

Fermanagh & Omagh District Council Community Support News – August 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

******Please note the deadline for the next Newsletter is Tuesday 15 August******

Council News & Events

Community Facilities at Fermanagh and Omagh District Council

<https://www.fermanaghomagh.com/services/community/community-centres/>

The Community Centre booking period September 2023 - August 2024 opens on Tuesday 1 August 2023.

To submit a booking request, please complete the Booking JotForm in the link below:

<https://bit.ly/3rOEuFe>

Booking JotForms will only be accepted from Tuesday 1 August 2023. Bookings will be confirmed on a first come, first served basis.

The Community Facilities team are happy to assist so please do not hesitate to contact us if you have any questions or queries:

Email: fodccommunitycentres@fermanaghomagh.com

Tel: 0300 303 1777

Sliabh Beagh Eco-Tourism Destination Feasibility Study

Drop in Information Session

Tuesday 1 August, 6pm-9pm in Sliabh Beagh Hotel, Knockatallon, Co Monaghan

Opportunity to provide comment on the development of the Sliabh Beagh region as an eco-tourism destination. Please come along at any point between 6pm and 9pm to view ideas regarding the development of recreation, signage and tourism opportunities.

Follow link to register for the event and complete the online survey:

<https://www.outdoorrecreationni.com/news/sliabh-beagh-drop-in/>

Ulster Hub Summer Camp – Omagh

14 - 16 August 2023

Triathlon Ireland and Fermanagh and Omagh District Council have teamed up to bring a new children's Summer Camp to Omagh Leisure Complex.

Activities will include running skills, bike drills, swimming, and a mini triathlon to finish the fun-filled 3 days off. This camp is open to children of all abilities.

Times: 10.00am to 12.00pm (7 to 10 years) and 1.00pm to 3.00pm (11 to 14 years)

Cost: £30/€35 Triathlon Ireland Junior Members, £30/€35 plus membership fee for non-Triathlon Ireland members

Equipment Needed: Bike, Helmet, Swimming Togs, Goggles, Swim Hat, Running Attire, Suncream, Raincoat, Small Snack, Water.

Register for 7 to 10 years here <https://app.triathlonireland.com/course/323>

Register for 11 to 14 years here <https://app.triathlonireland.com/course/324>

****Please note that children must be able to swim a minimum of 50m to participate*****

REAP Programme Introduction

Fermanagh and Omagh District Council and Fermanagh Rural Community Initiative (FRCI) are delivering the Rural Economic Accelerator Programme (REAP). REAP follows in the footsteps of the previously delivered and highly successful ASPIRE Employability Programme.

The REAP Programme is funded by the UK government through the UK Shared Prosperity Fund. REAP offers support to people who are currently Economically Inactive as they consider entering or returning to employment.

Participants of the REAP Programme will avail of one-to-one mentoring support to identify job and career opportunities, with an individual action plan detailing the steps to be taken to achieve it. The Action Plan will allow the participant to challenge any currently restricting circumstances whilst setting out a step-by-step approach to reaching their goals.

Participants will have the opportunity to develop new skills, gain qualifications, complete industry specific training, build confidence and participate in health and well-being activity. An optional voluntary work placement provides valuable work-based skills and experience.

To find out more, get in touch with a member of the team for a no obligation chat –

Email REAP@fermanaghomagh.com Tel Omagh 028 82246535 Enniskillen 028 66326478

or apply here <https://bit.ly/REAP-Application-Form>

Cuilcagh Lakelands Geopark

Guided walks and talks, caving, water sports, poetry, beekeeping, boat tours, willow weaving, star gazing, kids' events and much more!

We have some fantastic events coming up, making the most of the stunning UNESCO designated region which covers West Fermanagh and West Cavan.

Some highlights include:

- Wild Caving at Pollasumera – Sat 5 August
- Family self-led treasure trails at Belturbet, Castle Saunderson and Blacklion/Belcoo 17 & 18 August
- The Big Dig kids' archaeological event at Killykeen and Castle Saunderson 19 & 20 August
- Bat walk at Old Castle Archdale 26 August
- Intro to beekeeping and honey tasting experience at Enniskillen Castle – Sat 9 September
- Two-day willow weaving workshop in Enniskillen Library 22 & 23 September
- Foraging at Killykeen Forest Park Sunday 1 October
- Dark sky star gazing at Cavan Burren Park 6 & 7 October

Further details and our full programme of events can be found at www.cuilocaghlakelands.org

or email info@cuilocaghlakelands.org

Summer Bus Service to the Marble Arch Caves

Translink are operating a daily bus service from Enniskillen Bus Station to the Marble Arch Caves from 3rd July to 31st August.

The service departs Enniskillen Bus Station (Monday – Friday) at 11:45am, allowing locals, visitors and tourists to travel for £5.00 day return per adult and only £2.50 per child day return.

The bus departs from the Marble Arch Caves at 4:30pm to return to the Enniskillen Bus Station.

Guided Cave Tours run 10am – 5pm daily, July & August and are 60-75 minutes in duration.

We suggest you book your tickets online in advance of your visit. If you show your bus ticket at check in on your day of visit, you will receive 15% Discount of your Guided Cave Tour which will be refunded into your account.

To learn more or book your guided cave tour visit

<https://marblearchcaves.co.uk/2023/05/24/summer-bus-service/>

FEARmanagh, the Fermanagh Endurance Adventure Race,

or FEAR for short, is set to celebrate its tenth anniversary this September.

