

Fermanagh & Omagh District Council Community Support News – April 2021

The Community Support Newsletter is published monthly. Regular updates are also issued by email. If you wish to receive these or place an article in the Newsletter, please contact Alison Gilmore on 0300 303 1777 ext 21217 / email alison.gilmore@fermanaghomagh.com

The deadline for the next Newsletter is Wednesday 21 April 2021

Council News & Events

Meet the Funder ‘Cafes’

Fermanagh & Omagh District Council’s Community Services Team invites community/voluntary organisations (and individuals*) to online sessions featuring 5 funders.

Click [here](#) to book for one or more ‘Funder Cafes’ listed below:

(*Arts Council Funding is open to artists/individuals)

The National Lottery Heritage Fund

Tuesday 13 April, 7.30-9pm

James Laverty will give an overview of the reopening of the National Lottery grants for heritage 2021-22 which covers all aspects from built heritage, habitat improvement, cultural programmes and more.

National Churches Trust

Tuesday 20 April, 7.30-9pm

Nina McNeary from the National Churches Trust’s Treasure Ireland Fund will explain more about their funding of up to £10,000 towards NI church/chapel repairs and their supports and initiatives specifically for this sector in Northern Ireland.

Sport Northern Ireland

Thursday 22 April, 7.30-9pm

Mike McClure will be joining us for an update on the various funding schemes offered by Sport NI.

Arts Council of NI – funding for groups and individuals

Tuesday 27 April, 7.30-9pm

This session will talk about Arts Council funding opportunities for organisations and individuals working in the arts and cultural sector.

The National Lottery

Tuesday 11 May, 7.30-8.30pm

Charlie Thomas from The National Lottery will discuss their 3 main funding schemes ranging from £500 to large scale funding.

Booking essential - book via the link <https://form.jotform.com/202642794367059> or contact Kellie Beacom on 0300 303 1777, ext 21201, or email: kellie.beacom@fermanaghomagh.com

Youth In Action

Calling the Next Generation of Youth leaders!

Rio Ferdinand Foundation and the UEFA Foundation are working with local partners in Northern Ireland to train a new generation of Youth Leaders to help shape their communities.

Interested in learning new skills in sports, media, arts or music activities, gaining qualifications or delivering projects in your community?

If you are, then please do get in touch by emailing goodrelations@fermanaghomagham.com to register for our first programme of courses delivered online and in person as and when COVID-19 restrictions allow:

- Open College Network qualification in Youth leadership.
- Film Making for digital devices.
- Community Sports Leaders Award.
- Support to plan and deliver community events for Easter 2021.

The programme is for 14 to 18 year olds.

Fermanagh Omagh Orienteering Trails

Fermanagh Orienteers supported by Fermanagh and Omagh District Council are delighted to launch a new Virtual Orienteering programme across Fermanagh and Omagh – The FOOT Series, Fermanagh Omagh Orienteering Trails.

The FOOT Series is 7 months of **free** fun and adventure across the Fermanagh Omagh Area - an opportunity for the whole family to get outdoors exploring and enjoy socially distanced orienteering in a location near you.

Once registered, participants will receive two new orienteering routes each month (short and long course). Maps and support with the app (MapRun6) will be provided as part of the sign-up process.

For more information and to register, visit

<https://fermoblog.wordpress.com> / <https://www.facebook.com/FermanaghOrienteers/>

or contact Juls Hanvey, rdo@nriorienteering.org.uk

Interested in setting up an Oil Buying Club?

- Join members within a 15-mile radius to buy oil (minimum order 200 litres)
- Free to join however members must make one order per year
- Reduces carbon footprint with less tanker journeys completed
- The NIHE Oil Buying Club team contact members monthly to check if an order needs placed
- Oil suppliers provide a price per litre and a delivery timescale
- Members are informed of the successful supplier and cost of their order
- The supplier arranges payment and delivery directly with the member

If your group is interested in setting up an oil buying club, please contact the Council's Health Improvement Team on 0300 303 1777

As an incentive to community groups to establish Oil Buying Clubs in their area, the Council is offering a £50 gift to the first five new Oil Buying Clubs to be established in the district, before 31 May 2021.

