

## Fermanagh & Omagh District Council Community Support News – October 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 20 October**

### Council News & Events

[COVID-19 \(Coronavirus\) Information, advice & Council services – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](https://www.fermanaghomagh.com/COVID-19%20(Coronavirus)%20Information,%20advice%20&%20Council%20services%20%E2%80%93%20Fermanagh%20&%20Omagh%20District%20Council%20(fermanaghomagh.com))

#### **Positive Ageing Month – October 2021**

<https://www.fermanaghomagh.com/article/programme-launched-for-positive-ageing-month-october-2021/>

Fermanagh and Omagh District Council and partners, Western Health and Social Care Trust, Public Health Agency and South West Age Partnership are working together to promote Positive Ageing Month throughout the Fermanagh and Omagh District Council area during the month of October.

**Launch on Friday 1 October, 11am via Zoom** – includes a singing event by Together with Music. To register and receive the zoom link email [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)

**Silver Sunday @ The Museum on Sunday 3 October, 2pm.** Small bubble art class for people aged 60 or over. The class is themed around the current exhibition around local artists T P Flanagan and Kathleen Bridle. This is a free class with all material provided. To register email [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk) or call 028 8225 1824

#### **Dying to Talk Webinar Wednesday 13 October, 10.30am to 12 noon – online event**

Regional webinar to raise awareness on the importance of starting conversations around dying. For more information visit [Dying to talk webinar organised as part of Positive Ageing Month – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](https://www.fermanaghomagh.com/Dying%20to%20talk%20webinar%20organised%20as%20part%20of%20Positive%20Ageing%20Month%20%E2%80%93%20Fermanagh%20&%20Omagh%20District%20Council%20(fermanaghomagh.com))

To reserve a place on “Dying to Talk” please click on [Eventbrite: Dying to Talk link here](#)

To obtain the full programme for Positive Ageing Month in the Fermanagh and Omagh district and details of how to book events, [please click on this link](#)

### **Expressions of Interest: Halloween 2021**

Fermanagh and Omagh District Council is inviting Expressions of Interest from constituted groups within the district that want to organise Halloween events and activities for their communities. The events and activities must take place between Friday 29 to Sunday 31 October.

Fermanagh and Omagh District Council will offer financial support up to a maximum of £250 to approximately 20 organisations across the district for events and activities.

A wide range of activities and events are eligible including fancy dress competitions, community art or crafts competitions, Halloween themed exhibitions.

Bonfires or Fireworks displays are not eligible.

The deadline to submit an Expression of Interest application, which can be found below, for this year's Halloween Community Events 2021 is **6pm on Friday 1 October**.

[Online applications are available by clicking on this link.](#)

For further information, please contact the Events team

by email on [events@fermanaghomagh.com](mailto:events@fermanaghomagh.com) by telephone on 0300 303 1777

or textphone on 028 8225 6216.

### **Grant Aid Support**

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.

#### **Capital Grant Aid Programme - 2021 / 2023**

The Capital Grant Aid Programme covers the period up to 31 March 2023. The maximum level of funding is up to 75% of eligible expenditure up to a maximum grant of £20,000.

**The closing date for capital grant applications is 5pm on Wednesday 20 October 2021.**

For Guidance Notes or to apply online, please visit the Council website at:

<https://www.fermanaghomagh.com/services/sponsorship-grants-bursaries/grant-aid/capital-grant-aid-2/> or contact the Funding & Investment Unit on Tel: 0300 303 1777

Text phone: 028 8225 6216 Email: [grants@fermanaghomagh.com](mailto:grants@fermanaghomagh.com)

Council Officers are available to assist with any queries you may have regarding the application process or funding criteria. Please see Guidance Notes for officer contact details.

### **Slow Cooker Programme**

Fermanagh and Omagh District Council has funding available to support community groups to deliver the 'Making the Most of your Slow Cooker' facilitator programme. The programme is being targeted at households who may be experiencing food or fuel poverty. Slow cookers, cooking utensils and food packs will be made available to eligible participants.

Slow Cooker Tutor Training is being run by the Community Food and Nutrition Team of the Western Health and Social Care Trust. Training will be delivered virtually via Zoom on Wednesday 6 October, 10am-2pm.

Should you require any further details, please contact Marcella Kinsella (07739 190851) or Pearl Coalter (07715 233745)

## Ethical and Shared Remembering

### 'Ethical and Shared Remembering:

#### Remembering a Decade of Change and Violence 1912 – 1922'

Two sessions remain of the four-week online programme, delivered by The Junction, exploring key historical events of the period.

- Thursday 7 October 2.00 – 3.30 pm  
Nationalist insurrection: The Easter Rising 1916 and its aftermath
- Thursday 14 October 2.00 – 3.30 pm  
Heroism and sacrifice. The Battle of the Somme (July 1916)

This year marks the centenary of the establishment of Northern Ireland and these sessions can be seen as preparation for the 6-session course which will follow from this 'Partition; What did it do for us?' The second programme will explore how it came about, its implementation, and its consequences. This course is scheduled to follow immediately after the 4-session course.

