

# Fermanagh & Omagh District Council Community Support News – July 2022

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 <u>alison.gilmore@fermanaghomagh.com</u>

Please note the deadline for the next Newsletter is Tuesday 26 July

# **Council News & Events**

<u>COVID-19 (Coronavirus) Information, advice & Council services – Fermanagh & Omagh District</u> <u>Council (fermanaghomagh.com)</u>

Unique outdoor theatre experiences in Fermanagh and Omagh district this Summer This is the first time such a large scale programme of outdoor theatre has been planned - pack up a picnic, go to an outdoor venue near you and enjoy a fun open air show! Bookings for shows at all locations can be made by visiting the Council website at www.fermanaghomagh.com/services/arts-and-culture/outdoor-theatre-summer-2022/ Please note that all performances will go ahead regardless of the weather. Please bring your own low-back chair, rug, picnic and dress appropriately for the day. Seating areas are on a first-come, first-served basis.

**Chapterhouse Theatre Company Enniskillen Castle** Friday 1 July 'Cinderella'

# Heartbreak Theatre Company

Lakeland Forum Saturday 9 July - Much Ado About Murder (10 yrs +) - 3pm & 7.30pm Sunday 10 July - Twelfth Night (8 yrs +) - 2pm & 6.30pm Friday 15 July - Awful Auntie (7 yrs +) - 6pm Friday 22 July - Jane Eyre (10 yrs +) - 7.30pm

# **Bawnacre Centre**

Saturday 16 July - Awful Auntie (7 yrs +) - 4.30pm Saturday 23 July - Jane Eyre (10 yrs +) - 7.30pm

# Castle Park Leisure Centre

Sunday 17 July - Awful Auntie (7 yrs +) - 12 noon & 4.30pm

# **Omagh Leisure Centre**

Thursday 14 July - Twelfth Night (8 yrs +) - 7.30pm Tuesday 19 July - Awful Auntie (7 yrs +) - 7.30pm

# Drumquin Soccer Pitch

Monday 18 July - Awful Auntie (7 yrs +) - 7.30pm

#### Strategic Capital Grants Programme – Call for Applications

Fermanagh and Omagh District Council wishes to invite applications from community/voluntary sector organisations under the Strategic Capital Project Grants Programme.

This is a Capital Programme aimed at meeting the needs of the district with a view to fulfilling the outcomes of the Fermanagh and Omagh 2030 Community Plan and Council's Corporate Plan 2020-24. Capital funding of grants between £100k and up to £200k is available with organisations required to match fund from other sources to a minimum value of 10% of the grant awarded. The funding will provide a mechanism for investing in rural/urban areas to promote wider recovery from the pandemic and is available to local community organisations with a project plan to enhance existing facilities or to meet an unmet local need.

The application and guidance notes are available on https://fermanaghomagh.eformz.info/.

**Deadline for submission of applications is 12 noon on Friday 8 July 2022**. Applications received after the closing date and time will be deemed ineligible.

For further information, please contact a member of the Funded Programmes Team on 0300 303 1777 or by email to <a href="mailto:economic.development@fermanaghomagh.com">economic.development@fermanaghomagh.com</a>

#### **Summer Bands Programme**

Community bands will be performing at **The Round 'O', Enniskillen** on some Sundays during July and August from 2.30-4pm.

At the moment we still have bookings available for some Sundays in July.

Please contact Alison Gilmore, Community Services Department on 0300 303 1777 ext 21217 or email <u>alison.gilmore@fermanaghomagh.com</u> with the date you would like to play. Playing slots are allocated on a first come first served basis.

#### Himalayan Balsam Bashing events!

#### Monday 4 July at Castle Archdale Country Park Thursday 14 July at Castle Archdale Country Park Wednesday 20 July at Lovers' Retreat, Omagh

Himalayan balsam is an Invasive Alien Species and this session will include a brief introduction to Invasive Alien Species and a practical session on balsam pulling. Join us and <u>TCV - The Conservation Volunteers</u> To find out more or to book you place email <u>biodiversity@fermanaghomagh.com</u>

#### Wild about the Workhouse

# Friday 8 July, 8.45pm

Free guided walk through Enniskillen town - If you are interested in finding out more about bats and swifts come and enjoy a walk watching and listening to the bats and swifts as you make your way to the newly restored Enniskillen Workhouse.

