

Fermanagh & Omagh District Council Community Support News – December 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 19 December

Council News & Events



**Season's greetings from the Community Services Team,
Fermanagh & Omagh District Council
wishing you a prosperous and peaceful 2024**

Christmas in Fermanagh and Omagh

For a list of events taking place throughout the District please visit

<https://www.fermanaghomagh.com/event/christmas-in-fermanagh-and-omagh/>

Towns and Villages Christmas Lights Switch on Events

Already illuminated – Enniskillen, Irvinestown, Omagh, Fintona

Thursday 30 November	Lack - 7pm		
Friday 1 December	Ballinamallard - 7pm	Beragh - 6.30pm	Ederney - 7pm
	Lisbellaw – 7pm	Seskinore – YFC Hall 6pm	
Saturday 2 December	Arney - 1-4pm	Belleek - 5pm	Dromore - 6pm
	Lisnaskea - 2-4.30pm	Maguiresbridge - 6pm	Trillick - 4.30pm
Sunday 3 December	Carrickmore - 5.30pm	Donagh (Concert) 4-6pm	
	Loughmacrory - 6pm	Teemore - 3pm	
Wednesday 6 December	Tempo - 6.30pm		
Thursday 7 December	Belcoo - 6.45pm	Drumquin - 6pm	
Friday 8 December	Clabby - 7pm	Garrison - 7pm	Gortin - 7pm
Saturday 9 December	Derrygonnelly - 5pm	Magheraveely - 7pm	Newtownbutler - 5pm
Sunday 10 December	Clanabogan - 6pm	Drumduff - 5pm	Rouskey - 5pm
Saturday 16 December	Kesh - 6pm		

Use your Townland this Christmas!

Fermanagh and Omagh District Council is encouraging everyone to use Townlands when sending cards this Christmas.

There are nearly 3,000 Townlands in the Fermanagh and Omagh District Council area. Townlands are historical land units between 100-300 acres, most of which are named for physical elements or historical events linked to that area, for example: Omagh comes from the Irish “the untouched plain” and Enniskillen is named after the mythological Queen Cethlenn who passed away on a small island after the first Battle of Moytura.

For further information visit <https://www.fermanaghomagh.com/article/use-your-townland-this-christmas/>

Drop-in Funding & Advice Fair

Omagh Leisure Complex

Thursday 18 January 2024

Fermanagh and Omagh District Council, in partnership with the NI Housing Executive and Supporting Communities, are hosting a further Funding and Advice Fair in Omagh. A Funding and Advice Fair took place in October in Enniskillen.

The Fair will provide an excellent opportunity for groups and individuals to drop in and meet with representatives from a wide range of funding and support agencies. Anyone attending the event will be able to discuss the funding available, how to apply and project ideas.

In addition, Community Support staff from Fermanagh and Omagh District Council will also be available to provide information and advice on grants.

There will also be an opportunity for new groups who require support during their formative phase to find out how the Council and other agencies can provide help and guidance on a practical level.

For further information on the Funding and Advice Fair, please contact Community Services by telephone on 0300 303 1777 or by email at communitysupport@fermanaghomagh.com.

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 [Expressions of Interest for a Licence to Operate and Manage Belleek Community Centre - 2324 CW EOI Belleek CC – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](#)

The closing date for submissions to be received is Friday 5 January 2024 at 12:00pm

Policing and Community Safety Partnerships (PCSP)

Applications are open for Independent Members!

Have you seen any PCSP projects in your area, or even been involved in one? Now you can get involved - applications are open to become a PCSP Independent Member!

To find out more visit <https://nipolicingboard.getgotjobs.co.uk/.../6e6dbb95...>

Competition time for schools!

In recognition of European Week of Waste Reduction, we are running a competition for schools in the area to win a recycling-themed prize:

- Create a Christmas decoration from the packaging received into the school
- Take a photo with the pupils and the school sign

Email to climate@fermanaghomagh.com

Closing date: Wednesday 13 December 2023

Accessible Design Standards Workshop

Do you run a group, business or venue and want to learn more about legislation and guidance on accessible design?

Join our online workshop to explore good practice examples, such as changing places facilities to celebrate International Day of People with Disabilities.

For more information or to book a space please email matthew.nevin@fermanaghomagh.com or telephone 0300 303 1777.

