

## Fermanagh & Omagh District Council Community Support News – March 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 Wednesday 24 March**

### Council News & Events

#### Grant Aid Support

##### 1<sup>st</sup> Call for Applications - 2021 / 2022

Fermanagh and Omagh District Council invites applications from voluntary clubs, societies, community and sporting organisations. Groups must be based in the Fermanagh and Omagh District Council area.

The funding call will close at **5pm on Tuesday 23 March 2021**.

Applications are invited in the categories listed below: -

- **Community Services - Revenue**
- **Good Relations**
- **Irish in the Community**
- **RECOVER Fund Programme**
- **Remembering & Commemoration - Decade of Centenaries**
- **Seeding Grants**
- **Ulster Scots in the Community**

Guidance Notes for Grant Aid Streams open can be viewed on the Council's website. For further information or to apply online, please visit the Council website at: [www.fermanaghomagh.com](http://www.fermanaghomagh.com) or contact the Funding & Investment Unit on;

**T: 0300 303 1777      Text phone: 028 8225 6216      E: [grants@fermanaghomagh.com](mailto:grants@fermanaghomagh.com)**

Funding covers the period: 1 April 2021 to 31 March 2022.

#### Grant Aid - for Older Persons Groups

South West Age Partnership (SWAP) is responsible for the delivery of Council Grant Aid for older persons groups. Older Persons Groups must apply directly to the South West Age Partnership (SWAP) for the Council's Grant Aid. Please note, some exceptions may apply. **Closing date is 5pm on Tuesday 23 March 2021**. For further information or to apply for Grant Aid please contact:- Allison Forbes Tel: 028 8225 1824 or Email: [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)

Council Officers are available to assist with any queries you may have regarding the application process or funding criteria. Please ensure to contact an officer well in advance of the closing date to avoid disappointment. Please see Guidance Notes for officer contact details.

### St Patrick's Festival 2021

Fermanagh & Omagh District Council is welcoming Expressions of Interest from across the district from community, arts, sports, cultural, heritage, linguistic and other groups who are keen to take part in this year's St. Patrick's Festival.

The St. Patrick's Festival community events will run from Friday 12 March to Wednesday 17 March.

Fermanagh & Omagh District Council will provide support to a maximum of 30 groups across the district with up to £250 per proposal of financial support along with assistance with marketing and publicity.

If you or your group are interested in getting involved with this year's St Patrick's Festival, please visit our website for further information on how to apply:

<https://www.fermanaghomagh.com/events-and-festivals/>

**Closing date Monday 1 March 2021 @ 6pm.**

### 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

### 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](http://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.

### **All you need to know about Fuel Poverty**

Are you working with residents (clients) that are suffering from the impact of Fuel Poverty this Winter? If yes, this webinar is for you!

Fermanagh and Omagh District Council and the National Energy Action (NEA), supported by the Public Health Agency, have joined forces to provide advice and support to community groups and organisations so they know where to access help for those residents suffering the consequences of Fuel Poverty.

### **Online - Tuesday 2 March 2021 - 10.00am until 12.00 Noon**

This two hour event will provide tailored advice and support so community groups and organisations operating in Fermanagh and Omagh District know where to go to get information at first hand and what programmes and schemes they can refer clients on to for help.

The following areas will be covered:

Fuel Poverty, its impact, and the current support available to residents that need help.

Hear more about:

- Customer Care Scheme
- Critical Care Scheme – Northern Ireland Electricity/Northern Ireland Water
- Cold Weather/Winter Fuel Payments
- Fuel Debt Advice
- Covid-19 assistance
- Affordable warmth

We are specifically targeting the following groups, but not exclusive:

- Foodbanks
- St Vincent De Paul's
- Advice Services
- Women's Groups
- Family Support Hubs
- Senior Citizen Groups
- Rural Community Groups
- Housing Support Groups
- Befriending Groups
- Healthy Living Centres

**To register, please contact [kim.weir@fermanaghomagh.com](mailto:kim.weir@fermanaghomagh.com)**

You will receive joining instructions closer to the time once you have registered.

