

Fermanagh & Omagh District Council Community Support News – October 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 24 October

Council News & Events

Drop-in Funding & Advice Fairs

Fermanagh and Omagh District Council, in partnership with the NI Housing Executive and Supporting Communities, are hosting Funding and Advice Fairs in Enniskillen and Omagh

The first Funding and Advice Fair will take place on:

Tuesday 17 October 2023 in Fermanagh Lakeland Forum, Enniskillen, from 4.00pm -8.30pm

This will be an opportunity for funders and support organisations, to meet and discuss projects and opportunities with community and voluntary groups in the Fermanagh district.

The next fair will take place in **Omagh Leisure Complex in January 2024**. Details will follow.

Info session for Premises with a Defibrillator (AED)

Thursday 19 October, 7.30pm-8.30pm

Via Zoom

Community/sports groups, schools, and businesses who have an AED/defibrillator installed on their premises are invited to an online information session to find out more about managing and maintaining their defibrillator, ensuring emergency services know where the defibrillators are, and people in their community are both able and confident to use it in an emergency.

It will also detail opportunities to have practical AED demonstrations/training offered in or near your community for free.

To register for this, please contact Kellie Beacom on kellie.beacom@fermanaghomagh.com or telephone 0300 303 1777 ext 21210.

Perfect Parks Competition

Parks are important spaces where we can get outdoors, be active and connect with nature. We are inviting you to get creative and tell us your vision for a perfect future park - and you could be in with a chance to win an amazing prize

Closing date: Tuesday 31 October

For more information visit bit.ly/FOParks

Help Shape the Development of a new Age Friendly Action Plan

Responses required by end October 2023

Fermanagh and Omagh District Council in partnership with [South West Age Partnership](#) (SWAP), currently has a survey open. The survey aims to establish how you feel about various issues that can impact your quality of life as you grow older.

If you are 50+ and reside in the Fermanagh and Omagh area, you can contribute towards developing a new Age Friendly Action Plan by filling in the following survey

www.surveymonkey.co.uk/r/JGHZHCL.

Alternatively, printed copies are available by contacting:

Alison Gilmore Tel 0300 303 1777 or email alison.gilmore@fermanaghomagh.com

Allison Forbes at SWAP Tel 028 8225 1824 or email aforbes@southwestagepartnership.co.uk

For more information, see www.fermanaghomagh.com/agefriendly.

Age Friendly is supported through funding from the Public Health Agency.

Furniture Reuse Scheme

Expression of Interest

Are you a Registered Charity, Social Value or Community Group based in the Fermanagh & Omagh District and interested in collecting materials recovered from our recycling centres?

We are currently seeking partners who are interested in collecting household items, Bric-a-Brac, furniture and other items for the purposes of reuse, upcycling, restoration or resale for charity or social benefit groups. These items must then bring a benefit to the residents of the District.

Upon completion of registration and once granted approval, groups can avail of items free of charge from the following locations:

- Drummee Recycling Centre, Derrygonnelly Rd, Enniskillen, Co Fermanagh, BT74 7PY
- Gortrush Recycling Centre, Gortrush Industrial Estate, Great Northern Rd, Omagh, BT78 5EJ

Interested parties can receive an application form by telephoning 0300 303 1777 or emailing

recycling@fermanaghomagh.com

Cuilecagh 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:

- Sunday 1 October - Foraging at Killykeen Forest Park
- Friday 6 & Saturday 7 October - Dark sky star gazing at Cavan Burren Park

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

or email info@cuilecaghlakelands.org

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 \(fermanaghmagh.com\)](https://www.fermanaghmagh.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@fermanaghmagh.com	Ext 21649
Erne East	Joanne Cunningham	joanne.cunningham@fermanaghmagh.com	Ext 21405
Erne North	Leza Cleary	leza.cleary@fermanaghmagh.com	Ext 21234
Erne West	Kellie Beacom	kellie.beacom@fermanaghmagh.com	Ext 21201
Mid Tyrone	Neville Armstrong	neville.armstrong@fermanaghmagh.com	Ext 20275
Omagh	Josephine Treanor	josephine.treanor@fermanaghmagh.com	Ext 20222
West Tyrone	Billie-Jo Irwin	billie-jo.irwin@fermanaghmagh.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.fermanaghmagh.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 any enquiries regarding Council support to charities, please email communitysupport@fermanaghmagh.com

Community News

PHA Autumn Vaccine Programme

Information about the vaccination programme and who is eligible is available by visiting www.nidirect.gov.uk/wintervaccines

Northern Ireland Blood Transfusion Service

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

Newtownstewart Centre 2000

Thursday 12 October, 12.30pm-4pm and 5pm-7.30pm

Many thanks for your continuing support - it is greatly appreciated.

