

Omagh Neighbourhood Renewal Newsletter

Summer 2022

What is the Omagh Neighbourhood Renewal Partnership?

Neighbourhood Renewal brings together the work of Government Departments and the in partnership with local people to improve the surroundings, services, wellbeing and access to opportunity of residents who live within the designated area.

Locally, this is coordinated by the Omagh Neighbourhood Renewal Partnership. The Partnership Board meets every other month to highlight new issues in the area and to identify solutions. The Partnership also has a number of Sub Committees which meet mainly in local

community centres every other month and are attended by people from a variety of services, agencies, community groups, elected representatives and residents of the area. It is important to remember that Neighbourhood Renewal is not just about funding. Many community improvements may require nothing more than discussion

and a fresh set of ideas to help make a difference which is why attending the Sub Committee meetings is so important to local representatives and residents.

Neighbourhood Renewal is delighted to welcome new members and more residents to join the Sub-Committees. If you would like to come along to a meeting please get in touch by contacting Ms Arlene Ennis, Neighbourhood Renewal Coordinator, Fermanagh and Omagh District Council on 0300 303 1777, or email ennis@fermanaghomagh.com. We would be delighted to welcome you to Neighbourhood Renewal.



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Recent activity in your Neighbourhood Renewal Area

Campsie Residents' Association

The Hub

The Campsie Residents' Association in Omagh aims to provide facilities and programmes to better the lifestyle of their residents and surrounding areas. Most of the time, this involves providing activities for the local community such as health check events, mindfulness, training courses, a back to school programme for children and arts and crafts. The modern community facility is also available to hire for events such as meetings, training, workshops, keep fit classes and conferences. The Hub also hosts a number of regular groups, including the local Syrian Community, the Saturday Club, Youth Groups and provides the Mencap Teen Youth Club with a base over the Summer holidays.



another session in Autumn 22', keep an eye out for dates. The annual Easter workshop was a huge hit again this year with a host of activities to keep the children busy such as recycling craft work, storytelling and mindfulness. The children in the area have been enjoying a weekly sewing class which has shown them the value of learning such life skills as well as making great pieces and having fun at the same time.

The Hub has been busy again this year and as always, the environment continues to be high on the agenda with plenty of activities centred on recycling and reusing. The singing workshop which was delivered over a number of weeks was a massive success. Valerie Whitworth delivered the workshop which was attended by residents from all Neighbourhood Renewal Areas, who enjoyed the activity immensely, the committee has requested that Valerie give

Campsie Garden Project

Campsie Residents' Association communal garden is for people to both visit and work on together. The community has made the most of a previously derelict bit of land to grow produce, build relationships, educate the younger generation, and help local residents during difficult times.

The local garden has also become an

effective way to help newcomers integrate into the area. By asking new residents if they would like to get involved with the garden, the group has helped people to develop social skills and get involved in the community. In particular, it has really helped local men to come together through shared activity and has provided the space and place for them to chat and enjoy each other's company.

The community garden has become a great focal point for Campsie Residents' Association and provides a great space for residents for walks, fresh air and to be in nature. The success of the community garden continues to grow each year, with more and more residents becoming involved, learning new skills and making friends.



The Back to School Programme

The Back to School Programme is due to be delivered in The Hub for the sixth year running to support and encourage young people aged between five to 11 year olds. The programme was designed to improve self-esteem, build confidence and self-assurance in a motivational environment, helping to prepare and practice their educational and creative skills and abilities which will improve their transition back to school after the summer break.

The highly successful programme provides literacy and numeracy sessions, creative development projects, group work games, peer feedback and mindfulness.



Since taking on the community garden, the group feel more empowered to take charge and are now in control of locking their play park at night. A number of residents who now have keys are able to walk around the park at 9 pm each night ensuring the area is safe. This makes elderly residents feel more comfortable in their homes and it adds to the Residents' Association's sense of pride in their area.

For further information or to hire The Hub please call **077 5190 0938** or visit **www.facebook.com/crathehub**

CKS Residents' Association

The CKS Community Centre has been thriving this year with many regular activities and groups returning to the Community Centre such as Sure Start, Men's Shed, Zumba, Jo Jingles, Play Group, Irish Dancing and Sewing Classes.

There were also fantastic additions to these regular classes which have been greatly benefitting the local community; the newly formed youth club and ladies drop in evenings. The youth club has been a roaring success with Kerry Fagan taking the reins as youth worker and leading the young people of the area in some great activities as well as looking after their local area with a litter picking evening. The Youth Club will continue into the Summer with trips planned which will be much welcomed by all. The Youth Leader



secured T-Buc funding and is running a Teenage Summer Camp. FODC together with Fermanagh and Omagh PCSP and the PSNI hosted a event about safety to the Youth Club. Officers from FODC illustrated the dangers associated with working at heights and also demonstrated the safety equipment required using the Climbing Wall. This event highlighted the dangers of climbing in unauthorised and uncontrolled

environments.

The "Ladies Drop-in" started in March 2022 and continues to meet every Tuesday evening 7pm-9pm offering a great opportunity for local ladies to get out, meet people, enjoy a cuppa and maybe try a new activity. It is hoped the group will facilitate a slow cooker programme in the Autumn with everyone attending receiving a slow cooker to continue honing their cookery skills.

In February, the Residents Association organised a coffee morning to raise funds for Suicide Awareness. The event was a great success with many local residents attending to support such a great cause.

The Men's group continue to meet every Friday night in the CKS Community Centre, they have a bonding away day planned for July.

The annual Summer scheme for is planned to go ahead in July and August for ages 5-12years with lots of activities to entertain the children, please check out CKS Facebook Page of FODC for dates.



For further information, please contact Kathleen Colton on 07706926800 or Siobhan Devine on 07517925179

Gallows Hill and Johnston Park Community Association



Gallows Hill House, located at 1 Fairmount Terrace continued to thrive with various programmes, classes and activities. The health project continued working with the community by providing support and information on the importance of health check events.

The group recently enjoyed a trip to the Ulster American Folk Park where they met with residents from the other neighbourhood renewal areas of both Omagh and Enniskillen. A great time was had by all with a lovely lunch to finish the day off. The local men also enjoyed a fishing trip to Birchwood Fishery in Drumquin and despite the weather came home happy with some fish for their supper. Thankfully, with the easing of Covid-19 restrictions, the group had their health check day, where residents got their blood pressure, BMI and cholesterol checked.

Looking ahead, there are craft classes and gentle exercise classes planned and of course the annual Summer Scheme. There will be a Slow Cooker Programme in the Autumn for local residents to learn how to use this money-saving appliance with each participant taking home a slow cooker, kitchen equipment and lots of recipes to try.

