

## Fermanagh & Omagh District Council Community Support News – October 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 [alison.gilmore@fermanaghomagh.com](mailto:alison.gilmore@fermanaghomagh.com)

**Please note the deadline for the next Newsletter is Tuesday 25 October**

### Council News & Events

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

For a list of events across the District visit  
<https://www.fermanaghomagh.com/events-and-festivals/>

#### Positive Ageing Month

Fermanagh and Omagh District Council and lead 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.

Every year, Positive Ageing Month is celebrated in October, and is a month-long campaign of events, activities and programmes that promote positive ageing as well as celebrating the contribution older people make to their communities. This is a great opportunity to get out and about, try new things and meet new people.

Strule Arts Centre and Enniskillen Castle will light up purple on 1 October to celebrate International Day of Older Persons and Positive Ageing Month.

**Further information on events can be found in the [Positive Ageing month booklet](#).**

Age Friendly at Fermanagh and Omagh District Council is supported by the Public Health Agency.

#### Funding Opportunities for Positive Ageing Month

For details of Positive Ageing Small Grants Programme and Food for Life Get Togethers click on <https://www.fermanaghomagh.com/services/community/agefriendly/fundingopportunities/>

#### Take a step back in time to the Showband era at Omagh Music Festival

Put those dancing shoes on and dust off those glad rags for Omagh Music Festival which takes place in [Strule Arts Centre, Omagh](#) and Omagh town centre from Thursday 29 September until Sunday 2 October 2022.

The Omagh Music Weekend will transport you back to the heady days of the Showbands and celebrates the tradition of ballads and music that makes Omagh unique.

For more info and to book visit - [struleartscentre.co.uk/whats-on/](https://struleartscentre.co.uk/whats-on/)

### Let's Walk and Talk in Omagh

A six week men's walking group programme commences on **Saturday 8 October 2022** at 9am and it is designed to encourage men to come together and go walking to boost their physical and mental health and wellbeing. The group setting can help to combat social isolation and provide much needed support.

The walks will take place on various routes in the Omagh area and pre-booking is essential.

For more information and to book your place, contact [gary.donaldson@fermanaghomagh.com](mailto:gary.donaldson@fermanaghomagh.com) or Tel 0300 303 1777.

### Learn a new skill and have fun at Strule Arts Centre

#### Strule Arts Centre has a wealth of exciting workshops lined up for children and adults alike

- Ask anyone about art - and the usual answer is 'I can't draw'! Tutor Pauline Harte has heard that before and will make sure you can, teaching you new techniques and skills on this six week Friday morning 'Drawing A Moment in Time' class.
- What is 'Holistic Integrated Creative Arts Therapy' you may ask! According to tutor Lorraine Montague, 'In this eight week course, we will explore many varieties of creative play such as: art, music, dance, creative writing, drama/role play and sculpture. These will be used to enable us to reconnect to ourselves in a deeper way. My hope for you is to gain the tools to empower yourself, explore creative play and heal that which may need to be healed'
- In her Elemental Movement Meditation class, Lorraine also invites you 'to connect with the elements, fire, earth, air, water and ether using music and movement.' She goes on to explain, 'This is an active meditation where we will listen to our bodies and move how they want to.'
- Perhaps you always wanted to try writing? In 'Creative Writing: The Bardic Way', 'experienced tutor Dearbhaile Bradley will help you 'explore the power of words, your own and others, through writing exercises and sharing circles'. She says 'The emphasis is on having fun in a safe space and nurturing our creativity. It is suitable for all writers, regardless of previous experience'. Dearbhaile Bradley is a wellbeing coach and has been teaching journal work since finishing her MA in Counselling in 1992. She is an Elder Bard of the Bardic Order of Ynys Withrin and has poetry published in various anthologies and magazines
- For something quite different, local artist Julie Murphy wants to introduce you to the fascinating world of Japanese Woodblock Printmaking, also known as 'Mokuhanga'. You will learn how images such as the famous 'Great Wave off Kanagawa' by Hokusai were designed, carved and printed and be shown the tools which are still used today. Participants will have the opportunity to experience printing from the woodblocks and take home a small print on beautiful Japanese paper.

You can book your place now on these workshops and many more at

<https://struleartscentre.co.uk/whats-on/>

or call 028 8224 7831

Calendar of Events	
Month of October	Positive Ageing Month
Thursday 6 October	CVS Representatives Forum
Saturday 8 October	Let's Walk and Talk in Omagh

### **Cainteanna | Talks**

Community Groups can request an Irish Language Officer to deliver a talk in their area. The talks take approximately 1 hour and groups must provide the venue.

