

Fermanagh & Omagh District Council Community Support News – November 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 28 November

Council News & Events

Belleek Community Centre

Expression of Interest

Fermanagh and Omagh District Council invites expressions of interest from individuals, companies, community groups, clubs or other organisations to enter into a licence to operate and manage Belleek Community Centre, Station Rd, Belleek, Co Fermanagh, BT93 3FY.

The Council is offering a licence to operate and manage the building as a community centre.

In order to submit a bid, an Expression of Interest submission is required to be completed by anyone interested. The Expression of Interest information can be found on the Council's website at <https://www.fermanaghomagh.com/services/community/community-centres/expression-of-interest-for-licence-to-operate-and-manage-belleek-community-centre/>

The closing date for submissions to be received is 12 noon Monday 20 November 2023.

Sligo to Enniskillen (SLNCR) Greenway - Public Consultation

Tuesday 7 November 2023, 12pm-8pm, Belcoo Community Centre

This Project is to provide a Greenway from Sligo town to Enniskillen passing through Collooney, Ballintogher, Dromahair, Manorhamilton, Glenfarne, Blacklion, Belcoo and Letterbreen on the way.

Online consultation now open.

The closing date for submissions is 5pm on 17 November 2023.

For more information visit <https://www.fermanaghomagh.com/article/sligo-to-enniskillen-sln-cr-greenway-public-consultation-no-2/>

Fermanagh Churches' Forum in conjunction with FODC

Last Autumn Drop In Seminar 2023

Thursday 16 November, 7.30pm

Presbyterian Bridge Centre, East Bridge Street, Enniskillen

Theme: Identity and Belonging - Dr Johnston McMaster, Adjunct Assistant Professor, Irish School of Ecumenics, Trinity College Dublin.

Everyone welcome. Tea/Coffee will be served

Brookeborough Play Parks - have your say!

<https://www.fermanaghomagh.com/services/parks-and-open-spaces/play-parks/>

As part of the Council's Play Park Strategy, we are currently consulting on the play park provision in Brookeborough. Have your say at a Public Event on

Monday 6 November at 8pm in Station House Brookeborough

or complete the online consultation tinyurl.com/zhterc7v

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

Strule Arts Centre, Omagh

Saturday 28 October

(last Saturday of every month) Tyrone Art Club 10am - 12pm or 1.30pm - 3.30pm

Give your kids the opportunity to learn how to create a painting to take home with a qualified Teacher and Artist! Gail Turner is a working artist, a qualified teacher, and has a postgraduate diploma in Therapeutic Art for children. All materials are supplied. Suitable for ages 6-14 years

Monday 30 October	2-3pm	Halloween Cupcake Decoration for Kids 8 yrs+
Wednesday 1 November	10.30am -12pm 7.30pm - 9pm	Soundbath & Meditation with Donna McBrearty Singing with Valerie Whitworth (6 week course)
Friday 3 November	7- 9pm	Swing Dance class for beginners with Swing Dance Tyrone
Tuesday 7 November	10am -12pm	Adult Pottery class with Frances Sweeney (5 week course)
Wednesday 8 November	10am -1pm	Smartphone Photography for Business with Anita Kirkpatrick
Thursday 9 November	7pm	Exhibition Opening: Connecting Threads: Textile Crafts by Omagh Quilters Guild
Thursday 16 November	11am	Gallery Tour & Talk by Omagh Quilters Guild

If you require any further information on any of the above, or to obtain a copy of the Strule Arts Centre programme of entertainment, log on to www.struleartscentre.co.uk or contact 028 8224 7831, email: strulearts@fermanaghomagh.com

Community Support

The Community Services Department offers support to individuals and organisations within the community and voluntary sector promoting community action. Officers within the Community Services Team are available to assist community groups and voluntary organisations make as big a difference as possible to local lives and issues. For further information, please visit [Community – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](https://www.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 any enquiries regarding Council support to charities, please email

communitysupport@fermanaghomagh.com

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 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.