This project has been funded by the Public Health Agency.

New 'Accessibility Guides' to improve access to Council Venues

A range of new 'Accessibility Guides' for people with a disability and their families are now available to download.

Funded by the Public Health Agency, the 'Accessibility Guides' include Visual Guides and Social Stories to help people research and plan their visit to some of the Council's most popular leisure and recreation facilities.

For further information please visit <https://tinyurl.com/an7snk74>

Reaching Rural

The 'Reaching Rural' Pilot Project aims to bring fun activities out to rural areas for people with disabilities aged 18 years old+. The Public Health Agency has funded the programme.

Dromore Sports Complex –

- Thursday 7 December, 6.00pm-7.00pm – Laughter Yoga

More locations to be announced soon.

For further information please contact Fermanagh and Omagh District Council by telephoning 0300 303 1777 or emailing disability@fermanaghomagh.com

Inclusive Youth Forum

We are inviting young people with a disability, aged 12-18 years old, to join our new Inclusive Youth Forums to help influence the work of the Council.

Funded by the Public Health Agency (PHA) the Inclusive Youth Forums aim to provide an ongoing process for the Council to engage with young people with disabilities to have their say on Council decisions, projects and programmes.

Initial meetings on:

- **Tuesday 5 December 2023**, 4.30pm to 6.30pm at Fermanagh Lakeland Forum, Enniskillen
- **Monday 11 December 2023**, 4.00pm to 6.00pm at The Grange, Omagh

To find out more, please visit our website at <https://tinyurl.com/42usu3pz>

JAM Card E-Learning Sessions

Fermanagh and Omagh District Council is currently rolling out JAM Card E-Learning Sessions to small businesses, charities and community groups who operate in the District.

By signing up, staff and volunteers will be more aware of what the JAM Card stands for, as well as some helpful tips to make services more accessible for people with disabilities. The training has been funded by the Public Health Agency, through the Access & Inclusion Project.

The JAM Card allows people with a hidden disability or communication barrier to tell others that they need extra time and understanding in a private and easy way. It was created in 2012 by NOW Group participants with learning disabilities and autism who wanted a discreet way to ask for 'Just A Minute' of patience when they need it. It has since grown and developed into a card and app that is used by people with any communication difficulty.

To ensure GDPR compliance, each individual needs to sign up using the Jotform link <https://form.jotform.com/231135141880044> or email disability@fermanaghomagh.com

To find out more information please contact Fermanagh and Omagh District Council by phoning 0300 303 1777 or email disability@fermanaghomagh.com

Competition time

Upgrade or download the [Bin-Ovation Limited](#) App and you could win an Android tablet. Simply complete the quiz, score 10 out of 10 and email a screenshot with your Council name to enquiries@bin-ovation.com

Closing date: Friday 15 December

Help with employment and training

Contact the Rural Economic Accelerator Programme (REAP) team to find out if you are eligible for the Programme and can benefit from their support

Enniskillen 028 6632 6478 Omagh 028 8224 6535 Email REAP@fermanaghomagh.com or complete the Jotform <https://bit.ly/REAP-Application-Form> and we will get in touch.

Further information is available at <https://www.fermanaghomagh.com/services/community/cost-of-living-help/help-with-employment-and-training/>

Sustainable Food Partnership

Fermanagh and Omagh District Council are aiming to establish the district as a Sustainable Food Place through a partnership approach. We would like to work closely with a wide array of organisations in the district to gain from the benefit of your experience and knowledge first hand as practitioners and the lived experiences of those you work with in our district to inform the development of an action plan for Sustainable Food. To learn more about Sustainable Food Places and the project watch a short video on the link below:

[Sustainable Food Places](#)

This is your opportunity to have your say and inform the priorities and issues that a partnership should tackle. Please complete our survey to inform the development of the Sustainable Food Action Plan in the district and be in with a chance to win a goodie bag:

<https://www.surveymonkey.co.uk/r/9XJ2P2F>

Marble Arch Caves

30% Discount Off Guided Cave Tours

The [Marble Arch Caves](#) is offering a special 30% discount as a way of saying thank you to their community for supporting them, helping to create an exciting visitor destination, and preserving an important geological site. The discount is for Guided Cave Tours and is available to all FODC residents up to 4 February 2024.