For further information on any of the activities or programmes please contact **Mr Ernie Colburn** on **075 1403 2444**

Recent activity in your Neighbourhood Renewal Area

Mullaghmore and Castlevew Community Association (MACCA)



MACCA Association and residents were very excited to hear that their application to the National Lottery had been awarded. Committee members together with Josephine Treanor (FODC), Christopher Spence (NIHE) and Arlene Ennis (FODC) spent many weeks completing the application and carrying out a door to door survey in Mullaghmore and Castlevew so residents could have their say, the results communicated the need for the Project Coordinator. This Project Coordinator developed by Mullaghmore and Castlevew Community Association (MACCA) will bring new life and vitality to our community which is located in Omagh. It will involve the appointment of a full time Project Coordinator who will support and enable the MACCA Management Committee along with associated programme costs. The Management Committee have worked tirelessly running the MACCA Community Centre since it was opened in the year 2000. It is Omagh's only independently run Community Centre. They also manage an ECO Centre and community garden. Covid-19 has brought many new challenges as we struggled to meet the demands as a

result of food and fuel poverty. The project will employ a Project Coordinator to work closely with the Management Committee

to engage the community, develop programmes to address sectoral needs and generally revitalise the area. The Project Coordinator will deliver a "Knowing Mr, Knowing You" Project to build relationships and engage all residents. The Project Coordinator will develop Youth Engagement Projects, activities and summer scheme. The advert is in local papers and the Association aim to have the Project Coordinator in place before the end of July 2022.

This project will benefit all of those living in the Mullaghmore and Castlevew Estates as well as the surrounding areas: young people struggling due to Covid and educational inequalities, young families struggling to make ends meet in the current cost of living crisis, older people suffering from isolation, traveller families living in the estate, ethnic minority families who are now living in the area and the general community. We are part of the Omagh Neighbourhood Renewal area and this project will benefit the other areas as there will be potential for joint working.

All covid restrictions have been lifted in the MACCA Centre and many activities have returned such as, Kids Karate, each Saturday morning at 11am, Piloxing continues every Tuesday morning at 10.30am, Zumba continues every



Wednesday and Thursday evening at 8pm. Homestart, Surestart and Families Moving on Community are all back to normal hours.

The community garden has also been going from strength to strength. The Omagh Men's Shed have taken up residence in MACCA and have made great use of the allotments

and polytunnel. This year has seen a great uptake in resident's hiring allotments, with the community growing flowers and



vegetables to be distributed amongst the local community. MACCA got some funding from the Council to purchase some pots and seeds, which will be given to residents to encourage them to take up gardening. The physical and emotional benefits of gardening are well known, and MACCA has some excellent resources in the community garden which are utilised by all members of the community.

The Eco Centre is a popular facility to hire, with various organisations making great use out of this facility along with the local community using it for keep fit classes and family/kids parties when restrictions allow!



For further information on activities please get in touch

MACCA can be found on Facebook at <https://en-gb.facebook.com/MACCA-Resource-Centre-289396737738133/>

Recent activity in your Neighbourhood Renewal Area

Strathroy Community Association

The Community Association at Strathroy continued to attract interest with its wide range of groups and activities in 2021-2022 despite the unprecedented times we are in.

Within the community centre our daily programmes start early in the morning with:

Wonderful Little Friends Play Group

The playgroup continues to operate every morning and offer wonderful sessions for children both from the Strathroy estate and the wider Omagh area. The playgroup offers PEAGS places and also caters for children with an earlier birthday. All staff and volunteers are Access NI checked and are trained to the highest level. The playgroup is cross community and aims to meet the needs of local parents.

In the afternoons and evenings:

Strathroy Afterschool and Homework Club

Strathroy Afterschool and Homework Club is in its 23rd successful year and is funded by Department for Communities, Neighbourhood Renewal. The club is dedicated to providing quality play opportunities and wonderful opportunities to any child whom attends our service. The afterschool project currently has 53 children registered availing of the services.

The club is open Monday to Friday 2.00 pm to 6.00 pm with lots of fun and exciting things happening at the club. With cookery

sessions, computer club, team games, football skills and lots of fun free play! The time at afterschool club is spent providing top quality play and learning opportunities in a warm, nurturing, safe and child centred environment. To prove the commitment to providing a top service the group hold a quality assurance award.

The Afterschool Club is cross community, cross cultural and inter-denominational. The club respects this and the teachings are reflective. The ethos is instilled within policies and procedures and the promotion of respect for others in the club and themselves. Programmes and sessions that are delivered in the club are all aimed at meeting these objectives of which includes the translation of all materials used within the programmes for the families that needs them.

Strathroy Youth Club commences every year in October, with the volunteers playing a huge part in making sure the best opportunities were provided for all the young people in Strathroy and surrounding areas.

This year through our health budget we have been delighted to offer lots of fun and exciting activities to our residents and young people from mindfulness to physical activity and Gobblefunk and football skills for our future little and not so little people!

Health budget

In the centre this year so far we have had a lot of interesting programmes and activities taking place- we have ran a successful football and return to sport sessions, Gobblefunk- taking part in Winter wonderland Christmas productions, mindfulness and many other exciting initiatives.



For further information please contact Strathroy Community Centre on (028) 8224 3725 or check out our page on Facebook.

Recent activity in your Neighbourhood Renewal Area

Omagh Neighbourhood Renewal Health Project

Neighbourhood Renewal Health Project for 2022, is set to be another busy year. Engaging with people in our communities and giving them the opportunities to improve their health and wellbeing following on from the Covid-19 pandemic.

Throughout the year, the project has planned the delivery of many programmes to promote social inclusion and positive mental health amongst young people living in Neighbourhood Renewal areas. Examples of these programmes include Campsie's Youth Self - Esteem Course, Strathroy Gobble Funk, Gallows Hill Summer Scheme and CKS Core Kids programme.

Each Community group has planned to run a number of activity programmes throughout the year within their local area. MACCA's six week line dancing programme, Strathroy's Mindfulness, Campsie's Sing for your Health and CKS Men's and Women's group.

ASCERT continue to work in partnership with a local school to facilitate Drug & Alcohol Awareness Sessions within the Neighbourhood Renewal areas. Feedback from the young people in the 21/22 year was positive.

Collaboration events between Enniskillen and Omagh Neighbourhood Renewal also took place. A trip to the Ulster American Folk Park was arranged and individuals enjoyed hearing the historic stories of Irish emigration. Similarly, a Men's Fishing Trip to Birchwood Fisheries took place. Both these events were very well represented by the communities, with positive feedback from all attendees.