There are currently 6 Oil Buying Clubs operating in the Fermanagh and Omagh District Council area, Belcoo, Carrosyl (Carrowshee Park, Sylvan Hill, Lisnaskea), Crannog Area Partnership (covering the Cavanaleck, Chanterhill, Cornagrade and Sligo Road areas of Enniskillen), Irvinestown, Lisnaskea (Maguiresbridge, Lisnarick, Killadeas) and Omagh (town only – Credit Union common bond area).

The Rural Tourism Collaborative Experiences Programme

This is a pilot aimed at rural businesses to increase competitiveness within the tourism sector. This twelve-month programme aims to establish two clusters in the Fermanagh and Omagh District resulting in two bookable / saleable experiences.

The first cluster will focus on the Sperrins part of the district and the second on the rural area surrounding Cuilcagh.

If you operate a tourism business in either rural area or know of anyone who has an interest in developing the visitor economy in these areas, please register your interest to participate by clicking on the following link: <https://form.jotform.com/203432909281353>

Further information will be communicated in due course.

This programme is funded by the Department of Agriculture, Environment and Rural Affairs (DAERA) and Fermanagh and Omagh District Council.

Community Support

The Community Services Department offers support to individuals and organisations within the community and voluntary sector promoting community action. Officers within the Community Services Team are available to assist community groups and voluntary organisations make as big a difference as possible to local lives and issues.

The link below can help you find your local Community Support Officer - please contact us for any assistance you or your organisation may require on 0300 303 1777

<https://fermanagh.maps.arcgis.com/apps/ZoneLookup/index.html?appid=82210c413ab74bcd8da1750af0321163>

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

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

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.

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 for more information

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

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

Drumquin Historical Society

Virtual Lecture - Thursday 8 April at 8pm via zoom

Drumquin Historical Society is hosting a virtual lecture and tour of Belfast City Cemetery by former Mayor of Belfast city and local historian Tom Hartley.

Tom Hartley certainly knows how to bring history to life in his colourful and knowledgeable delivery of his world-famous guides of Belfast City Cemetery and the tour is no way diminished by its virtual delivery.

Drumquin Historical Society, formed in the Autumn of 2019, have hosted an eclectic series of virtual talks this winter. Dr Seamás O Cathain delivered a lecture on the local language and sayings in September, Dr David Hume delivered a Haunted Histories lecture at Halloween. Local historian, John Bradley delivered a talk on local agriculture practices of the 50s and 60s and in February 2021 Dr Cormac McSparron of Queen's University Belfast gave a very interesting talk on Mesolithic burial sites and in particular the Court Tomb situated in Ally just outside Drumquin. Tom Hartley's lecture promises to give a fascinating insight into not just Belfast History, but how a cemetery can be a readily accessible 'tome' of our shared history.

The talk will take place virtually on **Thursday 8 April at 8pm via zoom**

'Doors open' at 7:30pm. Access by using the link below:

<https://us02web.zoom.us/j/82191750120?pwd=a2wrMVYxVVR5cElhNGRlVkdDdG11UT09>

Meeting ID: 821 9175 0120 Passcode: 559272

Northern Ireland Blood Transfusion Service

Silverbirch Hotel, Omagh, Monday 12 & Tuesday 13 April from 1pm–4pm & 5pm–7.30pm.
By appointment only; to book please call 08085 534 653 between 10am and 4.30pm.

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

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

Parenting NI

Free Training for parents in the Fermanagh area

- **Parenting Children's Challenging Behaviour**

Wednesday 28 April, 7-8.30pm for 6 weeks

Online programme with tips for managing challenging behaviour and reinforcing positive behaviour
Specifically welcoming those parenting 0-3 years and 11-13 years.

- **Keeping your Cool**

Tuesday 27 April, 7.30-9pm for 6 weeks

Parents Anger Management Programme

Specifically welcoming those parenting 0-3 years and 11-13 years.

- **Walking on Eggshells**

Thursday 29 April, 7-9pm for 8 weeks

Non Violent Resistance online programme providing support for a calmer and violent free home.
Specifically welcoming those parenting 11-13 years.

To register, call freephone 0808 8010 722. Please note that due to funding stipulations we can only register parents from the **Fermanagh area**.