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

Enniskillen Community Market

1st Saturday of the month, 10am-3pm

Salvation Army Hall, Enniskillen

Vinyl records, vintage clothing, cakes & bakes, crafts, special interest tables.

Money raised goes to a charity nominated by the stall holders.

Contact us on enniskillencommunitymarket@gmail.com

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

Autism Support Café

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.

This event is 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, or if you are interested in booking a stall to provide information please email ClaireA.Hamilton@westerntrust.hscni.net

JustUs

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

Regional Autism Information Service – Engagement with service users, families and carers

The Department of Health are developing an information service for Autistic people, their families and carers. This information service will also provide information for people who are waiting for an Autism Assessment.

The survey [Regional Autism Information Service](#) can be used to provide details of what information would be useful and the best way for people to access it.

For further information or if you wish for someone to attend your support group, please contact Sandra McCarry, Principal Consultant, HSC Leadership Centre on 028 9536 1608 / 07502 014912

Home-Start Omagh District

We **urgently** need volunteers to help with struggling families in the Omagh area:

Can you lend a hand?

Have you parenting or caring experience?

Can you spare 2-3 hours a week?

If so, Home-Start Omagh District really need your help.

We are looking for people who can support local families with young children in the Omagh District area through practical or emotional support, friendship and understanding, a listening ear, an extra pair of hands, encouragement and support. (Full training provided)

If you would like to know more, please call 028 8224 0902, email info@homestartomaghdistrict.org.uk, visit our website: <https://homestartomaghdistrict.org.uk/> or visit our Facebook page: @Home-Start Omagh District.

Omagh Healthy Living Network

Omagh Forum for Rural Associations is delighted to announce the launch of Omagh Healthy Living Network, which has received a funding boost of £499,595 thanks to a grant from The National Lottery Community Fund.

Omagh Healthy Living Network will deliver of a range of health promotion programmes across the rural and urban areas of Omagh as well as the roll out of Social Prescribing.

We will be supporting the Omagh District with programmes on;

- Mental Health
- Physical Health
- Food Health
- Smoking Cessation
- Pain Support
- Social Prescribing + other health promotion programmes

The Social Prescriber will take the time to chat to you about how you are feeling and what matters to you – and will explore options in your community to improve your wellbeing and help you plan your next steps.

(Note: All social prescribing referrals to go through the GPs)

Find out more - contact the team on 07458 094050 or email health@omaghforum.org

Follow us on Facebook - <https://www.facebook.com/omaghhealthyliving/>

Call for Anti-Bullying NI Focus Group Participants

The Anti-Bullying Alliance are hoping to deliver an anti-bullying programme for young people and their families, and community & youth workers, living in rural areas of County Armagh, Down, and Fermanagh. The programme will include separate workshops for;

- Children and young people (developing the skills to re-build confidence and self-esteem and making connections)
- Parents & carers (supporting your child through bullying experiences)
- Community & youth workers (professional anti-bullying training)

The Anti-Bullying Alliance are currently seeking focus group participants to discuss bullying experiences and support of young people and their families. If you are a young person aged 9-16, a parent/carer, or a youth/community worker, from the rural areas of County Armagh, Down, or Fermanagh, we want to hear from you.

All participating families will receive a £30 gift voucher, and all participating community & youth workers will receive a £15 gift voucher.

In order to register your interest, please complete this [online form](#) or email us at aba@ncb.org.uk.

All participants will be contacted with focus group dates and times after registration.

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

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

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

Walk and Talk

The Western Trust Health Improvement, Equality and Involvement Department have worked with Trust staff and communities to encourage them to 'Walk and Talk' embracing the Take 5 messages to 'be active' and 'connect'. Walking is free and one of the easiest ways to get active and it can provide a great boost to your mental wellbeing. There are lots of great places to walk and talk in our Trust area. To find out more about walking routes or to join an existing walking group, visit: [Western HSC Trust Area – Local Walking Opportunities | Minding Your Head](#)

[CLICK HERE](#) for more information about how to continue connecting with others by walking and talking!