**Townlands Talk** – An insight into place names in the Fermanagh and Omagh District Council area, encouraging everyone to learn about their own Townlands and use them in their daily lives.

**Irish Taster Session** – A brief overview of some elements of the Irish Language, showcasing greetings, animal names, poetry, Townlands and seanfhocail (proverbs).

To book a talk for your group [click here](#)

### **ASPIRE**

Summer holidays now over and children back to school?

Have you more time to yourself and want to focus on your career aspirations?

If gaining qualifications and getting into employment is one of your goals contact ASPIRE. We are the Fermanagh and Omagh District Council led Employability Programme supporting people into paid employment.

We have a range of training opportunities as well as assistance with developing your CV, opportunities to gain voluntary work experience and providing interview training and support.

ASPIRE offer an approach that is tailored to suit **you** and your needs.

To discuss your needs or if you have any queries please call 028 8224 6535 (Omagh)

or 028 6632 6478 (Enniskillen), email [aspire@fermanaghomagh.com](mailto:aspire@fermanaghomagh.com)

or complete this short online form <https://form.jotformeu.com/211042253977353>

### **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 [Grant Aid - Project Development – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](#)

#### **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 [Microsoft Word - Seeding \(fermanaghomagh.com\)](#)

#### **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/>

### **Consultations**

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

Consultations provide you with an opportunity to have your say. They also help us to find out what you think and to understand your priorities and concerns about our district.

### **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.

### **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 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 [Community – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](http://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=82210c413ab74bcd8da1750af0321163>

<b>Area</b>	<b>Officer</b>	<b>Email</b>	<b>Telephone</b>
Enniskillen	Ruthanne Fawcett	<a href="mailto:Ruthanne.fawcett@fermanaghomagh.com">Ruthanne.fawcett@fermanaghomagh.com</a>	Ext 21649
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

## Community News

### Free English Classes

Omagh Ethnic Group in cooperation with Omagh Community Voices will be running an English for Speakers of Other Languages (ESOL) course in Omagh Community House.

ESOL classes will be held twice a week and will commence during the first week of October, lasting for 8 weeks.

For further information, please contact Karolina on 028 8224 9750 Email [oe CSG2@yahoo.co.uk](mailto:oe CSG2@yahoo.co.uk)

### Falls Awareness Survey

[www.surveymonkey.co.uk/r/3S98KLP](http://www.surveymonkey.co.uk/r/3S98KLP)

As part of the Western Health and Social Care Trust's Falls Awareness Campaign, we aim to increase public awareness on ways to prevent falls. We are inviting members of the public to complete a short Falls Awareness Survey which will take 5 minutes to complete. People are encouraged to use the survey to have a falls prevention conversation with family, friends, carers, GP or healthcare professional.

### Fermanagh Rural Community Network Awards 2022 Celebrating Your Achievements

Fermanagh Rural Community Network (FRCN) are pleased to announce the 21st year of our Community Awards scheme to celebrate the work of Community & Voluntary Organisations in County Fermanagh

**All Organisations should submit at least one nomination.**

Nominations are requested from Organisations for the following categories:

1. Award for: Local Community Activity (In the last 12 months)
2. Award for: An Individual who has made a difference in your area

Only Nominations on the FRCN Awards 2022 Nomination Form will be accepted.

Nomination Forms are available to download from the Awards article on the FRCN website [www.fermanaghrcn.org/news](http://www.fermanaghrcn.org/news)

If you are unable to download Nomination Forms, hard copies are available by contacting Frances on tel. no.: 028 6632 7006 or by e-mail: [info@fermanaghrcn.org](mailto:info@fermanaghrcn.org)

**Deadline for Award Nominations is Monday 3 October 2022**

In Co-ordinating this Awards scheme, FRCN as the Local Rural Support Network for County Fermanagh, is proud to celebrate the skills, services, and projects developed & delivered by Organisations and Communities throughout the County

Award Winners will be announced at the "Awards 2022 Celebrating Your Achievements" & Fermanagh Rural Community Network **Annual General Meeting on Monday 17 October 2022**

### **St Patrick's Day Fermanagh 2023 – Back To The Future**

This week the volunteers of Project St Patrick announced the theme for next year's comeback event: Back To The Future!

We have limited amounts of grants of up to £500 for non-profit taking organisations who would like help to create their float under our theme, which should allow great scope for interpretation and creativity. These will be issued on a first come first served basis and are limited. If you are interested, please request an expression of interest from [info@projectstpatrick.com](mailto:info@projectstpatrick.com) and return **before Monday 7 November 2022**. \*Before approval for a grant we would expect an outline of your proposed entry and it will also be subject to some small T&C's.