Check out <http://www.nibts.hscni.net/donating-blood/where-to-donate/> for further Scheduled Donation Sessions

Fermanagh Rural Community Network Awards 2023

Celebrating Your Achievements

Fermanagh Rural Community Network (FRCN) are pleased to announce the 22nd year of our Community Awards scheme to celebrate the work of Community & Voluntary Organisations in County Fermanagh

Nominations are requested from Organisations for the following categories:

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

Only Nominations on the FRCN Awards 2023 Nomination Form will be accepted.

Nomination Forms are available to download from the FRCN website www.fermanaghrcn.org/news

If you are unable to download Nomination Forms, hard copies are available by contacting Frances on 028 6632 7006 or by e-mail info@fermanaghrcn.org

All Organisations are encouraged to submit at least one nomination

Deadline for Award Nominations is Monday 9 October 2023

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

Awards Winners will be announced at the "Awards 2023 Celebrating Your Achievements" & Fermanagh Rural Community Network Annual General Meeting on Monday 16 October 2023

Fermanagh Fun Farm

Saturday 14 October, 10.30am-5pm

Fermanagh Freaky Farm for a Halloween Experience of fun, laughter, fear & prizes.

For more information/to book visit <https://www.fermanaghfunfarm.com/events/fermanagh-freaky-farm>

Fermanagh Fun Farm is a social enterprise, not for profit making organisation. The farm is run by a committee of volunteers known as "Friends of the Farm". The farm rescues / adopts animals, giving them a home for life. All profits from the farm go towards the care and welfare of the animals, maintenance on the farm and investing in new projects for the farm.

Building Peace – Putting Yourself in each other’s shoes

Thursday 19 October, 7pm – 9pm

Fermanagh House, Enniskillen

A unique cross border/cross community initiative where a number of key individuals – Victim, State, Republican, Loyalist – will talk about their views on the troubles and subsequent peace process.

Refreshments will be served

Email michaelmullin884@gmail.com or telephone 00 383 89 463 5009

Better Together – Níos Fearr Le Chéile

Ballinamore Area Community Council

Eddie Duffy & Mick Hoy

Tradfest 2023

13 October – Opening Concert, Maid of Carrick, Session Trail

14 October – Art & Craft Camlake Canvas, Dianchursa, Singing Session/CD Launch, Session Trail

15 October – Junior Session, Sean Nos Workshop, Session Trail

Follow us on Facebook and Instagram for more info!

‘Parkfest’ fund raising event for the Brewster Park redevelopment, Enniskillen

Friday 13th October - Teenage Disco 8-11pm

<https://enniskillengaels.com/2023/09/01/dj-warren-adam-u16s-event-at-parkfest-brewster-park-marquee/>

Saturday 14th October - Quid Games 8-11pm

<https://enniskillengaels.com/event/quid-game-final-event/>

Sunday 15th October - Bingo 5-11pm

Over £2.5K in prizes. £1.25K Jackpot

Play in person or buy online @ https://www.klubfunder.com/Clubs/Enniskillen_Gaels/Events

Autism Support Cafés

Friday 6 October, Omagh Leisure Centre, 11am-1pm

Friday 17 November, Fermanagh Lakeland Forum, 11am-1pm

We are inviting parents and carers of children of all ages, who have:

- an autism diagnosis
 - are awaiting an assessment
 - are displaying early indicators (suggesting their child may be Neurodiverse),
- to attend our next Autism Social Café with local support groups, information stalls and short workshops.

These event are in partnership with statutory services and community and voluntary organisations who can support families on their autism journey.

We value any feedback, ideas and suggestions to help us shape our plans for future events.

Tea & Coffee provided. Booking is not required.

Any further questions email ClaireA.Hamilton@westerntrust.hscni.net

The Workhouse 'Open for Business'

The Workhouse, a visionary space resulting from the Workhouse Restoration project in Enniskillen, is open for business. This remarkable initiative will bring together local entrepreneurs, businesses, students, and an array of support organisations to create a dynamic hub of innovation, collaboration, and growth opportunities.

The historic building has been extensively redeveloped through a collaboration project between South West College and Fermanagh and Omagh District Council. Funding of £2,343,000 was awarded by The National Lottery Heritage Fund to undertake this project, made possible by National Lottery players.

Through the Workhouse Restoration project, this landmark building has been thoughtfully designed with workspaces catering to various entrepreneurial needs

With state-of-the-art resources and a supportive community, local entrepreneurs and freelancers can grow their businesses to new heights. Dedicated meeting spaces allow individuals and businesses to connect, share ideas, and explore potential collaborations, enhancing their business networks and fostering growth. The Workhouse also offers desk space, modern office spaces to facilitate the delivery of start-up programs and space for an anchor tenant to add value and expertise to the community.

The Workhouse is driven by its mission to create a vibrant community where people come together to collaborate, network, and support each other.

Since its opening earlier this year, the Workhouse has hosted some great events, inspiring entrepreneurs coming together in the space, and remote workers benefiting from this dynamic environment.