Although getting out in the fresh air and talking to a friend or colleague can really help, there are times when other services can offer the support you need. If you or someone you know is in distress or despair, call Lifeline on 0808 808 8000 where you can speak to a counsellor available 24 hours a day, every day of the year.

For more information on walking groups, contact camilla.lowry@westerntrust.hscni.net

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

Erne Paddlers

Did you know that you can paddle with Erne Paddlers all year round? Our indoor pool kayaking sessions started in October, in Enniskillen and Fivemiletown. The next intake of participants will be in November. Over the coming six months, we will run courses suitable for new beginners up to rolling skills courses for advanced paddlers, as well as 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. Whether you're a complete novice or have dabbled in the sport before, our pool sessions are designed to introduce you to the world of kayaking in a safe and enjoyable way. 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.

If anyone would like to find out more, please get in touch via social media,

email@ernepaddlers.org.uk or call/WhatsApp 07468 911398.

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)

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

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

Aisling Centre

Modern Energy Tapping

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

Thursday 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

Summerhill Parenting Programme

Omagh – 4 Tuesdays starting 7 November, 6.30-8.30pm - CKS Community Centre

Lisnaskea – 4 Wednesdays starting 8 November, 10am-12pm - Oak Healthy Living Centre

This is a 4-week programme lasting two hours and families who complete the full 4-week programme will get a £20 gift voucher at the end. This programme will allow parents to meet and discuss family life in a safe environment. This entails 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. Session themes include nutrition and healthy eating, play and reading, cost of living, fitness, and wellbeing.

The programme is aimed at families with children aged 3 to 10 years old at early intervention.

Book for Omagh with shauna.mckenna@actionforchildren.org.uk

Book for Lisnaskea with seana.connor@actionforchildren.org.uk

Condition Management Programme (CMP)

A 12 week programme which provides support and advice to help individuals manage their health conditions to consider work or training options. They see people who are aged 16+ years who are on benefits and unemployed. They also see people who are in work but struggling to stay in work or return after a period of sick leave.

The programme offers advice on topics such as:

- Dealing with stress and anxiety
- Managing low mood and depression
- Coping with pain and fatigue
- Communicating with confidence
- Developing a healthier lifestyle

Clients can refer themselves to the programme by calling 028 6632 4950. There is currently a short waiting list.

For more information or if any questions, please contact louise.harkness@westerntrust.hscni.net.
Website www.westerntrust.hscni.net/service/condition-management-programme

Better Together -Níos Fearr Le Chéile, Peace Impact Programme 2022-2024

Libraries Symposium – Thursday 23 November

A very special one-off event to complete our Cross-Border Reading Project. The evening will comprise of a number of informative seminars, discussion groups, and culminates with a special roundtable event – Exploring the themes of the project; looking at similarities and differences from the books chosen related to borders/boundaries, good relations, equality and peace and reconciliation. A number of our high profile authors will also be in attendance. Refreshments will be served throughout the evening, and will run from 5pm – 9pm in The Island Theatre, Ballinamore.

Celebratory event – Friday 24 November

Join us for an evening of celebration and recognition of achievements. This celebratory evening is a tribute to the accomplishments and achievements realised by the project and its participants over the past 2 years. The evening promises a captivating experience, showcasing the journeys, efforts and contributions from all involved. Refreshments will be served throughout the evening, and will run from 3pm – 7pm in the Island Theatre, Ballinamore.

Tel: +353(0)87 383 5513

E: baccpeaceimpactprogramme@gmail.com

W: www.ballinamoreacc.ie

This Project is funded by the International Fund for Ireland & managed by Ballinamore Community Council Clg

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

Invitation to join Men's Health West network

Monday 11 December 2023, 10am – 1pm

in Estates Conference Room, T&F Hospital, Omagh

There are many compelling reasons to work with men to improve their mental and physical wellbeing:

- Men are three times more likely to die by suicide than women.
- Men are less likely to seek professional help until they are in crisis.
- Men in their late teens to mid-50's are the most 'at risk' group in our society and risk increases for men who are single, unemployed or socially disadvantaged.