The event has proven a massive hit on the adventure race circuit, and the Council is preparing to welcome around 300 participants to Derrygonnelly again this year on Saturday 30 September.

Participants can register here: www.fearmanagh.com

To read more: <https://bit.ly/Fearmanagh2023>

Council's Cost of Living Support Hub

For information on support available locally and regionally visit

www.fermanaghomagh.com/costoflivinghelp.

For a list of events across the District visit

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

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://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>

Area	Officer	Email	Telephone
Enniskillen	Ruthanne Fawcett	ruthanne.fawcett@fermanaghomagh.com	Ext 21649
Erne East	Joanne Cunningham	joanne.cunningham@fermanaghomagh.com	Ext 21405
Erne North	Leza Cleary	leza.cleary@fermanaghomagh.com	Ext 21234
Erne West	Kellie Beacom	kellie.beacom@fermanaghomagh.com	Ext 21201
Mid Tyrone	Neville Armstrong	neville.armstrong@fermanaghomagh.com	Ext 20275
Omagh	Josephine Treanor	josephine.treanor@fermanaghomagh.com	Ext 20222
West Tyrone	Billie-Jo Irwin	billie-jo.irwin@fermanaghomagh.com	Ext 20220

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.

For further information visit <https://www.fermanaghomagh.com/services/community/>

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.

To make an illumination request please complete <https://form.jotform.com/222782646405055>

For further information or enquiries regarding Council support to charities, please email communitysupport@fermanaghomagh.com

Community News

Survey – Public Health Dietitians

You may be aware that Public Health Dietitians in Northern Ireland launched a YouTube channel in June 2022.

The channel hosts a range of 30-minute nutrition webinars and healthy recipe videos (available at <https://youtube.com/@publichealthdietitians9636>)

We hope to find out what other content you would be interested in watching personally and sharing with the service users you work with so that we can develop more useful content.

Please complete this short survey before Friday 4 August

<https://consultations2.nidirect.gov.uk/hsc/videosurvey>

Northern Ireland Blood Transfusion Service

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

Derrylin – St Ninnidh's Hall, Thursday 10 August 12.30pm – 4pm & 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

Epilepsy Action

New Support Group in Fermanagh House, Enniskillen

Takes place monthly. For further information/to register visit:

<https://www.eventbrite.com/cc/epilepsy-action-fermanagh-talk-and-support-group-2363889>

Tel 0113 210 8899

Epilepsy Action Helpline – Freephone 0808 800 5050

World Breastfeeding Week

1st-7th August 2023

Join us to celebrate at our planned events taking place throughout the District

Together the Health Improvement Equality and Involvement Department, Infant Feeding Leads and Breastfeeding Champions are promoting a number of events. The events are taking place trust wide to celebrate World Breastfeeding Week 2023 and are in partnership with a number of organisations across the community and voluntary sector. Breastfeeding families welcome as well as expectant parents hoping to learn more about breastfeeding.

For all details visit <https://westerntrust.hscni.net/download/257/breastfeeding/13932/wbw-2023.pdf>

Free online Parenting Courses

We have developed a new section under parenting support and on the Youth Wellness Web on the CYPSP website with information on a suite of Solihull free online courses available to residents in Northern Ireland - <https://cypsp.hscni.net/free-online-parent-training-solihull/>

The King's Award for Voluntary Service 2024

The awards celebrate the outstanding work of local volunteer groups across the UK and are the highest Award given to local voluntary groups. Nominations for the 2024 Awards will be accepted until 15 September 2023.

For further information visit <https://kavs.dcms.gov.uk/>

Carers NI

State of Caring Survey

State of Caring is an annual survey of unpaid carers across Northern Ireland. It covers a wide range of themes, including carers' health, wellbeing, finances and more – helping to build a picture of unpaid caring here and identify carers' priorities for the future.

In the past, the data from the survey has been a valuable tool for a wide range of carer groups and other stakeholders, including local Trusts. By maximising the number of responses, we can ensure that remains the case this year.

Please share your experiences via <https://www.surveymonkey.co.uk/r/LV2LDLC>

The survey will close on Thursday 3 August 2023.

WH SCT Dementia Drop In Events

For clients with a diagnosis of dementia along with their family and carers

Complimentary refreshments served

Parking nearby in public car parks

Accessible toilet facilities available

Fermanagh House, Enniskillen 11am-1pm

Broadmeadow Place, Enniskillen BT74 7HR

Friday 25 August – African drumming with Rhythm School Omagh

Campsie Hub, Omagh

57D Market Street, Omagh BT79 0AA

(Across from Daisy Chain Florists and McAleers Pub)

Dates to be confirmed.

Clients do not have to register and can just turn up on the day but if further information is required please call Cliona Connolly, WH SCT Dementia Navigator on 07585 998890

RNID - free walk in Support Service

First Thursday of every month

Fermanagh House, Enniskillen

RNID in partnership with the Department of Health will:

Re-tube mould style hearing aids, Clean Open-Fit style hearing aids, Change and supply RIC wax filters, Supply hearing aid batteries, Advise on getting the best from your hearing aids, Advise on equipment, Provide information on deafness, hearing loss and tinnitus, 3-minute hearing checks.

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/>

Action Mental Health

Summer Activity Programmes:

Free 90 minute sessions for:

- children aged 4-11 years attending summer schemes or in educational settings.
- young people aged 11-14 years attending summer schemes or in educational settings.

Based on the '5 ways to wellbeing'. Activities include games, crafts, discussions and fun!