As the big day falls on a Friday, we're hoping to make it a massive homecoming and reward your patience with our biggest party ever, trust us...you're not going to miss this one!

So, if you're in a band, school, business or community group get in touch with us to see how you can take part in the celebrations and showcase your project - we could even match you with another group and will provide your transport.

Note: The fun day and parade will take place on Friday 17 March.

This event is sponsored by Fermanagh and Omagh District Council, funded by Department for Communities

### **Rouskey Befriending Service**

**Companionship and support for you or the person you care for.**

Are you living in the Gortin, Rouskey surrounding area?

Are you worried about someone and think they could benefit from a befriender?

Rouskey befriending service and their team of local volunteers are here for people who would like to talk/meet up with someone. You don't need to be feeling lonely (though if you are, we'd like to help). Sometimes it's just nice to talk and make a new friend.

#### **Volunteer with us –**

- It's a free, quick and simple way to give something back
- Our team will match you with someone who has shared interests
- Your calls/meet ups can make a huge difference to the wellbeing of someone
- Lots of befrienders say it's the highlight of their week

Please do get in touch - Email [rouskeycommunity@yahoo.com](mailto:rouskeycommunity@yahoo.com)

Call Mary 07342 753565 or Noele 07810 088588 or Bridie 07591 047556

### **Home-Start Omagh District**

**AGM on Tuesday 18 October, 10.30am**

in the MACCA Resource Centre, Omagh.

Please contact our office on 028 8224 0902 or email [info@homestartomaghdistrict.org.uk](mailto:info@homestartomaghdistrict.org.uk) if you wish to attend.



### Eden Project Communities Virtual Community Camp

#### Applications Welcome

Eden Project Communities next virtual Community Camps will be held in November 2022 and January 2023.

Designed to connect and support volunteers and people with community ideas, the Virtual Community Camp is an immersive learning experience, offering a mix of practical activities, workshop sessions and networking opportunities for people from across the UK.

Fully funded by National Lottery Community Fund. This year applicants may also attend a series of in person, optional sessions held in a range of communities across Northern Ireland.

Participation in the Community camp opens up access to the UK wide Eden Project Communities Network as well as optional attendance at any of our Northern Ireland gatherings and a network of connected community people online.

To find out more and apply visit: <https://www.edenprojectcommunities.com/community-camps>

### Omagh Young Persons Support Group

The free-to-attend group is facilitated by AWARE's trained volunteers, many of whom have personal experience of depression. Anyone aged 18-30 who is experiencing low mood, depression, anxiety or bipolar disorder is welcome to come along.

The group provides a safe space to meet others going through similar experiences and discuss coping strategies. It will take place fortnightly at The Hub on Market Street in Omagh and will start at 7pm.

For more information or to attend a group, please email Sarah on [sarah@aware-ni.org](mailto:sarah@aware-ni.org).

### Fermanagh Scottish Country Dancers

#### New members welcome

Does lively music make you want to tap your feet? Do you want to keep fit and enjoy social activity with friendly folk? Then why not try Scottish Country Dancing!

Our Fermanagh Scottish Country Dancing Group meet **every Tuesday** during term time from 8 – 10pm in **Derryvullen South Parish Hall, Tamlaght, Co Fermanagh**. Our current members come from all sections of the community and all parts of Fermanagh.

Scottish Country Dancing is one of the most sociable activities for keeping fit and making new friends. It has been recognised by published research as providing excellent health benefits. It is suitable for all adults. As our experienced instructor always tells us "If you can walk and count to eight, then you can dance!" We can guarantee you will laugh and smile a lot – and that in itself is healthy!

The Group has been going for about 16 years. We are self-sufficient. Those attending pay £5 per night for 2 hours of dancing which covers the cost of hall hire and the services of an excellent instructor. We regularly attend dances run by other groups. Two of the highlights of our dancing year are Burns Night in January and the St. Andrew's Night Ball in Belfast in November. We also have a team of dancers who love to be invited to give demonstrations of Scottish Country Dancing. This showcases the fun and benefits of dancing and is one of our ways of attracting new members. We are part of the world-wide Royal Scottish Country Dance Society which has members and dance activities in nearly every country in the world ([www.rscds.org](http://www.rscds.org)).