This special 30% discount offer can be redeemed by purchasing your guided cave tour tickets on arrival at the Marble Arch Caves Visitor Centre or pre-book your cave tour tickets online using discount code 'Community23'. It couldn't be simpler; all you need to do on the day is bring proof of residency, utility bill or driver's licence.

To book online visit <https://marblearchcaves.co.uk/online-booking-guided-cave.../>

Council's Cost of Living Support Hub

For information on support available locally and regionally visit

www.fermanaghomagh.com/costoflivinghelp.

Fuel support from St Vincent de Paul & The British Red Cross

Both the Society of St Vincent de Paul and the British Red Cross provide a wide range of services for vulnerable people through their local offices and shops. With the support of some additional funding from Fermanagh and Omagh District Council, both organisations can also help people struggling with fuel poverty.

Referrals can be made by local organisations or support agencies, or individuals can self-refer, and a representative of St Vincent de Paul or the British Red Cross will carry out a needs assessment. Please use the contact details below to access support:

Contact details for the [British Red Cross](#)

Fuel Support – Omagh area – Tel: 07702338930

Fuel Support – Fermanagh area – Tel: 07860715719

Email: communityconnectorof@redcross.org.uk

Contact details for [Saint Vincent de Paul](#)

Fermanagh Area

Derrylin – 07873240493

Ederney – 07864726536

Enniskillen – 02866347788 (also covers Derrygonnelly, Arney, Belcoo, Garrison, Belleek)

Kinawley – 07732222137

Irvinestown – 07738838205

Lisnaskea – 07803536149

Newtownbutler – 07966718749

Tempo – 07736149986

Omagh Area

Beragh – 07738837875

Carrickmore – 07738838216

Dromore – 07899888004

Drumquin – 07548464927

Fintona – 07803551793

Killyclogher – 07738837992

Omagh – 07738837991

Strathroy – 07738838066

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

For a list of events across the District visit

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

Community News

Cancer Connect NI

Winter Wonderland 2023

Working with the National Trust we are delighted to bring a magical olde world Winter Wonderland Experience to Castle Coole.

For further information/to book visit <https://www.eventbrite.com/e/cancer-connect-ni-winter-wonderland-2023-tickets-656188596757?aff=oddtcreator>

Fermanagh Fun Farm

Christmas Experience - www.fermanaghfunfarm.com/events

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

Clogher Diocese

Events taking place in the Fermanagh and Omagh District

- Magheracross Christmas Fair in the Archdale Hall, Ballinamallard - Friday 1 December - following the switching on of the Village Christmas Lights with a special visit from Santa. There will be a charge of £1 for each child to receive a small gift. All the usual stalls will be there with tea/coffee available.
- Mullaghfad Carol Service - Sunday 3 December, 3pm (weather permitting). The collection this year will be for Cancer Research UK.
- Diocesan Advent Carol Service - Sunday 3 December, 7pm
Installation of The Venerable Paul Thompson as Archdeacon of Clogher
- Christmas Tree Festival in Galloon Parish Church, Newtownbutler
Friday 8 December, 7-9pm. Viewing of trees with entertainment from The Silvertones Choir.
Saturday 9 December, 10am-5pm. Viewing of trees with local musicians and Refreshments.
Sunday 10 December, 7pm. Carol Service with Lisnaskea Silver Band.
- Centenary Concert in St. Macartin's Cathedral, Enniskillen - Tuesday 12 December
To celebrate the 100th anniversary of St. Anne's Church being designated a Cathedral. The concert will be presented by Mr Glenn Moore, organist and choirmaster, and the cathedral choir.
- Carols by Candlelight in Inishmacsaint Parish Church - Sunday 17 December, 7.30pm

Garrison Community Group

Friday 8 December, 7-8pm.

Annual Christmas switch on - Refreshments in GCG Hub afterwards.

Belleek CCE Christmas Session

Sunday 17 December, 5pm

This takes place in the Riverside Bar, Garrison.

The first hour is for children to play their tunes with branch teachers.

All musicians, singers and listeners most welcome - refreshments served.

