

## Fermanagh & Omagh District Council Community Support News – May 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 19 May**

### Council News & Events

#### **Council to reopen further facilities and services as Covid-19 restrictions ease**

**For more information, please visit [bit.ly/3nwAanF](https://bit.ly/3nwAanF)**

To keep up to date with Council services and access to facilities and venues please visit the Council website at [www.fermanaghomagh.com](http://www.fermanaghomagh.com), follow the Council's social media channels @fermanaghomagh or telephone the Council on 0300 303 1777 (calls charged at local rate) Monday – Friday 9am-5pm.

For up-to-date information on Covid-19 restrictions and regulations visit [www.nidirect.gov.uk](http://www.nidirect.gov.uk) and for public health advice visit the PHA website at [www.publichealth.hscni.net](http://www.publichealth.hscni.net).

A range of support is available to and within local communities.

Further information is available by clicking on <https://www.fermanaghomagh.com/covid-19-coronavirus-information-advice-council-services/>

#### **Free online Mental Health Event**

Fermanagh and Omagh District Council has announced details of a free online Mental Health event which will take place on **Tuesday 11 May** commencing at 11am.

The event, “Promoting Mental Wealth”, will be hosted by the Chair of Fermanagh and Omagh District Council, Councillor Diana Armstrong and will be delivered by Emma Weaver, founder of Mental Wealth International. Emma has extensive experience in the Mental health sector and works with organisations delivering programmes and sessions to ensure optimum mental wellness is achieved.

To book your free place on the “Promoting Mental Wealth” event, please email Fermanagh and Omagh District Council on [communitysupport@fermanaghomagh.com](mailto:communitysupport@fermanaghomagh.com)

For more information visit:

<https://www.fermanaghomagh.com/article/council-chair-to-host-promoting-mental-wealth-workshop/>

#### **Events and Festivals Sponsorship**

Fermanagh and Omagh District Council aims to support the safe return of events and festivals in line with government guidelines and invites online applications for Events and Festivals Sponsorship.

Applications are welcomed from Event and Festival organisers, voluntary clubs, societies, Arts, Heritage and Cultural groups, community and sporting organisations, that organise events in the Fermanagh and Omagh District Council area.

This is the first call out for applications, with a number of additional call outs planned throughout the year subject to available funds.

The Council acknowledges the importance of events and festivals and will prioritise events and festivals that support recovery, animate local communities, project a positive image of the region, and deliver economic, social and cultural benefits.

For full information visit [Sponsorship – Fermanagh & Omagh District Council \(fermanaghmagh.com\)](https://www.fermanaghmagh.com/sponsorship)

**Sponsorship closes at 5pm on Monday 17 May.**

### **Meet the Funder ‘Cafes’**

Fermanagh & Omagh District Council’s Community Services Team invites community/voluntary organisations to the following online session:

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

### **Public Consultation**

#### **Draft Performance Improvement Plan 2021/22**

Fermanagh and Omagh District Council is seeking your views on its draft Performance Improvement Plan 2021/22 and commenced a Public Consultation on Wednesday 21 April 2021, which will conclude on Wednesday 2 June 2021.

The Council recognises the importance of consultation in all aspects of the implementation of its statutory duties and invites you to take part in this public consultation exercise.

For more information visit:

<https://www.fermanaghmagh.com/your-council/consultations/51613-2/>

### **Community Planning Update**

Following a full review of the Fermanagh and Omagh 2030 Community Plan over 2019 and 2020, taking account of recent changes to our society with Covid-19 and Eu Exit, click [here](#) to download a copy of our **Community Plan Review document** and [here](#) to download the **quick-reference guide** for your information. A full list of actions being delivered can be found on pages 22 and 23.

The review process continues in respect of the supporting governance arrangements and the partnership actions identified focus on the short to medium term as partners work to adapt their service and delivery models to the new circumstances taking account of the ongoing risks.