You do not need a partner to join in. Feel free to come on your own or with friends. You will be made very welcome. Light flat shoes are about the only prerequisite – for your own safety and comfort! Why not give it a try? **The first two lessons are free.**

If you need any further information, please contact Rosemary on 028 6638 5766, Nicholas on 07715 174057 or email [rosemary.watts@btinternet.com](mailto:rosemary.watts@btinternet.com)

### **Workable (NI)**

Workable NI aims to provide support to employees who are in work (10+ hrs), suffering from a mental health condition and who would benefit from support to sustain and retain employment. The programme also supports the employer / manager.

It is a referral-based programme, with individuals being able to self-refer, or be referred by another party. Employees are initially supported for a period of a year, with the caveat of extension at 11-month stage, and it is open to any Employee from any Company.

Currently support is provided to a range of employees across the public and private sectors. This includes large employers such as the Health Trusts, some sections of NICS, Education Authority, Councils, BT, Tesco as well as the smaller indigenous employers.

#### **Workable (NI) can provide:**

- 1:1 Support, mentorship and guidance specially tailored to employee needs
- Advice & Assistance – making reasonable adjustments in the workplace
- Pro-active corrective measures
- Enhanced morale

#### **Benefits to employers include:**

- Long & short term absence reduced
- Reduced need for temporary staff
- Less HR time spent on follow up
- Increased productivity

For further information, please contact Nicola Roulston

Tel: 07894 295245

Email: [nroulston@amh.org.uk](mailto:nroulston@amh.org.uk)

[www.sesni.org.uk](http://www.sesni.org.uk)

### **Stepping on Programme**

The Stepping on Programme offers balancing & strengthening exercises for Older People which can help to reduce falls and at the same time increase self confidence in situations where they are at risk of falling.

Falls are a serious problem and can even on occasions be fatal, however falls can be prevented at any age.

Stepping on presents an evidence based exercise programme called OTAGO which aims to strengthen muscles and improve balance which helps reduce falls.

Programmes are being held in the following locations:

#### **ARC Healthy Living Centre, Irvinestown.**

Contact [peggy.carty@archlc.com](mailto:peggy.carty@archlc.com) Tel 028 6862 8741 for programmes starting on 17 January 2023

#### **St Columba's Hall, Omagh.**

Contact [michael@dergvalleycare.com](mailto:michael@dergvalleycare.com) Tel 028 8167 0764 for programmes starting on 26 January 2023

### **Public EV Charging Points**

Did you know that the EV charging points located in Council Car Parks are owned and managed by ESB? Visit the ESB website to find out where the EV charging points are located and their status [esb.ie/what-we-do/ecars-ni/charge-point-map](https://esb.ie/what-we-do/ecars-ni/charge-point-map)



## Electoral Office

### Are you registered to vote?

As a student you are able to register at home and at your term-time address. So wherever you are on election day, you can have your say. Also you may be able to vote at your home and term-time address for Local Council Elections in 2023.

Join the Electoral Register Online at [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote)

It only takes 5 minutes, it's quick and easy!

There are good reasons to register; it is used by credit reference agencies to confirm your address. So not being registered may impact your ability to get credit or a mobile phone contract, open a bank account or even a mortgage.

### Ever Considered Working At Elections?

The Electoral Office have a variety of roles both within polling stations and at the count centres.

To join our reserve pool of staff please complete an application form at

[www.eoni.org.uk/Utility/About-EONI/Recruitment](http://www.eoni.org.uk/Utility/About-EONI/Recruitment)

Phone us on 028 9044 6680 to check you are registered or if you have a query. [www.eoni.org.uk](http://www.eoni.org.uk)

## Omagh Forum for Rural Associations

### AGM Invite

You are invited to attend our Annual General Meeting on **Wednesday 5 October at 12pm.**

To confirm your attendance please contact us to receive a zoom link on 028 8225 1559 or email [info@omaghforum.org](mailto:info@omaghforum.org) by Monday 3 October

### Fermanagh and Omagh Information Support Days

We are hosting information and support days where families and practitioners can drop in and learn more about the support available from Family Fund. Representatives from a range of other organisations will also be attending to give advice on relevant topics.

**Wednesday 19 October**, 10.30am-2.30pm

Devenish Room, Fermanagh Lakeland Forum , Broad Meadow , **Enniskillen**, BT74 7EF

**Thursday 20 October**, 10.30am-2.30pm

Minor Hall, Omagh Leisure Complex, Old Mountfield Road, **Omagh**, BT79 7EG

## Action Mental Health

### Free Mental & Emotional Wellbeing Training

A 3 hour programme delivered to either young people 14 to 17 years or adults 14+ in Schools, Colleges and Community Groups.