Further activities and programmes are scheduled for each Neighbourhood Renewal area for the 2022/ 23 year. Programmes such as Mindfulness, Health Check Days and Physical Activity programmes are all scheduled to take place.

With support from the Fermanagh and Omagh District Council, the Neighbourhood Renewal Health Project has continued to facilitate the health sub group meetings online.



For further information on the Health Project, or to find out more information about any programmes running in your area please contact Kathryn McDonagh on 028 8283 5026 or Kathryn.mcdonagh@westerntrust.hscni.net

Recent activity in your Neighbourhood Renewal Area

Omagh Learning Mentor

The Omagh Area Learning Mentor continues to work with students from Neighbourhood Renewal Area's addressing barriers to learning. The fundamental role of the Learning Mentor works one-to-one and in small groups to identify techniques to build resilience, and help them to overcome challenges that they may be facing, both at home and at school, whilst continuing to support students to reach their potential academically.

The Learning Mentor piloted a successful 28 week programme with Youthscape (South West College Omagh) which was match -funded by the Executive and the Department of Children, Equality, Disability, Integration and Youth. This Programme started back in November 2021 and was targeted at a group of year 10 students. All the Neighbourhood Renewal students involved received an OCN Level 1 in Vocational Skills comprising of the following two units:

Diversity within Society and Interpersonal Skills for the individual.

In February 2022, a Mind-set Study Skills workshop was organised, to support attainment, delivered by Stephen Beattie from AB Coaching. He delivered workshops on the topic of "Mental and Physical Preparation for study" targeted at Year 12's and Year 13's. Also in February the learning mentor facilitated a Parent Training Workshop delivered by ASCERT who delivered a Parent Training Programme called "Power of the Parent". The Power of the Parent Programme is a preventative education programme to help parents understand adolescent decision-making processes, exploring the adolescent brain, risk- taking behaviour and enable them to maximise relationships to encourage our young people to make positive, confident decisions in their lives. A great way to remind your child that you're there for support and guidance — and that it's important to you that they're healthy, happy, and safe.

At the end of February, students were involved in the "Peer Mentoring Programme" went on a trip as a reward for all their achievements. It was facilitated by ASCERT and the students got the opportunity to develop essential life skills, such as confidence, teamwork, leadership and communication whilst on a visit to Todd's Leap, Co Tyrone.

The Peer Mentoring Programme started back in January 2022 targeted at year 10's and lasted for six weeks. The students were involved in various workshops covering "Drugs and Alcohol"

In March I arranged for HiP Psychology, facilitated and delivered by Cormac Venney, to deliver workshops on "Exam Preparation" targeting year 11 and 12s.

Omagh Going Places Programme

This project involves the dedicated services of the three Mentors in a combined programme who work together as a team to cover all four neighbourhood Renewal areas across Enniskillen, Omagh, Dungannon and Coalisland.

The Going Places project has continued to act as a steppingstone for Neighbourhood Renewal Residents to access education, training or employment. Although it is recognised that there are a number of training courses available in the area, this project is funded to target and provide support to a specific group of people who, without the additional support of one to one mentoring, throughout their training period to ensure participants remain on the programme and focus on developing transferable skills required for the world of work. The project is also unique in that it offers support to those aged up to 65 years old.

The project continues to focus on level 2 and above training provision to avoid duplication with other training courses and meets an identified gap in these Neighbourhood Renewal areas. Prior to the introduction of the Going Places project a lot of the current opportunities available were being specifically targeted at the under 25 age bracket. The Department for Communities Jobs & Benefits Offices have confirmed that this programme compliments existing college provision by

At the end of March, in collaboration with Youthscape, we planned a trip to the Share Centre in Enniskillen as a reward for all their hard work and dedication throughout the year.

In April the Learning Mentor delivered workshops on "study skills" targeting year 10 students

In May the Learning Mentor arranged a 4-week Life Skills Programme targeted at year 8's-duration

facilitated by Geoff Blaird from ASCERT: It focused on the following topics: Looking after your health and well-being, Risk taking behaviour and social media.

Also in May a very famous graffiti artist came to town. The masterful graffiti artist behind the famous "Derry Girls" mural paid a visit to Sacred Heart College Omagh to trade a few tricks and tips to the pupils. It was a huge thrill for the students involved in South West College's "Youthscape" programme when Karl Porter arrived. The programme not only brought out the artist in many of the participants, but it also gave the young people the opportunity to engage in a variety of workshops to explore ideas around citizenship, and to develop their interpersonal skills.

Overall, It has been a great experience working alongside the young people in the Neighbourhood Renewal Areas post-Covid. It has been an enlightening experience and one which I have enjoyed thoroughly. Going forward, I will continue to tailor programmes to address issues such as maximising attainment and coping strategies for improved mental health, and to continue to reach out to the young students to support them through the challenges they face both at school and in their personal lives. The Programme continues to be a great success



thanks to all the partnerships involved who unite in the mission to support our young people to help and encourage them to be the best they can be.

Vivian Grimley
Omagh Learning Mentor

providing access to education and training, as Neighbourhood Renewal Residents are currently under represented in College enrolments in each of the four Neighbourhood Renewal areas.

The following are direct quotes from participants on the programme reflecting impact of the programme in 2020/21

"I went to going places as I wasn't sure what route I wanted to take and looked at hairdressing after sitting with Jane I realised I had other things to sort and doing what I really wanted to do was an option and that I didn't need to settle for something my heart wasn't in. I am now sorting things for myself and I am applying next year for an access to higher education course so I can do what I've always really wanted to do."



Supporting Communities

At Supporting Communities, we continue to support and assist our members to respond effectively to Covid-19 and returning to normal practices. Our mission remains unchanged – We work to empower society through engaged, confident, sustainable and inclusive communities.

Service Delivery

Supporting Communities staff are continuing to work from home but are allowed out in some cases- with risk assessment in place for each visit. Groups will be notified as/when this changes. Support is being provided via phone, email, Zoom etc. we can visit a premises that has been risk assessed.

Interagency Meetings

Virtual meetings have been facilitated via Zoom for all inter-agencies. Community Development Officers are continually liaising with respective groups regarding the meetings. If a group require a face-to-face inter-agency we will look into this.

Estate Inspections

Over September and October, Estate inspections took place in Fermanagh and Omagh Neighbourhood Renewal Areas. We were joined by many different agencies and covered a wide range of issues that will be further discussed at upcoming inter-agency meetings. We will be linking with groups again soon to arrange local inspections.