Fermanagh Rural Community Network

Sanitisation Equipment

Fermanagh Rural Community Network have received funding from the Department for Communities 2020/21 VCSE Covid Recovery Fund to purchase One Large and Four Small Portable Fogging Machines and associated Personal Protective Equipment; these can now be borrowed by community and voluntary organisations to sanitise premises.

FRCN will also provide organisations with guidance on reopening facilities when COVID-19 regulations permit activities and gatherings.

If your group wishes to avail of this equipment and support, please contact FRCN on 028 6632 7006 or by email: info@fermnaghrcn.org

Community Development Support

Fermanagh Rural Community Network are continuing to provide community development support and are here to support community and voluntary organisations with their ongoing operation and governance.

FRCN are a Registered Helper Group with the Charity Commission for Northern Ireland, providing support for organisations to register as a charity and for Registered Charities on reporting to the commission.

FRCN are a Registered Body with ACCESS NI to undertake Identity Checking and processing of applications for ACCESS NI Disclosure Certificate.

If your group wishes to avail of support, please contact FRCN on 028 6632 7006 or by email: info@fermnaghrcn.org

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/pre-consultation)

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

‘Text a Nurse’ service

A new Text-a-Nurse service has been launched to provide young people with a secure and confidential text messaging service to a school nurse for advice and support.

The service is aimed at 11 to 19-year olds and will be delivered by the School Nursing Teams.

[New Text-a-Nurse advice service for young people | Department of Education \(education-ni.gov.uk\)](https://www.education-ni.gov.uk/news/new-text-a-nurse-advice-service-for-young-people)

The initiative is one of a range of resources to support the implementation of the Framework for Children and Young People’s Emotional Health and Wellbeing in Education.

Health Improvement Department

Looking After Yourself at Home Booklet

The Covid-19 pandemic has been a challenging time especially for those of us who have been spending more time at home, whether shielding, self-isolating or working from home. It has become even more important to look after our overall health and wellbeing.

Looking after our health is important for two reasons:

- It can help us to stay healthy
- If we do have a health concern, it can help us to manage it better.

This new booklet provides ideas and information on practical and helpful ways we can support our health and wellbeing at home. Further help and support information can be found at the end of each section. The health topics covered in this booklet are:

- Keeping Active
- Healthy Eating
- Cutting Down on Alcohol
- Support in Stopping Smoking
- Nurturing our Personal Resilience
- Money Advice

The booklet is available to order as a printed copy with contact details for further support and can also be accessed as an online version which includes links to websites.

To place an order for copies of this booklet, which will be posted out or delivered, please contact the Health Improvement Department on 028 71865127 or health.improvement@westerntrust.hscni.net

To access the online version, please click [Health Improvement Launch 'Looking After Yourself at Home' Booklet | Western Health & Social Care Trust \(hscni.net\)](#)

Digital access for over 16s with a disability

Onside Project

This offers people who are 16+ and who have a disability, the opportunity to get more digitally and socially included. Participants receive a tablet device and get 6/7 sessions of beginners group training on things like email, using zoom, online safety and accessing books and magazines online for free and lots more.

Participants are also linked with a Community Navigator who will then map out tailored social connections e.g. online hobbies, online health & well-being classes and social media platforms, based on participants' interests and needs. After the training has finished there is also the opportunity to get involved in volunteering on the project too.

Here's a link to more info: <https://www.disabilityaction.org/pages/category/onside-project>

If you know anyone who would like to get involved in the ONSIDE project simply ask them to complete the form here, and a member of ONSIDE staff will be in touch with them: <https://www.surveymonkey.co.uk/r/7C9ZSF3>

Tara Centre www.taraomagh.com

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

At Tara Centre, we continue to provide Counselling/Psychotherapy both by telephone and on-line and we are delighted to report that Art Therapy resumed at the beginning of March 2021. Complementary Therapies are currently not available and remain under review in line with Government Guidance.

Anyone wishing to avail of Counselling/Psychotherapy or Art Therapy should contact us on 028 8225 0024.

We have just completed our three March programmes by Zoom at Tara. These included “Wood you Believe – Coping and Hoping” by Jim Cogley, “The Green Platform” by Declan Coyle and “Support for your Immune System in the time of COVID-19” by Dr Aileen O’Kane MD. They were a great success and we received lots of feedback from our participants who expressed their appreciation and gratitude.