The programme can be delivered in either a one off session or over two sessions and can be delivered either face to face or on-line. The programme aims to assist participants ;

- raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- raise awareness of signs and symptoms of mental ill health
- promote self-help/resilience techniques and how to maintain a safe level of positive mental/emotional health and wellbeing
- promote self-care
- provide information and/or resources on mental health support organisations available (locally and regionally)

Our only requirement is that we have around 12 participants (upper number limit is around 30 participants). Funded by the PHA until the end of March 2023 - no cost to host organisation.

If you have any queries please contact [mmclean@amh.org.uk](mailto:mmclean@amh.org.uk) Tel 07976 639909

## Aisling Centre Autumn Programme

**Counselling** - A reminder that Aisling Centre accept self-referrals. You can download a self-referral form from our website [www.theaislingcentre.com](http://www.theaislingcentre.com) or phone us on **028 6632 5811** and we will post one out to you. Or, if you want to speak to someone on the phone before filling out a form please do feel free to get in contact with us.

**Self-Care Sessions** - Useful for anyone who suffers from anxiety.  
5-week program 10.30am – 12noon, Tuesday 4 October – Tuesday 1 November  
Suggested Donation - £2.00 per session  
Numbers Limited, Booking Essential

**Mindfulness Meditation** - Monthly Drop-In Sessions  
For adults and young people aged 17+  
Last Tuesday of the month 7pm – 8pm  
Sessions Free/Donations Welcome  
Numbers Limited, Booking Essential

**Mindfulness Based Stress Reduction Programme (MBSR)**  
8 week programme starting Monday 17 October 7-9.30pm  
Information Night – Monday 3 October 7-8pm

**To register or for further information on any of the above programmes**  
e-mail [info@theaislingcentre.com](mailto:info@theaislingcentre.com) or telephone 028 6632 5811

### Other activities on-going at Aisling Centre:

**AA** - 4 evening meetings every week

**AWARE** - Support Group for People affected by Depression  
Information evening Tuesday 25 October 7pm – 9pm

**Escapists** - Support group for carers  
Wednesday mornings 10.30am – 1pm

**Forget Me Not** - Support group for people bereaved by suicide  
1st Monday of the Month 7.30pm – 9pm  
For information contact Fedilis Simpson 078 4156 9000

**Island Artists**  
Wednesdays 2:00pm – 4:00pm  
For information contact - Maura Newman – 079 6822 5704

**Yoga**  
Thursdays 12 noon – 1.30pm For information contact Jenni Brown - 028 8954 1994  
Wednesdays 6.30pm – 7.30pm For information contact Shauna McMorro - 075 2646 5004  
Monday & Thursday 7pm – 8pm For information contact Theresa Cleary - 07923694523

### Free Tree Planting Scheme

Trees on the Land are now accepting applications for their tree scheme. For schools and community groups, the trees are **free** as they are sponsored. This also applies to farms, smallholdings, sports clubs, golf clubs and councils.

For individual gardens and those with a 'green thumb', the trees cost a reasonable price of €0.60c per tree. Apple trees are more expensive at €18 each. The smallest tree packs start at €6. Delivery charges of €20 per order apply to all garden tree pack applications.

Applications for trees will close at **6pm on Sunday 16 October 2022**  
See more details on their website [Plant Trees — Trees on the Land](#)

### Odyssey Parenting Your Teen

**Tuesday 4 October 2022 - Tuesday 22 November 2022, 7pm-9pm via Zoom**

An 8-week evidence based, structured programme designed for parents/carers of teenagers. The programme aims to improve the relationship and communication between parent and teen whilst supporting parents to navigate their way through raising an adolescent. The programme covers a range of themes including teen development, self-esteem, rules and consequences, dealing with conflict, risk taking behaviour and problem solving. The programme promotes the authoritative parenting approach which has been proven to be the most effective parenting style. Parenting Your Teen has also been found to improve outcomes for parents, their teenage children and the family as a whole.

Call 0808 8010722 to Register.

This programme is open to all parents/carers of teenagers living within the Western Trust area. For any further information, contact [Lisa.storey@westerntrust.hscni.net](mailto:Lisa.storey@westerntrust.hscni.net)

### Northern Ireland Blood Transfusion Service

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

#### Castle Park Leisure Centre, Lisnaskea

Friday 7 October

12.30pm – 4pm and 5pm – 7pm

#### St Macartin's Cathedral Hall, Enniskillen

Monday 17 and Tuesday 18 October

12.30pm – 4pm and 5pm – 7.30pm

#### Bawnacre Centre, Irvinestown

Thursday 20 October

12.30pm – 4pm and 5pm – 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.

