

## Fermanagh & Omagh District Council Community Support News – May 2023

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 23 May 2023**

### Council News & Events

#### Free Mental Health Wellbeing Sessions

As part of a wider package of support for residents through the ongoing Cost of Living crisis, Fermanagh and Omagh District Council has appointed Inspire Wellbeing to deliver a series of workshops for both adults and younger people, aimed at promoting emotional wellbeing and resilience, and providing people with tools and support to counteract stress and anxiety.

Adult sessions will support attendees to:

- recognise signs and symptoms of stress and mental health issues
- promote their wellbeing and emotional resilience
- learn where they can go for support

Sessions for Younger People will:

- consider some of the challenges teenagers face
- discuss peer pressure
- discuss ways of managing peer pressure
- look at who is there to support young people

Sessions are taking place right across the Fermanagh and Omagh area from April to June 2023, with the following sessions currently confirmed.

Tuesday 9 May	7pm-9pm	Bawnacre Centre, Irvinestown
Thursday 18 May	11am-1pm	Larganess Centre, Florencecourt
Monday 22 May	11am-1pm	Derrygonnelly Community Centre
Monday 22 May	7pm-9pm	St Ninnidh's, Derrylin
Wednesday 24 May	2pm-4pm	Owenkillew Community Centre
Wednesday 7 June	11am-1pm	Tempo Development Association
Wednesday 14 June	7pm-9pm	Altamuskin
Thursday 15 June	2pm-4pm	Trillick Leisure Centre
Wednesday 21 June	11am-1pm	Roslea Community Centre
Thursday 22 June	11am-1pm	Mountfield Community Centre
Tuesday 27 June	2pm-4pm	Newtownbutler Community Centre
Tuesday 27 June	7pm-9pm	Westend Community Centre

Details of further sessions will be made available as venues are secured, and dates and times agreed. For more information please contact [c.mcfarland@inspirewellbeing.org](mailto:c.mcfarland@inspirewellbeing.org)

### **Walk this May - Evening Walk, Thursday 4 May**

**commencing at Fermanagh Lakeland Forum, Enniskillen 5.30pm - 6.30pm**

Organised by Fermanagh and Omagh District Council in partnership with the Public Health Agency (PHA) and Western Health and Social Care Trust (WHST) as part of the 'Walk this May' initiative. In order to take part, please register via the following link <https://bit.ly/3L6sB3p>

### **Happy at Home – Spring Edition 2023**

The Spring 2023 edition of Happy at Home publication for older people in the Fermanagh and Omagh District Council area is now available. The booklet includes lots of useful information and helpful contact details.

Produced by South West Age Partnership in partnership with WHST and Fermanagh and Omagh District Council the publication has been funded through Northern Ireland Housing Executive.

A copy is available online by clicking [here](#) or by contacting: [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk) or telephone 028 8225 1824 54.

Copies will be distributed throughout the district by community groups, older peoples groups, community and leisure centres.

### **'Wave Goodbye to Dinosaurs'**

**Thursday 4 May 2023, 7pm-9pm Free Event**

**Strule Arts Centre, Omagh**

To mark the 25th anniversary of The Belfast (Good Friday) Agreement, Fermanagh and Omagh District Council will be having a screening of the documentary 'Wave Goodbye to Dinosaurs', followed by a facilitated Q & A session.

'Wave Goodbye to Dinosaurs' is the extraordinary story of the Northern Ireland Women's Coalition, a cross-community party formed in 1996 by local working and middle-class women. The women united to win two seats at the historic peace talks which culminated in the Good Friday Agreement. The screening features interviews with members of the Women's Coalition, Hillary Clinton, Senator George Mitchell and civil rights campaigner Bernadette Devlin.

'Wave Goodbye to Dinosaurs' is a compelling example of how grassroots activism can bring about real change ensuring that human rights, equality and inclusion were placed at the heart of the Good Friday Agreement peace deal.

Click on the below link for the SAC website for tickets to this **free event**:

[Wave Goodbye to Dinosaurs - Strule Arts Centre - Strule Arts Centre](#)

This event has received financial support from Fermanagh and Omagh District Council's Good Relations programme assisted by The Executive Office.

### **Emigration and Empathy**

**Mellon Centre for Migration Studies, Ulster American Folk Park, Omagh**

Monday 15 May, Monday 22 May, Tuesday 30 May, Monday 5 June 2023 – 7pm-9pm

Based on the book 'Bad Bridget, Crime, Mayhem and the lives of Irish Emigrant Women', this free five-week social history programme, including a study visit, explores the lives of Irish female emigrants convicted of crime in the 19th and early 20th centuries.

To register email [goodrelations@fermanaghomagh.com](mailto:goodrelations@fermanaghomagh.com) or telephone 0300 303 1777

This programme has received financial support from Fermanagh and Omagh District Council's Good Relations programme assisted by The Executive Office.

## **'The Big Community Paddle, Picnic & Volunteer Village'**

supported by 'The Big Lunch' & 'The Big Help Out'

Enniskillen Castle & Broadmeadow

**Monday 8 May (Coronation Bank Holiday Monday) 11am-5pm**

**Free Admission to Enniskillen Castle Museums**

### **Volunteering Gala Celebrates King's Coronation**

Everyone is invited to 'The Big Community Paddle, Picnic and Volunteer Village' at Enniskillen Castle on Bank Holiday Monday 8 May from 11.00am to 5.00pm.