We are in the process of planning our Summer 2021 programme and will be advertising after Easter in the local press, on our website and on Facebook.

Please note: Premises for Hire, Bookshop and Lending Library are not available due to Covid-19

Action for children’s floating support service

This service works alongside young people to tackle the underlying issues that can lead to homelessness. We provide a flexible individual approach enabling young people to feel safe and secure wherever they live.

We can support young people who are homeless or at risk of being homeless aged 16 to 18 or a Care-leaver aged 18-25 in Omagh, 16-25 in Enniskillen. We currently have the capacity to take new referrals with short waiting times for the allocation of a Support Worker.

Please get in touch if you are:

- Having on-going arguments at home
- It’s not safe to stay at home
- Sleeping on a friend’s sofa or moving from place to place
- Living in a rented property and at risk of eviction
- Struggling to pay rent and bills
- Struggling to manage finances and benefits
- Having difficulties with neighbours or unwanted visitors

Your dedicated floating support worker can help you:

- Sort out difficulties with your family, friends or carers
- Sort out difficulties with your landlord – NIHE or private.
- Help you learn how to manage your Home, Appointments, Bills, Relationships, Free time, Physical and mental health & wellbeing, Home & personal safety, Education & employment

In addition to a dedicated floating support worker we offer a range of practical support including:

- A mobile service – we go to you
- Access to computer
- Flexible working hours to meet your needs
- 24 hour on-call service
- Evening and weekend support
- Support to access childcare and transport
- Training and volunteering opportunities
- Fun activities – one to one or in a small group

Contact us on 028 8225 9495 Email Duncan.Lyon@actionforchildren.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

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

Developing Healthy Communities

Supporting Health & Well-being in BAME Communities

Online Seminar – Thursday 15 April, 1-2.30pm

This online seminar, supported by the Public Health Agency (PHA) is focused on supporting healthcare for Black, Asian and Minority Ethnic Groups within the Western Health Trust area.

Join us for our next free lunchtime event to consider best practice examples and first-hand experiences to identify ways that we can develop and improve health and well-being for all.

Book via [Supporting Health & Wellbeing in BAME Communities | Developing Healthy Communities NI \(dhcnl.com\)](https://www.dhcnl.com)

RSPB NI: Hedge your bets and look after birds this breeding season

RSPB NI is asking homeowners and landowners to help wildlife this year by putting down gardening shears until September, not to disturb house-nesting birds, and in the wider landscape protect wildlife and vital habitats by not burning heather or gorse.

The leading conservation charity is appealing to people to be extra careful when tending to gardens from now on – and not to touch any birds' nests in or on houses. Many people mistakenly believe that birds only nest between April and September, but some species have already started. Singing, displaying and nest building among birds including blackbirds, magpies, wrens and robins has begun, proving that the breeding season will soon be in full swing. Some people might have noticed more bullfinches, goldfinches and greenfinches in gardens too, while it won't be too long before spring migrants including chiffchaffs and willow warbler start to return.

Pruning hedges or shrubs and tidying plants could have a serious effect on birds' breeding success if nests are dislodged or damaged - always thoroughly check hedges/trees for nests before starting to cut them - so RSPB NI is asking people to save everything but essential tidying in gardens until later in the year.

For more advice and tips regarding hedge-cutting, nesting and finding baby birds, visit RSPB NI's blog: <https://bit.ly/BabyBirdFAQ>. More information on how to help give nature a home can be found at www.rspb.org.uk/homes

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 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
April	2nd April	1pm-6pm	https://doodle.com/poll/nkq27v8nmctsc3a4?utm_source=poll&utm_medium=link
	6th April	6pm-9.45pm	
	16th April	10am-4.15pm	

Please note a membership application form is available from www.omaghforum.org

Telephone 028 8225 1559

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

Border Sounds Engagement Programme

PRONI is launching a free virtual programme on 13 April called Border Sounds which will explore the stories and sounds of everyday life on both sides of the border. These stories will be turned into a virtual reality film by the Making the Future team.

This 6-session programme is open to anyone aged 18+ who lives on or near the border between Northern Ireland and the Republic of Ireland.