Mindset Programme: Mental & Emotional Health & Wellbeing Awareness programme for young people, 14 – 17 years and also adult groups. The Programme is 3.5 hours in length; it can be delivered face to face or on-line and can be delivered over one session or split over two sessions. For further information please contact Michael McLean, Project Worker (MensSana Team)

T: 07976 639909

E: mmclean@amh.org.uk

W: www.amh.org.uk

Libraries NI - Go ON Courses

<https://www.librariesni.org.uk/go-on-events/>

Go ON is a nationwide initiative to reach anyone who may have been or are “digitally excluded”. Libraries NI offer a number of courses demonstrating how using technology can enhance your life. 1-2-1 sessions can be delivered or small groups can be accommodated if there are a number of people looking for the same course. Community Groups can also benefit from an information session as to what Libraries NI offer. All courses are free of charge.

Please contact Christine Aiken to discuss your requirements t: 028 8244 0733 m: 07512 308 736

email: Christine.Aiken@librariesni.org.uk

Share Discovery Village

Half day Activities for Youth Groups

Include 1 hour waterpark session and a kayak, canoe or SUP session

Book through our website <https://www.sharevillage.org/>

Email info@sharevillage.org

Tel 028 6772 2122

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](#)

Aisling Centre

Well-Being Wednesdays 5 July – 27 September

Mindfulness Meditation, Yoga & Mindful Nature Walks. Awaken all your senses and reconnect with nature and self. Beginners welcome, basic level of fitness required, age 17+
All activities will take place outdoors in the beautiful grounds of Fermanagh's three National Trust properties, Crom, Castlecoole and Florencecourt. Activities will last approximately 90 minutes. Meeting times for all activities 10.15am sharp. Numbers limited. Advance booking required. Suggested donation £3.00 per session.
Full details and booking via <https://www.eventbrite.co.uk/o/aisling-centre-31877989765>

Enniskillen Street Collection

Volunteers Needed! Friday 18 August, 10am-9pm
Could you spare a few hours of your time?
Get in touch for more info. 028 6632 5811 or info@theaislingcentre.com
Thank you, Aisling Centre Fundraising Sub-Committee

AA

3 evening meetings every week. For more info contact Aisling Centre 028 6632 5811

Aware

Support group for people affected by Depression. Meet every other Tuesday, 7pm - 9pm
To book a place email info@aware-ni.org

Forget me not Group

Support group for those bereaved by suicide - First Monday of the Month, 7.30pm - 9pm
For more info contact Aisling Centre 028 6632 5811

Yoga

Thursday 12 noon - 1.30pm
For more info contact Jenni Brown, Yoga Ocean, 028 8954 1994
Wednesday 6.30pm - 7.30pm
For more info contact Shauna McMorro, Aurora Yoga, 07526 465004
Thursday 7pm - 8pm
For more info contact Theresa Cleary, TLC Yoga, 07923 694523

Fermanagh Pride

Group meets first & third Tuesday every month
For more info email fermanaghpride@gmail.com

Omagh Library

Book Launch with John Magee

"I swapped Dad for a Robot"

Saturday 12 August, 10am-11am

Join John Magee as he talks about writing, storytelling and robots.
Suitable for children aged 8-12 years old.

Booking essential – Tel 028 8244 0733 or email omagh.library@librariesni.org.uk

Fareshare

Fighting hunger, tackling food waste

At Fareshare, we re-distribute surplus food to over 150 charities throughout Northern Ireland. From April 2022 – March 2023, we took almost 670 tonnes of food that was heading for landfill, and delivered it to our Community Food Members (CFMs), this equated to 1.59 million meals. We receive food donations from supermarkets, local suppliers and food producers; it is good quality but would otherwise be going to waste.

How can we help you?

Last year, we helped to reach over 26,000 people who were in need of support, this equated to 1.59 million meals made up of meat and fish, fresh fruit and veg, dairy products and tinned items. If you are an organisation that would benefit from our service then we have good news - we are actively recruiting for new Community Food Members so we can reach more people in need throughout our communities.

If this sounds like something you would benefit from then you can find more info and an application pack on our website at [FareShare Get Food - Homeless Connect](#) or give us a call on 028 9033 2230

A full version of this newsletter can be found here [Becoming a Community Food Member - Homeless Connect](#)

Department for Infrastructure

NI Concessionary Fares Consultation

<https://www.infrastructure-ni.gov.uk/consultations/consultation-changes-concessionary-fares-scheme>

Please find a link to the consultation above.

The Department has set up an online survey for responses using Citizen Space. You can access the survey at:

[Consultation on free and discounted fares on public transport \(concessionary fares\) - NI Direct - Citizen Space](#)

Imtac is committed to making sure as many people impacted by the proposed changes have the opportunity to give their views. We will be holding two online meetings for disabled people to give their views (a separate meeting will be held for older people). More information about these meetings are available from the link below.

<https://www.imtac.org.uk/news/concessionary-fares-consultation-online-consultation-meetings>

We are more than happy to be contacted about the consultation and facilitate discussions.

Alternatively you can contact the Department directly via email niconcessionaryfaresconsultation@infrastructure-ni.gov.uk.

The consultation closes at 5pm on Thursday 24 August 2023.

Consultation on Grosvenor Barracks, Enniskillen

The Department for Communities is submitting an application to renew its current Outline Planning Permission for a residential development at Grosvenor Barracks in Enniskillen. The application is for the development of this site for residential use, with associated open space, play areas etc

A public drop in event at the West End Community Centre will take place on Tuesday 8 August between 3.00pm and 7.00pm.