There is already a wide range of health initiatives that target men across the West and these are being expertly guided by our community, voluntary and statutory partners. So we can collectively share ideas and best practice and create an environment for partnership working, we would like to invite you to join the men's health forum for the Western Trust area: Men's Health West. The vision for the group is to promote, support, facilitate and sustain a network of organisations and individuals who have an interest in raising awareness of the health and wellbeing issues affecting males within the Western Health and Social Care Trust area.

If you are already involved in a project targeting men or you work with men and boys in the community, voluntary and statutory sectors and would like to know more, please confirm your attendance/interest by emailing sonia.montgomery@westerntrust.hscni.net.

Light refreshments will be provided

E-Male Matters Newsletter - Autumn 2023

The newsletter of the Men's Health Forum in Ireland (MHFI)

You can access an online copy of this newsletter (and earlier editions) at www.mhfi.org/newsletters/about-e-male-matters.html

There's no denying that the state of men's health on the island of Ireland is often poor. However, there are things which can be done to change this situation and men, themselves, can play a key role in doing this. 'Action Man - ten top tips for men's health' (<https://mhfi.org/ActionMan2023.pdf>) is a free Man Manual which was launched to mark Men's Health Week in June 2023. It has now been re-printed to celebrate International Men's Day, which takes place on 19 November. If you would like to order hard copies of this Man Manual (for your employees, men's group, library, fathers' programme, health project, apprentices, work colleagues, friends, sports club etc.), please send an email to colin@mhfi.org stating:

- How many copies you would like.
- The name and full postal address (including Eircode/Postcode) of the person to send them to.
- A contact phone number (in case there is a problem with the delivery).

Please note supply of the booklet is limited, and will be given out on a first come first served basis.

Latest Volunteering Opportunities

Fermanagh <https://www.volunteernow.co.uk/volunteering-opportunities/>

Omagh <https://omaghvolunteercentre.org/opportunities>

Training Opportunities

The Prince's Trust upcoming courses and opportunities

The Prince's Trust creates opportunities for vulnerable young people to thrive and support them to build their skills and confidence.

We enable them to take responsibility for their lives and work towards a future they can be proud of. To do this, we support 16-30 year olds who are unemployed or not in school. We have several programmes that cover the areas of education, employment, personal development, and enterprise.

Please see the link to our website- <https://www.princes-trust.org.uk/>

Upcoming courses in Northern Ireland include:

Explore Plus (30th October - 7th December) - Belfast

Get Hired - November 2023 - online

Explore Enterprise Online (2nd and 16th November) - online

Explore (6th – 24th November) - Belfast

Get Started with Filming (Taster 8th; 13th - 27th November) - Derry/ Londonderry

Get Started with Hairdressing (Taster 14th; 20th – 24th November) - Belfast

Team (27th November - 16th February) - Derry/ Londonderry.

Get Into Gaming - December 2023 - Derry/ Londonderry.

All travel expenses are covered and if you are interested in a course that is not currently in your area, give us a call.

Email Ciara.Garrett@princes-trust.org.uk , Phone 07483 951510.

Free Equipment and Training for Sports Clubs 2023/24

The Clear Project, in conjunction with the Public Health Agency, are offering constituted, voluntary sector sports clubs in the Western Trust area the opportunity to avail of training which will help them support their members and get £500 worth of relevant sports equipment for the club.

For further information visit [Public Health Agency - grants for Sports Clubs](#)

Deadline Monday 6 November 2023 (3pm).

Omagh Healthy Living Network

Transform your Trolley - 6 week course

Starts Thursday 2 November, 10am to 12 noon

Strathroy Community Centre

If you want to transform your eating habits, your shopping trolley is the best place to start and our new course can help you with that!

Demonstration food will be provided to all recipients **free of charge**.