For more information about The Workhouse and to find out more about our workspaces, visit www.theworkhouseenniskillen.com or email kate@theworkhouseenniskillen.com

JustUs

Tommy Owens

Friday 13 October, 12.30-2.30pm, Enniskillen Hotel

Halloween Costume Party & Fancy Dress Competition with PJ the DJ

Friday 27 October, 7-10pm, Enniskillen Hotel

Special Guest Paul Kelly 12pm and PJ the DJ 12.30pm-2.30pm

Thursday 9 November, Enniskillen Hotel

These are 18+ Events. £5 entry, 1 carer free.

Those requiring assistance must be accompanied

ASCERT Steps to Cope

This is a Hidden Harm service offering short term support to young people aged 11-25 who are living with parental drug/alcohol use/mental health throughout Fermanagh and Tyrone.

This support can be delivered in young people's homes, face to face or online.

Awareness sessions can be delivered for schools, practitioners and the community.

For more information, please contact:

colleen@ascert.biz or Joe@ascert.biz

Telephone 0800 254 5123

Volunteers Needed!

Parkinson's UK Omagh Branch

Monthly support group meetings, summer outings, activities, lunches etc to anyone affected by Parkinson's - carers and people with the condition.

The group is run by volunteers and they are in real need of new volunteers to help - in particular a new treasurer.

Please contact mchambers@parkinsons.org.uk Tel 020 7963 3618

RNID Hearing Aid User Support Service

1st Thursday each Month, 10am to 11.30am

Fermanagh House, Broadmeadow Place, Enniskillen BT74 7HR

RNID in Partnership with Department of Health are holding a free walk in Support Service where we can:

- 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

Contact: Lisa Stewart at WHSCT 07587 130502; Email lisa.stewart@rnid.org.uk

Employers for Childcare

The Northern Ireland Childcare Survey is now open! Tell them your experiences of using and paying for childcare to help inform the development of Northern Ireland's new Childcare Strategy and the future support available to parents.

Plus you could win a £50 shopping voucher!!

Click here to complete the survey <https://tinyurl.com/NlChildcareSurvey>

Christians Against Poverty

Fermanagh Life Skills Course

Starts Tuesday 3 October, 7.30pm-9.00pm in The Courthouse, Kesh

Join a welcoming group where we gain practical skills and discover a brighter future over this **free** 8 week course. Learn practical money saving techniques, such as cooking on a budget, living healthily on less, and making money go further.

There is also more information about Life Skills on our website www.caplifefskills.org.

Booking essential –

Contact Viola violabryson@capuk.org 07541 547900

Or Patricia patricia robinson@caplifefskills.org 07522 175030

Flourish - Life After Lockdown

Wednesday 11 October, 2-5pm - Omagh Enterprise Centre

Refreshments provided.

To register email info@wewillflourish.com Tel 028 9075 5070

New fully funded practitioner training to help children and families to learn about money

If you work with children and families, this **free workshop** offers a new approach to learning about money for children with diverse needs including autism spectrum disorders and social, emotional and behavioural difficulties. The training is delivered by [Campaign for Learning](#), supported by the Money and Pensions Service and builds on the Love Learning about Money programme.

- Learn how to deliver an inclusive and accessible financial education programme for children aged 3 to 7 years old through rich learning experiences using Makaton, sensory icons, storytelling, songs, games and family activities
- Get access to all the resources and tools you need to deliver the activities including facilitator's guide, multimedia content, session plans and certificates
- Learn how to differentiate your learning delivery to respond to children's individual learning needs
- Learn how to integrate Makaton signing into your learning delivery
- Learn how to use sensory icons to differentiate learning activities
- Find out how to join our new financial education community of practice and networking events

[BOOK HERE](#)

An evening with the Belfast Community Gospel Choir

Saturday 4 November, 7.30pm

Ardhowen Theatre, Enniskillen

Hosted by Enniskillen Methodist Church

Tickets available from Box Office 028 6632 5440 and online

Families Moving On

Befriending Service

Everyone needs other people, but not everyone has someone.

Befriending is a service that provides companionship, the chance to develop a new relationship, and opportunities to participate in social activities. Its purpose is to reduce social isolation and enhance quality of life.

A Befriender is a trained volunteer who offers their friendship – within agreed limits and boundaries – to someone who is isolated, lonely, or vulnerable.

Services provided...

- One to one home visits
- Support to socialise ie out for coffee or attend organised events
- Support to attend medical appointments
- Telephone calls
- Carers' support

If you or someone you know needs friendship and support, please contact us for more information or to make a referral to the service.

You can contact Claire on 028 8225 0369 or email info@familiesmovingon.com

or drop into our office at 6-8a Market Street, Omagh

Everyone needs a friend at some time in their life. Let us help

Westend Dementia Choir

A new choir group for people living with dementia in our local community.