If you would like more information please contact:

Kim Weir, Community Planning Officer [kim.weir@fermanaghomagh.com](mailto:kim.weir@fermanaghomagh.com)

or Marcella Kinsella, [marcella.kinsella@fermanaghomagh.com](mailto:marcella.kinsella@fermanaghomagh.com)

## Oral History Project

Fermanagh and Omagh District Council has been organising a series of shared history events over the years, through the good relations team, supported by The Executive Office. These events and activities have been incredibly popular and engaged so many people from all backgrounds and all parts of the District. They have also complemented the excellent arts, culture and heritage programme of the Council including our superb museums.

We hope you can help with one of the programmes this year:

### A Time of Change

We are seeking to undertake several interviews with people from across the Council area about memories, stories and the impact of change on the island of Ireland in the years 1912-1923. Obviously, people may not themselves remember those times, but within the community there are so many rich and fascinating stories drawn from the memories of parents, grandparents, colleagues or other family members and friends. We don't want those memories and stories lost to time.

We intend to archive a range of interviews but also launch those interviews as archival material in the latter half of 2021, so Covid-allowing we would hope to identify participating groups and individuals by April so that we can carry out interviews by May or June, if possible.

We don't want to preclude anything, but the memories and stories may be about things like the tensions and conflict on the island at the time, the changing role and status of women, changes to farming and how people worked, sports activities and cultural celebration, partition and crossing a new border on the island...or anything else from the period that lends itself to interesting memories and stories that future generations may benefit from learning about.

We want to make sure those interviewed show gender, geographic and community background balance, have a family or work history from the Council or cross border area; and have knowledge of, or access to, those memories of experiences of the time.

If your organisation and group would like to find out more please contact us, and if you know of people who would be good to include in an interview, do let us know.

You can get in touch with Pauline Clarke at [pauline.clarke@fermanaghomagh.com](mailto:pauline.clarke@fermanaghomagh.com)

or Peter Osborne who will be carrying out the interviews at Email: [peter@rubiconconsulting.net](mailto:peter@rubiconconsulting.net)

Alternatively, **we will host a Zoom on-line information session at 7pm on Tuesday 9 March** if you would like more information. Here is the link to join:

Fermanagh and Omagh District Council is inviting you to a scheduled Zoom meeting.

Topic: FODC A Time of Change

Time: Mar 9, 2021 07:00 PM London

Join Zoom Meeting

<https://zoom.us/j/93003156584?pwd=bis1UEVhSWI3TjVsZVpBRmRWYU9qUT09>

## Fairtrade

With the onset of Fairtrade Fortnight 2021, Fermanagh and Omagh District Council is once again reminding people to continue to support Fairtrade.

Why not join one of Fairtrade's virtual events - you can see the full line up [HERE](#)

Please note it is very important that you register for each event before receiving the Zoom link which will be emailed 24 hours before the event!

Remember to check your spam folder for confirmation emails!

The Fermanagh and Omagh District Council area was awarded Fairtrade status by the Fairtrade Foundation in April 2020. Please [click on this link](#) to find out more about the Council's involvement with Fairtrade including the District's Fairtrade Steering Group or email Charlotte Daly at [charlotte.daly@fermanaghomagh.com](mailto:charlotte.daly@fermanaghomagh.com)

### Feedback on CCTV within Omagh and Enniskillen Town Centres

Fermanagh and Omagh District Council has launched an online survey seeking public opinion on Public Space CCTV.

The survey will provide residents and businesses with an opportunity to have their say on the effectiveness, impact and value of public space CCTV in Enniskillen and Omagh.

**Have your say before Friday 5 March** here <http://bit.ly/CCTVFodc>

### ASPIRE Employability Programme

Are you trying to get back into employment or are you working part time and want to increase your hours?