If you would like to participate on the programme/s, please reserve your place as soon possible by emailing: [goodrelations@fermanaghomagh.com](mailto:goodrelations@fermanaghomagh.com) or Tel 0300 303 1777.

Places are limited on this programme and will be provided on a first come first served basis.

## Register to vote!

The [Electoral Office for Northern Ireland](#) is updating the electoral register and anyone aged 17 years or over by 30 November 2021 is being encouraged to register.

Registration kiosks are available in the Connect Centres in Enniskillen and Omagh and there are also static canvass sites with a member of EONI staff from 2pm-8pm at:

- \* [Fermanagh Lakeland Forum](#) – Thursdays to 28 October
- \* Hospital Road Community Centre – Wednesdays to 27 October
- \* [Omagh Leisure Complex](#) – Mondays to 25 October

For more information visit [bit.ly/3gACdFb](https://bit.ly/3gACdFb)

## 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	Joanne Cunningham	<a href="mailto:joanne.cunningham@fermanaghomagh.com">joanne.cunningham@fermanaghomagh.com</a>	Ext 21405
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

### 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

**By appointment only;** to book please call 08085 534 653 between 10am and 4.30pm.

- Bawnacre Centre, Irvinestown – Thursday 14 October, 12.30pm-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.

### Free data scheme for Registered Charities

Vodafone has launched charities connected, an initiative giving registered charities the opportunity to apply for free data to help the communities they support.

[Read more and apply](#)

### The Northern Ireland Childcare Survey 2021 is now open!

This last year has shown just how essential childcare is to all of us, but it has also highlighted many challenges facing the sector. Parents continue to struggle to afford the childcare they need to get into and stay in work, while providers are finding it difficult to sustainably deliver childcare services.

The Northern Ireland Executive has committed to developing and publishing a Childcare Strategy – and policy-makers need to hear your views. Now is the time to build a strong evidence base for greater investment to ensure childcare is accessible and affordable for all families and for providers to operate.

At a local level, we are keen to maximize returns from the Fermanagh and Omagh District. This data will feed into our Community Plan and help to shape services at a local level.

There are two surveys, one for parents and one for childcare providers. Each takes less than ten minutes to complete and your time is very much appreciated – plus you'll be in with a chance to win one of two £100 shopping vouchers!

Click [here](#) to complete the Parent Survey

Click [here](#) to complete the Childcare Provider Survey

Thank you very much for your time. Find out more at [www.employersforchildcare.org](http://www.employersforchildcare.org)

### Advice NI

- **Do you check your bank balance every day?**
- **Do you know exactly how much your monthly outgoings are?**

Why not book a free, private and confidential session with one of Advice NI's money and debt advisers to ensure that you are making the most out of your money and receiving all that you are entitled to.

We'll also provide some positive steps you can take to help improve your situation.

For more information or to book an appointment contact Kerry at Advice NI on 028 9064 5919 or email [comms@adviceni.net](mailto:comms@adviceni.net)

### Northern Ireland Road Safety Awards

These recognise the contribution of individuals and organisations who have worked to improve road safety in their communities. There are a total of 12 categories open for nominations. Visit: <https://www.roadsafeni.com/northern-ireland-road-safety-awards-2021-launched-enter-now/>

**The closing date for entries is Friday 22 October.**

### Grant Maker Apprentice Programme

The Fermanagh Trust is recruiting local young people aged 16-25 to take part in a unique youth led initiative which sees young people becoming 'Grant-Makers'. Young people will be active in the researching, planning, development and administration of a Fund which will address their priorities for investment in the Fermanagh area. Young people will work as a team to negotiate, promote and develop the systems and processes necessary to provide funding to local projects addressing what they believe are the key needs of young people in their community.

The Grant Maker Apprentice Programme will commence November 2021 and end April 2022 , meeting once a week in Fermanagh House, Enniskillen / online. For full information visit: <https://www.fermanaghtrust.org/opportunity-for-young-people-to-make-a-positive-impact-in-their-community>

**Closing date for those who would like to join the programme: Monday 11 October.**

### Rural Heritage Survey

As part of the Rural Community Network's newest heritage project, 'Ours to Share', we are undertaking a survey to gain a better understanding of what heritage means to rural communities, what types of projects rural community groups have been involved in and what support is needed in rural areas in regards to heritage. This will help shape the future of this project in relation to funding opportunities, training, and events. Thanks for taking part.

Here is the link to survey - <https://forms.gle/Nd9GLAUnSwbuXPm8A>

### **Sexual offence/Rape myths survey**

The Department of Justice has launched a survey to seek views on which rape and sexual offences myths are most prevalent in our society and therefore which ones should be prioritised for challenge. Information collected will be used to develop a communications campaign to raise awareness and to challenge some of the false myths surrounding serious sexual offences. Please see link below to access the survey and take a few minutes to complete this very important research. The survey will run to 15 November 2021.