'The Big Help Out' and 'The Coronation Big Lunch' are two UK-wide campaigns marking the King's forthcoming Coronation.

Both campaigns are focussed on fun and celebration while inspiring people to volunteer and help out in our local communities.

With its unique island location hosting one of the most westerly Coronation celebrations in the UK, Enniskillen is laying on a host of extra events and already over 30 local volunteer groups have signed up to take part and showcase their work.

**With free admission to Enniskillen Castle Museums**, the day will be packed with live music and entertainment for all the family.

**There's a Volunteer Village**, showcasing our fabulous local groups, charities and societies within our community. Volunteer representatives from health, heritage, sport, youth, music and wellbeing groups will be readily available to explain the support and services that they provide.

It's a chance to discover the joys and challenges of volunteering, to find out about helping others and to make a real difference within the community.

There's something for everyone - traditional cookery, weaving, boating, steam engines and heritage demonstrations and children's craft activities & climbing walls.

Visit the Kindness Postbox; listen to the Fermanagh Concert Band; watch The Erne Hyland Dancers and enjoy the historic venue on an historic day!

Adding to the already ample supply of friendship, food and fun, BBC Radio Ulster will be broadcasting live from the Castle throughout the day.

Everyone is encouraged to make a day of it, bring a picnic and become part of the 'The Big Coronation Lunch' in the company of BBC Presenters Connor Phillips, Hugo Duncan and Lynette Fay.

**A special highlight of the day is 'The Big Community Paddle' organised by the RNLI.**

This is a unique opportunity to support our local volunteer lifeboat crew, raising funds by paddling around our historic island town in a canoe, kayak or paddle board.

Enniskillen RNLI invites both individual paddlers and sporting, charity, youth, community & business groups to register for this spectacular flotilla on Lough Erne and to be part of 'The Big Help Out'.

Registration is through the RNLI Eventbrite page.

**'The Big Community Paddle, Picnic and Volunteer Village' is supported by Enniskillen Bid, Fermanagh & Omagh District Council, Lough Erne Landscape Partnership, RNLI, Eden Project Communities and organised by local community, voluntary and charitable organisations.**

**For a list of events across the District visit**

**<https://www.fermanaghomagh.com/events-and-festivals/>**

### **Open Water Swimming Safety Courses 2023**

Fermanagh and Omagh District Council (FODC) in partnership with the Fermanagh and Omagh Policing Community Safety Partnership (PCSP) have organised introductory open water swimming safety courses during May 2023 for those aged 18 years and over.

All courses will be held at Muckcross, Kesh and are restricted to those who reside within the Fermanagh and Omagh District Council area.

Cost to participate in the course is £10.00 per person which has been subsidised by FODC and PCSP.

For full details visit <https://www.fermanaghomagh.com/residential-services/leisure/open-water-swimming-safety-courses-2022/>

**Closing date for registration for all courses is Tuesday 2 May 2023**

### **Local Development Plan - Adoption of Plan Strategy 2030**

Fermanagh and Omagh District Council adopted the Local Development Plan 2030: Plan Strategy on 16 March 2023 in accordance with section 12 of the Planning Act (Northern Ireland) 2011 and regulation 24 of the Planning (Local Development Plan) Regulations (Northern Ireland) 2015.

Copies of the adopted Plan Strategy, the Sustainability Report incorporating Strategic Environmental Assessment, the adoption statement, the report and recommendations of the Planning Appeals Commission and the Direction made by the Department for Infrastructure, are available to inspect during the normal office hours of 9.00am to 5.00pm Monday to Friday at the Connect Centres:

- Strule House, 16 High Street, Omagh, Co Tyrone, BT78 1BQ
- County Buildings, 15 East Bridge Street, Enniskillen, Co Fermanagh, BT74 7BW.

The Plan Strategy became effective on the date of adoption i.e. 16 March 2023.

Any queries should be directed to the Development Plan team at

[developmentplan@fermanaghomagh.com](mailto:developmentplan@fermanaghomagh.com) or in writing to Development Plan Team, Strule House, 16 High Street, Omagh, BT78 1BQ.

For a copy of the Adoption Documents please visit

<https://www.fermanaghomagh.com/services/planning/local-development-plan/local-development-plan-strategy/>

### **Maguire History Gathering 2023**

**Enniskillen Castle: Fermanagh County Museum**

**Thursday 11 May 1pm – Friday 12 May 9pm**

Calling all Maguires, and other famous Fermanagh families such as the McManuses, McHughes, McAuleys, Cassidys, Lunneys, Keenans, Gilleeces... and many more!

We welcome all those with an interest in Fermanagh's Medieval history to immerse themselves in the unique story of our islands, loughs and landscapes.

Join us for the Maguire History Gathering taking place from 11-12 May 2023 with our sister festival Éigse na hÉirne, from 12-14 May 2023, exploring the Annals of Ulster.