Are you considering a return to education or change of job/career direction?

The ASPIRE team are available to provide you with one-to-one personalised support to help you meet your goals.

ASPIRE can provide quick short-term assistance with job-seeking, CV preparation and updating, completing application forms and preparation for interviews; as well as longer term support for those who want to reskill, gain qualifications and avail of work experience.

The ASPIRE programme is part funded by the European Social Fund and the Department for the Economy. Participation is free of charge.

If you are interested in discussing available options, please contact us at:

ASPIRE Fermanagh: 028 6632 6478 or ASPIRE Omagh: 028 82246535

E-mail: [aspire@fermanaghomagh.com](mailto:aspire@fermanaghomagh.com); Find us on Facebook: Aspire Employability Programme

### Census 2021 is coming

You can complete your census on your phone, laptop, or other smart device.

You'll also be able to request a paper form.

Find out more about [#Nlcensus2021](https://www.census.gov.uk/nl) at [census.gov.uk/nl](https://www.census.gov.uk/nl)

Census staff are soon to be trained and will not be calling to homes until post Census day, **Sunday 21 March** and when it is also deemed safe to do so. Also, due to broadband concerns areas outside of towns will mostly receive a paper version of the Census Form to complete as opposed to a link to complete online although both options are available to everyone.

### 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

#### The second Happy at Home booklet is now available

The Happy at Home booklet is produced in partnership with Fermanagh and Omagh District Council, Western Health and Social Care Trust and South West Age Partnership.

The newsletters provide a range of short activities for older 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.

Newsletters are available to download via

<https://www.fermanaghomagh.com/services/community/agefriendly/happy-at-home/>  
or physical copies can be requested by emailing [age.friendly@fermanaghomagh.com](mailto:age.friendly@fermanaghomagh.com)

### **Creating Intergenerational Communities in Fermanagh and Omagh Council Area**

Linking Generations NI have teamed up with Fermanagh and Omagh District Council and South West Age Partnership to hold a Network meeting looking at how we can create Intergenerational Age Friendly communities in 2021. It will explore:

- Ideas for community connection
- Current challenges and barriers
- Opportunities for 2021

We hope you can make this first Network meeting of 2021. We would like to take some time to reconnect and find out how we can support your work going forward.

The meeting is being held via Zoom on **Thursday 4 March**, 2pm- 3.30pm

[Register here for the event.](#)

### **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 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

### 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.

**St Patrick's Hall, Castlederg on Tuesday 2 March, 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.

### COVID-19 Vaccine Information

The easy read "COVID-19 vaccination – a guide for people with a learning disability" has now been published online. <https://www.publichealth.hscni.net/publications/covid-19-vaccination-guide-people-learning-disability>

### Access to Wheelchairs during COVID-19

Despite the current COVID-19 pandemic, the British Red Cross are still operating to hire wheelchairs to those in need. The use of a wheelchair can make a huge difference to someone recovering from an accident or has reduced mobility due to an illness. It can allow someone to remain independent, speed up their recovery time as well as to improve mental health and wellbeing. No one should have to stay in hospital for lack of a wheelchair or other mobility aid. This service relies on volunteers who provide advice and support to people who need to hire a wheelchair for short term use and making sure they know how to operate them safely. Due to the pandemic, the number of current deployable volunteers have decreased.

Our Omagh and Enniskillen stores are currently recruiting for customer service volunteers to help. To apply for the Omagh role please visit the following link: <https://bit.ly/CustomerserviceOmagh> and to apply for the Enniskillen role please visit: <https://bit.ly/CustomerserviceEnniskillen>

If you would like to find out more about volunteering for the Mobility Aids Service please visit [www.redcross.org.uk/wheelchairvolunteer](http://www.redcross.org.uk/wheelchairvolunteer), email [wheelchairvolunteer@redcross.org.uk](mailto:wheelchairvolunteer@redcross.org.uk) or call 03000 040309

### Packs for breastfeeding mothers returning to work

In support of creating environments where mothers can return to work and continue to breastfeed, the WHSCT have a free 'Return to Work' pack. This pack will contain; a cool bag, ice blocks, a reusable water bottle and breastmilk storage bottles to assist staff in continuing their breastfeeding journey. The pack will also contain additional information on safe storage of breastmilk.