<https://www.justice-ni.gov.uk/news/have-your-say-bust-myths>

### **The Consumer Council - Free virtual webinars**

We are running virtual presentations and workshops for community groups, schools and small businesses. This free service is a great way for you to learn about your consumer rights and how we can help.

There are four themed workshops you can choose from including:

- your travel rights;
- budgeting and managing bills;
- your consumer rights; and
- scam awareness.

Call 0800 121 6022 or email [contact@consumercouncil.org.uk](mailto:contact@consumercouncil.org.uk) to find out more and to sign up.

### **Holding On To Hope in a Changing World Regional Campaign 2021**

The five Health and Social Care Trusts in Northern Ireland have joined forces with the Public Health Agency (PHA) and the Northern Ireland Ambulance Service (NIAS) to deliver a campaign to encourage everyone to hold on to hope, to nurture our mental wellbeing and to raise awareness of the local and national services that are available to help when times are tough.

'Holding On To Hope in a Changing World' is a five week social media campaign which links World Suicide Prevention Day on 10th September to World Mental Health Day on 10th October.

The interactive campaign pack features a Hope Quiz to help you reflect on how hopeful you are today. Your score will direct you to tips, information and resources that can help including:

- Take 5 Steps to Wellbeing
- Self-Care tips
- Helplines information
- Self-help resources
- Training on mental health
- Information on techniques such as gratitude, mindfulness and challenging negative thoughts.

Campaign materials will be hosted on the [MindingYourHead.info](http://MindingYourHead.info) website and the PHA and Trusts' social media channels will feature key messages during the course of the campaign.

Campaign posts will be shared on Mondays and Thursdays of each week using the #holdingontohope21 hashtag.

For more information please contact: [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) and follow the Western Trust on Facebook, Twitter and Instagram.



**Tara Centre** 11 Holmview Terrace, Omagh BT79 0AH

**Tel:** 028 8225 0024 **Email:** [info@taraomagh.com](mailto:info@taraomagh.com) **Website:** [www.taraomagh.com](http://www.taraomagh.com)

**Ongoing Services Available:** Counselling/Psychotherapy and Art Therapy

**Workshops, Seminars and Other Events in person in the Tara Centre:**

· “How to Make Informed Health Choices in These Difficult Times” Dr Aileen O’Kane

Date: Saturday 23 October, 10am-4pm (Registration 9.00am – 10.00am)

· “Transforming Stress & Anxiety into Vitality” Michael O’Doherty (2-day workshop)

Dates: Saturday 27 & Sunday 28 November

Times: Saturday 10am - 5pm (registration 9.00am - 10.00am) Sunday 10am – 4.30pm

· A Bio-Energy Healing Clinic - Michael O’Doherty

Contact: 00 353 876721888 / [info@michaelodoherty.com](mailto:info@michaelodoherty.com)

Dates: Monday 29, Tuesday 30 November, Wednesday 1, Thursday 2 December

All enquiries and transactions in relation to attending the above clinic are to be made directly by contacting Michael’s clinic in Ennis, Co. Clare - see contact details above

· Meditation “The Soul of Healing” Mary Daly and Maura Twohig

Date: Saturday 16 October, 11.30am – 5.30pm (registration 11.00am – 11.30am)

(Open to anyone who has followed the Tara Centre Meditation/Mindfulness Course for Beginners)

· “Christmas Meditation” Mary Daly and Maura Twohig

Date: Saturday 11 December, 3.30pm – 8.00pm (registration from 3.00pm – 3.30pm)

(Open to anyone who has followed the Tara Centre Meditation/Mindfulness Course for Beginners)

· Meditating Together Mary Daly and Maura Twohig

Dates: Tuesdays, starting Tuesday 5 October, 10.30am – 12noon

(Open to anyone who has followed the Tara Centre Meditation/Mindfulness Course for Beginners)

· Yoga for Beginners and Intermediates Heather Kemps

Beginners: 10.30am – 12.00pm starting Wednesday 6 October to Wednesday 1 December

Intermediates: 7.00pm – 8.30pm starting Thursday 7 October to Thursday 2 December

**To book your place on any of the above or for any further information, please contact Reception on 028 8225 0024**

Places are limited due to Covid 19 restrictions. Prior booking is essential for all of the above.

Places will be allocated on a first come first served basis. We and all our participants will strictly adhere to all Covid 19 guidelines and good practice to ensure the safety and welfare of all those in attendance.

Support Groups who meet at Tara will commence from the beginning of October 2021.

We are currently reviewing our Complementary Therapy Service and aim to resume this service by the end of November 2021.

Premises for Hire/Bookshop and Lending Library remain temporarily unavailable due to Covid 19.

We are reviewing this on an ongoing basis.

Victims and Survivors Grant available for some of the costs associated with the provision of counselling/psychotherapy, complementary therapies and some workshops/seminars

### **Odyssey Parenting Your Teen Programme**

**Are you a parent of a teenager?**

**Would you like to attend a course to support you as a parent?**

You might be interested in joining the 8-week Odyssey Parenting Your Teen programme

Date: Thursday 7 October – Thursday 25 November

Time: 7.00pm-8.30pm Via zoom.