There will be an opportunity at this event to ask questions, complete questionnaires and provide feedback. Any comments made during the consultation period will be considered by the Department when completing the Consultation Report for the planning application.

For full details visit <https://www.communities-ni.gov.uk/consultations/consultation-grosvenor-barracks-enniskillen-application-renewal-outline-planning-permission>

Closes Monday 4 September 2023

Condition Management Programme (CMP)

The Condition Management Programme (CMP) is a 12 week programme of short, work focused, cognitive educational interventions aimed at helping people to understand and manage their health conditions. A multidisciplinary team of health professionals work together to offer help and support to cope with single or multiple health conditions that are causing a barrier to work. Clients may be eligible to participate on the Condition Management Programme if:

- in work
- struggling to stay in work due to a health condition;
- recently off work due to a health condition; or
- are in receipt of benefits and struggling to find work due to a health condition

Depending on individual needs, participants may work with one or more of our experienced healthcare professionals, which can consist of an Occupational Therapist, Physiotherapist, Social Worker, Specialist Mental Health Nurse, Exercise Professional.

The programme offers advice on topics such as:

- Dealing with stress and anxiety
- Managing low mood and depression
- Coping with pain and fatigue

There is also an exercise programme specifically tailored by our CMP Exercise Professional.

For more information regarding the Western Trust Condition Management Programme please telephone (028) 71 376911 or 028 66324950, Email:

condition.management@westerntrust.hscni.net or visit the Western Trust Website

www.westerntrust.hscni.net/service/condition-management-programme

Dementia NI's unique art exhibition, 'Real Lives: The Art of Living with Dementia' on display in the village of Belleek

The art exhibition is on display to Saturday 12 August and showcases thought-provoking photography and patchwork quilts. The exhibition features 45 pieces created by Dementia NI members, all of whom live with a diagnosis of dementia and some of whom are Fermanagh residents.

The photography element of the project is displayed in premises adjacent to the Centra shop which was kindly donated by Gerry and Yvonne Rooney.

The patchwork quilts featured in the exhibition were created during an online project organised by Dementia NI and the Arts Council of Northern Ireland, to help local people with dementia stay active during lockdown and are displayed in business windows throughout the village.

A team of local volunteers are hosting the photography exhibition and you can view it from 11am until 3pm Fridays and Saturdays until Saturday 12 August.

For further information visit

<https://www.fermanaghmagh.com/services/community/agefriendly/upcoming-events/>

Erne Paddlers

There's still so much to come in our packed summer schedule. Some progressive skills based courses have begun but we have more lined up for August - kayaking, stand up paddle boarding, family fun and inclusive paddling sessions. Many courses in August will also have 'Try for Free' tickets available on the first week, for new paddlers.

Our paddle sports summer camps for kids, suitable for age 7yrs+ up to 16yrs continue through August but spaces are very limited now.

We have something for the more adventurous young explorers, an extended trips week of paddle sport day trips around different parts of Lough Erne for 11 to 16 year olds, leading towards the Paddle Explore Award and Leave No Trace Awareness Training. Journeying through and connecting with our fantastic outdoor environment, learning all the associated skills, overcoming challenges on the way and working as a team, coached and supported by our highly experienced team of qualified instructors.

There are also mid-week and weekend lough trips available during August, as well as some weekend sea kayaking trips off the beautiful Donegal coast.

Clash of Clans Sports Day – Saturday 19 August. A fun (paddle) sports day for all the family and friends in teams. Open to all, members and non-members and all abilities. Book as a team of 4 or just book for one or two and we'll combine groups on the day. No problem if some of your team have never paddled before (although some experience will help you be more competitive!), as we will have qualified instructors to accompany each team and provide coaching before each activity takes place and support during the events. We have a series of exciting competitions planned that will take place over the afternoon, such as around the island races, fill your bucket relays, tug of war-ter and more. There will be time for a rest, light refreshments (which will be provided) and some coaching between each activity. All events must be booked online. Full details at: www.ernepaddlers.org.uk/events

Paddle sport is a fantastic way to promote wellness, connect people to their natural environment and heritage, and help foster awareness and environmental good practice. We continue to work with local charities, schools and other statutory organisations to provide paddling opportunities to the community here in Fermanagh and have recently connected with the local Social Prescribing hubs so that people may be referred directly to us. Under the guidance of our highly qualified and experienced coaches, paddle sport is an ideal medium for developing self-confidence and resilience, and many more fundamental life skills, in a fun, enjoyable and safe way.

Erne Paddlers is a not-for-profit registered charity and an inclusive club. We actively promote inclusive paddling opportunities and want to increase access to paddle sports for all. 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 or call/WhatsApp 07468 911398.

Free Get Wet Stay Safe Sessions

Sunday 27 August - Round O, Enniskillen

The PCSP is promoting the Get Wet Stay Safe events being run by Sport NI this summer.

The events are suitable for stand-up paddleboarders and sit-on-top kayakers aged 18 years and over as they are safety training sessions.

For more information, visit [Get Wet NI](http://GetWetNI.com).

Easilink Volunteer Car Driver opportunities

Are you from Omagh or surrounding rural areas and looking for a volunteering opportunity? Easilink Community Transport are on the lookout for Volunteer Car Drivers to help deliver services in the local community.

If you have a full clean driving license, access to your own car and free time to help your local community, then becoming an Easilink volunteer driver could be the opportunity for you!

