.

Fermanagh and Omagh District Council would like to thank all groups, organisations and individuals who shared their stories as part of this project.

"Share Your Story" is now available for download from the [Council website by clicking on this link](#).

Alternatively, you can obtain a hard copy by contacting [GoodRelations@fermanaghomagh.com](mailto:GoodRelations@fermanaghomagh.com)

This project is supported by the Executive Office's Good Relations programme.

### 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@fermanaghomagh.com](mailto:communitysupport@fermanaghomagh.com)

### 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	<a href="mailto:steven.ormsby@fermanaghomagh.com">steven.ormsby@fermanaghomagh.com</a>	Ext 21232
Erne East	Catherine Garry	<a href="mailto:catherine.garry@fermanaghomagh.com">catherine.garry@fermanaghomagh.com</a>	Ext 21205
Erne North	Steven Ormsby	<a href="mailto:steven.ormsby@fermanaghomagh.com">steven.ormsby@fermanaghomagh.com</a>	Ext 21232
Erne West	Kellie Beacom	<a href="mailto:kellie.beacom@fermanaghomagh.com">kellie.beacom@fermanaghomagh.com</a>	Ext 21201
Mid Tyrone	Hugo Sweeney	<a href="mailto:hugo.sweeney@fermanaghomagh.com">hugo.sweeney@fermanaghomagh.com</a>	Ext 21237
Omagh	Josephine Treanor	<a href="mailto:josephine.treanor@fermanaghomagh.com">josephine.treanor@fermanaghomagh.com</a>	Ext 20222
West Tyrone	Neville Armstrong	<a href="mailto:neville.armstrong@fermanaghomagh.com">neville.armstrong@fermanaghomagh.com</a>	Ext 20275

### Council to undertake consultation on the Development of Gortin Lakes and Boorin National Nature Reserve (NNR)

Fermanagh and Omagh District Council is undertaking a public consultation on the proposals for the future development of Gortin Lakes and Boorin National Nature Reserve (NNR) as a space for outdoor recreation.

Already offering short walks with superb views and lake access, Gortin Lakes and Boorin NNR has been identified as an area which could benefit from enhanced visitor facilities and recreation opportunities.

The consultation is being facilitated on behalf of the Council by Outdoor Recreation NI.

Members of the public are invited to express their views on the future development of Gortin Lakes by taking part in an online survey.

The survey can be accessed at <https://www.surveymonkey.co.uk/r/gortinlakes>

Unfortunately, due to ongoing restrictions on public gatherings as a response to the COVID-19 pandemic, it is not possible to host a public consultation session to further explore ideas with the local community at this time. However, any group or individual who would be interested in participating in a virtual consultation session should, in the first instance, contact Sarah Steer, Outdoor Recreation NI, by email at [s.steer@outdoorrecreationni.com](mailto:s.steer@outdoorrecreationni.com) to register their interest.

### **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:

#### **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](mailto:kellie.beacom@fermanaghomagh.com)

### **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.

## Community News

### Public Health Agency

**Does your organisation use social media, send newsletters, display posters, provide leaflets, etc...? Can you help us to get important health messages to people in Northern Ireland? If yes, then please join our mailing service.**

**Click on [Subscribe to PHA messages \(mailchi.mp\)](mailto:subscribe@pha.hscni.net) to subscribe.**

### What happens if I subscribe?

We will email you important health messages and simple ways to share them. This will include items to email or to share on social media, and items which can be printed and inserted into 'packs' or copied into newsletters. You will be able to unsubscribe at any time.

Future editions will cover latest COVID developments, and other health and wellbeing issues, such as mental health, healthy weight, smoking, drugs and alcohol.

This year more than ever, we hope you will help us to reach as many people as possible with information for better health and wellbeing

### 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.**

- Cathedral Hall, Enniskillen on Thursday 4 & Friday 5 February.  
The sessions will run from 1-4pm and 5-7.30pm.