Due to funding stipulations, this programme is only eligible for those who have not taken part in a previous Making the Future programme.

For more details and registration:

<https://www.eventbrite.co.uk/e/100-shared-stories-border-sounds-tickets-144187553855>

ROC Action Groups

National Charity, Redeeming Our Communities (ROC) have set up two ROC Action Groups in Omagh and Enniskillen following their ROC Conversation community engagement events last year.

The Omagh group will be meeting via zoom on Thursday 15 April at 4pm and the Enniskillen group on Thursday 29 April at 2pm, also via zoom.

For more info and meeting links, please email Keeva Watson – northernireland@roc.uk.com

Red Cross Telephone Befriending Service

The British Red Cross's new Connecting Communities service is available to adults in the area - whether they're feeling lonely and don't know where to turn for a friendly chat or are socially isolated and struggling to cope with the demands of life, the British Red Cross can help.

Loneliness affects people of all ages and from all walks of life; and there are many reasons why people may be feeling lonely or isolated, including bereavement, ill health, recent retirement, divorce/separation, becoming a new parent or children leaving home. Without support, the impact of loneliness can be devastating and can feed into other issues. Whether people are facing crisis or just want to chat to someone, our local team can help.

We aim to support service users by helping them to connect back to their local community. During an initial period of up to three months, we aim to help each person to feel better connected and able to enjoy the benefits of being more involved in their local area. Our volunteers and staff are skilled and dedicated. They can draw on decades of British Red Cross experience in helping people to live independently and confidently in their communities.

Due to current corona virus restrictions our services are focused towards befriending phone calls, where we phone service users on a weekly basis for a check in or just a general chat. However, once restrictions have eased, we will be able to visit service users and organise activities in safe, socially distanced environments.

Support plans are tailored to each individual, enabling people to set their own goals at the core of the project. For each person, our support looks a little bit different. We could help service users to: rediscover their interests, rebuild independence, find new friends, and enjoy staying involved in their local communities.

We are already supporting people in the area and they are finding the service of great benefit to them however we still need help in continuing to reach the most vulnerable people. If you know of anyone who you think would benefit from this service, please let them and us know. All we ask is you keep us in mind if you think someone you know could benefit from some one-to-one support.

For more information email: CommunityconnectorOF@redcross.org.uk

Telephone: 07702 338930 (Omagh Area) or 07860 715719 (Fermanagh Area)

Website: www.redcross.org.uk/lonely

Northern Ireland Alcohol and Drug Alliance

At What Cost? Minimum Unit Pricing

Registration is now open for our online conference; places are limited so don't delay in booking. Secure your place by clicking on <https://www.eventbrite.co.uk/e/at-what-cost-minimum-unit-pricing-tickets-148734485851>

Keep an eye on our social media for updates on speakers and topics.

Twitter: @niada_info

Facebook: @NIADAINfo

RSPB NI appeals to public for red kite sightings

RSPB NI is asking members of the public to report sightings of majestic red kites as the 2021 breeding season gets underway.

With 2020 figures indicating the highest number of red kite nests since the birds of prey were reintroduced in 2008 and over 400 sightings last year, the nature conservation charity is asking the public across Northern Ireland to keep their eyes to the skies and report sightings of these distinctive reddish brown birds with black wingtips, silver grey heads and slender wings. They can measure up to five and a half feet in length and have a distinctive V-shaped forked tail – unlike buzzards, which have a fanned tail.

Although County Down remains the hot-spot for these striking birds, they have been seen all over Northern Ireland in recent years – on the north coast in County Antrim and out west in Fermanagh.

Red kite sightings can be logged by emailing redkiteni@rspb.org.uk.

People are asked to include the date, time and location of their sightings and, if visible, the wing tag colours and the wing tag letter or number combination.

2021 ASCERT Online Seminar Series - Dr Gabor Maté

Tuesday 20 April, 7pm to 8.30pm via online Zoom.

We will speak to Dr Maté about addiction, trauma and the impact Covid is having on all of our lives. There will be an opportunity to ask questions directly to Dr Gabor Maté.

For full event details and registration, visit our Eventbrite Event Page

<https://www.eventbrite.co.uk/e/a-conversation-with-dr-gabor-mate-tickets-146552924743>

Tickets cost £5. However, we wish to make this event accessible to all, especially to people who use services. To apply for a concessionary ticket, please email info@ascert.biz.