Volunteer car drivers help us transport people who do not have access to public transport or their own private vehicle to hospital appointments and other essential trips across the Western Trust area.

Volunteers will have the opportunity to:

- Help others in your local community
- Be reimbursed expenses at 50p per mile
- Retain your benefits
- Meet new people and make friends

For further information on becoming a volunteer car driver, contact Kerrie Grugan on 07702 852582.

Please note: Additional vehicle insurance is not required; however, all volunteers are subject to an Access NI Check.

Bonding with Baby Before Birth and Beyond

Thursday 12 October, 9.30am-1pm online

This is a partnership event, co-hosted by members of the Regional Infant Mental Health Implementation Group, including the Public Health Agency, Health and Social Care Trusts, and voluntary/community members of the Stronger from the Start Alliance.

To register your interest please contact: pcarson-lewis@ncb.org.uk

Children & Young People's Resource Pack - Summer Edition

The Summer Edition of the Children & Young People's Resource Pack is Out Now!

Included are resources on disability, mental health, education and more, plus lots of activity ideas to help keep the kids entertained over the holiday period including colouring and activity sheets and play and snack ideas.

Download at: <https://cypsp.hscni.net/download/426/cyp-resource-pack/40962/cyp-resource-pack-summer-edition-2023.pdf>

(Note: Newsletter will download directly to your device. Look out for the pop-up box and click on open file when it appears).

Resources and activities are free.

The Executive Office (TEO) Public Consultation on the Provision of Free Period Products

Period inequality contributes to the poor mental health and wellbeing experience of those who are unable to access the basic health essentials of period products. This is a growing issue particularly in light of the increased cost of living.

Period products are essential items for personal care to address a normal biological need and should therefore be available to everyone who needs them, regardless of their economic status.

To address this need the [Period Products \(Free Provision\) Act \(NI\) 2022](#) was made by the Northern Ireland Assembly. The Act requires that period products will be made available from May 2024.

The Executive Office now wants to hear from you regarding what period products should be made available, where these should be available and how people can access these. The questionnaire should take no longer than 10 minutes to complete.

Visit: <https://consultations.nidirect.gov.uk/teo/provision-of-free-period-products-consultation/>

Deadline: Monday 18 September 2023.

Breastfeeding Return to Work Packs

The Health Improvement, Equality and Involvement Department of the Western Health & Social Care Trust would like to remind you of an initiative currently rolling out in support of breastfeeding mothers returning to work.

Breastfeeding is fundamental to public health as it promotes health, prevents disease and helps contribute to reducing health inequalities.

In support of creating environments where mothers can return to work and continue to breastfeed, the Western Health & Social Care Trust have updated their policy for supporting breastfeeding employees. As part of this policy, any employee returning to work and breastfeeding will be able to avail of a free 'Return to Work' pack.

We have extended this 'Return to work' pack initiative to the employees of all organisations throughout the WHSCT area (Limavady to Fermanagh).

This pack contains; a cool bag, ice block, reusable water bottle and breastmilk storage bottles to assist staff in continuing their breastfeeding journey. The pack also contains additional information on safe storage of breastmilk.

Any staff member or organisations wishing to avail of this on behalf of a staff member, should contact the Health Improvement Equality and Involvement Department on 028 7186 5127 or health.improvement@westerntrust.hscni.net

GABLE

GABLE is a longstanding Shelter NI project funded through Supporting People, working in partnership with the Northern Ireland Housing Executive grants department.

Are you a homeowner or private renter aged 60+ years or living with a disability, residing in the FODC Area?

Do you need help maintaining or improving your home?

Through the Bank of Ireland, Cost of Living Fund, Shelter NI can help you carry out work that will make your home safer and warmer over the coming winter months.

Complete a survey at <https://forms.office.com/e/j1kmCDJ6Ux> to help determine the need.

Training Opportunities

AWARE NI - Mental health awareness training

The following Programmes/Workshops can be delivered free of charge

Mood Matters Adults (18+)

This light and interactive mental health awareness training session is an opportunity for you to think about how to look after your own mental health. The workshop will explore mental health stereotypes and look more closely at how to spot the early signs of mental health illness, stress, depression, anxiety disorders and bipolar. This session will teach individuals coping skills for everyday life, how to avoid getting caught in a vicious circle and how to break unhelpful habits that we sometimes have when our mood is low, as well as where to get further help and support. This session will focus on you as an individual and will then allow you to apply these skills to supporting family, friends and others.

Duration: 2hrs

Group size: 12- 25 people per session

Delivery: Face to face or via zoom

Living Life to the Full (18+)

This is a programme that can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges. Delivered over 6 weeks the programme looks more closely at the ways in which mental health can be impacted by life events and unhelpful thinking styles which may also then affect our physical health and overall enjoyment of life.

Duration: 2hrs per week

Group size: 12- 18 people

Delivery: Face to face or via zoom

Contact Catherine McColgan

T: 028 9035 7820 Ext 224 | E: catherine@aware-ni.org | www.aware-ni.org

Bryson Maximise Employment

Unlock your potential with our Employability Service. We are supporting people currently 16-64 years who are economically inactive with tailored support and skills building to succeed on your journey to employment. The holistic approach hopes to empower people as well as give them the practical support they may need in finding or sustaining employment.

As part of our commitment to your success:

- We provide a generous £15 per week to support you during your employability journey.
- Funding available of external training
- Free courses are available to help you to increase your confidence with numeracy.
- Ongoing support even after you find employment.