For further information/to register visit <https://bit.ly/46sAJ7H>. Spaces are limited.

The Trauma-Informed Approach to Practice Training

Corrymeela - 7/8 November

This training is specifically designed for professionals, practitioners, and volunteers supporting people seeking asylum and refuge within Northern Ireland.

For full details please visit <https://www.eventbrite.co.uk/e/713848117937?aff=oddtcreator>

Any queries contact denisebradley@corrymeela.org

OCN Level 3 Certificate Supporting Individuals with Learning Disabilities

This certificate will provide you with the skills and knowledge required to support people who have a learning disability. Whether you wish to pursue a career in this area or you are currently working in this field and want to further develop your understanding, this course will prepare you for employment opportunities or further learning within the health and social care or related sectors. You will study the context of supporting individuals with learning disabilities, the principles of positive risk-taking, mental wellbeing and mental health promotion, effective communication within health and social care settings and the theory and practice of supporting individuals with Autistic Spectrum Conditions.

This course runs over 24 weeks on Thursdays from 5.30pm – 9pm. Starts Thursday 9 November. For further information, please contact Sarah Allison on sarah.allison@nwrc.ac.uk

Sexual Health Courses

The Health Improvement, Equality and Involvement Department have two upcoming Sexual Health courses. Both courses are taking place online. Full details and registration links are below:

Talking to Young People about Sensitive Topics: Wednesday 8 November 2023

Identify areas uncomfortable to discuss; build self confidence and develop strategies for communicating with young people about sensitive topics; increase awareness about sex and relationships related information

[Register HERE](#)

Online Misogyny and Young People: Wednesday 13 December 2023

Develop greater understanding of the prevalence of online misogyny; identify how online platforms are utilised to spread misinformation and misogynistic messages; explore the mechanisms of online algorithms in targetting young people; develop greater understanding of how young people are influenced and impacted by online misogyny (including the impact on marginalised groups e.g. LGBTQI+); explore methods of educating young people around information online.

[Register HERE](#)

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](#)

Investing in Community leadership: 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 Autumn 2023, 15 places available.

Free course open to anyone volunteering or working in the Community / Voluntary sector. 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

Submit an Expression of Interest Form here: <https://forms.gle/nxWPoD1do21MVTnp7>

For further information, please contact Sonya Johnston on 028 6632 0210

Email sonya@fermanaghtrust.org

Website www.fermanaghtrust.org

Free online Solihull awareness training for parents/carers/practitioners

Open website: [Pages - Home \(inourplace.co.uk\)](http://Pages - Home (inourplace.co.uk))

Click on green button titled- "start now: Buy courses or apply code"

In top orange bar- Type in access code: NIBABIES

Type in your details to register - Courses available are free once you register

Course titles

1. Understanding pregnancy, labour, birth and your baby
2. Understanding your baby
- 3a. Understanding your child
- 3b. Understanding your child with additional needs
4. Understanding your teenager's brain
5. Understanding your brain (for teenagers only!)
6. Understanding your child's feelings (a taster course)
7. Understanding your child's mental health and wellbeing (accompanies 3a and/or 3b)
8. Understanding your relationships
9. Understanding pregnancy, labour, birth and your baby: for women/ couples

Network Personnel

Free online accredited and non-accredited training,
new upcoming environmental training and **exciting** shed activities.

GROW (Growth, Resilience, Opportunities and Work) is a free service designed to offer individualised support to improve your health, wellbeing, confidence, motivation & employability prospects.

GROW offers a wide variety of accredited & non-accredited training as well as providing you with your own dedicated Key Worker to help support you.

GROW will enhance your life & work skills & help you to realise your full potential.

If you would like more information about GROW, please get in touch using the info below, or call into one of our local offices for a cup of tea & chat to discuss how we can potentially help you.

Telephone: 028 7963 1032 Email: referral@networkpersonnel.org.uk

*eligibility criteria applies

WHSCCT 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 WHSCCT.

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

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](https://www.ni.stresscontrol.org/)

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.