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](https://bit.ly/376uav9)

**Closing date Friday 19 February**

### How to translate information on the PHA website using Browsealoud

The PHA website, along with some other websites, has an accessibility toolbar called Browsealoud which enables website text and pdfs to be translated into many languages. The PHA has developed a short guidance document which has been translated into 22 languages and is available on the PHA website <https://www.publichealth.hscni.net/publications/how-translate-information-pha-website-using-browsealoud>

### Christians Against Poverty

#### Free Debt Help

We are delighted to give free debt help to people of any faith or none. We provide a holistic and supportive service and can signpost to other providers of help such as the Foodbank, with whom we have links. Normally we visit our clients in their homes but during Covid we are phone based - although some visits have been made eg to provide logs.

We currently have some spare capacity and would be delighted to receive referrals from you.

Contact: Jonathan Hayward, Centre Manager - West Northern Ireland

Working Hours Tuesdays and Fridays 10am-6pm, Mobile M. 07841 642575

[Christians Against Poverty | Debt Counselling Charity \(capuk.org\)](http://capuk.org)

### Sperrin and Lakeland Floating Support Service Update

Our team at **Action for Children, Floating Support Service** 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 during this time.

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 email [Duncan.Lyon@actionforchildren.org.uk](mailto:Duncan.Lyon@actionforchildren.org.uk) or phone 028 822 59495

### ASCERT Women and Alcohol Seminar

Online Webinar **Tuesday 16 February**, 2.00-4.30pm

In the first of our 2021 Seminar Series, we will consider how the experience of alcohol is different for women, including alcohol related harm, targeting by the alcohol industry, societal attitudes towards women's drinking and barriers to support and recovery.

We are delighted to be joined by the following guest speakers:

- Professor Carol Emslie leads the Substance Use & Misuse research group within the School of Health & Life Sciences at Glasgow Caledonian University (GCU). She is a leading researcher focusing on gender and alcohol.
- Ann Dowsett Johnston is an award-winning journalist and keynote speaker. She is one of Canada's leading experts on public policy related to higher education, alcohol addiction and trauma and author of the best-selling book *Drink: The Intimate Relationship Between Women and Alcohol*.
- Clare Flynn has worked in roles related to emotional wellbeing, suicide prevention and health promotion. She will share perspectives from her personal experience of parental alcohol use, her own problems with alcohol and her recovery journey.

Register for this free online event via Eventbrite

<https://www.eventbrite.com/e/women-and-alcohol-tickets-136584735621>

### **Do you want to improve your public speaking skills?**

**Mid Ulster Toastmasters Club** is a small friendly club that is part of a global organisation. We have numerous clubs over the north and south of Ireland. The club will help you with both prepared speeches and speaking off the cuff, but it is not a course and you can go at whatever speed you wish. Anyone from 16+ can join to improve their speaking and presentation skills. We are currently working online and helping members develop important online speaking skills although we do look forward to meeting in the future. Why not come along to a zoom meeting and see what it is all about?

Mid Ulster Toastmasters meets on 1st and 3rd Tuesday of the month. Check us out on facebook or email us on [midulstertoastmasters@gmail.com](mailto:midulstertoastmasters@gmail.com) for the zoom link.

### **Regional Integrated Support for parents and schools**

The RISE NI (Regional Integrated Support for Education) Parent Website has been launched <https://view.pagetiger.com/RISENI/parents>

The website is suitable for the parents and carers of children in pre-school settings and mainstream primary schools (up to P4). It promotes development of:

- speech and language
- fine and gross motor skills
- social and emotional development

The website contains information leaflets, suggested activities / resources and parent training videos developed by clinical psychologists, behaviour therapists, occupational therapists, speech and language therapists and physiotherapists.

### **Irish School of Ecumenics**

#### **A Series of Civic Conversations**

To mark the 50th anniversary of the Irish School of Ecumenics, a new three-year education and research programme exploring the theme: "Is There A Common Good?" is being launched with a series of civic conversations on zoom. These will run over two six-weekly series, from Saturday 6 February to Monday 24 May.