Contact your Local Employment Navigator ciara.balfour@brysonenergy.org for further information.

Network Personnel

We currently deliver the following accredited qualifications:

- Level 2 Basic Food Hygiene
- Level 2 Food Allergies and Risks
- Level 2 Award in Business Administration
- Level 2 Award in Customer Service
- Level 2 Award in Social Media
- Level 1 Health & Safety in the Workplace
- Level 1 Award in Health Awareness
- Level 1 Award in Health Improvement
- Level 1 Award in Awareness of First Aid for Mental Health
- Level 1 Award in Office Skills * Recommend clients have Microsoft Office or at least Word, Excel when undertaking this qualification
- Level 1 Award Manage Personal Finance
- Essential Skills - Numeracy and Literacy

And the following non-accredited qualifications:

- Awareness of First Aid for Mental Health
- Basic IT
- Confidence and Motivation
- Coping with Stress
- Understanding Anxiety
- Pain Management
- Introduction to Mindfulness
- Cover Letter
- Customer Service
- CV Building
- First Aid Workshop
- Goal Setting
- Health & Safety
- Intro to Complementary Therapies
- Leadership
- Manual Handling
- Money Management
- Preparing for Interview
- Building Resilience
- Self-Employment- Building a Presence on Social Media, Business Planning, Sources of Funding and Finance, Book Keeping and Guide to Entrepreneurial Potential

Our accredited and non-accredited is completely free for all eligible GROW Partnership participants and can be completed on a face to face or remote basis.

To be eligible for the GROW programme participants must be classed as economically inactive. That is that they are not claiming for any job seeking type benefits, are on a health journey i.e. waiting on WCAs and not looking for work in the meantime. To date we are working with those of ESA/sickness type benefits, PIP, Income Support and Caring type benefits, Child Tax Credits and those on no benefits. We are also working with a large number of school leavers.

Any queries, please contact Jillian Lennox, Tel: 028 7963 1032 Mobile: 07736 350773
Email jillian.lennox@networkpersonnel.org.uk

Diploma in Community Development & OCN (Level 2) Community Development

If you are working or volunteering in the Community/Voluntary sector for years or just new to the sector then these courses will equip you with the knowledge, skills, understanding and confidence required to support the community or group you work with. We have 2 Courses currently recruiting for participants:

Diploma in Community Development accredited by University of Galway. Commencing October 2023, location of classes may vary but the majority of classes will be in Cookstown, 25 places available for this one-year (part time) course.

The Diploma has been designed to enable Community Activists (volunteers and paid staff in the community / voluntary sector) to develop the knowledge, understanding and essential practical skills and experience required to provide leadership within this field. The Diploma will be delivered by Rural Community Network and their partners Fermanagh Trust and Holywell Trust in conjunction with University of Galway. The Diploma is part of the 'Community Leadership in the West ' programme, offering training opportunities and qualifications to support the next generation of leaders.

Course content includes: Introduction to Social Analysis, Social Research Techniques, Community Profiling, Strategic Planning, Public Policy & Community Development, Social Inclusion & Civic Engagement.

Further details and the Application Form available at

<https://www.fermanaghtrust.org/images/custom/uploads/127/files/NUI%20Diploma%202023.pdf>

The Diploma Application Form can also be accessed directly here: <https://forms.gle/VQfMky4vqwAqsdwF6>

OCN (level 2) Community Development. We are seeking expressions of interest with a view to providing this 4 week course in the Omagh area in October 2013, 15 places available.

The OCN NI Level 2 Award in Community Development qualification is appropriate for community development practitioners, providing learners with knowledge in community development, community group structure and understanding of diversity and inequality issues. This qualification is mapped to the new Community Development National Occupational Standards (NOS) and is the equivalent of GCSE Grade A-C.

6 Modules include:

Collaborative and Cross-sectoral Work

Community Learning for Social Change

Governance and Organisational Development

Group work and Collective Action

Understand and Engage with Communities

Understanding Community Development Practice

Location: Omagh

To submit an Expression of Interest Form click here: <https://forms.gle/nxWPoD1do21MVTnp7>

If you have any questions about either course or require further information, please get in touch with Sonya Johnston, Deputy Director, Fermanagh Trust on 028 6632 0210

Email sonya@fermanaghtrust.org

Part-time BSc Hons Community Development

Your experience counts!

If you work or volunteer in communities, you can apply directly to Ulster University and gain a professionally recognised degree in Community Development.

Apply now to transform your life and your community!

<https://www.communityni.org/opportunity/part-time-bsc-hons-community-development-recruiting-now>

Closing date Friday 25 August

Network Personnel

GROW (Growth, Resilience, Opportunities, Work) Partnership Programme

If you are on a non-job seeking benefit but would like to improve your confidence, training and employment prospects, we can help!

GROW will enhance your skills and provide you with support to realise your full potential.

This support will include:

- A dedicated Key Worker
- Access to a range of qualifications and training
- Help with improving your motivation and resilience
- Advice on budgeting for you and your family
- Help with:
- CV Development
- Job search and application forms
- Interview preparation
- Contacting potential employers and securing work
- Sourcing work experience opportunities
- Exploring self-employment options.

Interested? Get in touch on 028 7963 1032 or email referral@networkpersonnel.org.uk

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 next session is available from Monday 4 September 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

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

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.

Allstate Cyber Safety for Older Adults

Do you know any Older Adults looking to navigate the internet safely?