This is an online Zoom Webinar event. Details of how to log on to the event will be sent by email to those who register.

A recording of the event will be made available to those who register but cannot attend on the day.

Independent Review of Charity Regulation consultation meetings

The Independent Review Panel of Charity Regulation seeks your views on how well the charities regulatory framework, which is administered by the Charity Commission for Northern Ireland, is working and what could work better.

The Panel has set up a series of online consultation meetings for various stakeholders including trustees, workers and advisors of charities of different sizes, as well as specific sessions for funders, solicitors, accountants, governance advisors and the general public.

For further information/registration,

click on [Independent Review of Charity Regulation engagement meetings | NICVA](#)

PEACE PLUS Programme Public Consultation

The SEUPB has launched a public consultation for the new PEACE PLUS Programme (2021-2027). The PEACE PLUS Programme was developed through a stakeholder engagement process, which took place between December 2019 and February 2020. A total of 16 public events were held across the programme area, with over 1,000 people in attendance. Over 300 survey responses were submitted.

For full information on the programme (including the consultation information document and a link to the survey) click on [PEACE PLUS Public Consultation | SEUPB](#)

The consultation will close at 5pm on Wednesday 12 May.

Please do not hesitate to contact us on 028 9026 6660 (office reception number) or email PEACEPLUS@seupb.eu if you require any support during the consultation process.

Have Your Say on the New Sport and Physical Activity Strategy

The Department for Communities is consulting on a new sport and physical activity strategy for Northern Ireland. Read here how you can input your views.

The new Sport and Physical Activity Strategy will be cross-Departmental and focus on linkages and shared outcomes between sport and physical activity and other cross cutting policies, including mental health and well-being, obesity, education, social inclusion and equality. The consultation document on the strategy has been developed with input from a wide range of stakeholders whose views were collected through an e-survey and 70 focus groups. The document is now available for consideration and comments, providing a final opportunity for interested stakeholders to contribute to shaping the strategic direction of sport and physical activity over the next decade and beyond. A number of webinar sessions (see below for details) are being held to provide an overview of the consultation document, the co-design process, the key themes and goals. The survey is available at [Consultation on a new Strategy for Sport and Physical Activity | Department for Communities \(communities-ni.gov.uk\)](#) An easy read version is also available at the same link

Deadline for completion Friday 23 April.

Training Opportunities

Libraries NI

Need some IT help?

Sign up for a free Zoom session on any of the following topics:

- iPads
- Emails
- Messenger
- Androids
- Scams
- WhatsApp
- Kindle
- eBooks
- eMagazines
- Skype

For details of the Libraries NI Zoom Programme, click on [Events \(librariesni.org.uk\)](https://librariesni.org.uk)

Note that public demand for these sessions is currently very high so please book as soon as possible.

SUSE+

New Courses - Starting April 2021

Have you recently been made redundant or are you currently unemployed? If so, SUSE+ can help you. We are currently offering help and support with Job Searches, CV Building, Interview Preparation.

Mentors work 1:1 with participants to help secure a job in the local area. New courses include Foundation Skills in Working with Children, Personal Success & Wellbeing, Progression to Employment, Customer Service, Money Management, Retail, Business Admin and Essential Skills in Numeracy, Literacy and ICT.

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

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.

[HITrainingApri-Sept2021 | 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 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 (link sends e-mail) or phone 028 7186 5127.

PANTS Awareness Sessions

(The Underwear Rule)

There are still spaces remaining on both PANTS courses organised by the WHSCT Health Improvement, Equality and Involvement Department.

Refresher – Thursday 22 April, 10am to 12pm

Awareness Session - BAME Communities – Tuesday 18 May, 10am to 12pm.

Both courses are being delivered virtually via Zoom and are detailed in full in their Training Brochure (link in article above).

If you wish to register for either of these sessions, please email health.improvement@westerntrust.hscni.net

AWARE NI

Free online workshops/courses for adults 18+ in the Western Trust areas.

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. The workshop 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 individuals coping skills for everyday life, how to avoid getting caught in a vicious circle and how to break unhelpful habits that we sometimes have when our mood is low, as well as 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 others.