Funding

Advice and support remains available from Darragh and Supp Comm's Funding Officer Anita. Contact darragh@supportingcommunities.org or anita@supportingcommunities.org to discuss your funding support needs.

Anita is also running 1-1 Funding Surgeries every Wednesday - via Zoom or phone call.

- **Practical advice on completing successful funding applications**
- **Access information on a variety of potential funders**
- **Top tips & a range of ideas to make sure your application stands out from the crowd**

To book an appointment contact anita@supportingcommunities.org

Editions of the monthly Community Funding Bulletin are available on our website. Please feel free to share with your groups: <https://supportingcommunities.org/funding>

Training Opportunities

We have moved our OCN accredited Community Development training courses online.

Please keep an eye on our website and social media for further information

Contact darragh@supportingcommunities.org for more information/to sign up.

Training team happy to programme in further training courses (OCN 1-3) if there is enough interest.

Supporting Communities is offering free, online sessions over the next few months that will take an introductory look at some popular topics.

LUNCHTIME SPECIALS*

Whether you need a quick refresher or just want a peek at a topic before committing to a longer course, our 30-minute lunchtime taster sessions are perfect for you! Grab a bite and meet us online at 12 noon.

GOOD GOVERNANCE

Everyone involved with your committee needs to know how to run the group properly and comply with regulations. We'll make sure you know the basics and help you identify any areas you need to look at further.

12th May & 16th June at 12pm

FACILITIES MANAGEMENT

Are you running your community centre well? We all like to think so! As more and more of us come back to public life, make sure your center is ready. A 30-minute refresher will help you keep on top of things.

25th May & 27th June at 12pm

EFFECTIVE MEETINGS

If you've ever thought, 'that meeting could have been an email' it might be time to brush up on your committee skills. Join us for a fast look at what you can do to make your meetings more effective!

30th May & 22nd June at 12pm

*You provide the lunch, we'll supply the info!
Register online at www.supportingcommunities.org

the amp
AMPLIFYING THE VOICE OF TENANTS

**Join 'The Amp'!
Amplify Your Voice**

Supporting Communities
Empowering Society

'The Amp' is a new engagement tool from Supporting Communities which will enable residents all over Northern Ireland to contribute their thoughts on a range of housing and community-related topics.

'The Amp' aims to amplify the voice of residents in order to influence the decision-makers who can effect real change. We will

use 'The Amp' to find out what matters to tenants and residents of all tenures and convey the results to regional governmental departments, local councils, and social landlords who will be able to use the data to better frame future community and housing policy and the delivery of improved services.

The Amp will publish surveys several times a year on topics of interest to communities and relay the findings to the people, organisations, and agencies that can benefit from this kind of grassroots polling.

As our database of Amp registrants grows, we will be able to offer more detailed information about the opinions and concerns of people sorted by type of tenure, council area, age, and other demographics.

Sign up here:
<https://supportingcommunities.org/the-amp-registration>

Every time you complete a survey you will be in with a chance of winning a prize!

Transition Guidance for Primary Pupils at P7 to Post Primary Stage

Our Neighbourhood Renewal Education Committee Sub-Group responded to concerns raised by members from parents in respect of children making this big change for them in their lives at P7, moving from their relatively small primary schools to the larger post primary schools. A survey was sent to all the local primary and post primary schools in the area asking them to identify, in their experiences, key concerns for pupils at this sensitive transition stage, how they address these particular concerns and what features would mark a successful transition. We thank all the schools who participated in this survey.

The main findings of this survey point to concerns around making new friends, adjusting to the larger setting, undertaking new subjects, managing homework and expectations of many new staff and forming new relationships. Concerns were also expressed around those pupils who have health or learning issues. Both the primary and post primary sectors generously shared their strategies to help in this preparation and it was heartening to learn that so much common ground exists in our local schools to reach out in helping pupils achieve a successful transition by way of –(at post primary level)- Open Days, prior liaison with P7 teachers and primary principals, buddy system, form teachers/Head of Year support, visits to primary schools.

The primary sector offers – transition programmes through the curriculum, information to families, established links with post primary schools, especially in respect of those pupils requiring extra support.

Academic research into this transition process indicates that the factors which identify a successful transition point to pupils feeling well settled, having more and new friendships, higher self-esteem, greater self-confidence, adjusting well to new routines and coping with the work. Pupils need to understand what is expected of them at post primary stage, be prepared for the level and style of work and to be challenged to build on progress made at primary school.

Research also confirms that the most successful schools facilitating this transition are those with very close links and co-

ordination between the primary and post primary stage. Effective communication then between primary and post primary sectors is clearly the key to helping pupils make this transition move work smoothly for them.

These survey findings show that all schools are aware of the issues raised by research into this transition period for pupils and have developed effective strategies to address these concerns.

What practical help or advice then for parents can be concluded from this local survey which would enable a successful transition for their children at P7 moving to post primary stage this September?

- If you have any health related or learning issues relating to your child, then make contact with the school (primary and post primary) for reassurance these concerns are acknowledged and shared.
- Encourage your child to participate in any transition programmes offered by your primary and post primary school. The first term at post primary school is an important phase where help and support is available to enable a smooth settling in. Your support and encouragement for your child is important at this early stage, and from these survey findings the post primary schools welcome your co-operation and interest and offer their guidance and practical help which will hopefully enable your child to experience a successful adjustment to this new and exciting challenge for them. Schools recognise it can take time to make this adjustment and regular support is given to pupils on this transition journey.
- In addition, transition programmes are also available from the EA Youth Service – (Contact Julie Donaghy, Senior Youth Worker, 028 82249349) and from Omagh Boys and Girls Club- (Contact Dymphna Mullin, Leader-in-Charge, 028 82243772). These particular transition programmes for P7 pupils help develop their confidence and self-esteem by giving practical tips how to get organized for this new experience of moving to a new post primary school setting.