For more information and to book, email <u>biodiversity@fermanaghomagh.com</u>

Groups invited to take part in Culture Night Celebrations

Fermanagh and Omagh District Council will join cities and towns across the island of Ireland to celebrate Culture Night on Friday 23 September 2022.

The Council is seeking expressions of interest from community arts, cultural, heritage, sports and other groups across the district who are keen to take part in this year's Culture Night by organising a local event.

As part of this year's event, Fermanagh and Omagh District Council will provide support to sixteen constituted groups across the district with up to £250 of financial support together with assistance with marketing and publicity. The Council is particularly keen to hear from rural groups who have been under-represented in previous Culture Night events.

Further information is available at <u>https://www.fermanaghomagh.com/article/fermanagh-and-omagh-district-council-invites-groups-to-take-part-in-the-culture-night-celebrations/</u>

Closing date for expressions of interest in participating in Culture Night is 5pm on Friday 8 July.

#### **Omagh Music Festival Exhibition: Call out for memorabilia**

Fermanagh and Omagh District Council is asking members of the public to share their memorabilia from the 1960's showband era so it can be displayed in the exhibition which will take place this autumn in Strule Arts Centre.

Members of the public are asked to share any posters, pictures, tickets or other artefacts they may have that feature showbands from the Omagh area so they can be showcased in the exhibition.

A drop in event will take place in Strule Arts Centre on Saturday 2 July, 10am – 12 noon so people can call in and donate or loan items for the exhibition.

For further information please visit <u>https://www.fermanaghomagh.com/article/omagh-music-festival-exhibition-call-out-for-memorabilia/</u>

# Calling Young People to Join Youth in Action

Fermanagh and Omagh District Council, in partnership with the Rio Ferdinand Foundation, is delighted to announce this year's 'Youth in Action' programme. It will take place at Fermanagh Lakeland Forum, Enniskillen, this August.

Young people, aged 14y to 18y, from across the Fermanagh and Omagh area, are invited to participate in this unique and fun summer programme that promises new friendships, enjoyable activities as well as empowering them to take a lead in tackling sectarianism, racism and discrimination.

The programme is an opportunity for participants to undertake an OCN accredited Equality, Diversity and Inclusion course and a Level 1 Sports Leadership Qualification training. Young people will also be able to take part in media training and a film-making workshop and learn some great digital skills, whilst expressing their voices on issues that matter. The programme will conclude with a cross border football tournament as a celebration of togetherness and in the spirit of friendship.

For more information about this programme please visit

https://www.fermanaghomagh.com/services/community/good-relations-2/youth-in-actionprogramme/

# Calls for a Century of Sporting Stories 1912 – 1923

Fermanagh and Omagh District Council's Museum and Heritage Service is delighted to be a partner in an exciting new project being led by Co-operation Ireland to bring people together to learn about their local heritage. The 'People, Places, Events – Exploring Our Heritage' project is funded by The National Lottery Heritage Fund and involves a series of four regional themed programmes. The Fermanagh and Omagh theme is 'Your Sport, Your Family, Your Community: Decade of Centenaries'.

The local theme offers opportunities for interactive workshops and activities for people interested in exploring the varied stories and rich sporting heritage within their communities. Focusing on the years of great change between 1912 to 1923, the emphasis is on cross community and cross border audience engagement. The programme will run from June and lead into a final Showcase Event, scheduled to take place in September 2022.

In the first instance, 'Your Sport, Your Family, Your Community' will be launched online with developing resources at <u>https://collectionsonline.fermanaghomagh.com/your-sporting-heritage</u> and through the Museum and Heritage Service's social media channels including <u>facebook.com/EnniskillenCastle</u> and <u>twitter.com/ECMFCM</u>. In particular, the project is keen to hear from anyone with a sporting story to tell with connections to Roslea, Cornagague, Newtownbutler, Donagh, Derrylin, Kinawley, Teemore, Belcoo, Boho, Derrygonnelly, Garrison, Belleek, Kesh, Trillick, Dromore, Irvinestown, Fintona and Drumquin.

For anyone with an interest in sport heritage locally, please get in touch with <u>sarah.mchugh@fermanaghomagh.com</u>

#### **Volunteering Opportunities**

Would you like to learn new skills, gain valuable experience and meet new people? Then why not volunteer with Fermanagh and Omagh District Council?