To register your place telephone 0808 8010 722

This is open to all parents in the WHSCT however priority will be given to those living in the Limavady area

### **PIPS Charity (Public Initiative for the Prevention of Suicide and Self-Harm)**

**New and Free Counselling Service** [www.pipscharity.com](http://www.pipscharity.com)

- Do you need support with your mental health?
- Would you like help to ease anxiety, stress or worries?

Based in Asda Community Rooms, Derrychara Road, Enniskillen, BT74 6JG we offer free, confidential counselling services which deal with the following:

- Depression, Trauma, Drugs, Alcohol, Anxiety, Self-Harm
- Unlimited number of sessions, led by you
- The service is open to everyone aged 4 and above.

If you feel you need help or want to find out more, please contact a member of the team on - 028 6633 9004 - Freephone 0800 088 6042 - Email [info@pipscharity.com](mailto:info@pipscharity.com)

### **Irish School of Ecumenics**

**Is There A Common Good?**

**Shaping the Present: Building Community**

Following a series of civic conversations from January to May 2021, we hope to engage in a second phase of regional conversations to explore key common good concerns.

What kind of world would we like to live in by 2030? What kind of world would we like for our children and grandchildren? What things matter to you in shaping a common good shared by all? We would like to invite people from the Border Counties to a series of 3 civic conversations which will explore 4 strands of relationships that are important for shaping a common good.

The first strand is our relationship with the Earth and how we humans and the Earth can have a shared future.

The other 3 strands are as follows: the relationships between people within Northern Ireland, the relationship between Northern Ireland and the Republic of Ireland, and the relationship between Ireland and Great Britain.

We hope that up to 40 people will join the civic conversations taking place in 7 regions of Northern Ireland and the Border Counties. It is imperative that anyone registering can come to all 3 civic conversations. Every voice is important as together we try to shape a vision of a common good and a shared future.

Dates: Monday 27 September, Monday 4 October & Monday 11 October 2021

Time: 7:30 – 9pm

Venue: First two meetings will be on Zoom, third meeting will take place at the Broadmeadow Suite, Fermanagh House, Broadmeadow Place, Enniskillen BT74 7HR

To register, please email Kirstie Wright at [kirstie479@hotmail.com](mailto:kirstie479@hotmail.com)



## Training Opportunities

### Volunteer Now

#### Free Online Training

#### Keeping Children and Adults Safe

for community and voluntary groups in the Fermanagh & Omagh District Council area

- **Keeping Children Safe: Communicating Online**

Wednesday 6 October, 10am - 11.30am

This course looks at the risks of online communication with children and young people and explores how staff and volunteers can communicate safely with them.

- **Keeping Children and Adults Safe: Training for staff and volunteers**

Thursday 14 October, 10am - 3pm

This course covers the legal and policy context, categories of abuse and possible indicators, dealing with a disclosure, reporting concerns, dealing with an allegation, programme planning, risk assessment and code of behaviour.

- **Keeping Children and Adults Safe: Training for Management Committee Members**

Tuesday 19 October, 10am - 12pm

This course covers the legal and policy context including duty of care, categories of abuse and possible indicators, leadership, values and culture, and the minimum safeguarding standards to be implemented.

- **Keeping Children Safe: Designated Officer Refresher Training**

Thursday 18 November, 10am-1pm

This course covers the role and responsibilities of the Designated Officer, Health and Social Care Trusts structures and processes, issues and experiences around referrals and sharing information and recent developments in safeguarding children and young people.

**Maximum 3 places per organisation per course.**

To book, contact Nicole Fitzsimons, [nicole.fitzsimons@volunteernow.co.uk](mailto:nicole.fitzsimons@volunteernow.co.uk)

### Health Improvement, Equality and Involvement Department (WHSET)

#### Training Opportunities

#### Sleep Unlimited REST Training

To provide practitioners who work in adult mental health settings with knowledge about sleep, sleep problems and strategies to manage sleep issues effectively

The training takes place across 2 days on 14 and 15 October, 10am to 4pm for both days

#### HIV Awareness

To increase awareness about HIV and provide information about the support available to those living with or affected by HIV.

The training takes place on Wednesday 13 October, 11am-12.30pm.

Please contact [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) or telephone 028 7186 5127

### **The National Churches Trust**

[www.nationalchurchestrust.org](http://www.nationalchurchestrust.org)

A project to showcase Northern Ireland's beautiful church and chapel buildings is underway with the appointment of photographer Laura McIlveen.

Over the next three months Causeway Coast based Laura will be travelling around Northern Ireland to take photographs of key churches and chapels. The photographs will be used on the National Churches Trust's Explore Churches tourism website to inspire visitors to discover the architecture and history of Northern Ireland's faith heritage.