### **AWARE NI**

6 week face to face Living Life to the Full programme in **Omagh Library**:

Dates           Thursdays 20th, 27th October, 3rd, 10th, 17th, 24th November

Time            10am-12pm

Note: we can accommodate 16 people on this training programme, which is **free** to attend, and full attendance on all dates is necessary.

To find out more visit <https://aware-ni.org/living-life-to-the-full>

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

### **Census 2021: Further results published**

Further results from Census 2021 were published on 22 September 2022. The results are available on the [NISRA website](https://www.nisra.gov.uk/census2021). This release consists of statistics on: demography, households, ethnicity, identity, language and religion at both Northern Ireland and Local Government District level.

Other main Census 2021 statistics will be released in stages up to summer 2023. The [Census 2021 outputs prospectus](https://www.nisra.gov.uk/census2021) provides more information on the release schedule.

Further information on the census will also be published online on the NISRA website at [www.nisra.gov.uk/census2021](https://www.nisra.gov.uk/census2021). If you have any queries please do not hesitate to email us at [census@nisra.gov.uk](mailto:census@nisra.gov.uk).

### **Erne Paddlers**

Indoor pool courses starting in October – look out for details on our social media pages - find us on Facebook, Twitter and/or Instagram.

Erne Paddlers is your local paddlesports club, a community organisation and a not for profit registered charity. We have a highly qualified and experienced coaching team and our aim is to provide access to paddlesports for everyone.

From October we move most activities indoors, making use of the Fermanagh Lakeland Forum pool and the pool at Fivemiletown College Youth Annex, from where we will run a range of paddlesport courses that cater for all abilities and all levels of experience. We'll have kayaks and standup paddleboards, and courses will be suitable for all abilities from beginners upwards, with some designed specifically for younger children aged 7yrs+.

Our paddle-ability trained coaches provide inclusive paddling opportunities for anyone who needs additional support. In addition, we can design and facilitate bespoke courses for other organisations, groups, schools etc. Just get in touch to find out more.

For up to date information, follow us on Facebook, Twitter and/or Instagram, [email@ernepaddlers.org.uk](mailto:email@ernepaddlers.org.uk) or call 07468 911398.

### 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 [scott.howes@keepnorthernirelandbeautiful.org](mailto:scott.howes@keepnorthernirelandbeautiful.org) to organise this for your staff/group at no cost.

Additional information on the accredited training is available on the [Keep Northern Ireland Beautiful website](#).

### Capacity and Social Enterprise Training

#### Better Together Project

Ballinamore Area Community Council's Peace Impact Project, Better Together – Níos Fearr Le Chéile, funded through the International Fund for Ireland.

We are particularly interested in hearing from and engaging with groups that share a common interest in peace building and community development throughout the border counties, north and south. We are keen to establish long-lasting, sustainable relationships and partnerships with these groups and projects with a focus on cooperation and collaboration for the betterment of people living in these areas.

Please contact our Project Coordinator Michael Mullin on 00 353 8946 35009 or email [Michaelmullin884@gmail.com](mailto:Michaelmullin884@gmail.com).

### Inspire's Regional Advocacy Service

**Advocacy for All** will support people who are over 18 with mild/moderate mental health needs e.g. Low mood or motivation, anxiety, poor coping skills, loss of control, stress, isolation, who have no access to any other statutory commissioned advocacy support. Advocacy for All supports and empowers people to have their voice heard and resolve any issues they are having.

By creating an advocacy service for people at Steps 1 and 2, we broaden the scope of advocacy and peer support helping to develop resilience and self-help which is consistent with early intervention and prevention and reduces the need for more intensive mental health support.

#### **Advocacy for All** offers:

- One to one support to resolve advocacy issues available to every person with mild to moderate mental health issues around Northern Ireland.
- Information and signposting for family members and carers.
- Access to i-connect, a unique digital wellbeing platform enabling participants to monitor and improve their mental health and wellbeing.

Referrals will be widely accepted, including from;

- Individuals.
- GPs and primary health and social care.
- Local political representatives.
- NIHE, Probation Board and other relevant statutory services.

For more information contact the team [hello@inspirewellbeing.org](mailto:hello@inspirewellbeing.org)

Telephone 0808 189 0036 Monday to Friday 10am-4pm

### **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: [Public Health Dietitians - YouTube](#).

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

#### **Adults**

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

#### **Children & Young People**

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

### **Public Health Agency –**

#### **Flu and COVID-19 winter vaccination campaign launched**

A planned and targeted winter vaccination campaign to help protect those most at risk from respiratory illnesses has been launched by the Public Health Agency (PHA).