Tutor: Valerie Whitworth

Weds 4 Oct, 11 Oct, 18 Oct, 25 Oct, 1 Nov. 1.30pm-3.00pm

Contact Allison on aforbes@southweststagepartnership.co.uk or 028 8225 1824 to book a place

Erne Paddlers

Did you know that you can paddle with Erne Paddlers all year round? Our indoor pool kayaking sessions start in October, in Enniskillen and in Fivemiletown.

Between now and March next year, we will run courses suitable for new beginners up to advanced paddlers, as well sessions for kids (7yrs+) and our continuing teen junior leader programme. With limited space, our pool courses fill quickly, so don't delay, book asap.

Full details of all courses and activities are here: www.ernepaddlers.org.uk/events

Paddlesport 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 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, paddlesport 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 paddlesports for all. If you need extra support to paddle, please get in touch to discuss how we can help. If you would like to talk to us about bespoke activities for a particular group, just give us a call. We try to keep prices as low as possible and there are additional discounts available depending on individual circumstances. Find us on Facebook, Instagram and Twitter for regular updates too.

Please get in touch via social media, email@ernepaddlers.org.uk or call/WhatsApp 07468 911398.

Parenting NI

Odyssey Parenting Your Teen - Online

Wednesday 27 September – Wednesday 15 November, 7pm-9pm

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

To register call 0808 8010722

Summerhill Foundation Programme for parents

Commences Wednesday 4 October, 7-9pm x 4 weeks via zoom

Summerhill Foundation have collaborated with Parenting NI to provide practical support to parents in the form of a 4-week programme. This programme will allow parents to meet and discuss family life in a safe environment. Picking up tips on how to reduce household bills and expenses, play and connect with their child, practice self-care and become more confident in handling the daily pressures they face. By offering this programme it is our hope that families will benefit from a happier home life and children will feel more secure as they are given the support and love to enable them to reach their full potential in life. Session themes include nutrition and healthy eating, play and reading, cost of living, fitness and wellbeing.

Parents will receive a certificate and a £20.00 gift card on completion of the full 4 weeks.

Parents just need to call our support line on 0808 8010 722 to book a space

SkillSET - support for people with disabilities, autism and brain injury

The Cedar Foundation is delivering the SkillSET programme across Northern Ireland to support people with disabilities, autism and brain injury to gain employment and access training and skills. Please click on the link below to find out more about the service

or contact Leanne McCrory on 07525 898792 or 028 7136 0136 or 028 66 327361 :

[SkillSET | The Cedar Foundation \(cedar-foundation.org\)](https://cedar-foundation.org)

Community Transport Review

The Department for Infrastructure is seeking your views on the community transport service you use, either:

- the Dial-a-Lift service with your local rural community transport operator; or
- the Disability Action Transport Scheme within your urban area.

The results will allow us to assess user views on how the transport services are provided and any associated benefits to its users.

Please complete the answers based on your usual travel experiences.

This short survey should take around 5-10 minutes. Click on

<https://consultations2.nidirect.gov.uk/dfi-1/community-transport-review/>

The closing date for the return of the survey is Friday 13 October 2023.

The 'Your Happy Place' competition is back by popular demand!

<https://www.fermanaghomagh.com/services/community/agefriendly/agefriendlyconference2022/>

For your chance to get your image included in the 2024 Age Friendly Calendar, please submit a picture of your happy place to Allison Forbes, 54 Gortview Close, Omagh, BT79 7WU or email

aforbes@southweststagepartnership.co.uk

Closing date Sunday 15 October 2023.

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

Odyssey Parenting Your Teen

Wednesday 27 September – Wednesday 15 November, 7pm-9pm

Online

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

To register call 08088 010722

This programme is open to all parents/carers of teenagers living within the Western Trust area.

Omagh Volunteer Centre

Volunteer Friendly Award

This is a user-friendly quality standard to support, recognise and reward groups who are good at involving volunteers.

It has never been more important for groups to be able to show how good they are at involving and managing their volunteers. We believe regardless of your group/organisation size or set up you should be rewarded and recognised for the difference your volunteers make.

Volunteer Friendly's requirements are set at an achievable level for each volunteer programme, allowing for more groups to engage with Volunteer Friendly, who will be recognised for the work they do. This Award is now available through Omagh Volunteer Centre.

What's the process?

The Volunteer Friendly Award has been designed to be an effective and involving six-step process.

It ensures that your volunteers receive the best possible support, and your organisation receives maximum benefit from your volunteers' contribution.

How long does it take?

There is no fixed deadline, but we would expect organisations to complete the six steps within 6 to 9 months.