#### **About Treasure Ireland Project**

Treasure Ireland is a new project to support historic places of worship in Northern Ireland, which will run for three years from 2020 - 2023. It offers grants for repairs and help and advice with maintenance to help keep churches or chapels in good condition and so avoid having to carry out expensive repairs.

<https://www.nationalchurchestrust.org/treasure-ireland>

### **Nutrition Information Sessions**

#### **Free of charge and open to everyone**

These are delivered online by Dietitians and Registered Nutritionists from HSC Trusts across Northern Ireland and provide evidence-based information to promote health and wellbeing.

**Top Tips For a Healthier Weight: Wed 6th Oct @1-2pm** <https://tinyurl.com/Toptips--Octo> or [https://teams.microsoft.com/registration/3jCanNfYpEqWAEvnYI\\_2xQ,Z7-Vz65V30q3zHrM65smUw,RoCFsfzd8kCIP5F2tMKVGw,3JIYG\\_-6E-5BKgZ1t96uA,4xs1AeqNvkO2WYXyamZLAq,5rVg29F-H0GM-A2lRYniWg?mode=read&tenantId=9c9a30de-d8d7-4aa4-9600-4be7625ff6c5](https://teams.microsoft.com/registration/3jCanNfYpEqWAEvnYI_2xQ,Z7-Vz65V30q3zHrM65smUw,RoCFsfzd8kCIP5F2tMKVGw,3JIYG_-6E-5BKgZ1t96uA,4xs1AeqNvkO2WYXyamZLAq,5rVg29F-H0GM-A2lRYniWg?mode=read&tenantId=9c9a30de-d8d7-4aa4-9600-4be7625ff6c5)

**Nutrition for Your Teenager: Tues 19th Oct @ 6.30-7.30pm** <https://tinyurl.com/teens-oct> or [https://southerntrust-hscni.zoom.us/webinar/register/WN\\_R1UbXS40T3mVi8tXCtFUEQ](https://southerntrust-hscni.zoom.us/webinar/register/WN_R1UbXS40T3mVi8tXCtFUEQ)

**Nutrition Myths & Fad Diets: Wed 20th Oct @12-12.30pm** [https://northerntrust-hscni.zoom.us/webinar/register/WN\\_qfhx6wsVTvKXo4shGRK8SA](https://northerntrust-hscni.zoom.us/webinar/register/WN_qfhx6wsVTvKXo4shGRK8SA) or <https://tinyurl.com/Myths-Oct>

**Feeding Under Fives: Thurs 21st Oct @2-3pm** [https://westerntrust-hscni-net.zoom.us/webinar/register/WN\\_DBSUVjsEQQKueVxYnt18yw](https://westerntrust-hscni-net.zoom.us/webinar/register/WN_DBSUVjsEQQKueVxYnt18yw) or <https://tinyurl.com/Under5s-Oct>

If any queries, please don't hesitate to email [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)

If the dates/times don't suit or you would like to find out more about other nutrition topics, **pre-recorded sessions are available to watch at** <https://vimeo.com/showcase/8198914>

### **Free Self-Care Training**

#### **Facilitated by Zest**

**Date: Wednesday 6 October**

**Venue: On-Line Via Zoom**

**Time: 9:30am – 1:30pm (Registration from 9.15am)**

**Booking Essential**

[Self-Care flyer](#) [Booking Form](#)

To apply for a place please read carefully the [Booking and Cancellations Policy](#), complete a booking form and return via Email: [clear@dhcni.com](mailto:clear@dhcni.com) or Post: Clear Project, Unit 13, Strabane Enterprise Agency, Orchard Road Industrial Estate, Strabane, BT82 9FR

### **Do you know a young person who is not sure what path to take next?**

#### **Youthscape can help!**

Youthscape are now welcoming 14-24 year olds for our new groups starting in October in Omagh and Enniskillen. We are a PEACE IV funded programme for young people, and we operate in Enniskillen, Omagh, Dungannon, Letterkenny and Ballybofey. Using one to one mentoring, we will help with that next step and at the same time provide opportunities for socialising and mixing with other young people.

**Youthscape is a free 28-week programme** which provides:

- A space to interact with other young people and make new friends
- A chance to get an OCN Level 1 qualification in Vocational Skills
- One to one mentoring and support, and signposting to other support where needed
- Group work, chats, games, quizzes, trips and more
- £8 per day for those eligible
- Support with costs of data, childcare and travel for those who need it
- Age-appropriate fun guides to good mental and physical health
- Help to design a personal plan for the future, whether that is back to education, employment or other training programmes.

Please see our video for more information – [Youthscape Information Video](#)

Or you can find us on Facebook- <https://www.facebook.com/youthscapeproject/> or Instagram - <https://www.instagram.com/youthscape>

#### **Contact:**

Enniskillen - 07557178162

Omagh - 07464539195

Email – [david.taylor@swc.ac.uk](mailto:david.taylor@swc.ac.uk).