The campaign will see free flu and COVID-19 vaccines offered to over 1 million people in Northern Ireland within eligible groups over the coming months.

The programme will be implemented using a combination of GPs, community pharmacies and Health and Social Care Trusts, with the majority of vaccinations expected to be administered by GPs and community pharmacies.

**Flu vaccine** - If you are eligible for flu vaccination, you need to be vaccinated every year as the antibodies that protect you from flu decline over time, and flu strains change from year to year. It can take up to two weeks for your immunity to build up fully after you have had your flu vaccine.

**COVID-19 autumn booster** - The COVID-19 autumn booster is being offered to people at higher risk from coronavirus. By taking up the booster vaccine this autumn, you will increase your protection ahead of the winter months, when respiratory viruses are typically at their peak.



### **Vaccine programme arrangements**

Given that the two vaccination programmes will be running at the same time, with slightly different arrangements and eligible groups for each, we are urging people to work with our health service, whether it is the school nursing service, your GP surgery, community pharmacy or another route of vaccination, so that both programmes can be delivered in a timely and well-managed way.

Some people may be offered the flu jab and COVID-19 booster vaccine at the same appointment. It is safe and effective to receive it in this way.

For further information please visit <https://www.publichealth.hscni.net/news/years-winter-vaccination-programme-gets-under-way>

## **Training Opportunities**

### **Walk Leader T4T**

Due to increased demand for walk leaders and walking groups in the communities, we have decided to roll out a session of T4T Walk Leader training. The idea is staff working with groups in the community can then cascade the training out to their group members to allow them to step back once they have got going and move onto supporting another group/area.

The T4T will be aimed at those working in the community and actively engaging and working alongside walking groups. This will be a 2-2.5hour session, looking at delivery of the WL training presentation, as well as how to cascade the information contained in this out to new walk leaders.

If you feel this is something you or your organisation could benefit from please get in touch as we are hoping to firm up a date and location for this in the coming week.

Camilla Lowry, Physical Activity Co-Ordinator,  
WH SCT Health Improvement, Equality & Involvement Department  
Tel: (028) 7186 5127 ext 217132

### **Get Set for Construction Jobs**

**Thursday 3 November, 8.30am-5.30pm**

Fermanagh House, Broadmeadow Place, Enniskillen

**Free** for 16-24 year old school leavers and unemployed young people who are looking for jobs in construction. **Free** CSR Card – Lunch provided

To book your **free** place, please email Lee Hamilton [lee@youthaction.org](mailto:lee@youthaction.org)

### **Full Community Leadership (West) Training Programme**

<https://www.fermanaghtrust.org/community-support/training-programme>

We are delighted to launch our September – December programme of short courses and workshops which are free to anyone working or volunteering in the Community or Voluntary sector in the West.

You might be a committee member or volunteer leader or working in a paid capacity in a sporting organisation, a community group, scouts, a men's shed, a cultural group, a women's group, heritage group etc and want to improve your understanding, knowledge and skills in various aspects of your role? You may be interested in networking, meeting others working or volunteering in the sector and talking to them about the challenges facing your group and share thoughts and ideas.....?

These courses are available at various times and locations across the West, some are on Zoom, others face-to-face and some are hybrid (you can join via zoom or be in the room).

### **WHSC Recovery College**

The WHSCT is running **free workshops on mental health and emotional wellbeing** throughout the Trust area - Derry/Londonderry, Enniskillen, Limavady, Omagh and Strabane. All courses are written and delivered by people who have the lived experience of mental health issues alongside mental health professionals. Course topics range from Understanding Psychosis, to Getting a Good Night's Sleep, to Learning to Like Yourself and are all designed to give people the skills and confidence to better manage their mental health and emotional wellbeing.

Our new Autumn 2022 Prospectus is available to download from the WHSCT website: <https://westerntrust.hscni.net/service/recovery-services/recovery-college/>

Alternatively you can contact the Recovery College on 028 8225 2079 or email [recoverycollege@westerntrust.hscni.net](mailto:recoverycollege@westerntrust.hscni.net) and they will send you a copy of the prospectus.

### **SUSE+**

Are the kids back at school? Would you like to gain some qualifications? Get in touch today! Are you unemployed? If so, SUSE+ may be able to help you.

We are currently offering help and support with completing Courses, Job Searches, CV Building, and Interview Preparation. Mentors work 1 to 1 with participants to help secure a job in the local area.