The Maguire History Gathering is a two day festival of tours, talks, fieldtrips (wellies at the ready!) and social meetups.

You can book per day for the Maguire History Gathering festival at £35 per day, however, if you book the full festival you will get a discount for £60 for two days. Book the Maguire History Gathering here: <https://fermanaghandomagh.digitickets.co.uk/cate.../46642...>

### **A.I.M. for Better Access**

Did you know that this toolkit can help make public buildings, businesses and community groups more accessible for people with disabilities and older people?

To learn more, why not attend our last remaining session on **Tuesday 2 May** – [Fermanagh Lakeland Forum](#) – 5.30pm

If you would like to receive a copy of the toolkit or attend this event, please contact 0300 300 1777 or email [disability@fermanaghomagh.com](mailto:disability@fermanaghomagh.com)

### **Council's Cost of Living Support Hub**

For information on support available locally and regionally visit

[www.fermanaghomagh.com/costoflivinghelp](http://www.fermanaghomagh.com/costoflivinghelp).

[Click here](#) for some information on the full range of initiatives aimed at helping local residents impacted by cost of living increases, which are being rolled out across the District.

### **Fermanagh Classic Fishing Festival 2023**

#### **Registration now open!**

Now in its 46th year, the Classic will take place from Monday 8 May to Friday 12 May 2023.

For more information & registration visit <https://bit.ly/ClassicFishingFestival2023>

### **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.

### **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 \(fermanaghomagh.com\)](#)

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	Leza Cleary	<a href="mailto:leza.cleary@fermanaghomagh.com">leza.cleary@fermanaghomagh.com</a>	Ext 21234
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	Billie-Jo Irwin	<a href="mailto:billie-jo.irwin@fermanaghomagh.com">billie-jo.irwin@fermanaghomagh.com</a>	Ext 20220

## Community News

### Sligo, Leitrim, Northern Counties Railway (SLNCR) Greenway

#### Public Consultations Extension to Monday 15 May

Leitrim County Council, in partnership with Sligo County Council, Cavan County Council, Fermanagh & Omagh District Council and under the auspices of Transport Infrastructure Ireland (TII) and Department for Infrastructure (DfI) are developing the Sligo, Leitrim, Northern Counties Railway (SLNCR) Greenway.

#### Following a technical IT issue, a further period of Public Consultation on the study area and constraints is planned from Monday 17 April 2023 to Monday 15 May 2023

We held a Public Consultation on the Project between 24 January 2023 to 10 February 2023. Due to a technical IT issue associated with the "Contact Us" tab of the [www.slncr-greenway.com](http://www.slncr-greenway.com) website, a number of digital submissions were not received during the previous Public Consultation period that ended on 10 February 2023. This error has been rectified and we request that submissions previously made through the "Contact Us" tab of the [www.slncr-greenway.com](http://www.slncr-greenway.com) website are resubmitted.

If your submission was made in person, by post or via email to [slncr-greenway@arup.com](mailto:slncr-greenway@arup.com) your submission has been received and you do not need to re-submit.

#### An FAQs tab has been added to the [www.slncr-greenway.com](http://www.slncr-greenway.com) website which aims to answer questions raised in the submissions received to date.

Hardcopies of the brochures and comment sheets are still available for collection from County Buildings, 15 East Bridge Street, Enniskillen BT74 7BA

or call +44 28 9089 0900 to request a copy by post or email [slncr-greenway@arup.com](mailto:slncr-greenway@arup.com)

Comment sheets can be submitted via the "Contact Us" feedback page on the project website or emailed to [slncr-greenway@arup.com](mailto:slncr-greenway@arup.com) or by return of post to one of the following addresses:

- Arup, 50 Ringsend Road, Dublin, D04 T6X0, or
- Arup, Bedford House, 16-22 Bedford Street, Belfast, BT2 7FD

#### The closing date for submissions is 5pm on 15 May 2023.

We apologise for any inconvenience caused.

Leitrim County Council values the opinion of the community on the project and welcomes comment from the public and interested parties.

For further information please log on to [www.slncr-greenway.com](http://www.slncr-greenway.com)

### Northern Ireland Blood Transfusion Service

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

#### Dromore Sports Complex

Friday 12 May, 12.30pm-4pm and 5pm – 7pm

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

### The Dogs Trust

A registered charity that has a rehoming centre for dogs in Ballymena.

This charity offers free talks on canine care and even free tours of their homing centre. This is available to groups and communities. Their diary is open for 2023 and 2024!

Contact [Kirsty.mark@dogstrust.org.uk](mailto:Kirsty.mark@dogstrust.org.uk); Phone 028 2566 1007; Mobile 07436 162209.

### **Inclusive Beaches - Mae Murray Foundation**

There are five Inclusive Beaches across Northern Ireland ensuring everyone can get to the beach – with Changing Places Toilets or equivalent, and equipment to help people with all needs get onto the beach or into the water (at RNLI patrolled beaches).

The Mae Murray Foundation is free to join, and it is free for members to use our equipment and attend our events. For more information, please contact Pippa, Community Development Officer with the Mae Murray Foundation on 0751 093 1904

[Inclusive Beaches Leaflet](#) – Mae Murray Foundation

For anyone in the Fermanagh and Omagh area, there's a community group in Rosstown, Co Donegal that run inclusive surf activities throughout the year.