The following volunteer opportunities are open for registration:

- Gortin Glen Forest Park Volunteer
- · Events Volunteer
- · Meet and Greet at The Ardhowen
- Summer Scheme Assistant
- · Litter Champion

To get involved, download a registration form at <u>https://bit.ly/3a6XeH0</u> or contact us by telephoning 0300 303 1777 or emailing <u>volunteer@fermanaghomagh.com</u>

# The closing date for applications is 12 noon, Friday 1 July 2022. Opportunities are open to people aged 16 and over.

# Enniskillen Place-Shaping Plan

Fermanagh and Omagh District Council (FODC) has appointed KPMG to assist in preparing a Place Shaping Plan for Enniskillen.

Place Shaping looks at how we can make our communities stronger and more resilient in the future through understanding what we have in terms of assets, i.e., our buildings, our green spaces, our brownfield sites, our skills and knowledge, our community groups, and our public services. We want to build on our history, our strategic geographic and economic location; our tourism potential to secure a sustainable social, economic, and physical regeneration. As part of this process, KPMG are engaging with you! We want to hear from the public, from our community and voluntary organisations, from our sports, leisure & cultural organisations as well as

from our local businesses, property owners and representatives from statutory agencies and government departments to agree the aspirations, direction, and proposals for Enniskillen.

# What do you want to see in an Enniskillen Place Shaping Plan?

What do you think would make Enniskillen a better place to live, a better place to work, a better place to shop, a better place to visit, a better place to enjoy?

Your participation in these surveys will help inform and guide the development of the Enniskillen Place Shaping Plan to 2035, the overall vision and the key actions and outcomes to make that vision a reality.

Submit your views here:

- Public Survey please click >>> Enniskillen-Public-Survey
- Business Survey please click >>> <u>Enniskillen-Business-Survey</u>
- Community & Voluntary Sector please click >>> <u>Enniskillen-Community-Voluntary-Sector-Survey</u>
- Young Peoples please click >>> <u>Enniskillen-Young-Peoples-Survey</u>

# Surveys will run until Friday 26 August 2022

For further information visit <u>https://www.fermanaghomagh.com/your-council/consultations/place-shaping-plan-for-enniskillen-consultation/</u>

#### Fairtrade

Are you a local business or organisation who supports Fairtrade? If so, we would love to hear from you. Please contact us on info@fermanaghomagh.com to get in touch.

#### **Grant Aid – Rolling Programmes**

#### **Community Services – Project Development**

Applications for Community Services – Project Development are open on a rolling basis and can be accepted throughout the year. Applicants must first contact a Community Support Officer of the Council to discuss their project/proposal prior to an application being made available For further information visit <u>Grant Aid - Project Development – Fermanagh & Omagh District</u> <u>Council (fermanaghomagh.com)</u>

#### Seeding Grant Aid

Applications for Seeding Grant Aid are open on a rolling basis and can be accepted throughout the year. Applications can be accessed on the Council's Grant Manager Portal. For further information visit <u>Microsoft Word - Seeding (fermanaghomagh.com)</u>

#### **Sports Bursary**

Applications will be received on an on-going basis but will not be assessed until the next available grant programme is closed. For the Sports Bursary, applications **must** be submitted **prior** to the Tournament, Competition or Event taking place. Applications cannot be made retrospectively after the Tournament, Competition or Event in which the applicant is seeking the bursary for.

The Bursary Guidance Notes should be read in conjunction with Fermanagh & Omagh District Council's Grant Aid Code of Practice

https://www.fermanaghomagh.com/services/sponsorship-grants-bursaries/bursary-programme/

# **Events and Festivals Sponsorship**

https://www.fermanaghomagh.com/services/sponsorship-grants-bursaries/sponsorship/eventssponsorship/

Fermanagh and Omagh District Council are now inviting online applications for Sponsorship from Event and Festival organisers that deliver events within the district.

Apply online using the Grant Manager

Events and Festivals Sponsorship will be continually **open** until March 2023. During this **open** roll out there will be designated closing dates so applications received can be moderated and approved through Council procedures.

**Closing dates and times:** 

Monday 5 September 2022 12 noon

Monday 7 November 2022 12 noon

All Events & Festivals must be applied for in advance to the actual commencement event date(s) and prior to closing dates highlighted above.

For more information, please email: <a href="mailto:sponsorship@fermanaghomagh.com">sponsorship@fermanaghomagh.com</a> Tel: 0300 303 1777 Textphone: 028 8225 6216

Have your say.....