A variety of Level 1 courses are running. Courses include Foundation Skills in Working with Children, Personal Success & Wellbeing, Approaches to Wellbeing, Community Independence, Customer Service, Money Management, Business Administration and Digital Skills. You can also access Essential Skills courses.

\*Eligibility criteria applies.

For more information contact Tracy - [tracy.sharkey@swc.ac.uk](mailto:tracy.sharkey@swc.ac.uk) - 07436 533475

### **Health Improvement Training Brochure, October to December 2022**

The WHSCT Health Improvement Equality & Involvement Department is delighted to share their latest training brochure for the period October to December 2022.

Choose from a range of courses with topics including Autism Spectrum Disorder (ASD) awareness, mental health & suicide prevention, digital safeguarding and child sexual exploitation. The majority of courses will be delivered via zoom with some courses delivered face to face in a range of locations across the WHSCT.

The brochure has been created using Page Tiger, an interactive document. To navigate please use the blue arrows on the left and right of each page. If you would like more information or to book a place on the course please click on the icon 'click here for more information' which will take you to the Eventbrite registration page. Please note that some courses offer a choice of dates and locations therefore it is important to click the icon beside the date you wish to register for.

To view the training brochure click on this link [Training Brochure Oct-Dec 2022](#)

If you have any issues or queries in relation to our training brochure, please email [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) or telephone 028 7186 5127 for further information.

### **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](#)

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

All training is delivered by accredited trainers.

## Funding Opportunities

### Cash for Kids Day Grants

Available to organisations and service providers who support children who have a genuine need for support and are suffering from disadvantage due to poverty, ongoing impact of the pandemic and increases in the cost of living.

Grants will be £35 per child for items that support children and young people's physical and mental well-being.

Items we will consider funding include food, clothing, household fuel and well-being packs.

Applications on behalf of children must be made by a recognised referral source such as professionals within a governing body (e.g., social services, GP, teacher etc.) from a registered charity or community organisation with a formal constitution / governance document.

Individuals / families cannot self-refer or apply directly for support.

Please see following link for further information

<https://www.cashforkidsgive.co.uk/emergency-appeals/northern-ireland/6179b5ab-cccd-4f69-89b0-3451e578f524/>

### Power NI

The Brighter Communities programme energises innovative and emerging community groups, teams and projects with £1000 of funding awarded each month. Since 2018 we have contributed over £40,000 to our communities and we are still going! Applications for the month are now open, and we welcome all communities to apply. Successful communities will receive £1000 of funding to help make their community shine a little brighter. All applications must comply with the Brighter Communities terms & conditions.

Please visit [Brighter Communities | Community Funding | Power NI](#)

### Climate Action Fund

This funding aims to help communities across the UK to address climate change.

We're looking for projects that focus on the link between nature and climate. We want to fund projects that use nature to encourage more community-led climate action. We expect these projects to bring other important social and economic benefits. Like the creation of strong, resilient and healthy communities or the development of 'green' skills and jobs.

For further information please visit

<https://www.tnlcommunityfund.org.uk/funding/programmes/climate-action-fund-programme#section-3>

### £145,000 funding available for community play projects

Community engagement platform ChangeX, supported by the LEGO Foundation, has launched a £145,000 fund to enable communities across the UK to start proven learning through play projects. The UK Community Play Fund aims to support up to 60 teams across the UK to start new community projects. Groups can choose from a carefully-curated portfolio of 14 proven play ideas.

Find out more and apply: <https://bit.ly/UKCommunityPlayFund>

Any queries, please contact [support@changex.org](mailto:support@changex.org)

### National Lottery Community Fund Grants

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

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>

### **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.

### **King George VI Youth Awards**

Now accepting applications for youth work activities with young people aged 14-21. Your group must be based in Northern Ireland and your project must be part of a curriculum based youth work programme.

Applications are also accepted from individual young people. The maximum grant available is £500. **Applications close 5pm, Monday 10 October 2022**

Click on the link to find out more <https://www.volunteernow.co.uk/king-george-vi-youth-awards-open-for-applications/>

### **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**

### **Older People's Fund to assist with Cost of Living crisis**

Help address the Cost of Living crisis for groups working with older people or projects run by older people, for older people.

The Older People's Fund will see applicants being able to seek support for projects aimed at assisting with two of the main elements of the cost of living crisis – Food and Fuel.

For further information visit <https://communityfoundationni.org/news/older-peoples-fund-to-assist-with-cost-of-living-crisis/>