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

The Northern Ireland Blood Transfusion Service is asking for your support, if at all possible. In Northern Ireland upwards of 850 units of blood are used by patients each week, yet 94% of the eligible population still do not give blood. Donated blood is usually transfused within three to four days of donation and we need to attract many new donors to ensure a safe supply of blood to our hospitals. Blood is used in numerous ways, such as going to a child with leukaemia, a mother during childbirth, a person undergoing routine surgery, a person with cancer, or someone involved in an accident.

Please help to encourage donors to attend local blood donation sessions in:

- Derrylin - St Ninnidh's Hall
Thursday 7 December, 12.30pm – 4pm and 5pm – 7.30pm

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

Visit <http://www.nibts.hscni.net/donating-blood/where-to-donate/> for further Sessions

To book an appointment: Online: www.nibts.org Call: 08085 534 653

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

Community Advice Fermanagh

(Formerly Citizens' Advice)

Free Outreach Clinics

Enniskillen – Wednesday 6 December, 10am-2pm

Newtownbutler – Tuesday 12 December, 1-6pm

Garrison – Monday 18 December, 2-7pm

Further details to follow

Get information on

- Benefit Entitlement eg PIP, ESA, Pensions, Universal Credit
- The 'Move to UC'
- Cost of living payments
- Benefit appeals

Due to the nature of the clinic, individuals will be seen in order of arrival and there may be a waiting time.

Local Rural Community Development Support Service for Fermanagh and Omagh District Council Area

Omagh Forum (OFRA) and Fermanagh Rural Community Network (FRCN) are working in partnership to deliver the Local Rural Community Development Support Service Programme for the Fermanagh and Omagh District Council area.

The new contract, funded by Department of Agriculture, Environment and Rural Affairs (DAERA), through the Tackling Rural Poverty and Social Isolation (TRPSI) Programme Framework, began on 1 November 2023.

Any community or voluntary organisation who wishes to avail of community development support can contact OFRA or FRCN as follows:

- Omagh Forum, Omagh Community House, 2 Drumragh Avenue, Omagh BT78 1DP.
Tel: 028 82 251559 and Email: info@omaghforum.org
- Fermanagh Rural Community Network, 3 Queen Street, Enniskillen BT74 7 JR.
Tel: 028 6632 7006 and Email: info@fermanaghrcn.org

Become a Digital Skills Volunteer

Do you have a passion for helping others use technology?

Become a Digital Skills Volunteer and help bridge the digital divide in rural communities with Advice NI!

[Find out more and apply](#)

AbilityNet

A digital world accessible to all

www.abilitynet.org.uk

Get free tech support and advice in the comfort of your own home. Our Tech Volunteers help disabled people and older people get the most out of their computers, phones, tablets and other digital devices.

Book your volunteer visit today. Call free on 0800 048 7642 or email enquiries@abilitynet.org.uk

Ever considered volunteering?

You can help change people's lives for the better. Get involved!

Benefits of volunteering:

- Change the lives of older people and disabled people
- Regular, expert training
- Network with a friendly nationwide team
- Flexibility to choose when you volunteer
- Be part of a team - Our amazing team of Tech Volunteers enable older people and disabled people in the UK to be part of the digital world

You don't need to be a tech guru to help, just an everyday user with a passion to help people.

Typical ways you may help someone could include:

- setting up new tech
- fixing a problem
- setting up emails
- connecting to friends or family
- using online services

Call free on 0800 048 7642 or email volunteers@abilitynet.org.uk

Fermanagh Pride Call-Out for Local Partnership Pride 2024

Following the success of our recent fundraising events, we have already embarked in preparing for Pride 2024. We understand the importance of advanced preparation in offering some quality experiences.

We are hoping to have a schedule of smaller events spread out during a 'Pride Month' in September 2024.

We would like to enter into informal partnerships with local businesses, charities, sports groups, schools, church groups or other voluntary organisations.

We'd hope that our partners could devise a simple activity which fits easily within their existing programmes and which might help to celebrate LGBTQ+ diversity within Fermanagh. It could be attended by their existing 'client' base, LGBTQ+ folk, allies, friends and families. You could decide whether it would be +18 only or whole families.

Some examples could be: coffee and cakes in a cafe; sports match; film watching; art and craft event; small visit; outdoor walk etc. It does not have to be loud and 'out there'. Low key and focusing on real, ordinary people is fine.