For further information please contact Darragh or Anita on 028 6632 9677 or darragh@supportingcommunities.org and anita@supportingcommunities.org

Health Care Support

Health Care Support

Organisation	Project Name	Support Offered	Local Contact Name	Address	Locations	Target Group	Referral Process	Any other info
Action for Children	Sperrin and Lakeland floating support	"We offer a general counselling and support service including befriending, advising on food preparation, reminding and non-specialist counselling where this does not overlap with similar services provided as personal care or personal support. Our service assists young people, between the ages of 16 - 25, who have left or are in the process of leaving care"	028 8225 9495	2A Holmview Terrace, Omagh, County Tyrone	Omagh	Young people aged 16 - 25 who have left or are in the process of leaving care	self referral	
Action Mental Health	MenSana	Mental Health Awareness Resilience Programmes including Mindset Provoking Thought Bullying, confidence and self esteem, exam stress, stress awareness, suicide and self-harm and Healthy Me.	028 6632 3630 /078 8980 4516 https://www.amh.org.uk/services/menssana/ tfymenssana@amh.org.uk	7 Cherrymount Road Drumcoo Enniskillen BT74 6GN	WHSCT area	Primary Schools Post Primary Schools Community groups	Self referral	Contact at beginning of March for new contact name
Addiction NI	Addiction NI	Offer individually tailored advice and support for anyone concerned about their alcohol use. Focus will be on 1:1 support for adults over the age of 50, recovery together group support for any age or substance abuse. Any one who is at risk of losing their tenancy due to substance abuse will help with	Nicola Donaghy 028 8283 9240 nicola.donaghy@addictionni.com	76c Market Street Omagh BT79 0AA	Omagh	Males & females over 50 years	Open referral system	
Al-Annon	Family group meetings	Group support for family, friends and colleges of a problem drinker. One to one and classes changing weekly with current situation but is still open for referrals	028 9068 2368 www.al-anonuk.org.uk	Gortmore House Day Centre, 18A Derry Road, Omagh, Co Tyrone, BT78 5DR	Omagh	Anyone affected by a problem drinker	self referral	Free, but accept donations. Meetings Tuesdays and Fridays 8.30pm
ASCERT	Steps to Change	Provides a programme of support to individuals to help them reduce the harm caused by alcohol or drug use. It is also available to family members affected by another persons substance use, even if the person using substances does not want help.	0800 2545 123 info@ascert.biz	ASCERT 7a Dublin Rd Omagh BT78 1ES	WHSCT catchment area	All adults	Open referral system	
ASCERT	DAISY	The DAISY service provides confidential support for young people aged 11 - 25 years and their families to reduce the harm caused by substance misuse.	0800 2545 123 078 7246 9773 chris@ascert.biz / daisy@ascert.biz	ASCERT 7a Dublin Rd Omagh, BT78 1ES	Omagh	Young people aged 11 - 25 years and their families	Open referral system	
Aware	Aware defeat Depression	Support groups welcome people with depression and bipolar disorder as well as carers for people with the illness. We also deliver Information Outreach sessions and attend community events to give more information about AWARE and our services. AWARE deliver mental health and well being programmes into communities, schools, colleges, universities and workplaces. These programmes include our suite of Mood Matters programmes, Living Life to the Full, Mental Health First Aid and Mindfulness. Offering limited services at the moment due to Covid check website for updates	028 7126 0602 info@aware-ni.org	Rue, 12 Main Street, Omagh, BT78 1BA	Omagh, and all of NI	People with depression / bipolar and their carers	Self referral	The group meets weekly on Tuesdays at 6.45pm
The B-Friend Hub	Omagh Volunteer Centre	Phone Befriending - Our friendly good morning call and alert service can provide peace of mind for both you and your family. This unique service can provide support if you need it and peace of mind. Home Befriending - Our Home Befriending service is ideal if you are unable to get out and about as much as you would like to. This service can support you to stay connected to your local community and to have the opportunity to enjoy the company of your volunteer befriender. The service is phone only at present and looking for volunteers due to large increase in numbers at present. Services dependent on available volunteers and clients have to be 60+	T: 028 8224 0772 M: 0759 195 2133 E: jo@thebefriendhub.org	41 C Anderson House, Omagh, County Tyrone. BT78 1EH	Omagh	Anyone	Self referral	
British Red Cross	Community connector	Reconnecting socially isolated older people with their local community. We support older people, first time mums, mental health issues and bereavement to live more healthy, interesting and active lives by getting involved in social activities.	Nicola Reid 028 8225 1824 / 078 6071 5719 nreid@redcross.org.uk	54 Gortview Close Omagh BT79 7WU	Omagh	Males and females over 60 years old	Referrals can be made by Health Professionals, family members, friends or self-referrals.	
Carers Support		Carers support-information and signposting service for unpaid carers	Cathy Magowan 02866344163 07525898985 cathy.magowan		Omagh			
Care for Cancer	Resource Centre	Provides information, advice and practical support to individuals and their families who have been touched by cancer in Omagh and its surrounding areas.	info@careforcancer.co.uk 028 82246599	1 Campsie Place Omagh, Co. Tyrone BT79 OFD	Omagh	All cancer patients, their carers and families	No referrals required. Can phone, email or drop in to the centre	Resource Centre open Monday-Friday 10am-4pm
Community Family Support Programme	Community Family Support Programme	Community Family Support Programme (CFSP) help individuals / families address the employment, educational, training, health, social and economic issues which are causing problems getting into education, training or employment.	Maeve Donaghy 07739651536 mdonaghy@21training.co.uk	Omagh Enterprise Centre, Great Northern Rd, Omagh BT78 5LU	Omagh	16+ not in education or training, unemployed or working under 48hrs per week	Self referral or medical professional, or through school, family support hub, social worker or social security benefits office	free service
Cruse Bereavement Care	Cruse Bereavement Care	Our mission is to offer support, advice and information to children, young people and adults when someone dies and to enhance society's care of bereaved people. Due to Covid no face to face support available at present but telephone support available.	Omagh@cruse.org.uk 02882 244414	Tyrone & Fermanagh Hospital, 1 Donaghianie Road, Omagh, Co. Tyrone, BT79 ONS	Omagh	anyone affected by bereavement	self referral only	free service, one to one sessions available
Epilepsy Action	Epilepsy and/or brain injury counselling service	Epilepsy Action Northern Ireland, the brain injury association, work together to provide community-based counselling throughout Northern Ireland. The service is for adults affected by epilepsy and/or brain injury. That could include: Adults affected by epilepsy and/or brain injury Adults caring for someone affected by epilepsy and/or brain injury Parents of someone affected by epilepsy and/or brain injury. Online counselling and well being services are offered.	Carla Smith 07885 778 585 csmyth@epilepsy.org.uk	outreach	Omagh	Adults affected by epilepsy or brain injury, including families and friends	self referral	counselling usually lasts 50mins, once a week for 6-8 weeks. This service is free of charge