The focus for this: "Is the Past Preventing the Future and the Common Good?" provides an opportunity to explore obstacles to the common good and positive actions for change. The range of speakers are from Northern Ireland, or have lived here for many years, and they will address the theme from their areas of expertise. The programme is open to anyone who is interested, particularly those living in Northern Ireland and Border Counties.

For more information visit <https://www.tcd.ie/ise/assets/pdf/Common-Good-Course-Brochure.pdf>

To register contact Kirstie at [kirstie479@hotmail.com](mailto:kirstie479@hotmail.com)

### **AXA Community Bike Rides**

We have created a number of Solo Rides to encourage people to get out on their bikes.

Take part in an easy going or challenging solo bike ride and get credited for your efforts.

Check out the upcoming rides [www.axacommunitybikerides.com/rides](http://www.axacommunitybikerides.com/rides) and register for free!

### **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:

- 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](mailto: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/](http://www.freshmindseducation.com/pha-link_life/) or email [hello@freshmindseducation.com](mailto: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

### **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](mailto:jo@samaritans.org) or visit [www.samaritans.org](http://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](mailto:help@dsahelpline.org) or contact can be made through the live webchat function available via the website [www.dsahelpline.org](http://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](mailto:info@oias.co.uk)

### **Community Wellbeing and Resilience Programme**

NICVA and Inspire Wellbeing are running free wellbeing sessions designed for staff and volunteers working in the community sector who have been involved on the frontline of the Covid-19 pandemic response.

[Introduction to Mindfulness \(2 hrs\)](#) - Tues 2 February, 2pm - 4pm

[Positive Mental Health \(2 hrs\)](#) - Mon 15 February, 2pm - 4pm

[Managers Promoting Positive Mental Health \(2 hrs\)](#) - Mon 22 February, 2pm - 4pm

[Mindfulness Based Stress Reduction Programme \(6 week course\)](#) - 22 February to 29 March 2021

[Find out more about the programme here](#)

## **Aisling Centre**

### **There is Always Hope**

Free, Live, Interactive, Virtual Programme, January – March 2021

A series of workshops and talks designed to promote understanding and self-compassion, reduce stress and improve mental health and emotional well-being.

Workshop speakers and facilitators include members of Aisling Centre team and invited guests.

Full programme details available on Eventbrite <http://bit.ly/36az3Ta>

or contact Aisling Centre on 028 6632 5811

## **Western Health and Social Care Trust**

### **New Phone First Service**

A new Phone First service is being trialled across a number of Emergency Departments (EDs) in Northern Ireland.

The Phone First service is about improving patient safety and reducing the risk of Covid-19 infection and transmission by reducing overcrowding and long waits in Emergency Departments.

The Phone First service is designed for patients who are feeling unwell and considering travelling to an ED with an injury or illness which requires urgent treatment but is not immediately life threatening.

The service is being rolled out to cover the Western HSC Trust's Altnagelvin and South West Acute Hospital's Emergency Departments (EDs) and the Urgent Care and Treatment Unit in Omagh Hospital and Primary Care Complex Hospital, with effect from 08:00 am on Monday 25 January 2021 and will run from 08:00am to 12 Midnight 7 days per week.

The 'Phone First' number to ring is 0300 020 6000

The 'Phone First' text relay number is 0870 240 5152

For all emergencies that are life threatening always call 999 immediately. This can include: Stroke, heart attack, loss of consciousness, breathing difficulties, severe bleeding or major trauma.

It is important to note that Emergency Departments will always be a safe place for patients, and if they attend an ED without ringing first, they will not be turned away. However, if their condition is not life threatening, they may have to wait longer or be signposted to another service.