#### 'Lived Experience of Poverty' Consultation – Now live.

FODC want to hear from people who are struggling on a low income. Help us develop interventions that will support those most in need. Please provide feedback via <u>https://bit.ly/LivingInPovertyConsultation</u>

Consultations

https://www.fermanaghomagh.com/your-council/consultations/

Current consultations being undertaken by Fermanagh and Omagh District Council include:

Public Consultation on the Draft Linguistic Diversity Policy 2022-2025

closes 5pm on Tuesday 5 July 2022.

# Festival Lough Erne returns for 2022!

# 10-18 September

Save the Date!

Festival Lough Erne will return for its 7th year and promises to bring fun, adventure and lots of activity. Visit <u>http://www.festivallougherne.com/</u> for further information.

# Are you choosing between heating your home or eating adequate meals? Do you worry how you are going to make ends meet?

If so, please consider calling the Council's Health Improvement Team on 0300 303 1777 who can offer energy efficiency advice, determine if you are eligible for an energy efficiency grant, refer you to a specialist organisation for a benefit entitlement check or signpost you to other resources where you can get information regarding making delicious low-cost nutritious meals.

Sport and Countryside Recreation Facebook page

Details regarding all Fermanagh and Omagh District Council programmes, activities, events and any other relevant information will be uploaded to this page.

Sport and Countryside Recreation at Fermanagh and Omagh District Council - Home | Facebook We suggest that you like / follow the page to keep up to date with all details of programmes etc across the District Council area.

## **Everybody Belongs Pledge**

We pledge to oppose racism, sectarianism and discrimination against any people regardless of their background, identity or ethnicity. We condemn hate speech and oppose prejudice. We recognise that diversity and difference enrich us all and enrich this District.

The Everybody Belongs pledge is available for signing online by <u>clicking here</u>.

For further information and how to get involved in the campaign, contact Good Relations by telephone on 0300 303 1777 or by email <u>goodrelations@fermanaghomagh.com</u>.

https://www.fermanaghomagh.com/services/community/good-relations-2/everybody-belongscampaign/

#### 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 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.

For further information, please visit <u>Community – Fermanagh & Omagh District Council</u> (fermanaghomagh.com)

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=82210c413ab74bcd8da1 750af0321163

Area	Officer	Email	Telephone
Enniskillen	Steven Ormsby	steven.ormsby@fermanaghomagh.com	Ext 21232
Erne East	Joanne Cunningham	joanne.cunningham@fermanaghomagh.com	Ext 21405
Erne North	Steven Ormsby	steven.ormsby@fermanaghomagh.com	Ext 21232
Erne West	Kellie Beacom	kellie.beacom@fermanaghomagh.com	Ext 21201
Mid Tyrone	Neville Armstrong	neville.armstrong@fermanaghomagh.com	Ext 20275
Omagh	Josephine Treanor	josephine.treanor@fermanaghomagh.com	Ext 20222
West Tyrone	Neville Armstrong	neville.armstrong@fermanaghomagh.com	Ext 20275

# Community News

#### **Mobile COVID-19 Vaccination Clinics**

## Monday 4 July – Owenkillew Centre, Gortin 4pm-8pm Tuesday 26 July – Castle Park Leisure Centre, Lisnaskea 4pm-8pm

First dose, second dose and booster Pfizer vaccinations will be available to anyone aged 5+ who is eligible for a jab.

Clinics run from 4.00pm - 8.00pm. A limited number of walk-ins will be accommodated, but advance booking is encouraged to secure a spot.

Booking slots are now available for all upcoming clinics.

To book online visit <u>https://covid-19.hscni.net/get-vaccinated/</u> You can also call the Vaccine Booking Line on (Mon-Fri, 9.00am - 1.00pm) 028 7161 0753 For more information on the Western Trust vaccination programme visit bit.ly/WTCOVID19Vaccination

Link to COVD Vaccine Toolkit which provides resources to support the COVID-19 vaccination programme https://www.covidvaccinetoolkitni.info/

Northern Ireland Blood Transfusion Service By appointment only: to book please call 08085 534 653 between 10am and 4.30pm.

- Silverbirch Hotel, Omagh Monday 4 and Tuesday 5 July, 12.30pm-4pm and 5pm-7.30pm.
- St Ninnidh's Hall, Derrylin Thursday 7 July, 12.30pm-4pm and 5pm-7.30pm
- The Patrician, Carrickmore Monday 11 July, 10am-3pm
- St Patrick's Hall, Castlederg Friday 15 July, 12.30pm-4pm and 5pm-7pm

Many thanks for your continuing support - it is greatly appreciated. Check out <u>http://www.nibts.hscni.net/donating-blood/where-to-donate/</u> for further Scheduled Donation Sessions.