Our message to our friends is that LGBTQ+ folk are among us and value connection, sociability and relations with the wider community.

If you would like to participate and are maybe slightly unsure of what you could offer, we are always available to make suggestions.

Get in touch through our Facebook page or email FermanaghPride@gmail.com

YouthAction Northern Ireland

Please click on the following link for details of our services <https://www.youthaction.org/benefits>
For further information, please contact Dwayne Lyons, Youth Worker - Fermanagh & Omagh based in Fermanagh House, Enniskillen.

Tel: 028 6632 8534 Email: dwayne@youthaction.org

PIPS Suicide Prevention Ireland

We are a suicide prevention charity, offering a free and confidential counselling service within the Fermanagh area, and open to neighbouring areas such as Omagh, Cavan and Sligo.

We are not limited to 6 sessions as we offer an open counselling policy, which is led by you.

We accept self-referrals by contacting our offices through the numbers provided or via our website.

We also accept GP referrals or referrals made by other agencies on the client's behalf.

We work with all ages, providing counselling from ages 4+, on a one-to-one basis and operate by appointment only.

Our services deal with the following: Depression, Trauma, Drugs, Alcohol, Anxiety, Self-Harm, and Suicidal Ideation, etc.

Face-to-face and telephone counselling are offered within our services.

We meet in Asda Community Rooms, Derrychara Road, Enniskillen BT74 6JG

Tel: 028 6633 9004 (Enniskillen Office) Tel: 0800 088 6042 (Belfast Office)

Facebook: PIPS Suicide Prevention

Instagram: @pips_charity

Website: <https://pipscharity.com/>

Have your say....

Voluntary and Community Sector Support

The Department for Communities is seeking views on draft proposals for future Infrastructure Support of the Voluntary and Community Sector in Northern Ireland.

The Department welcomes views and responses on the proposed framework through the consultation events being hosted both in person and online.

Full information is available at <https://www.communities-ni.gov.uk/consultations/consultation-voluntary-and-community-sector-infrastructure-support>

The above link includes details on how to respond online along with Eventbrite links for registering your attendance at the various consultation events.

Closing date Friday 9 February 2024 at 5pm

Schools competition

Can you save the most energy and win £1000?

The [Energy Saving Trust](#) with the support of [Housing Executive](#) and [Power NI](#) are running a competition for schools to encourage pupils to be more aware of the importance of saving energy to protect their environment.

For more information visit tinyurl.com/32u7np2t

Closes Friday 15 December

PHA Consultation Statement

Creating a smoke free generation and tackling youth vaping: your views

Smoking is the single most entirely preventable cause of ill-health, disability, and death in the UK. It is responsible for around 2,200 deaths per year in Northern Ireland. No other consumer product kills up to two-thirds of its users.

On 4 October 2023, the Department of Health and Social Care (DHSC) published a command paper 'Stopping the start: our new plan to create a smoke free generation' setting out proposed actions to help protect future generations from the harms of smoking by creating the first 'smoke free generation', which the UK government and devolved administrations are now seeking to consult on. These plans would see children who turn 14 this year, and anyone younger than that, being prevented from ever being able to buy tobacco legally. There are also proposals to tackle youth vaping.

The Public Health Agency welcomes this public consultation and is encouraging everyone in Northern Ireland, of all ages, to have their views heard through submitting responses to it.

You can access and respond to the consultation at

www.pha.site/smokefreeconsultation.

The consultation runs until Wednesday 6 December 2023 at 11:59pm.

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

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

Information on CAMHS New Emotional Wellbeing Team in Post Primary Schools

This is a programme that is part of the children and young people's emotional health and wellbeing in education framework. The main focus is to provide support to school staff to help them promote emotional wellbeing and strengthen self-esteem and resilience in their pupils.

It will:

- Provide Workshops & Training for school staff at all levels
- Deliver educational programmes to pupils as whole groups
- Support the development of a student voice forum within the school
- Signpost & Refer into community services

To discuss further, please contact Stacey Lindsay via stacey.lindsay@westerntrust.hscni.net or Joanne Mc Cauley on joanne.mccauley@westerntrust.hscni.net

Telephone 028 8283 5990.