For more information please email Martin at volunteer@omaghvolunteercentre.org

Or call 028 8224 0772

We Care Project

Omagh

Free help and support for those who:

- Care for Adults and Children
- Work within the caring profession
- Receive direct payments
- Paid and unpaid care workers

Support with:

- Behaviour management
- Caring challenges resolution
- Attending planned activities/meetings
- Health and wellbeing
- Training and specialised personal development
- Information on services and resources
- Social Development – opportunity to meet other carers

For further information contact wecareomagh@outlook.com

Tel: 028 8224 0991 Mobile: 07850 441985

Traveller Cultural Awareness Training

Online sessions delivered by Donegal Travellers Project.

Registration is by way of Eventbrite. See link below -

Friday 6 October, 10am-1pm <https://www.eventbrite.co.uk/e/699471858157?aff=oddtcreator>

Menopause after Cancer Workshops

WHSCT and Macmillan Health & Wellbeing Campus at Altnagelvin are delighted to be working in partnership with Action Cancer and SWELL (Supported We Life Live) to offer two workshops to support anyone experiencing menopause following treatment for any type of cancer.

The workshops will be led by Dr Gwyneth Hinds and include input from a WHSCT Women's Health physiotherapist. Content includes how to manage menopausal symptoms, reduce side effects of treatment and improve long term survival.

These workshops have been jointly funded by Action Cancer and WHSCT Endowments & Gifts Fund for patients with cancer.

Workshops take place as follows:

Friday 20 October, 10am-1.30pm - Fermanagh House, Enniskillen

Monday 23 October, 10am-1.30pm - Waterfoot Hotel, Derry/Londonderry

Click on <https://actioncancer.org/services-info/support/support-events/> to register or contact Action Cancer on 028 9080 3344

The NOW Group

An award-winning social enterprise and charity supporting people with Autism, hidden disabilities and neurodiverse conditions whether just leaving school or college, unemployed, returning to work or graduates. We also offer a family service for new or expectant parents with a learning difficulty or autism and social groups.

- Training and Job Academies for jobs in Admin, Catering, Cleaning, Digital, Horticulture, Hospitality, Retail, Warehouse and Essential Skills for aged 16+. To register visit www.nowgroup.org/training-jobs
- Community provision in Belfast, Enniskillen and Omagh.
- We offer a range of soft skills to enhance learning in a variety of areas. Some examples include - money management, time awareness, independent travel training, emergency services, essential skills in Literacy and numeracy. Criteria for this is 18+ and participants.
- Our supported Employment programme is for those aged 16+ who have a Learning Need/ Disability/Autism/ or feel they have a barrier and are interested in getting into jobs for the future, training, work placements or volunteering.
- We have no age limit
- No time limit to work with the individual
- Everything is participant led
- There does not need to be evidence shown to us of the learning need/disability
- We offer a range of OCN accredited courses some can be 5 weeks to 12 week courses. Eg Driving Theory
- Parenting Programmes
- Social Groups for drama, art, creative writing, Fandom and our football club.
- Jam Card which allows a user to ask for 'Just a Minute' of patience in social or business situations. You can download the app from the [Play Store](https://play.google.com/store/apps/details?id=com.jamcard) or [Apple](https://apps.apple.com/gb/app/jam-card/id1444444444). You can order a physical card via our website: <https://www.jamcard.org> or by phoning 028 9043 6400.

Any questions about any of our services please do not hesitate to get in touch.

Contact Marie Maguire, Employment Officer (Fermanagh)

Tel: 028 9043 6400 Mob: [07818749712](tel:07818749712) Web: www.nowgroup.org

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/>

Deafblind UK

Friendly, accessible group talks

We support people to live better with sight and hearing loss. Our team offer an engaging and informative talk about the specialised, expert support we provide across Northern Ireland.

To arrange a talk that works for your group, contact us today:

Email: paula.meenan@deafblind.org.uk Mobile: 07876 881012

Oak Healthy Living Centre

Lisnaskea

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

Tel: 028 6772 3843

Email: Info@oakhlc.com or admin@oakhlc.com

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

Bonding with Baby

Before Birth and Beyond

Thursday 12 October, 9.30am-1pm online

Western Trust's, Health Improvement, Equality and Involvement department is delighted to be supporting the organising of this event. It's a regional online Infant Mental Health event with some great speakers.

To register, [Click here for the Eventbrite link.](#)

Enniskillen and District Soroptimist International

Charity Breakfast

Saturday 14 October

Killyhevlin Hotel, 8am until 10am

Guest Speaker at 9am – Mrs Naomi Long MLA on her life experience and advocacy for girls and women

All proceeds to Soroptimist Charities

Cost £25 for full Irish or continental breakfast

Tickets available from Mrs Philomena Cleary 07791 513048

Cheques payable to Enniskillen and District Soroptimist Club

Aisling Centre

Modern Energy Tapping

A simple technique that you can learn to help manage everyday stress and anxiety.

19 October & 16 November. Suggested donation £3

Drop-in sessions – no booking required.