Hard copies of both the full review document and the quick-reference guide will be available from the Grange in Omagh and the Townhall in Enniskillen and other public buildings once the social restrictions ease. A full list of collection points will be provided when available.

Alternatively, please email [community.planning@fermanaghmagh.com](mailto:community.planning@fermanaghmagh.com) should you wish a hard copy to be posted to you now.

Please do not hesitate to contact the Community Planning team if you have any queries on 0300 303 1777 or email as above.

### **Comhairliúchán Poiblí | Public Consultation**

Fermanagh and Omagh District Council is committed to protecting, promoting and enhancing the Irish language within the District.

In an effort to shape and guide this work, Fermanagh and Omagh District Council is currently:

- Reviewing and revising its Irish Language Policy;
- Developing an Irish Language Strategy for Council; and
- Creating a three-year Action Plan for Council.

Further information on the process as well as dates for public meetings and the associated surveys can be found on <https://www.fermanaghomagh.com/services/arts-and-culture/irish-language/comhairliuchan-poibli-public-consultation/>

**Please note the closing date for submissions is Thursday 1 July.**

### **Public Consultation on the Draft Ulster Scots Policy**

Fermanagh and Omagh District Council is currently seeking feedback on the draft Ulster Scots Policy.

The consultation, as well as this response questionnaires, focuses on three key areas, namely:

- Aims of the Ulster Scots Policy
- Objectives of the Ulster Scots Policy
- Principles of the Ulster Scots Policy

A Public Consultation Event will take place on **Thursday 6 May**.

Further information on the process can be found on [Public Consultation on the Draft Ulster Scots Policy – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](#)

**Please note the closing date for submissions is Friday 9 July.**

### **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](mailto:PEACEPLUS@seupb.eu) if you require any support during the consultation process.

### **‘From Around the World; Celebrating Our Cultures’ Project**

We are committed to promoting good relations and inclusion for everyone in the district. The Council’s Good Relations Programme supports the positive expression of the wide variety of cultures and traditions within the Council area.

The ‘From Around the World; Celebrating Our Cultures’ project celebrates the rich cultural diversity that exists within the district. It demonstrates the importance of the preservation and promotion of the various cultures both local and from all over the world. It also highlights the many similarities between the different cultures, showcasing that while we may differ, we are the same in many ways.

The project presents different cultures and traditions through a gallery exhibition of participants’ photographs, personal stories, cultural artefacts and voices; a virtual exhibition tour and a book. Through these, it encourages everyone to embrace diversity, learn new things and enjoy the beauty in everything. Everybody belongs.

### **'From Around the World; Celebrating Our Cultures' virtual exhibition tour**

This virtual exhibition tour provides the opportunity to view the gallery exhibition from the comfort of your home. It is an enjoyable film, offering a walk through the gallery with an insightful narration and subtitles. It is also an excellent educational tool and cultural resource for schools, youth clubs, community groups and individuals. You can access it [by clicking here](#).

### **'From Around the World; Celebrating Our Cultures' book**

This book is a written reflection of the gallery exhibition and its official launch. It presents fourteen different cultures, telling the stories of people who have made their home in or have strong connections to the district, and sharing their beautiful cultural artefacts. It is important to point out that these are not all the cultures present and represented in the Council area, but rather a sample of the great diversity locally.

The book complements the 'From Around the World; Celebrating Our Cultures' gallery exhibition, currently displayed in Enniskillen Castle Museums, and its virtual version.

For further information on how you can create your own diversity project or get involved in this project, please feel free to contact the Good Relations team on 0300 303 1777 or via email [goodrelations@fermanaghomagh.com](mailto:goodrelations@fermanaghomagh.com).

### **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).

### 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	Neville Armstrong	<a href="mailto:neville.armstrong@fermanaghomagh.com">neville.armstrong@fermanaghomagh.com</a>	Ext 20275
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.