Health Care Support

Health Care Support

Organisation	Project Name	Support Offered	Local Contact Name	Address	Locations	Target Group	Referral Process	Any other info
Family Support NI	Omagh Family Support Hub	The Omagh Early Intervention Family Support Hub is a multi agency network of organisations that either provide early intervention services or work with families who need early intervention services. The Hub directs families to the services they need. It looks at the needs of the family and works to match the family needs to the best possible services that can help.	Karen McHugh 028 8225 9495 www.actionforchildren.org.uk	2a Holmview Terrace Omagh BT79 0AH	Omagh	All families	Self referral or through medical professional	
Family Support NI	Recovery College	A prospectus details a wide range of free educational courses which are designed to promote mental health well-being and recovery. All the courses are written and delivered by people with their own experience of mental health issues, alongside those with professional experience and knowledge. The aim of the courses is to help participants tap into their own personal resilience and resourcefulness.	Olive Young Recovery College Co-ordinator 028 71296183	Western Trust Recovery Team, Omagh Hospital & Primary Care Complex, Omagh , Co Tyrone, BT79 0NS	WHSCT area	16+ group affected by mental health issues	Self application	prospectus available online
Fermanagh Omagh District Council	Home Safety Scheme	The checks offer tips on all aspects of home safety, as well as specialist advice on topics like heating and energy saving. A room-by-room inspection usually takes around 30 minutes and our Home Safety Officers can: show you the potential risk areas in your home, for example slips and trips hazards, blind cords or poisoning risks, issue home safety equipment, provide tailored advice on how to make your home safer, refer you for a free smoke alarm installation.	Marcella Kinsella 0300 303 1777 home.safety@fermanaghomagham.com	Townhall, Enniskillen	Omagh	Anyone over 65, or with a child under 5	Self referral	Free service
Fermanagh Omagh District Council	Social Alarm Service	FODC in partnership with Radius Connect 24 will provide the personal alarm service Immediate help and reassurance 24 hours a day, 365 days a year. Smoke alarms, carbon dioxide detectors, fall detector and bogus caller button are also available	Sandra Armstrong 0300 303 1777 sandra.armstrong@fermanaghomagham.com	Council Offices	Omagh	Anyone	Self referral	Monthly monitoring costs £3.75 +VAT, or £15.00 + VAT quarterly
Home Start	Home Start	Home-Start provides practical and emotional support and friendship for families with young children. Trained volunteers, who have parenting experience visit family homes on a weekly basis.	Allison Spriggs 028 8224 0902 homestartomagh@btconnect.com facebook - Home Start Omagh District	MACCA Resource Centre 21a Knockshee Par OMAGH Co Tyrone, BT79 7PH	Omagh	Families with one child under 5 years	Referrals can be made by Health Professional, voluntary or community organisations or can be self-referrals.	
Leonard Cheshire Omagh	Floating Support Service	Offers individuals with disabilities 1:1 support and will help with housing related needs such as budgeting, correspondence,moving house and getting out into the community.	Jackie Kelly 028 8224 8118 Jackie.kelly@leonardcheshire.org	Omagh Enterprise Centre, Great Northern Rd, Omagh BT78 5LU	Omagh	Individuals 18+ with a physical, sensory or ABI need	Medical or Social Worker referral. Can self refer but will need a medical risk assessment.	will also accept individuals with serious health problems such as arthritis or asthma
Leonard Cheshire Omagh	Community Access Project	Offers support for those with disabilities who want to get back into the community more, such as shopping, getting into local groups/activities. Workshops are also available such as garden project, chair yoga and arts & crafts.	Jackie Kelly 028 8224 8118 Jackie.kelly@leonardcheshire.org	Omagh Enterprise Centre, Great Northern Rd, Omagh BT78 5LU	Omagh	Individuals 18+ with a physical, sensory or ABI need	Medical or Social Worker referral. Can self refer but will need a medical risk assessment.	
Leonard Cheshire Omagh	Access for Success	Offers individuals with pain disability the opportunity to build resilience through 12 week workshops on resilience and mindfulness. This is a 2 year project.	Damian Quinn 028 8224 8118 damian.quinn@leonardcheshire.org	Omagh Enterprise Centre, Great Northern Rd, Omagh BT78 5LU	Omagh, Enniskillen and L'Derry	Individuals aged 18-25, some flexibility with age however.	Social worker or self referral.	
Mencap	Omagh Gateway Club	The Omagh Gateway Club provides social and leisure opportunities for adults with a learning disability from the local and surrounding area. The club offers a range of games, educational, creative, life skills, environmental and sports activities. The aim of the Club, is to provide leisure and social opportunities. The services are not currently running due to covid as all activities are face to face.	Monica McAleer - 07734794053 www.yournetwork.mencap.org.uk/group/1040	Station centre, 17 James St, Omagh BT78 1QX	Omagh	Adults with a learning disability, ASD, or ADGD	Self referral	£10 annual, £3per night, Thursday 7-8.30pm term time
WHSCT	mPower	We deliver a service to support people to develop well being plans in the Fermanagh area,who are over 65 with 1 or more long term health conditions to live healthier and more independent lives	02866344042 07585102515 07584142197					
National Autistic Society	Parental support / Family Club	A dedicated parental support group offering advice and support to parent carers or autistic adults. The family club helps with the social development of Club members through a range of activities.	Olive 07500 037784 northernirelandwest@nas.org.uk facebook - National Autistic Society West Branch Omagh	Parental support group - Tyrone & Fermanagh Hospital Family Club - Strathroy Community Centre	Omagh	Young people / adults with asd and their families	Self referral	The parental support group meets on the 2nd Wednesday of Each month at 8pm. The family group meets on the 1st Saturday of every month 1.30-3.30pm The service is Free
Nexus NI	Specialist counselling	Specialist counselling to survivors of sexual violence, abuse and rape - for men and women.	028 6632 0046 infor@nexusni.org Facebook NexusNI Twitter @Nexus_NI	Outreach only	Omagh	"All survivors and victims aged 16 years plus"	"Self referral or via Health Professional"	
Omagh Versus Arthritis	Omagh Versus Arthritis	Versus Arthritis provides support and services for people with arthritis. Families, friends, and people with arthritis are provided with support, understanding information and expertise so that they can cope with the impact of the condition and get the most out of life.	John McCormick 02890 782940 j.mccormick@versusarthritis.org	The Fold, James Street, Omagh	Omagh	Anyone affected by arthritis	Open referral	Meet on the 3rd Thursday of every month at 7.30pm
Sands	Omagh Support Group	A relaxed and informal evening of support & shared stories over a cup of tea/coffee in the Silverbirch Hotel. Bereaved parents learning from each other how to live with their loss.	Phone or text: 07740993450	Silverbirtch Hotel, Omagh	Omagh	Anyone affected by still birth or neonatal death	Self referral	Meet 1st Thursday of every month at 7.30pm Free Service