Mindfulness Meditation

Monthly drop in sessions for adults and young people ages 17+

Last Tuesday of the month – 7pm-8pm

Sessions Free / Donations Welcome

Numbers limited – Booking Essential

To register or for further information email info@theaislingcentre.com or telephone 028 6632 5811

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. Contact Aisling Centre 028 6632 5811

Yoga

Thursdays 12 noon-1.30pm. Jenni Brown (Yoga Ocean) 028 8954 1994

Wednesdays 6.30pm-7.30pm. Shauna McMorro (Aurora Yoga) 07526 465004

Thursdays 7pm-8pm. Theresa Cleary (TLC Yoga) 07923 694523

Fermanagh Pride

Group meets first & third Tuesday every month

For more info email fermanaghpride@gmail.com

Tara Centre

Please see link below for the Tara Centre Autumn Brochure containing details of weekend events and workshops.

https://taraomagh.com/wp-content/uploads/2023/09/Tara_Centre_Autumn_Brochure_2023_web.pdf

Sunday 29 October

Gemma from Nurtured Living is organising a Health & Wellness Retreat & Fair event at the Silverbirch Hotel. Not only are you in for a self-care treat, you also have the chance to get ahead with your Christmas errands!

Morning Retreat 10am - 12.30pm followed by a Well-being & Craft Fair, 1pm - 5pm.

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](#)

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

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.

Water Safety Webinar Series

Join the RLSS, RNLI and Swim Ireland in our webinar series to learn about the key factors and topics around open water safety and awareness.

Topics:

- Weather and Wind
- Tide and Current
- Winter Swimming
- Event Planning and Risk Assessment
- Help and Swim Equipment
- Cold Water Shock
- Marine Life and Water Quality

For further information/to register contact <https://swimireland.ie/education>

Training Opportunities

WHST Health Improvement Equality & Involvement (HIEI) Department

Our latest Training Brochure offers **free training courses** taking place across the Trust from September 2023 to March 2024.

This edition of the HIEI Training Brochure is offering **four new courses**; Building our Children's Developing Brain, On your Feet, Food and Health Essentials and a Sexual Health Services Session. We are delighted to offer all of our nutrition courses again.

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

To view the Training Brochure click this link - [Health Improvement, Equality and Involvement Training Brochure | Western Health & Social Care Trust \(hscni.net\)](https://hscni.net/Health-Improvement-Equality-and-Involvement-Training-Brochure)

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.

Community Development Capacity Building Programme

Elevate training

ARC Healthy Living Centre, Tuesday 3 October

Elevate offers a free, interactive full-day training programme focusing on community development as a way to reduce health inequalities.

You can watch this short video [here](#) which tells you how previous participants benefited from the training.

You do not have to be a community development practitioner or a health professional - the training is suitable for volunteers, paid workers and professionals from health, housing, education, environment, welfare and local government.

You can watch this short animation which shows why understanding the social determinants of health is crucial in reducing health inequalities [here](#) if you are interested in finding out more.

If you are an experienced worker, new to this area of work or simply an interested individual, there will be something here for you.

Participants must be available for both the morning and afternoon session of the training.

Register to attend at <https://elevateni.org/training/training-dates/>

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 6 November 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.

“Creating Hope Through Action”

This year we are calling on people to ‘Walk & Talk’

Embracing the Take 5 messages to ‘Be Active’ and ‘Connect’

The campaign will run for 4 weeks, from 11 September to 9 October, marking the period between World Suicide Prevention day (10 September) and World Mental Health Day (10 October).

Over the 4 weeks, the campaign aims to reach individuals and communities across the region.

Attend Walk Leader training for your group or organisation, which will enable you to safely arrange and publicise your walk and talk event. Places are available for training on Tuesday 3 October in CKS Community Centre, Omagh (10am – 12.30pm). Book your place at [Walk Leader Training Tickets, Tue 3 Oct 2023 at 10:00 | Eventbrite](#)

Attend a mental health or suicide prevention training course and promote the mental health and suicide prevention training that is available locally.

You can find all the information and tools you need to take part in the campaign at www.mindingyourhead.info/walk-and-talk-2023

Playwork training for youth workers across Ireland

Play is one of the most effective mechanisms for engaging with children and young people within youth settings. PlayBoard's Playwork in a Youth Work Setting builds upon, and complements, current youth work training.

This focused playwork training and accompanying resources will help youth workers better meet the play needs of the growing number of younger members attending youth settings. Participants will develop an enhanced understanding of playwork and play-based approaches with the aim of building an enriched play environment and improved play offer for the children and young people attending their youth setting. This training is suitable for full-time and part-time youth work employees and volunteers in the statutory and voluntary sector in Northern Ireland and the Republic of Ireland.

6 hours - 1 training session, 1 play modelling session

Delivered face-to-face or online to suit your needs

Facilitated by PlayBoard's experienced staff team, offering 1-1 support

Training is available at a time that suits you

Training costs vary depending on location – get in touch to discuss your needs.