# **Story Trails**

# Friday 1 and Saturday 2 July

Come along to Omagh Library to discover a range of exciting augmented and virtual reality experiences for all the family to enjoy.

Explore Omagh's untold stories through a virtual map made up of 3D models and audio recordings of local community members.

Back outside, take part in immersive Story Trails walking tours, where a free app will guide you around the places where history happened bringing the events to life before your very eyes. https://story-trails.com/locations/omagh/

Free School Meals and Uniform Allowance 2022/23 Applications now open! Visit <u>https://www.eani.org.uk/financial-help/free-school-meals-uniform-grants</u>

## Money Helper

MoneyHelper is the new consumer brand from the Money and Pensions Service (MaPS) to help people make the most of their money and pensions.

Launched in June 2021, we've brought three legacy consumer brands into one (Money Advice Service, The Pensions Advisory Service and Pension Wise). MoneyHelper delivers clear guidance straight to consumers through our digital channels, printed guides and consumer helplines. So you can be sure they're getting the right money and pensions guidance if they need it. We signpost people with money troubles to the debt help they need provided by our trusted debt advice partners. We also support organisations like yours to help your customers, clients and employees make the most of their money and pensions. Call us on 0800 138 7777 Webchat – www.moneyhelper.org.uk/moneychat What'sApp - 07701342744

# Child Trust Fund

Children born within the UK between 1 September 2002 and 2 January 2011 have access to a Child Trust Fund when they turn 18 years old, which could be worth anything between £1,000 and £1,500.

When Child Trust Funds became available, HMRC sent parents/guardians of qualifying children a starting payment voucher of £250 (or £500 if parents were on a low income). This voucher was then used to set up a Child Trust Fund account in the child's name.

In Fermanagh and South Tyrone 11,262 vouchers became available, 7,390 parents/guardian opened a Child Trust Fund. For those 3,872 vouchers, that were not set up in their child's name, HMRC set up a Child Trust Fund account, in the child's name, which a child will be able to start tracing, after they obtain their NIC number at 16 years but only able to access, their Child Trust Fund, when they become 18 years plus.

A Child Trust Fund (CTF) is a long-term tax-free saving account for children. They were designed to encourage children to become savers for their future adult life.

All money earned on the CTF is tax-free, including capital gains, interest payments and any other money earned on the account. This means all the money in the fund belongs to the account holder and none of it will be lost in tax deductions.

The first CTFs matured in September 2020, when the oldest account holders turned 18. The last CTFs will mature in 2029. On maturity, CTFs s can either be cashed in or transferred into an adult ISA.

To read more about Child Trust Funds, including tracing a lost Child Trust Fund – please read the MoneyHelper link –

https://www.moneyhelper.org.uk/en/savings/types-of-savings/child-trust-funds

Infant Mental Health Awareness Week 2022

# Understanding Early Trauma

The Best Start in Life Group at the Western Health & Social Care Trust are delighted to share this resource to support Infant Mental Health Awareness Week 2022, focusing on this year's theme Understanding Early Trauma.

We have a link to our short survey on the back page and would appreciate all feedback. For more information, please contact Lisa Storey, Child Development Intervention Coordinator at <u>lisa.storey@westerntrust.hscni.net</u>

read more

# Action Mental Health – Input for Summer Schemes

We are offering free 90-minute sessions for:

- children aged 4-11 years
- young people aged 11-14 years

attending summer schemes or in educational settings based around the 5 Ways to Well-being.

Activities include games, crafts, discussions and fun! If you would like to register your group, please contact our AMH MensSana team Email <u>amhmenssanani@amh.org.uk</u> Tel 028 9442 5356

# 2022 Allingham Poetry & Flash Fiction Competitions

# Now open for Entries!

Writers worldwide are invited to enter flash fiction pieces up to 700 words, and poems up to 40 lines.

First-place winners in each category will receive €300, and First-, Second- and Third-place winners will be invited to read their work in a webcast Awards Ceremony on 4 November during the 2022 Allingham Festival.

Novelist Mia Gallagher will judge the 2022 Flash Fiction Competition, and poet Kate Ennals will judge the Poetry Competition.

Previous winners have included entries from Canada, Australia, and Brazil.