### 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

- **Centre 2000, Newtownstewart** - Tuesday 4 May from 1:00pm – 4:00pm & 5:00pm – 7:30pm.
- **St Ninnidh's Hall, Derrylin** - Monday 10 May from 1:00pm – 4:00pm & 5:00pm – 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.

### NI Youth Assembly

#### Aged 13 to 17 years old?

**This is your chance to be a member of the first ever Northern Ireland Youth Assembly.**

Applications are now open and young people can apply until 5pm on 21 May.

The Youth Assembly will be made up of 90 young people from throughout Northern Ireland.

To be eligible, young people should be aged 13-17 on 21 May 2021. Three young people will be selected from each constituency, with the remaining 36 young people selected at random to ensure diversity and balance. This is a fantastic opportunity for young people across Northern Ireland to have their voices heard, to help inform and shape policy and legislation and to represent young people throughout Northern Ireland.

We've created a brand new webpage [www.niyouthassembly.org](http://www.niyouthassembly.org) with lots of information, including details on how to apply and what Youth Assembly Members will be expected to do.

Young people can apply:

- Online via: [www.niyouthassembly.org](http://www.niyouthassembly.org),
- Request a postal version by emailing [youthassembly@niassembly.gov.uk](mailto:youthassembly@niassembly.gov.uk) , or
- Apply over the phone by calling 028 9052 1777 and leaving a message.

### Together with Music, Volunteer today!

We feel less alone when we are together with music - help connect care homes residents to schools and community groups through music.

How can you get involved?

Become a Friend with Music – Befriending service for those isolated at home and in assisted living.

Become a Community Connector – Join a team of local volunteers and help us tackle loneliness and isolation and build strong, intergenerational communities.

Be part of Community Voices – Are you a singer, musician, poet, artist or creative? Lend your talent today to spread joy across the UK.

Are you interested? Fill out the google form on the following link:

[https://docs.google.com/forms/d/1z7b3k0vVZYCFUPTL\\_qfe2p5pL3\\_0EBxXvVKKHaWAPY/edit?ts=607d5bbb](https://docs.google.com/forms/d/1z7b3k0vVZYCFUPTL_qfe2p5pL3_0EBxXvVKKHaWAPY/edit?ts=607d5bbb)

or contact [caitlyn@togetherwithmusic.org.uk](mailto:caitlyn@togetherwithmusic.org.uk)



### **Action for Children - Young Adult Carers Service**

A young adult carer is someone aged between 18 and 25 who looks after a member of their family or a friend.

Young Adult Carers (YAC's) is a service which has been set up to provide support for young people who are a carer for a member of their family. Our service is based throughout Northern Ireland and we have Project Workers based in every province.

Our service offers 1-1 support, group activities and programmes, mentoring, participation groups and signposting for other services. As it currently stands, we are interacting with our young people via phone or Teams meetings.

For more information about the practical and emotional support we offer young adult carers, or to make a referral, please contact Action for Children Young Adult Carers Service

Telephone 028 9046 0500 (ask to speak to a member of the Young Adult Carers team)

or email [youngadultcarers@actionforchildren.org.uk](mailto:youngadultcarers@actionforchildren.org.uk)

### **Fermanagh Billboard – Request for Volunteers**

Are you interested in getting involved as a Volunteer with a new media based community project to promote local community groups and activities in County Fermanagh? If yes, can you please text your email address to [fermanaghbillboard@gmail.com](mailto:fermanaghbillboard@gmail.com) or phone 07541 034374 for a Volunteer Registration Form.

### **Census 2021 Update**

We've had a great response to Census 2021 so far! There is still time to complete for those that have not yet had the chance.

Our field staff are calling door to door. They will follow strict Covid-19 guidelines, will be using appropriate PPE and will never enter your home or ask for money. They will only call to homes that have not yet responded. If you are unsure in any way you can check if there are genuine staff in your area by calling the PSNI Quick Check on 101. These staff will be able to signpost to the help and support available and will carry a language card with details of Language support and the Language Helpline on it.