Contact Maeve McLaughlin – T: 028 9080 3380 or E: maeve.mclaughlin@playboard.co.uk

Action Mental Health

Funded Programmes for Community & Voluntary Sector Organisations

Mindset

A three-hour programme available to both young people 14 to 17 years and adult groups which aims to raise awareness and increase knowledge and understanding of:

Mental and Emotional Health and Wellbeing

the signs and symptoms of mental ill health

self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and wellbeing

the importance of self-care with respect to our well-being

Information and/or resources on mental health support organisations available (locally and regionally)

Fermanagh Trust

Free Essential Training

for Volunteers or Staff in the Community/Voluntary Sector

eg:

Community Associations

Voluntary Groups

Sports Clubs

Church Groups

Charities

Providing you with free accessible learning and development opportunities in a relaxed environment, ensuring you can meet the demands of your role whilst meeting others and building supportive networks locally.

Our September to January Programme can be accessed at the link below.

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

If you have any questions or learning needs we are not addressing through the programme please get in touch

Tel 028 6632 0210 Email sonya@fermanaghtrust.org

The YEW Programme

A six-week programme of two hour sessions once a week -

Session 1: Mental Health & Coping with Change: Improving knowledge of mental and emotional well-being and learning tools to cope with change.

Session 2: Mental & Emotional Resilience: Discussing what resilience is and learning about ways to improve your resilience.

Session 3: Managing Stress: Learning more about how stress affects your mental health and the things you can do which will help you to manage it.

Session 4: Understanding Feelings & Emotions: Learning more about managing your feelings and emotions and learning tools to help you cope well with emotions.

Session 5: Communication & Relationships: Learning more about good communication skills and how they can support healthy relationships.

Session 6: Self Esteem & Confidence: Learning about the links between mental health and self-esteem and ways to boost one's self esteem.

If anyone has any queries or is interested in making a booking please contact Michael McLean, Project Worker (MensSana Team), AMH New Horizons

T: 07976 639909

E: mmclean@amh.org.uk

W: www.amh.org.uk

AWARE NI - Mental Health Awareness Training in Enniskillen

Mood Matters Adults (18+)

Monday 23 October, 10.30am-12.30pm

INSPIRE Offices, Fermanagh House, Enniskillen BT74 7HR

To register to attend please visit: <https://aware-ni.org/mood-matters-for-adults>

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

Living Life to the Full (18+)

Monday 6, 13, 20, 27 November and 4, 11 December, 10.30am-12.30pm

INSPIRE Offices, Fermanagh House, Enniskillen BT74 7HR

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

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

The above Programmes/Workshops can be delivered free of charge face to face in other locations or via zoom

Contact Catherine McColgan

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

Clear Project

Free training opportunities

Click on the links below to register:

[Impact of Alcohol on Self Harm & Crisis Intervention](#) 12th October 2023 Online via Zoom

[Anger Management](#)

2nd & 3rd November 2023 Venue: North West Learning Disability Centre, Derry~Londonderry

[Mental Health First Aid \(MHFA\)](#)

16th & 23rd November 2023 Venue: Omagh Enterprise Centre

[Motivational Interviewing Level 1](#)

4th & 5th December 2023

Online via Zoom

[Self harm & Autism No.2](#)

7th December 2023 2023

Online via Zoom

Funding Opportunities

Community Development and Health Network

The funding for CDHN elevate programme is open now for 2023/24

Visit [The Elevate Programme – developing skills in your community | Community Development and Health Network \(cdhn.org\)](https://cdhn.org)

Building the Community-Pharmacy Partnership

We would like to draw your attention to our latest round of funding for BCPP.

Closing dates for applications are as follows:

Level 1 – Thursday 12 October 2023

Level 2 – Thursday 9 November 2023

Contact a member of our team on 028 3026 4606 Email bcpp@cdhn.org

Kellogg's Funding for Breakfast Clubs

Offering schools the opportunity to apply for a grant of £1000 to help fund breakfast clubs. A limited number of grants are available so priority will be given to those schools that have 35% and above of children in receipt of pupil premium funding. To apply for a grant [click here](#).

[Grants For Schools | Kellogg's \(kelloggs.co.uk\)](https://kelloggs.co.uk)

Free Trees for groups

Trees on the Land funding is available to all landowners including farmers, smallholders, schools and colleges, sports clubs and community groups and the trees are provided free as they are sponsored. Native and apple trees are also available for individual gardens, however, there is a small cost for these trees.

The closing date for Trees on the Land is Monday 23 October 2023, however, the trees are allocated on a first come first serve basis, therefore it is recommended that you submit your application as soon as possible. More information is available from the Trees on the Land website (www.treesontheland.com/plant-trees).

The Tree Council is also offering its Branching Out Fund for schools and community groups wishing to plant trees, orchards or hedgerows with funding of £200 to £2000 available.