6-Week Resilience Programme

Wednesdays 10, 17, 24, 31 January and 7, 14 February in Fermanagh House

Improve your health and wellbeing in this popular resilience building programme!

Some of the techniques you will learn and practice in this 6-week programme include Mindfulness, Goal Setting, Letting Go of Limiting Beliefs and much more!

Ring Anne Taggart on 07952 822157 for more information and to book you place.

Programme presented by ARC Healthy Living Centre; funded by ENRA, Neighbourhood Renewal

Breastfeeding Return to Work Packs

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

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

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

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

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

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

Cancer Focus NI

Keeping Well Service

<https://cancerfocusni.org/cancer-prevention/keeping-well-health-check-services/>

The aim of the service is to inform people of simple ways to reduce the risk of cancer, and to promote healthier living through health checks and tailored talks suited to the needs of the group. Most of our work is funded through donations and fundraising. There is a charge for these services but if there is no funding or restricted funding, we are happy to waive the fee.

Donations are always welcomed.

In the climate of an ageing population and an increase in cancer diagnosis, this could be an excellent opportunity to offer something meaningful to members of community groups.

For further information please contact Jill Donnelly, Health Promotion Officer on 028 90680798

Volunteer with the NSPCC!

Speak Out Stay Safe is a safeguarding programme for children aged 5-11 years old from the NSPCC Northern Ireland.

It is available to all primary schools in the UK and helps children to understand abuse and how to recognise the signs. It encourages them to speak to a safe adult or Childline if they ever need help or support - the mascot is a speech bubble to encourage this!

The NSPCC Schools Service is volunteer led.

If you are interested in finding out more about volunteering with the NSPCC Schools Service please go to the website [Volunteer in schools | NSPCC](#)

British Heart Foundation

Apply for a free defibrillator for your community

All eligible UK-based community groups can apply.

A limited number of funded defibrillators are available. Applications will be reviewed monthly against a set of criteria so defibrillators can be awarded to communities that need them most.

For further details visit <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/apply-for-a-free-defibrillator-for-your-community>

Applications will close on Friday 15 March 2024.

Erne Paddlers

Merry Christmas to all our members and friends and everyone who has paddled with us in 2023. The year isn't quite over yet and we're about to start another block of pool kayaking courses in Enniskillen and in Fivemiletown. There are just a few tickets left now but we will continue with our pool sessions until April next year. We offer courses for new beginners up to rolling skills courses for 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. 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 here in Fermanagh and have recently connected with the local Social Prescribing hubs so that people may be referred directly to us. Under the guidance of our highly qualified and experienced coaches, 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 email@ernepaddlers.org.uk or call/WhatsApp 07468911398.

Good Relations Awards 2024

Now open for nominations

The Awards will spotlight the vital role that members of the community throughout Northern Ireland play in delivering peacebuilding and community cohesion. They recognise exceptional commitment to Good Relations work by those selfless individuals who go above and beyond, every single day, to make Northern Ireland a better place. The Awards celebrate those who unite and champion our local communities, and they also showcase the wide range of projects connecting communities through peace, understanding and cultural respect.

There are five award categories: The Community Relations Council Exceptional Achievement Award; Good Relations Volunteer of the Year Award; Good Relations Community Champion Award; Good Relations Youth Award (Under 25); and the Good Relations Connecting Communities Project of the Year Award.

If you know a local group, individual or organisation in Northern Ireland deserving of recognition for their work, then nominate now for the 2024 Good Relations Awards via the following link: <https://goodrelationsawards.com>

Deadline for completed applications: Tuesday 19 December 2023 at 12 noon.

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

Mindfulness Meditation

Monthly drop in sessions

For adults and young people ages 17+

Last Tuesday of the month – 7pm-8pm

Special Christmas Session Tuesday 12 December

Sessions Free / Donations Welcome

Numbers limited – Booking Essential

To register/for further information e-mail info@theaislingcentre.com Telephone 028 6632 5811

Hope, Healing, Growth

Day of Inspiration, Saturday 6 January 2024

An inspirational mixture of personal & professional stories & experiences.

Crest Centre, Killyhevlin, Enniskillen.

Attend in person or via zoom.

Now open for booking.

Limited number of tickets available. £25

Virtual attendance free/voluntary donation.