### **Invitation LELP Virtual Seminar - The Story so Far**

It is our great pleasure to invite you to join us at a virtual celebration event recognising the work of the Lough Erne Landscape Partnership as we continue into the second half of our National Lottery Heritage Funded Scheme.

As we are emerging from the pandemic, we wanted to take some time to reflect on the achievements of the scheme so far and to look forward to the next part of our exciting journey. We hope that you can join us for our virtual celebration at either of our events on **Thursday 13 May**:

- morning event at 11:00am – to register [click here](#).
- evening event at 7:30pm – to register [click here](#).

For further information please contact [heather.gott@rspb.org.uk](mailto:heather.gott@rspb.org.uk)

### **Fermanagh Rural Community Network**

#### **Sanitisation Equipment**

Fermanagh Rural Community Network have one large and four small Portable Fogging Machines and associated Personal Protective Equipment, that can now be borrowed by community and voluntary organisations to sanitise premises. These items were funded through the Department for Communities 2020/21 VCSE Covid Recovery Fund.

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

If your group wishes to avail of this equipment and support, please contact FRCN on 028 6632 7006 or by email: [info@fermanaghrcn.org](mailto:info@fermanaghrcn.org)

#### **Community Development Support**

Fermanagh Rural Community Network continue to provide community development support and are here to support community and voluntary organisations with their ongoing operation and governance, projects and sourcing funding.

FRCN are a Registered Helper Group with the Charity Commission for Northern Ireland, providing support for organisations with the process of registering as a charity and for Registered Charities to submit their annual reports to the commission.

FRCN are a Registered Body with ACCESS NI and can undertake Identity Checks and processing of applications for ACCESS NI Disclosure Certificates.

If you wish to avail of community development support for your group or community, please contact FRCN on 028 6632 7006 or by email: [info@fermanaghrcn.org](mailto:info@fermanaghrcn.org)

### **The Border After Brexit - Survey 2021**

The Irish Central Border Area Network (ICBAN) together with a small team from Queen's University Belfast are conducting a fourth research project on the impacts of Brexit for people living and working in this Region.

With the Brexit transition period having ended in December 2020, views are sought on the impact of Brexit and the NI Protocol that have been observed and experienced in the Central Border Region. The 15-minute online survey welcomes responses from anyone living or working in the areas of Armagh City Banbridge and Craigavon; Cavan; Donegal; Fermanagh and Omagh; Leitrim; Mid Ulster; Monaghan; and Sligo.

**The survey closes on Monday 31 May,**

and can be accessed here: <https://tinyurl.com/BorderAfterBrexit>

All data from the survey will be gathered in accordance with strict research ethics and will remain anonymous.

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

"....in the service of healing, peace and holistic wellbeing."

At Tara Centre, we continue to provide Counselling/Psychotherapy and Art Therapy. With the easing of restrictions, we are now tentatively extending our provision of face-to-face Counselling/Psychotherapy in addition to continuing delivery of this service by telephone and on-line. Anyone wishing to avail of Counselling/Psychotherapy or Art Therapy should contact us on 028 8225 0024.

Complementary Therapies remain under review.

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

(Please note: Premises for Hire, Bookshop and Lending Library are not available at this time)



## **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)

## **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\*

## Training Opportunities

### Community/Voluntary Sector Free Training Courses

- **Do you work or volunteer in the Community or Voluntary Sector?**
- **Would you like to improve your knowledge and skills, build your confidence and learn from others in the sector?**

If yes, I am excited to share with you that Fermanagh Trust in partnership with Holywell Trust in Derry/Londonderry and the Rural Community Network have been funded by The National Lottery Community Fund to facilitate a five-year project, investing in the skills and knowledge development of current and new leaders in the Community/Voluntary sector.