The closing date for applications is Sunday 3 December 2023 which coincides with National Tree Week. More information is available from the Tree Council website (www.treecouncil.org.uk).

Benefact Group: Movement for Good Awards

The Movement for Good Awards is an annual programme of giving, set up by all the businesses that make up the Benefact Group. It's their opportunity to make a tangible difference to the lives of the people and communities they serve, by supporting the charities, not-for-profit organisations, and community interest projects that mean something to you.

In 2023 they are donating more than £1 million.

Full details available at [Movement for Good - Nominate a charity for an award](#).

The closing date and time for submitting a Nomination Form for each draw is 23:59 the day before each draw (see above for dates).

Family Fund

Information on grants for families raising a disabled or seriously ill child

[Family Fund](#) is the UK's largest charity providing grants and services for families on low incomes raising a disabled or seriously ill child or young person, up to the age of 24.

Grants are available for essential items to help meet a child or young person's support needs, including kitchen appliances, furniture, computers and tablets, play and sensory equipment, clothing, bedding and family breaks.

We also provide services such as digital skills workshops, online money management tools and information events. [Find out more about our information and support services](#) on our website.

Who can apply?

To decide if your family is eligible for a grant, Family Fund look at your income and the impact of disability on your child. Children and young people do not need a diagnosis to meet our criteria.

You can [read more about our eligibility criteria here](#).

How can I apply?

The easiest way to apply is to [register for an online account](#) with Family Fund. You can then use this to make an application, update your contact details, or track your application.

If you are not able to apply online, you can [download an application pack from our website](#).

Find out more

You can find out more at www.familyfund.org.uk, call us on 01904 550055, email us at info@familyfund.org.uk or join the conversation on [Facebook](#), [Twitter](#) and [Instagram](#).

The Royal Countryside Fund: Supporting Rural Communities

The Royal Countryside Fund remains one of very few funders focused on rural communities across the UK.

Their experience shows that, by working with local organisations, they can help to address the challenges faced by those who live and work in rural areas. Supporting Rural Communities is their flagship grant programme, awarding £500,000 each year to power community-led solutions that enhance the viability and sustainability of rural communities.

Grants are for a maximum of £25,000 over two years, and applicants must be from properly constituted, not for profit organisations with an income of less than £500,000.

They support projects taking places in villages and towns in rurally isolated areas, where access to services is limited.

Population & Rurality - While the RCF does not impose strict limits on population size, they focus their support on remote rural areas, where the project is required due to a lack of alternative services in that locality. Therefore, applications from small villages and towns, or rurally dispersed areas, will likely be prioritised over those from larger towns, which may be better served.

They appreciate that some larger towns (over 4,000 people) may still be underserved and distant from urban and per-urban hubs. If your community falls into this category, they recommend contacting the Grants team to discuss prior to starting an application.

Village halls & community hub renovation - While they can consider applications for village hall and other community asset renovation projects, you will need to clearly demonstrate why this project is needed; that there is no similar provision provided by other assets in your community; and that there is demand from the local community to have this work done. The evidence required here must be from the wider community, not just from the applicant themselves.

Closes 12 noon, Friday 20 October

For more information please visit www.royalcountrysidefund.org.uk

British Science Week 2024

An annual programme of science, technology, engineering, and maths events and activities that takes place across the UK in March each year.

Applications will be considered from community-based groups and organisations that work directly with audiences who are traditionally underrepresented and currently not engaged in science activity, including:

- People from ethnic minority backgrounds.
- People living in communities which face deprivation, including people disadvantaged in terms of education and income.
- People with a disability or long-term health condition.
- People living in a remote and rural location, defined as settlements of less than 10,000 people.
- Girls and women, with priority given to community groups who work with at least one other underrepresented group.

Activity providers, libraries, museums and other institutions who are looking for funding to run an event with a group that meets one of the target audiences are encouraged to partner with a community group.

Two levels of grants are available:

- £500 grants to run one or more events during British Science Week.
- £1,000 grants to run one or more events during British Science Week, as well as either preparatory or follow-up activities that will lead to continued engagement beyond British Science Week.

Examples of eligible events and activities include, but are not limited to:

- Sports science sessions with football and rugby clubs.
- Community-created science exhibitions in places of worship, community gardens, libraries and pubs.
- Community-led research projects and experiments with youth clubs and groups with special educational needs.
- Scientifically-informed theatre productions and art activities.
- Activity packs and pre-recorded videos.
- Digital and hybrid physical/digital activities can be supported.

The grants can be used for materials, room hire, publicity, speakers, trainers, freelancers, project-specific staff costs, audio-visual hire, reasonable volunteer expenses, transport or other costs of running the event or activity.

For further information visit <https://www.britishscienceweek.org/grants/community-grant-scheme/>

The deadline for applications is Monday 6 November 2023 (23:59)

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.