Organisation	Project Name	Support Offered	Local Contact Name	Address	Locations	Target Group	Referral Process	Any other info
SureStart	SureStart	SureStart is an outreach programme available to all families with children under 4 years old to help them reach their full potential in Health, Education, Social and Play Skills. SureStart provides practical advice and support to families through home visits, group based activities, respite and a variety of programmes for both parents and children.	Winnie Kelly 028 8225 2936 surestartomagh@btconnect.com www.lastsurestart.co.uk	Strathoy Enterprise Units Meelmore Drive Strathroy Omagh BT79 7XL	Those living in the following ward areas: Lisanelly, Strule, Camowen, Drumragh, Killyclogher, Gortrush, Fintona, Carrickmore	Those with children under 4 years that live in the specified ward areas.	Open referral system	
Tara Centre	PATHS	PATHS is an inter-denominational voluntary group formed to support families and individuals bereaved by suicide	Jimmy 07879 414385 info@taraomagh.com or jtccamper@hotmail.com	11, Holmview Terrace, Omagh, Co Tyrone, BT79 OAH.	Omagh	Individuals and families bereaved by suicide	Self referral	1st Tuesday of each month, 8-9.30pm
Tara Centre	Omagh Men's Support Group	The group offers men a safe and secure space where they can talk about their emotions, find help in managing the stress in their lives and explore possible solutions to life's problems. Issues raised can include relationships, raising children, work, feelings of failure and ambition, loss, health and money worries.	07799 472968 info@taraomagh.com	11, Holmview Terrace, Omagh, Co Tyrone, BT79 OAH.	Omagh	Open to all adult men	Self referral	
Tara Centre	Tara centre	Counselling / psychotherapy, art therapy and complimentary therapies - support offered to all	028 82 250024 info@taraomagh.com	11, Holmview Terrace, Omagh, Co Tyrone, BT79 OAH.	Omagh	Open to all	Self referral	Various charges for different services
Wave Trauma Centre	Wave Trauma Centre	We provide a holistic model of care, unique to WAVE that includes, Outreach Support/Befriending, Trauma Focused Counselling, Complementary Therapy, Welfare Advice, Advocacy, Health and Wellbeing, Peer Support/Creative courses and Queens University and OCN Accredited Trauma Courses.	028 8225 2522 admin@waveomagh.co.uk www.wavetraumacentre.org.uk	18 Holmview Avenue, Omagh, Co. Tyrone, BT79 OAH.	Omagh	Adults across counties Fermanagh and Tyrone affected by the troubles	Self referral	Office open Mon-Fri
"Western Health and Social Care Trust"	Dementia Navigator	"Supporting people living with dementia and their families and engaging them with the services in their community. Providing education and training. Working in partnership with all agencies to promote dementia friendly communities."	Cliona Connolly 075 8599 8890 cliona.connolly@westerntrust.hscni.net	2 Coleshill Road, Enniskillen, BT74 7HG	WHST catchment area	Diagnosis of dementia	"Currently post diagnosis from Memory Clinic"	
"Western Health and Social Care Trust"	Contraception and Sexual Health (CASH)	Contraception and sexual health clinics are a free and confidential service offering sexual health information and advice, all methods of contraception, emergency contraception, education, counselling, STI screening, smears and pregnancy testing. We also offer a Young Person's Sexual Health Drop-in Clinic for young people under 25 years of age. Check regularly for opening hours due to Covid-19 opening hours have been changed	028 8283 5536	Omagh Hospital & Primary Care Complex, 7 Donaghane Road, BT79 OJJ	WHST catchment area	Open to all	Self referral	"Monday - 9:30am - 12:00pm Thursday - 9:30am - 12:00pm and 2:00pm - 4:30pm Young person's drop in clinic: Monday: 2:30pm - 4:30pm"
"Western Health and Social Care Trust"	"Family Intervention Service"	Family Support, Child Protection and provide services to court. Work in partnership with families, parents and children through multi-disciplinary working with colleagues from Health, Education, PSNI and Community and Voluntary sectors, incorporating Social Work knowledge skills and values.	Julie Wilson 028 8225 4500 julie.wilson-mcdonald@westerntrust.hscni.net	Holly Villa Tyrone & Fermanagh Hospital, 1 Donaghane Road, Omagh, Co. Tyrone, BT79 ONS	Omagh	Children from 0 - 18 years	"Through WHST Gateway Team: (028) 6634 4103"	
"Western Health and Social Care Trust"	Macmillan Inforamtion and support service	The Macmillan Information and Support Service provides information and support for anyone affected by cancer, those who have questions or queries about cancer to include their families, carers and friends. We can also signpost to local services that will meet health and well-being needs that includes: finances, physical, practical, emotional and social support	Martha Magee / Julie Martin 0287132 0105 or 07342075636 Macmillan.information@westerntrust.hscni.net	Omagh Hospital & Primary Care Complex, 7 Donaghane Road, BT79 OJJ	Omagh	Anyone affected by cancer	Self referral or through medical professional	Drop in services: Mon 10.00 – 13.00, Tues 10.00 – 13.00, Wed 9.00 – 12.00 and Thurs 10.30 - 12.30 - may vary and excludes Bank Holidays
"Western Health and Social Care Trust"	"Omagh and Enniskillen Neighbourhood Renewal Health Project"	"Co-ordination of the Neighbourhood Renewal Health projects both in Omagh and Enniskillen. Signposting to relevant services within the Western Trust area."	"Kathryn McDonagh 07775226923 kathryn.mcdonagh@westerntrust.hscni.net"	Health Improvement Dept Tyrone & Fermanagh Hospital, 1 Donaghane Road, Omagh, Co. Tyrone, BT79 ONS	"Omagh and Enniskillen Neighbourhood Renewal areas"	Open to all those living within the Neighbourhood Renewal areas in Omagh and Enniskillen	Open referral	
Women's Aid	Women's Aid	Omagh Women's Aid provides a comprehensive service to women and children who are victims of domestic and sexual violence. Services available range from crisis accommodation outreach support, children and young people's services, empowering programmes and awareness training. No face to face community support at present due to Covid-19	"Edel Fox 028 8224 1414 info@omaghwomensaid.org www.omaghwomensaid.org Facebook: Omagh-Womens-Aid"	9 Holmview Terrace, Omagh, Co Tyrone, BT79 OAH	Omagh	Women, children and young people who have experienced domestic violence / sexual abuse	Self referral	24 hr helpline 0808 802 1414
Zest	Healing the Hurt	Aims to provide a place of genuine acceptance, active safety and living hope to those who don't feel accepted, who don't feel safe and are losing hope.	Zest@zestni.co.uk www.zestni.org 028 7126 6999	15a Queen Street L'Derry BT48 7EQ	Based in Derry, but with Clinics in Omagh, Enniskillen, Strabane and Limavady	All those suffering from mental health, suicide, depression or thoughts of self harm	Self referral by appointment	Ring Derry office to book appointment in your area.