Booking via Eventbrite: <https://bit.ly/HHG2024>

AA

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

Aware

Support group for people affected by Depression. Meet every other Tuesday, 7pm - 9pm

To book a place email info@aware-ni.org

Forget me not Group

Support group for those bereaved by suicide - First Monday of the Month, 7.30pm - 9pm

For more info contact - Aisling Centre 028 6632 5811

Yoga

Thursday 12 noon - 1.30pm

For more info contact Jenni Brown, Yoga Ocean 028 8954 1994

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

Latest Volunteering Opportunities

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

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

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

Further Census 2021 statistics released by NISRA

Census 2021 Main Statistics tables for towns and villages (settlements) and Electoral Wards in Northern Ireland. Previously published Main Statistics tables have been updated on the [NISRA website](#) to include data for Settlements and Electoral Wards in Northern Ireland. Some new Main Statistics tables are also available.

Census 2021 Main Statistics tables that include approximated social grade for people living in households in Northern Ireland. New Main Statistics tables have been published with data on the approximated social grade of people living in households. These are available on the [NISRA website](#).

NISRA has announced that the Census 2021 Grid Square product for Northern Ireland will be released on 14 December 2023. The Census 2021 grid square product provides census statistics on a range of topics for populated 1 kilometre and 100 metre grid squares in Northern Ireland.

If you have any queries, please contact us at census@nisra.gov.uk.

Training Opportunities

Charity Commission - You're Registered, What Next? Annual Reporting Workshop

Wednesday 6 December 2023

4.30pm – 7pm Fermanagh House

To Register, click on <https://forms.gle/25YUzRZXrSgECEzZA>

For other Free Learning & Development Opportunities for Community/Voluntary Groups, Organisations and Clubs click on the following link for full programme details

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

WHSCCT Health Improvement Equality & Involvement (HIEI) Department Updated Training Brochure

Additional free training courses 1 December 2023 to 31 March 2024

<https://westerntrust.hscni.net/health-and-wellbeing/health-improvement-equality-and-involvement-training-brochure/>

This updated edition of the HIEI Training Brochure is offering **three new courses**; 'Cultural Competency and Sensitivity for Mental Health Practitioners', 'Nutrition Awareness Tutor Training' and 'Strength and Balance'. We also have the return of the nutrition course 'Cook It! Tutor Training'. The courses will be delivered either via Zoom or face to face in a range of locations across the WHSCCT.

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.

Western Trust

Health Improvement, Equality and Involvement Department

Very Brief Advice for Smoking Cessation Support Sessions

This course will increase awareness and knowledge of smoking and how to support and signpost motivated smokers who want to stop.

Learning Objectives:

- Highlight the health risks of smoking and the impact smoking has on public health
- Highlight the benefits of stopping smoking
- How to engage with a motivated smoker who wants to stop smoking
- How to signpost to appropriate smoking cessation services
- Increase awareness of the Smoking Cessation Service.

Please note this is a basic information session. It does not qualify participants to provide smoking cessation advice.

All dates take place via Zoom from 10am to 11am and full details and registration links are below:

- Thursday 7 December [Register HERE](#)
- Thursday 18 January [Register HERE](#)
- Thursday 22 February [Register HERE](#)
- Thursday 7 March [Register HERE](#)

Applied Suicide and Intervention Skills Training (ASIST)

Wednesday 6 and Thursday 7 December, 8.30am to 5pm both days

Omagh Enterprise Centre, Great Northern Road, Omagh BT78 5LU

ASIST is suitable for anyone over the age of 16. It is strongly recommended that you should have already completed Safetalk or Connections before attending ASIST.

As an ASIST trained first aid intervention caregiver, you will be better able to:

- Identify people who have thoughts of suicide
- Understand how your beliefs and attitudes can affect suicide interventions
- Seek a shared understanding of the reasons for thoughts of suicide and the reasons for living
- Review current risk and develop a plan to increase safety from suicidal behaviour for an agreed amount of time
- Follow up on all safety commitments, accessing further help as needed.

You must attend the 2 days of training in full.

ASIST is not suitable for anyone recently bereaved by suicide.