Any staff or organisations wishing to avail of this on behalf of a staff member please contact the Health Improvement Equality and Involvement Department on 028 7186 5127 or email [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)

### **The Patient and Client Council**

#### **COVID-19 People's Priorities Survey**

The Patient and Client Council want to hear how the pandemic has affected individuals' healthcare and/or social care, and how appropriate and effective the Health and Social Care (HSC) response to COVID-19 has been.

It is anticipated that this engagement will inform learning on how to adapt better to COVID-19 going forward, and particularly to inform decisions around 'restarting' HSC services during 2021.

Please consider completing this questionnaire survey, and also sharing it with your colleagues, families, members/carers: <https://patientclientcouncil.hscni.net/novel-coronavirus/https-wh1-snapsurveys-com-s-aspk160855003903/>.

If anyone would like to complete the survey via phone call, they can do so by calling Freephone 0800 917 0222. Alternatively, paper copies will be posted by request to David Cassidy on telephone 07766 138810.

### **Ascertain Parent/Carer Support Sessions**

**Tuesdays to 30 March**, 7pm-8.30pm via Zoom

This programme aims to support parents/carers of teenagers navigate through challenges and it focuses on a range of areas. Sessions will be facilitated via Zoom but those interested are asked to join the Private Facebook group where joining information and other useful resources will be posted <https://www.facebook.com/groups/parentcarersupport>

### **Over 65 Falls Prevention Roadshow**

**Tuesday 9 March at 2pm**

Zoom meeting ID: 96686295340 No password required.

The Western Falls Roadshow highlights the importance of staying active and keeping safe at home. The session will be facilitated by OAK HLC and delivered by a physiotherapist who will discuss ways to build and maintain strength and balance to help prevent falls. Other speakers will include the Age Friendly Officers, Stepping On Co-ordinator, Home Safety Officer & WHSCT Falls Integrated Pathway Co-ordinator. They will be available to answer questions on how you can stay healthy.

You will receive free resources including, an exercise DVD, an information booklet, a torch hat and pedometer. Places are limited so please book early. To register for the event, please contact:

Davina Coulter, Health Promotion Coordinator

Email: [davina.coulter@oakhlc.com](mailto:davina.coulter@oakhlc.com) Phone/text: 07593 446201

The Oak Healthy Living Centre, 179 Cross Street, Lisnaskea, BT92 0JE

### **Public Health Agency (PHA)**

#### **Pre-consultation for suicide prevention and post-vention services**

The PHA want to actively engage with stakeholders who have a role in helping reduce levels of suicide. In order for the PHA to develop future services, it is important to review current services and most importantly listen to the views of service users, local communities and other organisations delivering services, through this pre-consultation process.

There are a number of ways to get involved – to find out more visit [PHA launches pre-consultation for suicide prevention and post-vention services | HSC Public Health Agency \(hscni.net\)](https://www.hscni.net/pha-launches-pre-consultation-for-suicide-prevention-and-post-vention-services)

**An engagement event will be held digitally using Zoom on Monday 8 March, 7-9pm.**

Places are limited and booking is essential. For further information or to register your interest please contact [Engage.PL2@hscni.net](mailto:Engage.PL2@hscni.net)

This pre-consultation will be open for 8 weeks from 15 February 2021 until 11 April 2021.



### Coping with the Pressures of Farming Workshops

A focus on mental wellbeing is an essential element of running a successful farm business and developing a healthy and happy farm family. When mental and emotional wellbeing is strong, there is a clear sense of direction and purpose and life's challenges are more easily handled.