For further information [click here](#)

Phone First - [Frequently Asked Questions](#)

### **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](mailto: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>

**Check out [Dry January | Drugs and Alcohol \(drugsandalcoholni.info\)](https://www.drugsandalcoholni.info) for a list of events** that are running in your area and how you can get involved. All these events are free and designed to support mental health and wellbeing and promote healthy habits.

### **Relaxation Sessions: Feel Good February 2021**

**Wednesday 3 February, 7.30pm**

**Monday 22 February, 12 noon**

2020 has brought many challenges, one of which is finding the balance between working from home and the transition into relaxation within the same space. With that in mind we thought as part of #DryJanuaryFeelGoodFeb that it was important to explore other ways of managing stress.

As it is only a short workshop lasting 30-45 minutes then you can use it as a way to unwind after a day of work on 2 February or during your lunchbreak on 22 February - in fact why not try both?

These short workshops will help support your self-care tools in guiding you through a relaxation session where you are sure to feel the benefits of taking the time out.

Book a Relaxation Session via [Relaxation Session Tickets, Multiple Dates | Eventbrite](#)

### **Free #DryJanuaryFeelGoodFeb 'Mindfulness Webinar'**

**Tuesday 9 February, 2-4pm**

If you're curious to see if mindfulness practices can help you - whether for everyday life or during periods of high stress - watch this free webinar.

The presenter, **Bridgeen Rea-Kaya** from **Immeasurable Minds** has been practicing and coaching others in meditation skills for over 15 years. The Webinar will cover:

- Health benefits of mindfulness
- Types of mindfulness practices
- The neuroscience of the practice
- Tips on practicing
- A 15-minute guided mindfulness of breath practice

This year has been full of challenges and stress, why not add to your own toolkit of self-care, and invest your time in exploring the practice of Mindfulness and what it can do for you?

Please book via the Eventbrite link <https://www.eventbrite.co.uk/e/130427152123>

### **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](mailto: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/>

### **Pilot to loan tablets (& provide monthly data allowance) and training to adults who have never used the internet (English only)**

The Department of Finance are running a small pilot for getting tablets to adults who are vulnerable and isolated. It includes loan of a 10' tablet and free monthly data allowance as well as focused training from Libraries and Supporting Communities over a period of six months or so. It will run in two 'phases' with initial roll-out to approx 70 recipients in February followed by another 70 or so in March. It is aimed at vulnerable and isolated adults who have never used a device before and don't have the internet (it is not aimed at children/young people). It may be of special interest to people in rural communities.

If you know anyone who might be eligible to apply, please contact [colin.cluney@finance-ni.gov.uk](mailto:colin.cluney@finance-ni.gov.uk)

Alternatively, a Jot Form to book onto this scheme can be accessed at

<https://form.jotform.com/igniteit/connected>

Please note this small pilot does not have translation services.

### **Western Trust Nutrition Webinars February 2021**

Are you interested in finding out more about food and nutrition for yourself or your family?

Dietitians are taking these online workshops throughout February.

Free and open to all.

**Mon 8 Feb, 10:30-11:30am: Weaning Webinar**

<https://tinyurl.com/weaning-feb> Password: 388738

**Wed 10 Feb, 1-2pm: Food and Mood**

<https://tinyurl.com/foodmood-feb>

**Tues 16 Feb, 2-3pm: Healthy Diet, Healthier you**

<https://tinyurl.com/Health-Diet-Feb> Password: 99086418

**Wed 24 Feb, 16:00-17:00pm: Mealtime Tips and Fussy Eating.**

Registration required - follow <https://tinyurl.com/FussyEating-Feb>

Disclaimer:

For safeguarding purposes, participants should turn off their camera and audio during the webinars. Please note any information shared in the Q&A/ chat facility may be viewed by others. Facilitators are not responsible for individual participants throughout the webinar.