**Deadline for entries is Friday 16 September 2022**. Competition rules, entry forms and winning entries from previous years are on the Allingham Festival website <u>www.allinghamfestival.com</u>. The 2022 Allingham Festival (2 – 6 November) will include a performance by BIRD ON THE WIRE, a musical ensemble featuring Pauline Scanlon and The Whileaways, performing fresh, haunting interpretations of the songs of Leonard Cohen in a live stage show. For additional information contact Tom Sigafoos, PRO 087 946 0584 tomsigafoos@gmail.com

allinghamfest@gmail.com

www.allinghamfestival.com

#### Climate Change Awareness Talks Free Online Sessions Available

https://keepnorthernirelandbeautiful.etinu.net/cgi-bin/generic?instanceID=73

Interested in becoming more climate smart in your home, business, local interest group or workplace? Wondering where to start? Why not join one of our free online Climate Change Awareness talks, available across Northern Ireland?

We can offer this in repeatable sessions virtually for groups of up to 50 attendees at a time. This stand-alone training, delivered virtually in under two hours, offers valuable insight into climate change, and an awareness of the impacts and risks for Northern Ireland. Attendees can then choose to extend the training if they wish to gain certification. Please contact Scott Howes at <u>scott.howes@keepnorthernirelandbeautiful.org</u> to organise this for your staff/group at no cost.

Additional information on the accredited training is available on the <u>Keep Northern Ireland</u> <u>Beautiful website.</u>

# Cathalbui Poetry competition 2022

The results of the competition will be given at the Belcoo Hedge School 2022 Saturday 9 July, 7pm in The Healthy Living Centre, Belcoo **Programme** 

1. Poetry Competition results, readings and commentary.

2. Finnegan's Wake: readings and comments

If you would like to do a reading (time permitting) please email: Belcoopoet@gmail.com

# Nutrition webinars & recipe videos

The 'Public Health Dietitians' YouTube channel has now went live. It features short nutrition webinars on a wide range of topics throughout the lifecycle – we've got everything from good nutrition for kids under 5, to fuelling for sport and exercise, to eating well during menopause, how to save money on your food shop and everything in-between! There's something for everyone.

The channel also hosts over 30 short step-by-step recipe videos to create healthy and low cost family meals.

It is a partnership between the Public Health Dietitians Group (PHDG) and the Public Health Agency. We have built this channel to provide factual, evidenced based nutrition information for the general public from qualified nutrition professionals (Registered Nutritionists and Dietitians). We hope this will go some way to combat the wealth of false and misleading nutrition information that's available out there and online.

To access the site content, it's as simple as searching 'Public Health Dietitians' on YouTube, or using this link: <u>Public Health Dietitians - YouTube</u>.

The following webinar titles are available at present with more to follow in future:

Adults

- o Food and Mood
- o Eating Well as You Age
- o How to Save Money on Your Food Shop
- o Healthy Diet, Healthier You
- o Menopause & Diet
- o Sustainable Diets
- o Gut Health
- o Nutrition for Sport
- o Top Tips for a Healthier Weight
- o Fact or Fiction Nutrition myths and fad diets

Children & Young People

- o Feeding the Under 5s
- o Lunchbox and Snacks Ideas
- o Fussy Eating
- o Nutrition for the Primary School Years
- o Nutrition for Teenagers

## **Erne Paddlers**

A paddlesports club based in Enniskillen, providing courses, trips, events, and development opportunities. We are a community organisation and a not for profit registered charity, aiming to provide access to paddlesports for all. We have lots of activities planned for the summer months.

## Summer Schemes - July and August dates available to book

We are planning eight separate summer schemes in July and August, spread over four weeks. Each one will run from Monday to Friday, with morning or afternoon sessions to choose from, and suitable for children aged 7yrs+.

Visit <u>https://cani.justgo.com/workbench/public/events?category=Erne%20Paddlers</u> for further information and to book.

These will be fun group sessions, coached and supervised by qualified staff and volunteers who have a genuine passion for canoeing and outdoor education. We focus on learning through fun "games with aims". Kids will enjoy a range of activities in a safe and supportive environment and have the opportunity to paddle kayaks, open canoes and standup paddleboards.

No previous paddling experience is required. These courses are great for water confidence and kids do not need to be able to swim to attend. Our coaches will always be in direct supervision of the activities and buoyancy aids will be properly fitted and checked for all participants.