Therefore, to help deal with this Rural Support have launched their Coping with the Pressures of Farming workshops which are part of CAFRE Farm Family Key Skills Programme. These free workshops encourage participants to think practically about the changes they could make to their lifestyle and business practices to improve their wellbeing as well as developing a better work/life balance through focused self-care activities. Participants will also learn how to support friends and neighbours who may also be experiencing challenges.

If your group would like this workshop delivered exclusively to them please contact Rural Support by calling 028 8676 0040 or email [farmsupport@ruralsupport.org.uk](mailto:farmsupport@ruralsupport.org.uk)

### Plough on Project

Rural isolation and loneliness are a growing concern within Northern Ireland, especially within our farming community. Many of our older farmers who 'slow down' in farming or retire can also become increasingly disengaged from normal farming life such as visiting cattle markets, feed stores, and auctions. Of course, the Covid-19 restrictions have also had a negative impact, where accessing the marts, for example, has been severely restricted for public health reasons.

To help address these concerns, Rural Support have developed a project called Plough On which aims to tackle rural isolation and increase social opportunities for older farmers. Its core purpose is to improve mental and physical wellbeing through socialisation and participation in rural heritage/farming-based activities and excursions.

Activities will include a range of educational, learning and reminiscence opportunities – events, projects and outings - encouraging older men to connect on areas of shared interest such as farming, rural heritage and history. Participants will be involved from the outset in the design and delivery of activities, ensuring that the programme develops in a way that meets their needs and interests.

This is a 5-year programme which will be delivered in 17 distinct rural communities across 4 HSC Trust areas and will be officially launched in April 2021. For more information on this project or for more information on other Rural Support services, please contact the organisation on 028 8676 0040 or email [info@ruralsupport.org.uk](mailto:info@ruralsupport.org.uk)

### 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

### **Fermanagh Trust**

#### **Facilitating Effective Meetings**

**Thursday 11 March, 7-9pm**

Management Committee meetings are vital to the effective functioning of the committee and its ability to carry out its role. This webinar will provide guidance including how to plan meetings, the Secretary's role, effective Chairing, and decision-making.

This is part of a wider programme of events 'Investing in Community Leadership' which includes new and specific qualifications that support the next generation of leaders, to build their capacity to respond and react confidently to the challenges they face and give them the skills they need to make sure community voices are heard when working with statutory organisations.

This has the potential to make an important contribution to the future of the VCSE sector in the West and is managed by three organisations based in the West of Northern Ireland - Fermanagh Trust in partnership with Holywell Trust in Derry/Londonderry and the Rural Community Network, a regional support organisation that is based in Cookstown. 'Investing in Community Leadership' is funded by The National Lottery Community Fund.

To register visit <https://www.eventbrite.co.uk/e/facilitating-effective-meetings-tickets-141996688919> or email [leadership@fermanaghtrust.org](mailto:leadership@fermanaghtrust.org) / Tel 028 6632 0210

### **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>

### **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)

### **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)

## **Aisling Centre**

**There is Always Hope**

**Free, Live, Interactive, Virtual Programme**

**Book via Eventbrite - <http://bit.ly/36az3Ta>**

### **March**

Stress Relief in Hard Times – Joni Crone - Tuesday 2nd, 7pm – 8.30pm

Understanding the Suicidal Person – Conor McCafferty - Thursday 4th, 7pm – 8.30pm

Grief In a time of COVID – Sharon Fitzpatrick - Friday 5th, 10am – 1pm

Eat Yourself Better – Nutrition - Nuala Lilley - Thursday 11th, 3pm – 4.30pm

Understanding Bereavement by Suicide – Conor McCafferty - Thursday 11th, 7pm – 8.30pm

Women's Circle of Rest & Renewal – Brenda Wynne-McKervey - Friday 12th, 10.30am – 12.30pm