We have a rolling programme of training events and qualifications that support 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. Examples of some of the courses planned for the next few months:

- Fundraising & Income Generation
- Avoiding Blunders With Funders
- Facilitating Effective Meetings
- Introduction to Handling Conflict in Groups
- Social Media
- Succession Planning
- Diploma in Community Development Practice

Please have a look at all that is on offer and please feel free to share as widely as possible amongst your contacts to raise awareness of these free courses!!

To view our training programme and book a place on any of our courses please follow this link:

[Training Programme - Fermanagh Trust](#)

If you would like more information or have any questions, please contact us via email [leadership@fermanaghtrust.org](mailto:leadership@fermanaghtrust.org) or telephone 028 66 320 210

### 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. Booking is essential. Please note that we cannot guarantee places that are not booked at least 24 hours in advance. 1-2-1 sessions are available by arrangement.

### **Suicide Prevention Awareness online training “Connections Link Life”**

We are delighted to be able to offer Suicide Prevention Awareness training to all adults (over 18) living or working in Northern Ireland in 2021.

This is suitable for those seeking:

- a greater understanding of mental health and suicide
- the confidence to intervene with people experiencing emotional distress suicide
- to cultivate resilience through emotional health practices and self-care.

[Visit our web site here for more information on the course](#) and **book your free place by clicking on the links**

### **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-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](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.

### **PANTS Awareness Sessions (The Underwear Rule)**

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

Delivered virtually via Zoom and detailed in WHSCT Health Improvement, Equality and Involvement Department Training Brochure (link in article above).

If you wish to register please email [health.improvement@westerntrust.hscni.net](mailto: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](mailto:info@OakHLC.com) Tel 028 6772 3843

### **New funded creative wellbeing courses available**

We have a collection of 5 different creative programmes that will be delivered in 6-week blocks under the banner of 'StoryTeller'. The programmes are designed to be delivered to anyone, aged 18+, looking for positive psychological change and for those who are in a mental wellness recovery process of any kind. They will be delivered across various locations in Northern Ireland, Donegal and other border counties both online and face to face (as government guidelines allow). The different programmes are,

**Storyteller and Storyteller 1-2-1** – group and 1-2-1 shared reading sessions with stories read aloud by our facilitator interspersed with informal chat and sharing of experiences promoted by conversational questions and prompts developed by our Psychology and Literature teams.

**Visual Storyteller** – group art programme, exploring topics like self-expression and emotional connections informally through different artistic mediums (but fun, too!) No artistic experience required!!!

**Creative Storyteller** – 6-week creative writing programme.

**Digital Storyteller** – programme based around sound and video recording / production, eg podcasts, interviews, music videos.

We have multiple start dates available, **with some availability on courses starting immediately.**

If you have any questions then please just ask. Contact Jaime Kerr, Health Improvement Officer on Tel: 028 7126 6946 Mob: 07486 511438

E.[creative-recovery@theverbal.co](mailto:creative-recovery@theverbal.co)

W. [Visit Verbal](#)

## Funding Opportunities

### The Big Lunch

This is a great opportunity to have a get together with neighbours, friends or family to do something kind in your community. Register and get your free activity pack at [www.thebiglunch.com](http://www.thebiglunch.com) and enter our facebook competition for the opportunity to win a BBQ & £25 voucher - everything you need to get that party started!

Take part in The Big Lunch 2021 [www.thebiglunch.com](http://www.thebiglunch.com)

Please follow this link to register <https://bit.ly/3ntFrwo>

### Live Here Love Here Small Grants Scheme

The scheme is open to community and voluntary groups, schools and educational organisations, sports clubs and youth clubs for projects which help to improve our environment and promote a cleaner, greener and safer place to live.

This is an incredible opportunity for local communities to apply for a grant from **£500 - £3000**.

Click on [Small Grants Scheme \(livehereandlovehere.org\)](http://livehereandlovehere.org) for full details.

**Closing date for applications Monday 10 May at 12 noon**

### Community Relations Council

The Community Relations and Cultural Diversity (CRCD) Grant Scheme is open for applications until November 2021 for projects taking place within the financial year to 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 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.