### **Free Course for Parents of Young Children**

#### **Talk Learn Do – Parents, Kids and Money!**

In the session we explore how to teach children about money in everyday situations. The course is interactive and full of useful information and guidance. It explores the concepts of saving money, relevant to age group and family situation. These messages are passed on from parent to child for example through fun games, empathy, praise and good decision-making skills. For further information/to register see click on <https://www.eventbrite.co.uk/e/welcome-to-talk-learn-do-parents-kids-and-money-tickets-137920679465>

### **Omagh Volunteer Centre is organising its first ever virtual volunteer fair!**

#### **Monday 1 March, 6.30pm via Zoom**

As we learn to live with Covid-19, volunteering opportunities are beginning to open up again but maybe in new and innovative ways. If you are a volunteer organisation this is a great opportunity to meet with potential volunteers and tell them about the volunteering opportunities available within your organisation.

To find out more about how to get involved please email [volunteer@omaghvolunteercentre.org](mailto:volunteer@omaghvolunteercentre.org)

### **Volunteer Now**

We have a lot of volunteers signing up to our websites to view opportunities and it would be a pity for our groups in Fermanagh not to take advantage of the BeCollective platform

You can choose to do this yourself by [clicking here](#) signing your group up for free or you can have me do the foundation work for you.

Contact [Lynn.johnston@volunteernow.co.uk](mailto:Lynn.johnston@volunteernow.co.uk) Mobile 07467 486638

If you are an organisation or group who have opportunities available for volunteers in the Fermanagh area, please get in touch and find out how you can get help to support you in reaching a wider audience.

[CLICK HERE](#) to view our opportunities on our website.

### **Volunteer Organisations Linking Together**

#### **Thursday 4 February, 11am-12pm**

Join Us! An opportunity to network and share! Members' Check In & Chat session.

Volunteer Now has organised a Members' Check In & Chat session. An informal session, just bring your cuppa! You can tell us how you and your volunteers are doing and we will explore some ideas about what we can do for you. For further information and to book a place click on this link <https://bit.ly/36eBZOQ>. You will be sent a link and joining instructions in due course.

## **Omagh Forum for Rural Associations**

### **Online training opportunities**

Omagh Forum for Rural Associations continues to offer these three short and interactive training sessions on zoom for local community and voluntary organisations.

#### **Re-opening your community facility**

Thursday 4 February, 7pm

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

Current restrictions see most facilities closed at present. 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 on re-opening.

#### **Running an online meeting**

Thursday 16 February, 11am

<https://www.eventbrite.co.uk/e/running-an-online-meetingagm-tickets-131601273953>

This training session will help you to plan and 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.

#### **How to use Zoom**

Tuesday 23 February, 7pm

<https://www.eventbrite.co.uk/e/a-basic-guide-to-using-zoom-tickets-137762805259>

Continues to be a very popular course - 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.

### **Vegetable Broth Video**

Omagh Forum for Rural Associations have organised a series of Cookery/Nutrition videos to assist people to make healthy eating choices. The first one is a short video on how to make vegetable broth and can be accessed on our facebook page:

<https://www.facebook.com/omaghforumforruralassociations>

These are funded through **Warm, Well and Connected** which is a programme to support those most in need over the winter months. This initiative alongside other interventions aims to connect with local communities and help improve emotional well-being and tackle isolation. Warm, Well and Connected is funded by the Department for Communities and the Department for Agriculture, Environment and Rural Affairs.

## **Warm, Well and Connected**

### **1. What is the Warm, Well and Connected Programme?**

The current pandemic has exacerbated impacts on mental health, isolation and loneliness. The Department for Communities has allocated £3m to help bolster existing programmes of work and new interventions aimed at supporting those in most acute need over winter 20/21. The programme aims to tackle isolation, improve emotional wellbeing, support participation in physical activity and increase awareness of the need and ability to eat well over winter 20/21.

The initiative is being delivered in partnership with local government, the Healthy Living Centre Alliance and the Rural Support Networks.

Additionally, direct help with heating and White Goods for those NOT entitled to Discretionary Support help will be considered, although this is a very small allocation.