Self-Care and Compassion – Conor McCafferty - Thursday 18th, 7pm – 8.30pm

Women's Circle of Rest & Renewal – Brenda Wynne-McKervey - Friday 26th, 10.30am – 12.30pm

### **Weekly Workshops**

Expressive Mark Making - Adult Art Class (Beginners Welcome) - Hazel McCrann

Monday afternoons - 1st February - 8th March, 2pm – 4pm

Child/Partner Yoga – Shauna & Caolán

Wednesday Mornings 3rd February – 10th March

Children aged 4 – 8, 9.15am – 9.45am

Children aged 9–12, 10am - 10.40am

Mindfulness Drop-In/Taster Sessions – Siobhan Conlon

Wednesday 3rd February – Wednesday 31st March, 7pm – 8pm

Adult Yoga Classes (Beginners Welcome) – Shauna McMorro

Wednesday 3rd February – Wednesday 10th March

Chair based yoga – 2pm – 3pm

Floor/Mat based yoga – 7pm – 8.15pm

**Free Programme – Donations Welcome**

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

**or contact Aisling Centre on 028 6632 5811**

### **Celebrate spring and the power of growing and connecting with your community – Plant and Share Month 19 April – 19 May**

This spring, Food for Life Get Togethers is launching [Plant and Share Month](#) which encourages people of all ages to sow, grow and share vegetables with their communities.

Everyone can get involved - young and old, families, community groups, schools, allotments – the list is endless. Whether people are growing in yogurt pots for the first time or they're a seasoned grower with an allotment, Plant and Share Month is for everyone.

Taking part is easy:

- Plant your seeds - prizes for the most original container used!
- Help them grow - we'll give you everything you need to show you how
- Share the seedlings - and tell us who you shared them with on Facebook or Twitter using #FFLGetTogethers

For those who sign up to take part, growing resources will be available to help everyone sow successful seeds that will be perfect to share with those around them.

Some ideas for features could be:

- Inclusion in a list of top things to get outside this spring
- Feed into a calendar of upcoming events
- A feature piece about connecting with nature and the community
- A feature about getting growing this spring

#### **Get involved**

Sign up to our mailing list for free resources to help you plant and grow vegetable seeds, and share them with a neighbour, including a window poster and growing toolkit! Enter our competition for the most creative container! Follow @SAfoodforlife for details on how to enter or look out for the email in your inbox!

Find out more: <https://www.fflgettogethers.org/our-events/plant-and-share-month/>

\*Remember to always follow the Government Covid-19 guidelines in your area\*

### **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.

### **Break-Time**

#### **New Children and Young People's Free On-line Arts, Mental Health Well-being Resources**

Arts Care's new dedicated Online Arts and Well Being Workshop Resource can be accessed via [Break-Time — Arts Care](#) to support the mental, emotional and physical well-being of children and young people.

It is a free resource and hopefully will support parents/teachers/healthcare staff/play specialists and carers. We launch new videos every few days.

### **Tara Centre** [www.taraomagh.com](http://www.taraomagh.com)

**“....in the service of healing, peace and holistic wellbeing.”**

Tara Centre is pleased to bring to you the following programmes with the assistance of Zoom. We warmly invite you to join us:

**“Wood you Believe – Coping and Hoping”** - Ask the right questions in a time of crisis: How can we deal with the Corona Storm? What can we learn, how can we heal?

By Jim Cogley

Tuesday 2 March, 7.30pm – 9.00pm (Question & Answer Session 8.30pm - 9.00pm)

Registration Closes: 12 Noon, Thursday 25 February

**“The Green Platform”** - Enabling radical resilience by turning adversity into an opportunity for powerful personal growth during these challenging times.

By Declan Coyle

Monday 8 March, 7.30pm – 9.00pm (Question & Answer Session 8.30pm - 9.00pm)

Registration Closes: 12 Noon, Thursday 4 March

**“Support for your Immune System in the time of COVID-19”** - How to support your body's natural ability to deal with viruses including Covid-19: maintaining optimal health, supporting your innate Immune System and removing the underlying fear that has become part of the current pandemic.