### **Volunteering – A gift to the Community**

It's autumn and you are faced with the exciting decision of how you can make a difference in your community. Volunteer for Shopmobility Enniskillen. An organisation that really leaves a lasting impact doing meaningful work that's aimed towards the long term development of the community of Enniskillen and Co. Fermanagh. You will have new skills and friendships to last a lifetime. The amount of time you dedicate to voluntary work depends on you!

The Volunteer role will involve helping new and existing members of Shopmobility Enniskillen to use a Wheelchair or Scooter at Enneside Shopping Centre. Basic administration is required, filling out a membership form, allocating a membership number, and training on the use of Shopmobility Enniskillen equipment. Full training will be provided to new volunteers.

In this role you will develop administration, communication and interpersonal skills. You will benefit from gaining experience of working in a customer service role.

Service Desk open 11am – 3pm, Monday to Friday –

Maximum cover of desk is 4 hours, Minimum is 2 hours. Out of pocket expenses are refunded.

For more information Tel 028 6632 9965, Email [enniskillensm@live.co.uk](mailto:enniskillensm@live.co.uk)

[www.shopmobilityenniskillen.com](http://www.shopmobilityenniskillen.com) Facebook Message

**Health Improvement Equality and Involvement Department (WHSET) Training  
Targeted at Practitioners who work with Children and Young People.**

- Whole Staff Training in Trauma and Mental Health Informed Schools – Friday 1 October  
The session will build on knowledge already gained from ongoing work in the Western Trust area around the effect of ‘Adverse Childhood Experiences’ on child and family emotional wellbeing. Practical advice will be provided and a tool kit of ‘what to do’ to effect a trauma informed school/community.
- Cybersafe Online Game Workshop – Wednesday 13 October  
The session focuses on aspects of online violence such as revenge porn, sextortion, grooming, sexualised bullying and unwanted sexualisation and bullying. The toolkit can be used to run your own sessions to address cyber-violence with young people.

Both courses run from 10am to 1pm.

If you wish to apply, please contact [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)

Telephone 028 7186 5127

**Free 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. We currently have 2 online training programmes available.

**Programme No 1 Course Dates**

**Date: Mon 4th, Mon 11th & Mon 18th Oct 2021**

Venue: Online via Zoom

Time: 9:30am to 1:30pm (Registration from 9.15am)

Please note that all 3 sessions must be attended to complete the programme and qualify for Certificate

**Programme No 2 Course Dates**

**Date: Mon 8th, Mon 15th & Mon 22nd Nov 2021**

Venue: Online via Zoom

Time: 9:30am to 1:30pm (Registration from 9.15am)

Please note that all 3 sessions must be attended to complete the programme and qualify for Certificate

[MHFA Flyer](#) [Booking Form](#)

To apply for a place please read carefully the [Booking and Cancellations Policy](#), complete a booking form and return via Email: [clear@dhcni.com](mailto:clear@dhcni.com)

or Post: Clear Project, Unit 13, Strabane Enterprise Agency, Orchard Road Industrial Estate, Strabane, BT82 9FR

### **New Elevate Training Dates Available**

The Elevate programme is offering free online training around using community development approaches as ways to reduce health inequalities. August and September dates booked out really quickly so we are letting you know about the **just released October dates**.

COVID-19 has increased the visibility of inequalities across different communities and these interactive training workshops will explore community development values and actions and how your role can help to build capacity in the communities where you work, volunteer or live.

#### **What will the training cover?**

- Understanding the values and principles of community development
- Understanding what health inequalities are, why they exist and how they look in your community
- Recognising the challenges and opportunities that have happened through COVID-19
- Exploring how your role can make a difference locally

#### **Who is the training for?**

Anyone with an interest in community development and health inequalities including staff and volunteers in voluntary organisations, community groups, councils, health and social care and government agencies.

You can book a place here <https://elevateni.org/training/training-dates/>

### **Health Improvement, Equality & Involvement Department**

#### **Training Brochure September 2021 – March 2022**

The Western Trust Health Improvement, Equality & Involvement Department is delighted to launch its training brochure for September 2021 – March 2022.

COVID-19 has presented challenges to how training is delivered. A range of courses are now offered 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 training brochure and course application form is embedded in the brochure 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) or phone 028 7186 5127.

### **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

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.

## **Supporting Communities**

### **Digital Inclusion Sessions**

Check out our list of digital skills sessions and discover something new!

<https://supportingcommunities.org/digital-skills>

Sessions are free of charge. Each course lasts around an hour and will be delivered over Zoom. If you need some help setting up Zoom in advance of any course, please get in touch with Stef [stef@supportingcommunities.org](mailto:stef@supportingcommunities.org) who can walk you through the steps.

## **Action Mental Health**

### **‘Mindset’ Programme**

This is a PHA funded, trauma informed, mental health and emotional resilience programme aimed at groups of young people aged 14-17yrs or groups of adults (aged 18+yrs) delivered by **Action Mental Health**. Mindset seeks to raise awareness and increase understanding of mental health and emotional wellbeing, identify signs and symptoms of mental ill health, provide self-care techniques to promote resilience and offer signposting information to resources and local support services.