### **2. Who is being targeted through the programme?**

The programme will target those who have been most acutely impacted by the pandemic. Engagement with Health sector colleagues and community stakeholders indicates that the following groups have felt the greatest impacts from the pandemic:

- Children and Young People
- Older People, particularly those living alone
- People Living with Disability and their Carers
- Anyone who has lost income as a direct result of the pandemic
- Clinically extremely vulnerable (previously shielding)
- People from Ethnic Minorities

### **3. How will the heating support be allocated?**

Those seeking support must demonstrate that they fall within one of the specific population target groups to avail of assistance from the Warm element of Warm, Well and Connected. Secondly, for consideration of a Fuel Top-Up OR white goods the household MUST demonstrate (by self-declaration, supported by specific evidence, where required) that their need for assistance has arisen as a direct result of the pandemic. Thirdly, the household must demonstrate by self-declaration, supported by specific evidence, where required) that they are struggling to afford their fuel costs. Additionally, any person applying for white goods must demonstrate that they have not received a discretionary support payment for the item within the last 12 months.

### **4. Will there be any overlap with the Department's Covid-19 Heating Payment or Discretionary Support?**

From 25 January 2020, the household MUST demonstrate by self-declaration that if they meet the benefit related criteria for or have already received a DfC Covid-19 Heating Payment (£200 payment, payable in last week of January 2021) why they still need assistance.

### **5. How many people are likely to benefit from the programme?**

The programme aims to help at least 25,000 people with their emotional wellbeing. The programme also aims to support approximately 12,000 people in fuel poverty or with an extreme need for white goods during winter 20/21.

### **6. How long will the Programme run for?** The programme will run until end March 2021.

### **7. How can people access programme support?**

You can find out more information on specific activities and programmes connected to emotional wellbeing and social isolation by contacting **Omagh Forum for Rural Associations –**

**Telephone 028 8225 1559; or email [Laurence@omaghforum.org](mailto:Laurence@omaghforum.org)**

For help with fuel or white goods you can contact the COVID-19 Community Helpline which is managed by Advice NI - freephone number: 0808 802 0020, email: [covid19@adviceni.net](mailto:covid19@adviceni.net), text: ACTION to 81025, or complete a form on the Advice NI Website.

## One-to-One Governance and Funding support sessions for local groups in the Fermanagh & Omagh District area

Omagh Forum for Rural Associations in conjunction with South West Rural Development Service and supported by DAERA are now inviting you to attend one of our “One to One” online workshops across the Fermanagh & Omagh District Council area during February, March & April.

In previous years this has been a very successful initiative and those groups who have participated have found it most beneficial.

### 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. You can do so by picking one of the slots below, clicking on the link and then register for the available slot on view. A zoom link will be forwarded closer to the time. If your preferred slot is not available, please look at availability at one of our other slots.

Month	Date	Time	Booking Link
February	1st Feb.	11am-4pm	<a href="https://doodle.com/poll/xcsyq69ewqzqdhyh?utm_source=poll&amp;utm_medium=link">https://doodle.com/poll/xcsyq69ewqzqdhyh?utm_source=poll&amp;utm_medium=link</a>
	4th Feb	5pm-8.45pm	
	9th Feb.	3pm-8pm	
	17th Feb.	8am-1pm	
	23rd Feb.	8.45am-1.45pm	
March	4th March	4.30pm-9.30pm	<a href="https://doodle.com/poll/ask82ab7fyhis2h?utm_source=poll&amp;utm_medium=link">https://doodle.com/poll/ask82ab7fyhis2h?utm_source=poll&amp;utm_medium=link</a>
	8th March	3.30pm-8.30pm	
	15th March	9am-2pm	
	24th March	6pm-9.45pm	
April	2nd April	1pm-6pm	<a href="https://doodle.com/poll/nkq27v8nmctsc3a4?utm_source=poll&amp;utm_medium=link">https://doodle.com/poll/nkq27v8nmctsc3a4?utm_source=poll&amp;utm_medium=link</a>
	6th April	6pm-9.45pm	
	16th April	10am-4.15pm	