Allstate Cyber Safety for Older Adults is a specialized training program designed to empower adults aged 60+ with the knowledge and skills to navigate the digital world. As technology advances, so do the threats that lurk online. By enrolling in our program, Older Adults will become equipped with the tools they need to protect themselves and stay secure in the digital realm. Register now, using the link below and secure a spot for one of our upcoming sessions:

[Click here to register for a session](#)

- Monday 21 August at 4:30pm - National Senior Citizen Day
- Friday 29 September at 10am - In person session

These **free** one-hour interactive training sessions are aimed at boosting the confidence of adults aged 60+ when navigating the internet. This interactive session will comprise of videos, conversations, and will cover the following three essential topics:

- Fraud and identity protection
- Email and telephone scams involving phishing
- Useful tips for staying cyber secure

[Click here to learn more about the program](#)

Very Brief Advice for Smoking Cessation Support

Thursday 21 September – [Register Here](#)

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.

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, register via Eventbrite on the following link:

- **Monday 11 September – Lisnamallard Industries, Omagh - [Register Here](#)**

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 or telephone 028 7186 5127.

Funding Opportunities

Elevate Community Mentoring & Grants Programme 23-24

The programme supports groups who could benefit from mentoring and funding (up to £5,000) to deliver a project which uses community development to tackle health inequalities.

This year, we will consider all applications, and particularly welcome applications from groups who are in local areas with previously low uptake (Lisburn and Castlereagh, Antrim and Newtownabbey, **Lisanelly Omagh** and Crossmaglen areas) and groups who support people from LGBTQIA+, BAME, and other under-represented groups.

We are also looking for small groups who need mentoring which is the main focus of the programme and they can apply for up to £5,000 for their project.

Impact stories from our previous Mentees are up on our website to give examples of projects – visit <https://elevateni.org/mentoring/mentees/>.

If you would like to find out more, there is a Zoom information session on

Tuesday 1 August, 11am - 12 noon [To register or find out more please click here!](#)

The closing date for applications is 4pm on Monday 28 August.

Micro Community Investment Fund

The fund will provide valuable investment for community initiatives making a difference in towns and villages across Northern Ireland.

It will enable those organisations who are making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing.

You do not have to have a constitution to apply to this fund.

For more information visit <https://communityfoundationni.org/grants/micro-community-investment-fund/>

Walk Leader Grants

The Public Health Agency provides funding to support Walking for Health Groups delivering walking programmes in the Western Trust area. Funding will be allocated by the Western Health and Social Care Trust's Health Improvement, Equality and Involvement Department as small grants of approximately £150 per group, depending on the number of successful applicants. The purpose of the grant is to support new or existing walking groups through the provision of promotional materials or items which will enhance and promote your walking group.

Criteria:

- Only Walk Leaders trained through the Walking for Health scheme who are registered on our database are eligible to submit a grant application;
- Only one grant will be allocated per Walking Group/Walk Leader;
- Groups applying for grants must have at least one trained Walk Leader facilitating all walks;
- Your Walking Group or host organisation must have a bank account in place in order to access funds as personal cheques cannot be issued;
- The Walking for Health logo should be used on all promotional materials and is available on request;
- Funding cannot be used to support one off or fundraising events;
- Walking Groups must adhere to all Walking for Health guidance, and complete required paperwork;
- Funding cannot be used to pay individuals to lead walks, as it is expected that trained walk leaders lead walks in a voluntary capacity or as part of their core work role in line with the Walking for Health programme ethos.

Please contact Camilla.lowry@westerntrust.hscni.net for a copy of the application form.

Please note this round of grants will stay open until 27 October 2023.

The Screwfix Foundation

The Screwfix Foundation currently offers local registered charities and not for profit organisations funding up to the region of £5,000. All applications are reviewed individually by our team on a quarterly basis; the review dates are in March, June, September and December. Please see our [Full eligibility criteria](#).

To apply visit <https://www.screwfix.com/help/screwfixfoundation>

The Duke of Edinburgh's Award/Joint Award Initiative

We are the world's leading youth achievement Award, giving 14-24 year olds the opportunity to take on their own challenges, follow their passions, make a difference in their communities, and discover talents they never knew they had. Each young person builds their own Award programme – picking their own activities for the 4 sections of the Award: Volunteering, Physical, Skills and Expedition (with an additional Residential section at Gold) – to achieve a Bronze, Silver, or Gold Award.

Gaisce – The Irish President's Award and The Duke of Edinburgh's Award work in partnership through the Joint Award Initiative (JAI) to offer Award participants in Northern Ireland a choice of

recognition for their achievements. On completion of their Award programme, they can choose a Duke of Edinburgh's Award, a Gaisce – The President's Award or a Duke of Edinburgh's International Award certificate.

Eligible voluntary and community organisations which do not currently offer the Award programme can access up to £10,250 of grant funding combined with support from a dedicated member of staff to help set up, launch, and deliver the Award programme.

For more information go to <https://www.dofe.org/access-without-limits/community/ni/> or email Jim at jim.peacock@dofe.org.

If you are interested but don't currently meet eligibility criteria, please do get in touch to discuss how we could support young people in your organisation to take part in the Award.

Below is a link to a short recruitment film:

<https://www.dofe.org/wp-content/uploads/2021/09/Recruitment Film NORTHERN IRELAND.mp4>

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/>

National Lottery Heritage Fund

National Lottery Heritage Fund have increased the upper limit of their National Lottery Grants for Heritage to support larger-scale heritage projects across the UK. This increase, the first increase in twenty years, aims in part to offset some pressures of inflation and the cost-of-living crisis as well as enabling investment in more ambitious heritage projects that share their belief in the power of heritage to bring people together, build pride in place and connection to the past. 2023–2024 is a transition year ahead of full implementation of [Heritage 2033](#). They will be making changes to their approach in stages - this increase is their first change.