Mindset is 3hrs in duration and can be delivered over 1 or 2 sessions either online via zoom or in person at your venue (subject to Covid-19 regulations). It can also be delivered in schools during school curriculum hours.

For more information please email: [amhmenssanani@amh.org.uk](mailto:amhmenssanani@amh.org.uk) or contact Michael McLean on 07976 639909.

## **AWARE NI**

### **Free online wellbeing workshops/courses for adults 18+ between September-December**

#### **Living Life to the Full – Online Life Skills Programmes (via zoom)**

We're delighted to be able to offer a range of Living Life to the Full programmes online! The Living Life to the Full programme will be delivered via zoom over 6 sessions lasting approx. 2hrs each.

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. It looks more closely at how 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 visit <https://www.aware-ni.org/booking-living-life-to-the-full/>

#### **Mood Matters for Adults – Online Mental Health Awareness Sessions (via zoom)**

We have some free online Mood Matters courses available during September-December. The Mood Matters for Adults course is 2 hours long and is suitable for anyone (over 18) who would like to learn more about minding their mood. It can also help to manage feelings of stress & anxiety. For more info & to register, visit: [www.aware-ni.org/booking-mood-matters-adults/](https://www.aware-ni.org/booking-mood-matters-adults/)



## Funding Opportunities

### Rural Micro Capital Grant Scheme 2021

<https://www.daera-ni.gov.uk/articles/initiatives-tackle-rural-poverty-and-social-isolation-trpsi>

This Scheme, funded under the Department's Tackling Rural Poverty and Social Isolation (TRPSI) Programme, offers Micro Capital grants of between £200 and £1,500 to rural community-led, voluntary organisations for projects tackling issues of local poverty and / or social isolation and to assist the recovery and reset of rural communities following the Covid-19 pandemic.

#### **The Rural Micro Capital Grant Scheme 2021 will open for applications on 1 October.**

Community led voluntary organisations in rural areas can apply for this micro grant to purchase capital equipment, improve an asset or extend the usable life to a capital asset. **Total project costs cannot exceed £3,000. The call for applications will close on 22 October 2021 at 12 noon.**

For more information contact [your Rural Support Network](#)

### 2021/22 Road Safety (Safe Travel) Grant Scheme

Individuals and community groups can apply for funding of up to £10,000 to develop and deliver local road safety initiatives. Grants must be used on locally focused road safety projects.

Visit [www.nidirect.gov.uk/road-safety-grant-scheme](http://www.nidirect.gov.uk/road-safety-grant-scheme) for full information.

**Applications must be received by 12 noon on Friday 15 October.**

### Together for Our Planet Fund

[The National Lottery Community Fund](#) are offering from £1,000 to £10,000 of National Lottery funding to support communities across the UK to take action on climate change.

Projects should reflect what matters to your community and can be small in scale. They could cover an area like:

- Food
- Transport
- Energy
- Waste and consumption
- The natural environment.

If you think your community could get involved more details are available at [bit.ly/3u5qfbR](https://bit.ly/3u5qfbR)

**Application deadline: 5pm on 18 November 2021.**

### Live Here Love Here Rural Community Pollinator Grants

The Rural Community Pollinator Grants Scheme is a pilot Scheme which will provide capital grants from £3,000 to £12,000 covering 95% of costs to community groups and schools wishing to establish, enhance or develop a local community pollinator garden.

**Applications close at 12 noon on Monday 11 October.**

For further information please visit [Pollinator Grants \(etinu.net\)](http://PollinatorGrants(etinu.net))

### New Comic Relief Funding

We recognise the value of small grants to grassroots community organisations. The aim of the micro fund is therefore to offer smaller amounts of funding to locally led organisations with income levels of £30,000 or below, to begin to tackle issues that may have been further exacerbated as a result of the COVID pandemic, and that align with at least one of Comic Relief's strategic priority areas.

Grants of between £1,000 to £3,000 will be available, to be spent within a period of 12 months.

For further information visit <https://communityfoundationni.org/grants/comic-relief-empowering-change-micro/>

**Closing Date: Friday 22 October, 1pm**

### **Community Foundation NI and Fibrus**

#### **£55,000 fund launched to support digital poverty in rural communities**

Fibrus have launched a new £55k fund to support rural connectivity. The fund is aimed at addressing digital poverty and will award grants of £1,000 to enable local groups and organisations, to provide access to digital technology for the most vulnerable. The fund has a particular focus on supporting grassroots organisations that support older people and young people aged 18 and under.

Link for information - <https://communityfoundationni.org/news/55000-fund-launched-to-support-digital-poverty-in-rural-communities/>

### **Community Finance Ireland £10 million All-Island Recovery Loan Fund**

Community Finance Ireland has launched a new All-Island Recovery Loan Fund which offers flexible loans of £10,000-£250,000 to community sector organisations including faith-based groups, sports clubs and social enterprises.

1. What loan product types are available?

- Short term bridging loans to facilitate retrospective drawing of grant support
- Longer term loans with bespoke repayment schedules.