By Dr Aileen O’Kane MD

Monday 15 March, 7.30pm – 9.00pm (Question & Answer Session 8.30pm - 9.00pm)

Registration Closes: 12 Noon, Thursday 11 March

**To book your place**, please email [reception@taraomagh.com](mailto:reception@taraomagh.com) stating the relevant Programme(s) you wish to attend by Zoom. Please note that each programme has a relevant Registration Closing time and date. We will acknowledge and confirm your booking for each individual Programme.

All of the above Programmes are free of charge on this occasion.

Tara Centre continues to provide Counselling/Psychotherapy by telephone. This service is being extended to include on-line, commencing March 2021. Art Therapy & Complementary Therapies remain under review in line with Government Guidance.

Please note: Premises for Hire, Bookshop and Lending Library are not available due to Covid-19. Victims and Survivors Grant is available for some of the costs associated with Counselling/Psychotherapy and the running of programmes.

### **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/)

## **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)

## **Youth Action Northern Ireland**

### **Youth Workers here for young people during these challenging times**

Young people aged 16-24 years are invited to take part in GET SET youth employability programme currently being delivered by YouthAction NI throughout the Fermanagh and Omagh District Council area.

Young people who are not in work, have lost their job, are on zero hour contracts or not in training or school can participate in GET SET and get help and support to find jobs or get free training courses such as youth work, social care or their CSR card for construction jobs.

Youth Workers, now acknowledged as Key Workers, are recognising the huge impact of the pandemic and current restrictions on young people. Young people across the council area and especially in rural areas are feeling isolated and experiencing acute loneliness. As youth unemployment continues to grow many young people are very anxious about their future job prospects.

Lynne Carroll, Youth Worker on the GET SET programme based in Fermanagh House, is inviting young people to join GET SET and make the most of this time to develop their skills to improve their future prospects. Lynne works with young people on a one to one basis to help them be positive and plan for the future. Young people identify what they are interested in and can choose from a menu of qualifications to complete online. They also get support to search for jobs, write a good CV, and how to do a good interview etc. For those young people who are struggling to keep positive and keep good mental health they can also get one to one mentoring, learning techniques and strategies to cope better and build their mental health and wellbeing.

As connecting online can be a huge problem for young people especially in rural Fermanagh and Omagh, we are offering each young person who takes part in GET SET a one-off top up mobile data payment of £10.00.

YouthAction NI also offer a range of training programmes to organisations working with young people including Keeping Safe Safeguarding training; youth leadership training; online creative workshops; positive mental health training through LIFEMAPS; using digital technologies to name a few. Please contact us for more information by emailing [lynne@youthaction.org](mailto:lynne@youthaction.org)

YouthAction NI are based at Fermanagh House, Broadmeadow Place, Enniskillen. 028 6632 8534.

## **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.

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

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



## **Omagh Forum online training opportunities**

### **Registering as a charity**

Omagh Forum for Rural Associations is running a workshop on how groups can register with the Charity Commission for Northern Ireland taking place on **Tuesday 23 March** at 7pm via zoom. In Spring 2021, the Commission will publish a list of organisations which it anticipates will be called forward, resources permitting, to apply for charity registration during 2021-2022. Omagh Forum has also been contacted by lots of groups for help on this topic as the Charity Commission are notifying groups of this intention. Omagh Forum is a helper group with the Charity Commission and we are here to help you with the process.

The session will help answer key elements of your charity registration application such as: How to assess your organisation's purposes; How to draft a public benefit statement and how to navigate the online registration process.