Visit [Home - Liquid Therapy](#)

### **Oak Healthy Living Centre**

#### **Lisnaskea**

For a copy of our latest newsletter of programmes and activities scheduled in the centre from April to September 2023 please visit <https://www.oakhealthylivingcentre.com/>

### **Care Opinion – What's your story?**

Care Opinion offers several ways for service users, families and carers to share anonymous feedback about their experience of care provided by:

- Hospital & Community staff
- GPs
- Care Homes across Health and Social Care in NI.

You can leave your feedback by clicking on <https://www.careopinion.org.uk>

### **Northern Ireland Fire and Rescue Service**

Did you know that fire and rescue service {NIFRS} offer a free fire safety service in the home?

Visit [www.nifrs.org](http://www.nifrs.org) to request a home safety check or ring 028 9266 4221 to book the same.

Contact will then be made to arrange a suitable date and time subject to operational commitments

### **Odyssey Parenting Your Teen**

#### **Thursday 4 May- Thursday 22 June, 7pm-9pm Online**

Facilitated by Parenting NI, this 8 week evidence based, structured programme is 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.

To Register please call 0808 8010722

### Invitation to Western Domestic and Sexual Violence Specialist Workshops

You are invited to attend a series of specialist workshops where you will hear from a variety of experts about rising trends and concerns around domestic abuse and sexual violence. Domestic abuse and coercive control is everyone's business and these workshops will be of interest to anyone working with men, women, children and young people and families. To book your place, please email [lauren.curry@westerntrust.hscni.net](mailto:lauren.curry@westerntrust.hscni.net)

#### 9.30am – 1pm

Harmful sexualized Behaviour	3 May 2023	Mellon Country Inn, Omagh
Technology Assisted Abuse	4 May 2023	Mellon Country Inn, Omagh
Rape and Sexual Abuse	5 May 2023	Mellon Country Inn, Omagh

### JustUs Events

JustUs is a group providing a much needed social life for adults with disabilities. Our aim is to provide the best social life possible! We have great night life activities once a month including clubbing, cinema, day trips, shopping trips, barbecues etc. We are looking to build up a team of enthusiastic, fun loving volunteers to get involved with our nights out and our day trips.

Friday 5 May, 12.30pm-2.30pm	Glen Harkin
Friday 26 May, 7pm-10pm	PJ the DJ
Friday 17 June, 7pm-10pm	Malcolm Coulter
Friday 7 July, 12.30pm-2.30pm	Kiel Cathers
Friday 21 July, 7pm-10pm	Summer Party – PJ the DJ

#### All events take place in the Enniskillen Hotel

Strictly Over 18s                      Entry £5 (1 carer free)  
Anyone requiring assistance must be accompanied by a carer or guardian

### Castle Coole - Proposed Grand Yard Redevelopment

The Grand Yard at Castle Coole is the former stable block for the estate and is one of the finest examples of this type of building in Ireland.

The National Trust wishes to sensitively develop the Grand Yard in the future, to bring life and vitality back into this important place, helping to look after it for everyone, forever.

We would like to involve you in shaping our plans and would appreciate if you could take a few minutes to tell us what you think. (Estimated completion time 3 mins)

McCreanor Murray Rose have been appointed by the National Trust to carry out initial consultation and stakeholder engagement relating to the project.

Please click on the following [link](https://www.surveymonkey.co.uk/r/3YPBMJG) to complete a short survey on behalf of your group/organisation <https://www.surveymonkey.co.uk/r/3YPBMJG>

### Civic Initiative seeks expressions of interest

The Civic Initiative will be holding a series of workshops and forums across Northern Ireland and border areas to examine key commitments under the Belfast/Good Friday Agreement. Regional community based co-convenors are being sought to support this work.

To register an expression of interest email [CiviciNiativeNI@gmail.com](mailto:CiviciNiativeNI@gmail.com).

For further details visit [Civic Initiative seeks expressions of interest](#)

**Expressions of interest from community based groups are now welcome.**

## **Northern Ireland Council for Voluntary Action (NICVA)**

### **Cost of living regional events**

#### **In person event in Omagh on 9 May**

How can we best support your organisation and help fight your corner through the current cost of living crisis? These regional workshops provide the opportunity to share the challenges you are facing and help us tailor our government influencing and practical support to your needs.

For further details visit [Regional Cost of Living events | NICVA](#)

### **Fundraising Training Series (Free)**

NICVA is delighted to offer a wide range of free training sessions throughout May and June as part of our response to the Cost of Living Crisis.

Visit [Cost of Living Fundraising Series for May and June – FREE | NICVA](#)

### **Other training**

Training to help organisations develop their staff and meet their objectives.

[Training calendar | NICVA, training courses including ILM & TQUK accredited training](#)

### **Results of Cost of living survey**

We carried out surveys in July 2022 and early in 2023, wanting to hear your stories so we can not only tailor our support, but so we can speak with a clear, authoritative voice to government about the danger our sector is in.