Please note a membership application form is available from [www.omaghforum.org](http://www.omaghforum.org)  
Telephone 028 8225 1559

## Training Opportunities

### **Free Hope Matters Training for Community & Voluntary Sector Organisations**

Facilitated by Marie Dunne & Martin Heaney - All sessions will be delivered online via Zoom

**Thursday 25 February 10am-1pm; 2pm-5pm;**

**Tuesday 2 March 10am-1pm; 2pm-5pm**

[Booking Essential](#) (Click on Link)

Hope Matters is a new skills programme developed by [RESILIO](#). It is based on research that suggests 'Hope is a teachable skill'. The three-hour programme aims to equip individuals with the knowledge and skills to grow and maintain hope within themselves and others during these challenging times.

Hope is one of the strongest protective factors in reducing the risks of suicide and self-harm.

The 3-hour interactive workshop will:

- Introduce the concept of HOPE
- Explore the evidence and how it is linked to supporting the recovery of trauma
- Introduce skills and knowledge to develop and maintain hope, even during these challenging times
- Give the confidence to act as an ambassador of hope in your families, communities and workplaces

For Community & Voluntary sector organisations delivering services in the Western Trust area to apply for a place please read carefully the [Booking and Cancellations Policy](#) and complete a [Booking Form](#). For further information email: [clear@dhcni.com](mailto:clear@dhcni.com)

### **Western Trust Health Improvement, Equality and Involvement Department Training Opportunities**

#### **Moving More Often Course via zoom**

**Tuesday 2 February, 10am–12pm**

This training is aimed at health and social care workers who support frailer older people in a range of community, residential and social care settings. It will equip participants to facilitate a range of basic activities to encourage frailer older people to move more.

#### **Arts Care for U information session**

**Thursday 11 February, 2-4pm**

For staff working in older people, adult mental health and adult learning disability settings. Priority will be given to nursing and residential home staff but day care and community settings who can clearly demonstrate that they are able to deliver to groups may be considered if places available. Commitment is only 1 x 2-hour session. This includes learning how to facilitate art sessions (e.g. painting, collage, felting), facilitate a range of creative movement exercises and learn how to host a sing along with residents and their families.

We are encouraging a minimum of two attendees to attend from each setting and their setting will receive a resource box of materials including a DVD on guided diversionary activities worth £250.

Contact [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) to apply for either of the above

### **Digital Safeguarding Core Awareness Training**

**Tuesday 23 and Wednesday 24 February, 10am – 12pm via Zoom**

The online world presents great opportunities but also some challenges which we need to learn how to navigate. Facilitated by trainers from the Western Digital Safeguarding Steering Group, this short course, delivered on Zoom over two 2-hour sessions\*, is aimed at practitioners who work with children and young people in any setting. It focuses 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 focus on more than just 'e-safety' and will discuss the digital safeguarding elements of:

- Promotion of digital literacy
- Critical thinking skills and resilience
- Prevention of harm
- Protection strategies when harm has occurred.

Course Content includes:

- Grooming & radicalisation
- Cyberbullying
- "Sexting"
- Inappropriate content (including pornography)
- Online reputation and parent-created footprints
- Tracking, privacy, identity theft
- Gaming/Gambling and persuasive design
- Mental health and emotional wellbeing
- Signposting to local and national sources of help, advice and support

\*Please note that both sessions must be completed in full to be awarded a certificate.

\*\*To apply for a place on the course please email [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) for an application form by Friday 12 February.\*\*

### **SUSE+ - New courses**

**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 Skills and Essential Skills in Numeracy and Literacy.

For more information contact [tracy.sharkey@swc.ac.uk](mailto:tracy.sharkey@swc.ac.uk) Mobile 07436 533475

### **Suicide Prevention Awareness Training**

Due to the recent high uptake for Connections "Link Life" online facilitated suicide prevention training, additional training dates have become available.