#### July Programme:

Our July programme of courses and events is open to all for booking. Full details and links to book places are on the website <u>www.ernepaddlers.org.uk/events</u>

There will be Kayaking courses for beginners and improvers, Standup Paddleboarding (SUP) for beginners and improvers and our Inclusive Paddle-Ability sessions. Also included for July is a beginners Sea Kayaking course. There will be three 'Love to Paddle' trips on Saturday 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> July, setting off from various locations around Fermanagh, and a 'No Work Wednesday' paddle on 6<sup>th</sup> July. More trips to come in August.

#### Summer Sea Paddles:

We want as many people as possible to have the opportunity to enjoy sea paddling along the fantastic Donegal coastline.

For full details of all current courses and events, including the sea paddles, are here <u>www.ernepaddlers.org.uk/events</u>

We are particularly keen to encourage anyone with additional needs, people who might need extra support and those who may just feel a little nervous on the water, to consider coming along to one of our inclusive paddle-ability sessions on Thursday evenings. Please get in touch with us if you need additional help or advice.

Further information and link to book our next Paddle-Ability course here: <u>https://bit.ly/InclusiveJuly</u> Any queries please contact us at <u>email@ernepaddlers.org.uk</u> or via social media or call 07468 911398.

# Gambling Harm Prevention Training

YWA (Youth Work Alliance) has been working with YGAM (Young Gamers and Gamblers Education Trust) <u>Homepage - YGAM</u> and GamCare <u>Young People's Support Service -</u> <u>GamCare</u> in delivering an education and support programme to Northern Ireland to practitioners from various fields, with the mission of safeguarding future generations from gambling and gaming related harms.

Gambling-related harms have been presented as a hidden issue in Northern Ireland for many years, which makes it even more vital for us to ensure children and vulnerable people are informed, educated and safeguarded against the potential harms associated with gambling and increasingly, gaming too.

We offer free online workshops to equip you with the knowledge and tools to inform, educate and safeguard the young people you work with in relation to gaming and gambling and the associated risks. Our City and Guilds assured training runs in 2 parts or as 1 bespoke session at the request of your school/organisation.

The aims are to:

- Increase your knowledge and understanding of gaming and gambling-related harm in the UK
- Provide you with resources to deliver sessions directly to children and young people to prevent future harm
- Support you with information on how to spot signs of harm and how to sign post young people for support

You will receive:

• A City & Guilds certificate and digital credential Access to over 450 free resources.

The training is delivered free and currently online, offered in 2 options:

- 1) Full session taking up to 3 hours
- 2) Delivered in 2 parts Introduction taking 2 hours and Follow-up taking 1 hour

Upon completion of the training, you will be given log in details to YGAMS resource section.

For further information please contact <u>helen@youthworkalliance.com</u> Mobile: 07950 471553

# Free Keeping Adults Safe Online Training

For community, voluntary, faith and independent sector organisations in the Western Trust Area

# Keeping Adults Safe: Training for Staff and Volunteers

Suitable for staff/volunteers who have regular and/or direct contact with adults at risk (e.g. leader, coach, carer or support worker), this certificated training programme covers: key definitions; legal context of adult safeguarding; awareness of abuse issues; procedures for reporting concerns; procedures for planning activities and assessing and managing risk; confidentiality issues; and code of behaviour for staff/volunteers.

6 October 2022, 10.00am - 3.30pm

Keeping Adults Safe: Training for Staff and Volunteers (Western Trust area) - Volunteer Now 12 January 2023, 10.00am - 3.30pm

Keeping Adults Safe: Training for Staff and Volunteers (Western Trust area) - Volunteer Now

# Keeping Adults Safe: Implementing Standards for Good Practice

A half-day session designed to help organisations implement the required standards of practice for adult safeguarding, as outlined in Keeping Adults Safe: A Shared Responsibility. This training looks at each of the 8 standards individually and considers the procedures and guidelines that need developed within your organisation in order to implement the standards, allowing organisations to identify areas for improvement and action required.

22 September 2022, 10.00am – 1.00pm

Keeping Adults Safe: Implementing Standards for Good Practice (Western Trust area) - Volunteer Now

All Keeping Adults Safe training is supported by the Health and Social Care Board. All training is delivered by accredited trainers.

Western Health and Social Care Trust

Training Brochure

The WHSCT Health Improvement Equality & Involvement Department is delighted to announce the launch of its training brochure for **March – September 2022.** 

**Free courses** are available via online zoom delivery on many topics including nutrition, physical activity, mental health & gender identity awareness.

The brochure is available for download <u>HERE</u> and includes links to Application Forms which should be submitted to <u>health.improvement@westerntrust.hscni.net</u> or via post to

Health Improvement, Equality and Involvement (HIEI), Maple Villa B, Gransha Park, BT47 6WJ unless otherwise stated in the brochure.