[You can download our full research findings here.](#)

[The Cost of Living Crisis - Tough Times, Smart Solutions | NICVA](#)

## **Have you heard the cuckoo yet?**

A bird in decline, the cuckoo arrives from North Africa from early April onwards, which is when the male “cuck-oo” call can be first heard. The females lay their eggs in other birds’ nests such as meadow pipits on bogland or dunnocks in woodland. The host parents then look after and raise the cuckoo chicks as their own, leaving the cuckoo to lay eggs in other nests and return home to Africa in July.

It’s really important to record the Cuckoo call with [Centre for Environmental Data and Recording - CEDaR](#) visit [bit.ly/CEDaRRecords](https://bit.ly/CEDaRRecords)

For more information on cuckoos and the [BTO British Trust for Ornithology](#) cuckoo tracking project visit [bit.ly/3KCH0UG](https://bit.ly/3KCH0UG)

## **WHSCCT Conference –**

### **Supporting and improving the experience of those living with End of Life Care Needs in the community/primary care setting**

For people who use WHSCCT services, those important to them and those services that directly deliver and influence care towards end of life.

#### **Wednesday 3 May, 1pm-4.30pm**

Mellon Country Hotel, Omagh  
(virtual attending optional)

The purpose of the event is to highlight care and support provisions to help improve people’s experience with end of life needs. Some areas in the programme include accessing out of hours medications, Advance Care Planning, bereavement support and so forth.

The event is being held during Dying Matters Week.

## Understanding deafblindness

At Deafblind UK, we support people with any level of combined sight and hearing loss to carry on as normal. Sometimes this means advising people about new household tricks and tips to make their life easier (such as using daylight bulbs, bump-on stickers or other basic equipment) or it might mean we show you how to use accessibility features on an iPad so you can do your shopping online, for example.

Many of our services are free of charge and include practical advice and information; emotional support for you and your family; help with digital technology; use of our accessible holiday caravans; social groups and companionship.

If you have any questions or to find out what we can do for you, contact our team of experts on the details below:

Call: 0800 132 320

Web: [www.deafblind.org.uk](http://www.deafblind.org.uk)

Email: [info@deafblind.org.uk](mailto:info@deafblind.org.uk)

Text: 07903572885

Early signs of deafblindness include:

- Difficulty reading books and newspapers or watching TV
- Difficulty recognising people, particularly in unexpected situations
- Being uncomfortable in bright and/or low lighting
- Finding it hard to read facial expressions
- Being unable to find something that you have lost without using your hands or asking for help
- Finding it difficult to move around in unfamiliar places or in familiar places that have changed
- Asking people to repeat themselves or to speak louder
- Difficulty hearing the TV or radio or music and/or having the volume turned up high
- Not hearing the doorbell or the telephone ringing
- Complaining that people are mumbling or speaking too quickly
- Finding it hard to understand unfamiliar people
- Avoiding using the phone

## Cost of Living Crisis - Tough Times, Smart Solutions – Omagh

Omagh Forum for Rural Associations and NICVA are hosting an event on **Tuesday 9 May** in Omagh Community House from 10-1 with light lunch provided. The event will look at how best we can work together as organisations and help fight our corner through the current cost of living crisis? This is part of several regional workshops and is an opportunity for you and your organisation to share the challenges you are facing and help us tailor our government influencing and practical support to your needs.

Voluntary and community organisations are on the front line of the cost of living crisis supporting people and communities, all while facing rising demand for services, falling income and rising operational costs. The event is also an opportunity to meet the new CEO of NICVA, Celine McStravick and engage with her about issues affecting people in the West.

For more information and to book your place please follow this link [Cost of Living Crisis - Tough Times, Smart Solutions - Omagh | NICVA](#)

## **Tara Centre, Omagh**

For enquiries or to book a place please contact Reception on 028 8225 0024

Email: [info@taraomagh.com](mailto:info@taraomagh.com) Website: [www.taraomagh.com](http://www.taraomagh.com)

**Ongoing services: counselling/psychotherapy, art therapy, complementary therapies**

**Meditating Together** - Mary Daly and Maura Twohig

Tuesdays, starting 25 April, 10.30 am – 12 noon

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

**“The Green Platform”** - Declan Coyle

Saturday 13 and Sunday 14 May, 10am-4pm (registration 9-9.45am)

**“Working with the Wisdom of Dreams”** - Kathleen Duffy

Saturday 10 June, 10am-4pm (registration 9-9.45am)

**Yoga for Beginners and Intermediates** - Heather Kemps - 10 week block

Beginners: 10.30am – 12pm starting Wednesday 26 April to Wednesday 28 June

Beginners: 6pm – 7.30pm starting Thursday 27 April to Thursday 29 June

Intermediates: 7.30pm – 9pm starting Thursday 27 April to Thursday 29 June

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

Saturdays 27 May and 1 July, 11.30am – 5.00pm (registration 11.00am – 11:30am)

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

### **Support Groups**

PATHS Meetings are held on the 2nd Tuesday of each month 8pm-9.30pm

Omagh Men’s Support Group meets Mondays, 7.30-9.30pm

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

## **Census 2021: Area Explorer updated with latest results**

The Census 2021 topics released by NISRA in March are now available on the [Census Area Explorer](#).