The link below includes further information about the training and anyone interested in participating can book their place directly using this link. The available dates are listed under each Trust area.

[https://freshmindseducation.com/pha-link\\_life/](https://freshmindseducation.com/pha-link_life/)

## 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](mailto:Ciara.McGivern@nihe.gov.uk)  
Tel 028 9598 3169 Mobile 07468 350723

[www.disabilityaction.org/onside](http://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](mailto: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](mailto:info@OakHLC.com) Tel 028 6772 3843

## **Arts Care 4 U**

**Thursday 11 February, 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](mailto:health.improvement@westerntrust.hscni.net) Tel 028 7186 5127

## Funding Opportunities

### 2021/22 Central Good Relations Fund

#### Now open for online applications

The 2021/22 Central Good Relations Fund (CGRF) is now open for groups who wish to apply online for a project funding grant (for projects over £1,500).

Applications must be submitted online by Friday 12 February 2021 at 6:00pm

[Already Registered? Login to apply for a 2021/22 CGRF grant](#)

To access the online application system, you must first register your organisation. However, if you registered last year, you do not need to register again and you can use the link below to access the online application system.

[Register to be able to apply for a 2021/22 CGRF grant](#)

If you have not already registered, please use the link below to register your organisation. Please note, you must register your organisation by 12:00 noon on Friday 12 February to enable access to the online application system. Any registrations submitted after that time will not be accepted.

**To register** (if you have not already done so), you will need:

- Your contact information as the admin user (can be changed later);
- Details of your organisation, including address and organisation type;
- A copy of your organisation's constitution (Word or PDF); and
- A default password (used as the initial login for all of your organisation users).

#### Online Application

To apply online you will need:

- The login link you will have received via e-mail when your registration was approved;
- The e-mail address you used to register;
- Your password;
- Details of your proposed project including projected activities and costings; and
- Copies of job descriptions (for any salary being claimed).

Click your individual 'login now' link, login, and follow the steps.

#### Got questions?

Contact our team - Email [GoodRelationsFund@executiveoffice-ni.gov.uk](mailto:GoodRelationsFund@executiveoffice-ni.gov.uk)

### **Sport NI launches £5m National Lottery investment: Supporting Sport to Build Back Better, starting with Project Re-Boot**

<http://www.sportni.net/news/sport-ni-launches-5m-national-lottery-investment-supporting-sport-to-build-back-better-starting-with-project-re-boot/>

In summary, Project Re-Boot is one of many elements of Sport NI's 'Supporting Sport to Build Back Better' support package. This package has been developed to help the sports sector recover from the effects of Covid-19. Project Re-Boot is a revenue grants programme, aimed at delivering new initiatives specifically targeted at those people who have been most affected by Covid-19. Its primary aim is to get participants involved or back involved in sport.

Project Re-Boot has three key themes:

- Innovation and Creativity – developing something new and fresh. Something to engage new audiences;
- Partnerships – creating a unique mix of partners to deliver an innovative or creative idea;
- Engagement – targeting the groups of people most affected by Covid-19;

Project Reboot has been designed to support clubs and community organisations.

### **Dormant Accounts Fund - Now open for Applications**

Dormant Accounts Fund NI will support the voluntary, community and social enterprise (VCSE) sector in Northern Ireland to be more resilient and prepared for the future by funding activity that increases capacity and sustainability. We hope the programme will support organisations to adapt to future challenges and be more financially resilient.

Dormant accounts are UK bank and building society accounts that have been untouched for 15 or more years, and where banks and building societies are unable to trace the customer who owns the account.

Although the £12m funding will be administered through the National Lottery it should be noted that this is not lottery money. Further information available via this link:

[Dormant Accounts NI | The National Lottery Community Fund \(tnlcommunityfund.org.uk\)](https://www.dormantaccountsni.org.uk/)

There is currently no deadline to apply.

### **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>