2. What is the term range?

- 1 month – 180 months.

3. What is the interest rate?

- Maximum 6.25%\*, calculated on a reducing balance. \*The lowest maximum rate across the island.

4. Is there an arrangement fee?

- No\*. \*The only bridging product available across the entire island to do so.

5. What security is required?

- None on bridging loans.
- Most of our term loans are also unsecured.
- No Personal Guarantees are required.

6. Is there an Early Repayment penalty?

- No.

7. How do I apply?

- You can get started now by clicking [here](#) and completing an online application.
- Or if you need to chat to us first click [here](#) and we will arrange a follow up call with either Phelim or Peter.

### **Sport NI: Capital and Resource Funding announced**

Sport Northern Ireland has launched both its 'Project Re-Boot: Activate' Fund and 'Building Better Sports Facilities' Fund (as mentioned at the Sport NI zoom hosted by FODC back in the spring).

#### **Sport NI Capital Fund**

**Deadline Monday 4 October, 12 noon**

To find out more about Sport NI's £25,000 capital Fund 'Building Better Sports Facilities' go to: <http://www.sportni.net/funding/our-funding-programmes/building-better-sports-facilities/>  
The Guidance Notes are available at <http://www.sportni.net/wp-content/uploads/2021/09/Building-Better-Sports-Facilities-Information-and-Guidance-Notes-2021-22.pdf>

#### **Activate Fund**

<http://www.sportni.net/wp-content/uploads/2021/09/Activate-Brochure.pdf>

Sport NI may match fund up to £5,000 towards a small/medium sport and physical activity project to support your own fundraising efforts on the Crowdfunding UK online platform. This fund will remain open until their funds run out (£650k approx.)

To be eligible to apply, organisations must be:

- A constituted sports club which is affiliated to a governing body of sport recognised by Sport NI, <http://www.sportni.net/performance/governing-bodies/recognition-of-governing-bodies>.
- A community/voluntary sector organisation that delivers or enables sport and/or physical recreation as the primary activity. Sports and activities must be recognised by Sport NI.
- A charitable trust that delivers or enables sport and/or physical recreation as the primary activity. Sports and activities must be recognised by Sport NI.

#### **Q & A 'Funding Cafe' hosted by FODC**

**Thursday 7 October, 12.30-1.00pm**

Organised for groups based in the Fermanagh and Omagh District so that they can find out more or ask questions directly to Sport NI and Crowdfunding UK.

To Book: <https://form.jotform.com/202642794367059>

There are many other supporting documents available from Sport NI.

It is also useful to know that Sport NI has enlisted Chloe from Crowdfunding UK to support groups develop the crowdfunding page.

### **Community Foundation NI**

[CFNI Chat to the Funder events](#)

The Community Foundation for Northern Ireland (CFNI) are continuing their monthly online 'Chat to the Funder' events; which will take place on the second Tuesday of the month from 2-4pm by zoom. New applicants and existing grantees are welcome to book a 20 minute time slot to meet with a member of the grants team. [Book your place here](#)

### **The Community Foundation Northern Ireland**

The Micro-Investment Fund is a rolling call process and at present there is no set closing date for the receipt of applications. The Foundation reserves the right to announce a closure date subject to the number of awards made and the remaining funds available for distribution. In such circumstances the Foundation will give two weeks' notice of any closing date that is then to be set, which will be published online and through our social media.

Full details available at [Applying for a Grant from a fund - Community Foundation Northern Ireland \(communityfoundationni.org\)](http://communityfoundationni.org)

### **Building the Community-Pharmacy Partnership Programme**

Closing dates for next funding round:

Level 1 – 28 October 2021

Level 2 – 18 November 2021

Full details available at <https://www.cdhn.org/bcpp>

### **Community Relations Council Small Grants Scheme**

#### **Now open for applications**

This funding can help community and voluntary groups throughout Northern Ireland engage in Community Relations work.

**Deadline: Monday 1 November 2021**

[https://www.community-relations.org.uk/community-relations-cultural-diversity?mc\\_cid=8c5bd6f941&mc\\_eid=ff06082e7b](https://www.community-relations.org.uk/community-relations-cultural-diversity?mc_cid=8c5bd6f941&mc_eid=ff06082e7b)

### **Tesco Community Grants**

Tesco Community Grants fund thousands of local community projects across the UK, helping to fight holiday hunger, tackle mental health, support young people, host community events and much more.

Tesco Community Grants support local good causes that focus on helping children and families and tackling food poverty.

Grants will be awarded to voluntary or community organisations (including registered charities/companies), schools, health bodies, local authorities and social housing providers. This list is not exhaustive and there will be many other types of organisations that will be funded.

Tesco Community Grants is administered by Groundwork and projects can apply online at

<https://tescocommunitygrants.org.uk/apply-for-a-grant/>

If you are a Tesco customer or colleague, you can nominate a cause that you'd like to see supported and we'll contact them to encourage them to apply, you can also do this online. Awards are available up to £1,500. There is no deadline for applications.