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

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

Clear Project

Free training opportunities

Click on the links below to register:

[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

Manifest: Connecting Men with Mind Fitness

Facilitator training programme

A workshop developed by the Western Health and Social Care Trust (WHSCT), Men's Action Network (MAN) and the Men's Health Forum in Ireland (MHFI). It evolved in response to the growing demand from service providers for support to improve their engagement with men; increase their knowledge and skills in recognising mental distress in adult men and ensure that men are referred to the most appropriate services to meet their needs.

Aim of this Facilitator Training:

The aim of this course is to create a knowledgeable, confident and experienced team of people who are willing and able to cascade the learning via the delivery of one-day workshops.

Training will take place on the following dates and note that participants must attend all 3 sessions:

- Wednesday 7 February 2024: Derry / Londonderry (venue to be confirmed)
- Thursday 8 February 2024: online
- Thursday 22 February 2024: regional venue - to be confirmed

For further information please contact Sonia.Montgomery@westerntrust.hscni.net

All application forms should be returned no later than 5.00pm on Friday 5 January 2024.

Funding Opportunities

Police Property Fund Small Grants Scheme

The Police Property Fund Small Grants Scheme will open a third call for funding applications on **1 November 2023**.

The Fund, which comprises assets recovered by the PSNI as the result of criminal investigations, is administered by the Board in line with the Police (Property) Regulations NI 1997.

The Board has agreed a Grant Funding Policy which will ensure available monies are used to benefit projects which deliver tangible benefits. This is in line with our Corporate and Policing Plan commitments to achieving the following 3 key outcomes:

- We have a safe community;
- We have confidence in policing; and
- We have engaged and supportive communities

The Small Grants Scheme offers project funding in the range £1,000-£10,000. Applications must demonstrate the following criteria to be eligible for consideration:

- Engagement with the Police Service of Northern Ireland;
- Contribute to community safety/and or building confidence in policing; and
- Closely aligned towards a charitable purpose.

If you would like more information or to register your interest, just email policepropertyfund@nipolicingboard.org.uk

Keep Northern Ireland Beautiful Marine Litter Grant

Funding will be considered for eligible projects that prevent litter and plastic pollution from ultimately reaching our oceans. This is not solely for coastal areas.

Financial support of between £500 and £40,000 will be available to constituted groups, businesses and statutory bodies meeting the eligibility criteria.

Financial support of between £500 and £5,000 will be available to non-constituted groups.

For full details visit [Marine Litter Capital Grants](#)

For any other queries please e-mail marinelittergrants@livehereandlovehere.org

Closing Date: Thursday 9 November 2023 at 5pm

Community Relations Council's Core Funding Scheme

Now Open for applications!

The Core Funding Scheme provides support for organisations which are considered of strategic importance in promoting community relations work across Northern Ireland. The scheme contributes towards salary and organisational running costs.

Applications will close at 4pm on Friday 17 November 2023.

You can find the full details here: <https://www.community-relations.org.uk/funding-scheme/core-funding-scheme>

Community Garden Grants – National Garden Scheme

Individual grants between minimum £1000 and maximum £5000.

Each application must itemise the details of the costs they are planning to cover.

Eligible costs could include, for example, site preparation (including hire of small mechanical tools such as rotavators), hand tools, plants, trees, shrubs, containers and seating.

The following items are not eligible for funding: • Salaries or wages • Volunteer expenses •

Promotional costs (e.g. production, printing of leaflets) or signage • Hire of large mechanical tools (e.g. large shredder, JCB etc.) • Transport to visit gardens • Insurance • Educational course fees or training costs

Further information available at [CGG-Application-Guidelines-2023-24.pdf \(ngs.org.uk\)](#)

Applications close at 12 noon on Monday 13 November 2023.

Building the Community Pharmacy Partnership

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

Closing dates for 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 \(kelloggs.co.uk\)](#)

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](#).

Branching Out Fund for schools and community groups

The Tree Council is 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.

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)

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).