If you would like to register, please click [HERE](#)

Clear Project

Free training opportunities

Click on the links below to register:

[Motivational Interviewing Level 1](#) Monday 4 & Tuesday 5 December - Online via Zoom

[Self harm & Autism No.2](#) Thursday 7 December - Online via Zoom

New Prince's Trust Courses/Opportunities available to young people

- Get Started Gaming (Derry/Londonderry) - 4-8 December 2023.
- Get Hired Event (online) - 5 and 6 December - will get young people in front of employers in live interviews, give interview prep, tips and job descriptions. The following employers are attending: H & J Martin (Construction), The Home Office, Design ID (Engineering Design company), The Odyssey Arena (multiple job roles), Leonardo Hotels and EE.

For further information visit <https://www.princes-trust.org.uk/>

or contact ciara.garrett@princes-trust.org.uk

Stress Control Online Classes for 2023/2024

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

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

The next session is available from Monday 8 January 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.

Free Training Opportunities with Inspire Wellbeing

Being More Substance Savvy

This session is suitable for staff / volunteers and users of services from organisations working with the 50+ age group in the Western Trust area.

This free 2 hour session will help participants to:

- become more alcohol and drug aware
- improve their self-care skills
- gain awareness of issues and supports around mental health & alcohol/substance use.

Deadline for delivery: 28 February (Western area))

Can be delivered in-person or online. Max number of group approx. 20.

Healthy Restart

Approx 2 hour sessions. Suitable for staff / volunteers and service users.

You can select up to four options from:

- Mental Health Awareness
- Understanding alcohol & other substances (& how to support other people)
- Sleep
- Food & Mood
- Self-Care
- Introduction to Managing Stress & Anxiety

No deadline for delivery.

Can be delivered in – person or online. Max number of group approx. 20.

For further information/bookings, contact Jenny Groves on 07834 181303.

Email j.groves@inspirewellbeing.org

Sessions can be tailored to meet the needs of the group.

Free online Solihull awareness training for parents/carers/practitioners

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

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

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

Building the Community Pharmacy Partnership (BCPP)

The programme aims to promote and support local communities to work in partnership with community pharmacists to address local health and social wellbeing needs using a community development approach. Level 1 funding is for a grant up to £2,500 for a project that can last up to six months (deadline 29 February 2024). Level 2 funding is for a grant of up to £12,000 for a project that can last up to one year (deadline 21 March 2024).

For more information visit [Building the Community Pharmacy Partnership \(BCPP\)](#)

Energia Renewables Local Community Fund

Gortfinbar, Eshmore and Altamuskin

Administered by the Community Foundation for NI, funding will be available to local community projects that are planned and run for the benefit of the local population and are within 7 miles of the centre of the three windfarms – [as per map](#). Grants up to £5,000.

Deadline: Friday 8 December 2023 (1pm)

For further information visit <https://communityfoundationni.org/grants/tyrone-three-wind-farms-gortfinbar-eshmore-and-altamuskin/>

Ageism Action Day: Micro-grants for Age-friendly Communities

Centre for Ageing Better is launching an annual [Ageism Action Day](#) on 20 March 2024 with the theme “see and be seen”.

Grants of up to £500 are available for community groups and local voluntary sector organisations, with an additional £150 to cover anything needed to make the event or activity more accessible. We encourage all events and activities to respond to the theme “see and be seen”, which we want applications to interpret in their own way. Full details are available at <https://ageing-better.org.uk/ageism-action-day-micro-grants-age-friendly-communities>

For any questions you can contact grants@ageing-better.org.uk or attend one of our online information sessions on [Friday 8th December](#) between 10am and 11am or [Thursday 14th December](#) between 1pm and 2pm.

The deadline to apply is Wednesday 10 January 2024.

Police Property Fund Small Grants Scheme

Applications now open for the third call!

The third call will award a total of £200,000 in small grants of between £1,000 and £10,000 to eligible projects.

Click below to access:

[The FAQs](#)

[The Guidance for Applicants](#)

[The Application Form](#)

Applications close at 12 noon on Wednesday 24 January 2024.

Waterways Ireland

Community Heritage and Biodiversity Grant Scheme

The grant is for projects which support awareness, protection and promotion of our waterways, heritage and biodiversity. Grants up to £1,350 are available

Closing date for applications: Wednesday 31 January 2024

For more information and to apply visit tinyurl.com/39dyr8bs