The new topics available include sexual orientation, household composition, labour market, qualifications, communal establishments, migration and travel to work or study. The topics can be explored at both Northern Ireland and Local Government District levels.

The [Census 2021 outputs prospectus](#) provides more information on future releases. If you have any queries, please do not hesitate to email us at [census@nisra.gov.uk](mailto:census@nisra.gov.uk).

## **Aisling Centre, Enniskillen**

**For all enquiries/bookings contact Aisling Centre on 028 6632 5811**

**Email: [info@theaislingcentre.com](mailto:info@theaislingcentre.com)**

### **Call for Volunteers - Enniskillen Street Collection - Thursday 18 May**

Could you spare 2 hours of your time between 9am and 5pm? Get in touch with the Aisling Centre Fundraising Sub-Committee on the contact details above. Thank you.

### **Mindfulness Drop-in with Siobhan Conlon For 17+**

Last Tuesday of the Month – Tuesday 30 May, 7pm-8pm

Free Sessions / Donations Welcome. Advance booking required.

### **Self-Care Sessions**

#### **Modern Energy Tapping for Self-Care & Relaxation**

Thursday 18 May 10am – 11.30am

Join us for a cuppa and a chat to learn about this simple and effective tool that you can use to help yourself and others manage stress and anxiety.

Facilitated by Aisling Centre Therapist Rosa Furey

This is a one-off workshop which will be repeated monthly

Free Drop-in Sessions – No Booking Required – Donations Welcome

### **AA – Alcoholics Anonymous**

Three meetings per week at Aisling Centre

### **Escapists - Support group for carers**

Wednesday mornings 10.30am-1pm

### **Island Artists Group**

Wednesday afternoons, 2pm-4pm. Open to new members

For more information contact Maura Newman Tel: 079 6822 5704

### **Aware**

#### **Mental Health Support Group for anxiety, depression & bipolar**

Tuesdays 7pm at Aisling Centre The group runs every fortnight.

To attend please Email [sarah@aware-ni.org](mailto:sarah@aware-ni.org) Tel: 07867 028489/ 028 9035 7820 EXT. 243

### **Fermanagh Pride**

Group meets first and third Tuesday of the month at Aisling Centre

This is an open group. For more information Email: [fermanaghpride@gmail.com](mailto:fermanaghpride@gmail.com)

### **Aurora Yoga (Shauna McMorrow)**

Wednesday evenings, 6.30pm-7.30pm

For more info contact Shauna Tel: 075 2646 5004

### **Yoga Ocean (Genny Brown)**

Thursday lunchtimes, 12 noon-1.30pm

For more info contact Genny Tel: 028 8954 1994

### **TLC Yoga (Teresa Cleary)**

Thursday evenings, 7pm-8pm

For more info contact Teresa Tel: 079 2369 4523

## Erne Paddlers

Our Spring Programme is well underway. The next block of courses starts on Tuesday 30 May. These will be five week courses for all levels – complete beginners, people with a little experience and those who have been paddling for years! With kayaking and stand up paddleboarding courses, as well as family fun sessions suitable for 7yrs+ and weekly inclusive paddling opportunities, there is something for everyone. We also run regular mid-week and weekend trips around various sections of upper and lower Lough Erne. More information about all our courses and activities on social media and at [www.ernepaddlers.org.uk/events](http://www.ernepaddlers.org.uk/events).

Erne Paddlers is also currently taking bookings for bespoke courses and activities for all demographics and abilities and we are keen to develop more partnerships with other community organisations, charities and local providers. We can offer progressive courses over a period of weeks, allowing participants time to learn and develop specific paddling skills and grow in confidence. We can also facilitate one-off taster sessions and events. Under the guidance of our highly qualified and experienced coaches, paddlesport is an ideal medium for developing self-confidence and resilience, and many more fundamental life skills, in a fun, enjoyable and safe way. Paddlesport is also a great activity to connect people to their natural environment and heritage, helping foster awareness and environmental good practice. So if your organisation is looking for a fun and challenging group activity, please get in touch.

Erne Paddlers is a not-for-profit registered charity and an inclusive club. If you need extra support to paddle, please get in touch to discuss how we can help. Find us on Facebook, Instagram and Twitter for regular updates too. If anyone would like to find out more, please get in touch via social media, [email@ernepaddlers.org.uk](mailto:email@ernepaddlers.org.uk) or call/WhatsApp 07468911398.

## DfC Voluntary and Community sector engagement

The Department for Communities is carrying out a programme of work aimed at refreshing the policy frameworks for their voluntary and community sector support. This includes agreeing with their partners on the outcomes that they should prioritise in future years. This review of sectoral needs will inform how they can better support the sector to deliver outcomes set out in any future Programme for Government.

They are committed to engaging with a wide range of organisations in the sector, including those supported through their existing funding programmes as well as those that are not. They will also involve other departments, local government and independent funders. They are also working with a Reference Group comprising a range of sectoral interests, through which they will draw on lived experience, expertise and knowledge, and together explore a range of insights and ideas in the design of new approaches.