Telephone Number for queries: 028 7186 5127

## Free Equipment & Training for Sports Clubs

The Public Health Agency, through the Clear Project, are offering constituted voluntary sector sports clubs in the Western Trust area the opportunity to avail of training, which will help them support their members and receive up to £300 worth of relevant sports equipment for their club. Full details are available at <a href="https://www.dhcni.com/sports-group-grants?mc\_cid=d6962b3ae1&mc\_eid=17a76b7ed5">https://www.dhcni.com/sports-group-grants?mc\_cid=d6962b3ae1&mc\_eid=17a76b7ed5</a>

Closing date for applications – Friday 15 July 2022 at 3pm

# New Rural Engagement Arts Programme

Arts Council of Northern Ireland has announced a new three-year £1.5m funding programme promoting arts projects in rural areas, supported by The National Lottery.

Community groups, arts organisations and local authorities in rural communities across Northern Ireland can now apply to the Arts Council's new Rural Engagement Arts Programme (REAP). The programme invites online applications for grants of up to £10,000 to deliver arts projects benefitting rurally-based communities.

**Applications will close on Thursday 28 July 2022**, with further application rounds to be announced over the three-year period.

The Rural Engagement Arts Programme aims to provide an integrated, cohesive approach to the needs of local rural communities as they emerge from the global Covid-19 pandemic. The overarching theme of the programme is to tackle isolation and loneliness, and promote social inclusion and wellbeing.

Find out more at <u>http://artscouncil-ni.org/funding/scheme/rural-engagement-arts-</u> programme?utm\_source=NewZapp&utm\_medium=email&utm\_campaign=Website-user-survey

National Lottery Community Fund Grants Details of funding opportunities via The National Lottery Community Fund can be found here <u>https://www.tnlcommunityfund.org.uk/funding/northern-ireland</u>

If anyone would like further information or to discuss any of grant programmes, please do not hesitate to contact Charlie Thomas, Funding Officer on 07929 872482 or 028 9055 1424

The National Lottery Heritage Fund UK Grants for projects that connect people and communities to the national, regional and local heritage of the UK.

Grants from £3,000 - £5million; Rolling Deadlines

For further information visit https://www.heritagefund.org.uk/funding

# Village Catalyst Grant Scheme

Applications are invited once again from charities, social enterprise and other not for profit groups in rural villages of less than 5,000 people who want to tackle rural poverty and social isolation in their area by developing a sustainable use for disused historic buildings in their village. To be eligible, the building must be listed or within a conservation area.

The 3 available funding routes and details on how to apply are listed below;

- Viability Grant To carry out viability work and support is offered up to £10,000. For enquiries and application, please complete the enquiry form via <a href="https://ahfund.org.uk/enquiry/">https://ahfund.org.uk/enquiry/</a>. This is a rolling scheme.
- Development Grant To develop your plans and support is offered up to £20,000. For enquiries and applications for this scheme, please contact <u>Villagecatalystsupport@communities-ni.gov.uk</u>. Please note, this scheme will close once our available budget has been expended. Therefore, early application is recommended.
- Delivery Grant To deliver your project and support is offered up to £200,000. For enquiries and applications for this scheme, please contact <u>Villagecatalystsupport@communities-</u><u>ni.gov.uk</u>. Please note, this scheme will close once our available budget has been expended. Therefore, early application is recommended.

For a copy of the guidance notes please click on the link below <u>https://www.communities-ni.gov.uk/sites/default/files/publications/communities/dfc-village-catalyst-guidance-for-applicants.pdf</u>

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

The Community Relations Council, with the support of Government, has established a fund to spend each year on community relations projects. This funding is intended to help community/voluntary groups throughout Northern Ireland develop their capacity to engage in community relations work and to enhance the community relations potential of projects they undertake. Grants are up to £10K maximum and for project costs only. Average grant is £2K – £5K For further information visit https://www.community-relations.org.uk/community-relations-cultural-diversity Closing date: Friday 16 December 2022

**Community Finance Ireland: Sports Fund** 

Community Finance Ireland (previously UCIT), one of the UK's largest providers of social finance, has already provided £7M to 70 clubs across Ireland, helping deliver new training facilities, clubhouses and state-of-the-art pitches. The new fund will commit a further £4m to the local sporting sector over the next five years. Click on the above link for further information.