For full details visit [National Lottery Heritage Fund now offering up to £10m](#)

The National Lottery

Climate Action Fund - Nature and Climate

This funding aims to inspire and support communities across the UK to address the energy and climate crisis. We're looking for projects that show how communities can address climate change while tackling the energy challenges through community-led climate action.

Visit [energy and climate funding](#).

Prince's Trust Grants for 16-30 year olds

Development Awards Programme

Small grants that can help towards the cost of course fees, tools or licenses to remove financial barriers between you and your goals.

Apply for an average amount of £160 to help with: Fees for courses (up to Level 3, lasting 2 days or more); Course equipment, eg tools or beauty kits; Mandatory uniforms; Licenses and short training programmes.

Doesn't affect your benefits - Must apply before course start date

Search Facebook 'Prince's Trust Northern Ireland'

Call for free on 0800 842 842

Email: outreachni@princes-trust.org.uk

The Community Foundation

Micro Community Investment Fund

The fund will provide valuable investment for community initiatives making a difference in towns and villages across Northern Ireland.

The fund will enable those organisations who are making the lives of others in their communities better, by improving their financial, physical, and mental wellbeing.

You do not have to have a constitution to apply to this fund.

Community Investments available: Up to £2,000

Applications are sought to support both new and existing activities and projects that enhance the financial, physical and/or mental wellbeing of people in communities. We will support new or existing community initiatives that have a particular focus on addressing the challenges people are facing around the rising cost of living.

Community projects should focus on improving at least one of the following:

- Financial wellbeing
- Physical wellbeing
- Mental wellbeing

Visit <https://communityfoundationni.org/grants/micro-community-investment-fund/>

Children in Need

Pudsey Next Steps Grants

We currently (between now and the end of August) have a separate budget (called Pudsey Next Steps) to enable us to fund and support organisations new to Children in Need. Organisations can apply for either a project or core grant to support work with children and young people - up to 15k per year for up to 3 years.

The only criteria is

- They are new to Children in Need i.e. they have not had a CiN grant before
- They have an annual turnover of less than 100k per annum

There isn't a separate application process for the Pudsey Next Steps grants. Groups should just submit a project or core grant. Expression of Interest through the link below and we will assign them as 'pudsey next steps' when we look at what EOIs we are taking forward to application stage
<https://www.bbcchildreninneed.co.uk/grants/apply/>

Tesco Community Grants

Tesco Community Grants, now called Tesco Stronger Starts, fund local good causes whose focus is on supporting Children and Families across the UK. Three projects from each local area will be shortlisted to go to the public vote by Tesco customers every three months, with grants awarded depending on the number of votes their project receives. First place wins £1,500, second place wins up to £1,000, and third place wins up to £500.

For more information visit <https://tescocommunitygrants.org.uk/>

Brighter Communities Fund

Power NI set up the Brighter Communities fund to provide help and funding support for local community groups.

Small or large community, sporting, charity and youth groups across Northern Ireland can apply for support from the £1,000 Brighter Communities fund provided by Power NI.

Apply now at <https://bit.ly/3XBJTeB>

Kingspan Kickstart Sports Fund

Amateur athletes and sports clubs across the island of Ireland are invited to apply for the Kingspan Kickstart Sports Fund, a fund created to help budding athletes get a financial boost to achieve their goals. Already committed to elevating and developing sports across Ireland through various sponsorships, including Ulster Rugby and Cavan GAA, we are also keen to provide a launch pad for grassroots level athletes, sports clubs and community sports facilities. The fund, which has Shane Lowry as ambassador, will run on a quarterly basis, and offer up to 1,000 euro / 850 sterling, per applicant, per year to help provide financial support for equipment, training, and other necessary resources.

Applications are currently open. To apply for the Kingspan Kickstart Sports Fund, you must be an amateur athlete, amateur sports club or community sports facility open to the whole community and based on the island of Ireland. To find out more visit [Kickstart Sports Fund | Kingspan Group](#)

Small Woodland Grant Scheme

The [Department of Agriculture, Environment and Rural Affairs](#) Small Woodland Grant Scheme is specifically for new native woodland planting of 0.20 hectares and larger. It provides a fixed area based payment for woodland establishment, a fencing grant and where eligible annual premia for a 10-year period.

Closing date: Thursday 31 August 2023

For more information and to apply visit bit.ly/3SJR418

Alzheimer's Society Accelerator Programme

New webinars are coming in August for applicants to learn more!

- What could you do with an idea and up to £100k of funding?
- Do you have an idea or product that will transform the lives of people living with dementia? We want to help you make this a reality and Alzheimer's Society Accelerator Programme is looking for someone like you. Applications open 30 August.

This year you can join our Webinar Summer Series to learn more about the programme, for help and support on making an application, and to hear from our previous Accelerator Partners on how the programme has helped them.

Our programme can offer you:

Up to £100K of funding

Expert innovation and dementia support for 12 months

Peer-to-peer learning

Opportunities to learn from people living with dementia through co-creation

Support during the application process

To find out more on applying and to register for a webinar visit: alzheimers.org.uk/accelerator.

Any questions? Contact Innovation@alzheimers.org.uk