With over 150 organisations across the voluntary and community sector signing up to take part in person and online, the Department for Communities is delighted with the level of interest in their series of introductory roundtables.

To build on this, they are inviting you to sign up for one of the workshops below. These are taking place at different locations around NI and also include two online sessions for those who prefer to join remotely. Each workshop will involve up to 20 participants, working with the Department to continue to develop their understanding of needs and priorities within the sector, as well as exploring the vision and desired outcomes for a thriving voluntary and community sector.

To sign up for any of the remaining workshops, please click on the relevant location.

Thursday 4 May	7.00pm-9.00pm	<a href="#">Virtual (Zoom)</a>
Tuesday 9 May	12.30pm-3.30pm	<a href="#">Fermanagh House, Enniskillen</a>
Thursday 11 May	1.30pm-4.30pm	<a href="#">Confederation of Community Groups, Newry</a>

## Voluntary & Community Sector Engagement Sessions regarding the Integrated Care System NI

A number of sessions are being held in the coming weeks in order to engage with and seek the input from the Voluntary & Community sector regarding the Integrated Care System (ICS) that the Department of Health are currently developing for Northern Ireland.

An ICS brings together a range of partners to take collective responsibility for planning health and social care services, improving health and well-being and reducing health inequalities in Northern Ireland. It will involve health and social care professionals, working with local councils, the voluntary and community sectors, patients, carers and service users to plan and deliver health and social care services based on the needs of the local population.

Input from the voluntary and community sector will be sought on 3 key questions:

- How should voluntary and community sector members be recruited in an open and transparent way to positions on five Area Implementation Partnership Boards (AIPBs) in ICS structures?
- What should be in the role description and specification for the positions on AIPBs? What experience and skills should the voluntary and community sector members on the AIPBs have?
- What are the supports and resources which will be needed for the sector and for voluntary and community sector members of the ICS structures to be effective in their roles in AIPBs?

To book a place on any of the sessions, please click on the relevant location. The sessions will be facilitated by an independent facilitator, Brenda Kelly.

Tues 2 May	10am-12pm	<a href="#">Ballybot House, Newry</a>
Wed 3 May	10.30am-12.30pm	<a href="#">Rural Community Network, Cookstown</a>
Thur 4 May	10.30am-12.30pm	<a href="#">Fermanagh House, Enniskillen</a>
Friday 5 May	10am-12pm	<a href="#">Clifton House, Belfast</a>
Tues 9 May	2.30pm-4.30pm	<a href="#">North West Community Network, L'Derry</a>
Tues 23 May	2pm-4pm	<a href="#">Online session</a> (hosted by NICVA)

For further information, please click [here](#).

## Training Opportunities

### Children's Safeguarding

As part of the UK Safer Internet Centre's outreach work, we are delivering a **free** 90-minute Online Safety update at Silver Birch Hotel, Omagh on Wednesday 24 May, 10am or 1.30pm.

Open to all who work with children and young people, this event will give you the latest in research, legislation, technology, tools and resources along with exclusive access to the presentation and resource materials. You can book your place via the link below:

[Online Safety Live - Omagh, Northern Ireland Tickets, Wed 24 May 2023 at 10:00 | Eventbrite](#)

[Online Safety Live - Omagh, Northern Ireland Tickets, Wed 24 May 2023 at 13:30 | Eventbrite](#)

For further information visit [Events - UK Safer Internet Centre](#)

### Stress Control Online Classes for 2023/2024

Although we all need some stress to be able to function effectively, too much stress creates an imbalance and has the potential to make us physically and mentally unwell. This year, the Public Health Agency is offering a new series of stress control classes online which will help you identify how and why you feel stressed and what to do about it.

You don't need to register or log in! With free online resources to support the learning available on the website, you can watch the six sessions at the scheduled time on the [Stress Control YouTube channel](#)

**The first session is available from Monday 8 May at 9am.**

To find out more about Stress Control and to download the resources, visit

<https://ni.stresscontrol.org/> where you will also find the dates for all this year's classes.

### Connections Link Life Training

The Health Improvement, Equality and Involvement Department (WHSCCT) has spaces remaining on 3 Connections Link Life Training dates.

Connections is for anyone in the statutory, community or voluntary sector wishing to develop a deeper understanding of mental health and suicide prevention.

Course Content:

- Spotting vulnerability to suicide
- Myths and stigma surrounding suicide
- The importance of self-care
- Steps for helpers
- Sources of support.

To register for one of the dates, please click the link beside each date and register via Eventbrite:

Thursday 18 May, Shared Future Centre L'Derry - [Register Here](#)

Thursday 8 June, Lisnamallard Day Centre, Omagh - [Register Here](#)

Thursday 28 September, Action Mental Health, Fermanagh - [Register Here](#)

### **Very Brief Advice for Smoking Cessation Support**

The Health Improvement, Equality and Involvement Department has spaces remaining on upcoming 'Very Brief Advice for Smoking Cessation Support' sessions.

The sessions allow participants to increase awareness and knowledge of smoking and how to support and signpost motivated smokers who want to stop.