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 is a programme that can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges. Delivered over 6 weeks the programme 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.

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

CAWT Mental Health Innovation Recovery

Online Course Timetable

A list of recovery courses being delivered online via Zoom can be accessed at <http://cawt.hscni.net/projects/eu-interreg-va-programme-2014-2020/mental-health-innovation-recovery-i-recover/>

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

Email info@OakHLC.com Tel 028 6772 3843

On-line Mental Health First Aid Training (MHFA)

Facilitated by AWARE

People generally don't know how to recognise mental health problems or know what help is available. This programme will provide you with the skills to provide initial support for someone with a mental health problem.

Normally a two-day workshop, the programme will be delivered on-line, over 3 x 4-hour sessions using Zoom.

These sessions are open to staff & volunteers of community & voluntary sector organisations operating within the Western Trust Area

We currently have one online training programme available on Tuesday 20, Wednesday 21 and Thursday 22 April, 9.30am to 1.30pm via Zoom

Please note that all 3 sessions must be attended in order to complete the programme and qualify for a Certificate. We will forward the link prior to the Training date.

Please email clear@dhcni.com to book a place or telephone 028 7138 3386

Health Literacy Training Mini Series

CDHN are delighted to let you know we will be offering a Health Literacy Training Mini-series for people in communities in April.

The series will consist of five unique training sessions lasting 1.5 hours each. Each session will explore a different topic related to Health Literacy.

For more information on each session and to register please visit

<https://www.cdhni.org/community-health-literacy-training-mini-series>

Funding Opportunities

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>

Community Relations Council

Opening Date for CRCD Applications - 1 April 2021

The Community Relations and Cultural Diversity (CRCD) Grant Scheme will be opening for applications on 1 April 2021 until November 2021 for projects taking place within the financial year 1 April 2021 – 31 March 2022.

For further information, including criteria and eligibility, please visit the CRC website or click on the direct link <https://www.community-relations.org.uk/community-relations-cultural-diversity>

Applicants can apply to the CRCD Grant Scheme through the Application Portal on our website - All applications must be completed and submitted online.

The Ireland Funds - Heart of the Community Fund

This global philanthropic organisation supports not-for-profits and charities across the island of Ireland.

The Heart of the Community Fund is aimed at smaller organisations meeting direct needs in their local communities. It will provide critical and timely funding to a wide range of not-for-profit and community organisations across the Republic of Ireland and Northern Ireland.

For further information please visit <https://irelandfunds.org/grants/>

The Fund will be open for online applications until Thursday 8 April.

National Lottery's Climate Action Fund (CAF) – second round now open

This second round will focus on supporting medium-scale to large-scale projects addressing waste and consumption. The focus remains on place-based, community-led partnerships that will make the changes in their community they believe will have the biggest impact on climate change.

Around £8-10 million is available for between 12 to 15 awards and development grants.

<https://www.tnlcommunityfund.org.uk/funding/programmes/climate-action-fund-round-2>

Application deadline - 5pm on Thursday 8 April 2021 for your initial idea

UK Local Environmental Initiatives Fund

Applications are being accepted by a national fund that seeks to enable the delivery of green projects and environmental initiatives by local organisations in the United Kingdom. Grants in the form of a donation of up to £2,000 are available. Funding is available to charities, community groups, schools, small businesses and other local organisations in the United Kingdom for green projects and environment-friendly initiatives.

<https://www.grantfinder.co.uk/archive/applications-invited-for-uk-local-environmental-initiatives-fund/>

Applications may be made at any time and will be reviewed on a monthly basis.

The Police Property Fund Small Grants Scheme

The Police Property Fund Small Grants Scheme is now open and offers eligible projects grants of between £1,000 and £10,000.

Funding available will be administered in both Small Grants and Large Grants calls. The first call will administer £100,000 total in funding for Small Grants.

Applications for funding will need to demonstrate that the project:

- Engages with local police;
- Contributes to building community safety and/or confidence in the police in your area; and
- Is aligned to a charitable purpose.

For further information please visit <https://www.nipolicingboard.org.uk/police-property-fund>

Applications must be received by 12 noon, Thursday 8 July. Late applications not accepted.