Please contact us by email to book your place: [maryt.conway@omaghforum.org](mailto:maryt.conway@omaghforum.org)

**Omagh Forum for Rural Associations continues to offer these short and interactive training sessions on zoom for local community and voluntary organisations. Please click on the Eventbrite links below to register; joining instructions will be sent to you closer to the time.**

### **Running an online meeting/AGM - Wednesday 3 March** at 7pm via Zoom.

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

To register please click on the link below

<https://www.eventbrite.co.uk/e/142097331945>

### **Re-opening your community facility - Tuesday 9 March** at 7pm via Zoom

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 a 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

<https://www.eventbrite.co.uk/e/re-opening-your-community-facility-tickets-140837640173>

### **How to use Zoom**

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 to download the zoom app onto a smart phone, tablet or laptop and you will also need 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 are happy to talk you through the process of downloading the app onto your device and getting onto the session. If so please contact Mary T by email [maryt.conway@omaghforum.org](mailto:maryt.conway@omaghforum.org)

We can offer the training to multiple members of one group if you wish - that way you can keep in touch virtually.

## 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 March and 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
March	4th March	4.30pm-9.30pm	<a href="https://doodle.com/poll/ask82ab7fyhis22h?utm_source=poll&amp;utm_medium=link">https://doodle.com/poll/ask82ab7fyhis22h?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

### Health Improvement, Equality & Involvement Department Training Brochure April-September 2021

The Western Trust Health Improvement, Equality & Involvement Department is delighted to launch its training brochure for April 2021 – September 2021.

[HI Training Apri-Sept 2021 | Western Health & Social Care Trust \(hscni.net\)](#)

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

The Health Improvement, Equality & Involvement Department course application form is embedded in the brochure and is also available [HERE](#)

Completed application forms should be returned to [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) or posted to: Health Improvement, Equality & Involvement Department, Maple Villa, Gransha Park, Clooney Road, L'Derry BT47 6WJ

If you have any queries re the brochure or any of the content, please contact [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) (link sends e-mail) or phone 028 7186 5127.

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

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

**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)

### SUSE+ - New courses

Are you currently unemployed? SUSE+ can help you. We are currently offering help and support to gain qualifications 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 - [tracy.sharkey@swc.ac.uk](mailto:tracy.sharkey@swc.ac.uk) - 07436 533475

### Law Centre NI

Our latest [Training News](#) bulletin contains information about our forthcoming courses:

- Introduction to Benefits
- Financial Support for Clients
- OISC Level 1 Immigration Certificate
- OCN NI Level 3 Certificate in Generalist Advice
- OCN NI Level 4 Certificate in Tribunal Representation

We are also offering a range of free webinars and will soon launch our new programme.

Finally, we are offering a series of **free** outreach clinics between now and the end of March 2021. Aimed at smaller community organisations/support groups, these online meetings are an opportunity to receive

- a brief overview of the benefit system and
- to familiarise yourself with the work of Law Centre NI.

The aim is to ensure that community/specialist support organisations, that might need to help people engaging with the system, can be confident that free, specialist legal advice is on hand when they need it.

**We have two open sessions available for individuals to join on Wednesday 3 March and Wednesday 24 March.** To find out more or ensure your place, please contact Louisa McKee at [louisa.mckee@lawcentreni.org](mailto:louisa.mckee@lawcentreni.org). Alternatively, if your organisation would like to host a session, please contact us on [training@lawcentreni.org](mailto:training@lawcentreni.org) and we will try to arrange a session for you.

### 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

## Funding Opportunities

### Fermanagh Trust

#### Grant To Give Back

Closing date Friday 19 March

The Fermanagh Trust's 5 young grant making apprentices have formed the 'Grant To Give Back'. They are currently inviting applications from local organisations to apply for up to £1000 of funding for projects that support their agreed priorities: mental health, anti-social behaviour and poverty. Anyone with a plan, brilliant idea or passion is encouraged to get in touch.

Email [grant2giveback@gmail.com](mailto:grant2giveback@gmail.com) or Tel the Fermanagh Trust's office on 028 6632 0210

### 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. It's 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.

### 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>