Dates available:

- Thursday 15 June – [Register Here](#)
- Thursday 21 September – [Register Here](#)

### **SafeTALK is back!**

With the Launch of the new Health Improvement, Equality and Involvement Training Brochure covering April – September 2023 we are delighted to announce the return of SafeTALK.

As a SafeTALK trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide
- identify people who have thoughts of suicide
- apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.

Safe-TALK is delivered in a safe and contained environment by certified Action Mental Health staff who are there to support the participants throughout and following the programme as part of OUR Generation Mental Health Ambassador Programme.

If you would like to attend, click the link beside each date/location to register via Eventbrite:

- Thursday 11 May – Venue TBC, Limavady - [Register Here](#)
- Monday 11 September – Lisnamallard Industries, Omagh - [Register Here](#)

### **Bend Don't Break Workshops**

#### **Wednesday 10 May Via Zoom**

Facilitator: Ed Sipler South Eastern Health & Social Care Trust (SEHSCT)

[REGISTER HERE](#)

For full course information please click on the link to register.

If you have secured a place you will receive a further Eventbrite email to confirm this with the Zoom link or venue details. Note you will require both an email address and internet access to access courses delivered via Zoom.

We are aware that applying for courses via Eventbrite and delivery of training online via Zoom may present some issues. If you have any issues applying for this course, please contact [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)

## Health Improvement Equality & Involvement Department

### Training Brochure April 2023 - September 2023

The Trust Health Improvement Equality and Involvement (HIEI) Department has published their latest Training Brochure which offers free training courses taking place right across the Trust from April to September 2023.

The HIEI Department are delighted to offer four NEW courses; **Chair Yoga, Managing your Menopause, Self Compassion** and **Talking to Young People about Sensitive Topics**. We are also pleased to offer **safeTALK** again.

The courses will be delivered either via Zoom or face to face in a range of locations across the Western Trust area.

[To view the Training Brochure click here.](#)

For course details including times and course content and to book a place, please click the 'Click Here to Register' icon below each course which takes you to the Eventbrite registration page.

For further information and any queries in relation to the Training Brochure, please email [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) or telephone 028 7186 5127.

## WHSCT Recovery College

### Spring 2023 Prospectus

<https://westerntrust.hscni.net/service/recovery-college/>

The WHSCT is running **free workshops on mental health and emotional wellbeing** throughout the Trust area. 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.

If you have any issues or queries, please contact the Recovery College on 028 8225 2079 or email [recoverycollege@westerntrust.hscni.net](mailto:recoverycollege@westerntrust.hscni.net)

## Funding Opportunities

### The National Lottery

#### Climate Action Fund - Nature and Climate

[The National Lottery Community Fund \(UK Wide\) Climate Action Fund - Nature and Climate](#) aims to help communities across the UK address climate change. Development grants of £50,000 to £150,000 over 12 to 18 months are available. The funder has announced that the funding scheme is closing to new applications on 30 June 2023 at 12 noon. You can still apply up to the deadline. You can also still apply for [energy and climate funding](#).

### Tesco Community Grants

Tesco Community Grants support thousands of local community projects and good causes across Northern Ireland. The scheme is open to all schools, registered charities and not-for-profit organisations, with priority given to projects that provide food and support to young people. Examples of eligible applications with a focus on food security, children and young people could be:

- A school providing pupils with food for breakfast clubs or snacks throughout the day.
- A school wanting to buy equipment for outdoor or indoor activities.
- A school wanting to develop a food growing area.
- A school supporting an after school club.
- A voluntary organisation working with families to run a food bank.
- An organisation addressing holiday hunger.
- A healthy eating project that supports families to cook healthy meals on a budget.
- A Brownie or Scout group needing funding for new play equipment or activities.

**The deadline for this round is Saturday 20 May.**

Click here to find out more and apply: <https://tescocommunitygrants.org.uk/>

For more information, contact Rachel at [racheltoner@groundworkni.co.uk](mailto:racheltoner@groundworkni.co.uk)

### Heart of the Community Fund 2023

The Heart of the Community Fund is an open grant round designed to meet the needs of not-for-profit organisations delivering vital services and supports to people across the island of Ireland. They will provide grants between €5,000 – €25,000 to not for profit organisations with an annual turnover of less than €£3,000,000. The Ireland Funds recognises the challenges organisations face in securing funding to build their capacity or meet their core costs, so the Heart of the Community Fund 2023 will provide Organisational Investment Grants. **Deadline 9 May 2023.**

For further information including some informational videos visit <https://irelandfunds.org/grants/>

#### Nationwide Community Grants

Together with our members, we're supporting communities with grants for local housing projects. If you're a local organisation with a great housing solution, you can apply for a Community Grant of up to £60,000. Your project will need to support one of our three aims: helping people into a home, preventing them from losing their home, or supporting them to thrive at home.

For further details visit <https://nationwidecommunitygrants.co.uk/>

### Education Authority - Launch of Generic Non-Targeted Funding 2023-24

**Applications for generic non-targeted funding must be submitted by 4pm on Friday 12 May.**

Applications received outside of this date cannot be considered.

Should you have any queries regarding the generic non-targeted funding scheme, a series of FAQs have been made available on our funding website, [www.eanifunding.org.uk](http://www.eanifunding.org.uk)