Employability Support

Employability Support

Organisation	Project Name	Support Offered	Local Contact Name	Address	Locations Available	Target Group	Referral Process
Autism NI	Family Support	Our Family Support workers provide one to one advice, guidance and practical support to parents and carers of children aged 18 years and younger. We support individuals to access education, embark on vocational training and to find and/or maintain employment. The Family Support Team also work with families to help them develop life skills strategies, which may include personal hygiene routine, using public transport and accessing local social and leisure activities in their community. Families who use our service are provided with vital information and advice on accessing benefits such as housing benefit, Disability Living Allowance (DLA) and Employment and Support Allowance (ESA). We can also assist in the completion of relevant paperwork and advocate for individuals at appeals and tribunals as well as referring people to relevant to appropriate NAS Services	Caroline Bogue: Tel: 07917 266487 www.autism.org.uk	Knockbracken Healthcare Park, Saintfield Rd, Belfast	Northwest	18 years or younger with ASD	Self-referral Additional info: Family support worker available Mon - Fri 9-5
Careers Service	Careers service	The Careers Service provides an impartial, all-age careers information, advice and guidance service, to help young people and adults make informed choices about their future career paths.	0300 200 7820 https://www.nidirect.gov.uk/ contacts/contacts-az/careers- service	Crown Buildings 7 Mountjoy Road Omagh BT79 7BB	NI	anyone	Self-referral
21 Training	Community Family Support Programme	Mentoring service for family groups with 1 member between 16-74 years old.	0287138 2260 enquiries@21.training	Omagh Enterprise Centre, Unit B10, Gortrush Ind. Est., Omagh, Co. Tyrone, BT78 5LU	Omagh, Enniskillen, Strabane	Aged 16 to 74 Cannot be in education, employment or training.	
Department for Economy	CRAFT	Apprenticeships	Seamus McElroy 028 8225 9377 craftomagh@hotmail.co.uk joircraft@hotmail.co.uk	19A and B Kelvin Avenue Omagh BT48 0LY	Omagh, Strabane, Derry/Lderry and Cookstown	Aged 16 to 24	
Disability Action	Workable NI	Are you are about to start a new job? Are you having difficulties in your existing job? If so, our team can help both you and your employer to ensure you are happy in your job. Through a programme called Workable NI, we can provide advice and support that will be geared towards you and your needs.	Contact Gillian or Miriam on 028 9029 7880 or email gillianrainey@disabilityaction.org or miriambacon@disabilityaction. org.	11 Georges Street Dungannon BT70 1BP"	Dungannon	Aged 16+ Has a disability which means they require support to work. Job is 10 hours + and minimum 6 months	
Fermanagh & Omagh District Council	ASPIRE	A tailored employability programme to support people into paid employment.	0300 303 1777 aspire@fermanaghomagh.com	16 High Street Omagh BT78 1BQ	Omagh and Enniskillen	Aged 16+ Unemployed or economically inactive and seeking employment	
Invest NI	GO FOR IT	Supporting business start ups	0800 027 0639 www.goforitni. com	47 Kevlin Avenue Omagh BT78 1ER	NI Wide	Aged 16+	
Jobs and Benefits Office	LIASON OFFICER SUPPORT	One to one support for clients of the Jobs and Benefits Office.	0300 200 7822	7 Mountjoy Road Omagh BT79 7BB	NI Wide	Aged 16+ Client of the Jobs and Benefits Office	
Network Personnel	JOB MATCH	Unemployed or working less than 16 hours a week	Tania Aiken 028 7963 1032 jobmatch@networkpersonnel. org.uk	Unit 23B, Enterprise Centre, Great Northern Rd, Omagh BT78 5LU	Ni Wide	Aged 16-65	Self-referral
O2	THINK BIG	Offers rounds of funding for 13 -25 year olds to help bring ideas to life, using tech for social good and encouraging innovation.	hello@o2thinkbig.co.uk 0800 902 0250				Self-referral
South West College	GOING PLACES	This programme helps to develop personal skills and support with training, employment and education.	0845 603 1881 Jane Fox 077 3428 1030	2 Mountjoy Road Omagh BT79 7AH	Omagh and Enniskillen	Aged 16 to 65 Neighbourhood Renewal Resident	Self-referral
South West College	SUSE+	Employability programme for 16-65 years not in education, employment or training. 12 month support package in place after you gain employment	07718097463 Patricia or Tracy 07436533475 or Aidan 077342810129 ttps://www. swc.ac.uk/learn/alternative- programmes/step-up-to- sustainable-employment	2 Mountjoy Road Omagh BT79 7AH	Omagh and Enniskillen	Aged 16 to 65 Unemployed or economically inactive	Self-referral
South West College	Youth Scape	Personal development plan to progress into further education, employment, volunteering, training or other pathways	Contact Nuala Carlin 07464539195	2 Mountjoy Road Omagh BT79 7AH	Omagh and Enniskillen	Aged 16-24, not in full time education, eemployment or training	Self-referral
South West College	College Connect	College Connect will assist participants to integrate into the labour market, delivering a mentor-led programme which supports their holistic development. It also provides opportunity to achieve a full Level 1 qualification and assists progression into employment, education or training.	Contact Una Mc Aleer on 07876478071 or una.mcaleer@swc.ac.uk	2 Mountjoy Road Omagh BT79 7AH	Omagh and Enniskillen	Aged 16 to 24 NEET	Self-referral
Supported Employment Solutions	WORKABLE NI	Provides a flexible range of long term support to assist people with disabilities with substantial barriers to return to work	Ring SES for a referral 02890461834 or 07791075921 or email workable@sesni.org.uk		NI wide	Aged 18+	Delivered through disability action,supported employment soloution and ulster supported employment ltd
Department for Communities	Make the call	talk to us about accessing benefits,supports and services you may be entitled to	0800 232 1271 makethecall@dfcni.gov.uk		NI wide	Aged 16+	Self-referral
Omagh Independent Advice Service	Omagh Independent Advice Service	Providing free,generalist,confidential, independent advice and representational service. Dealing with social security benefits,employment law,housing,debt/money advice,consumer issues and other welfare rights matters	02882243252 info@oias.co.uk		Omagh	16+	Self-referral
UNLtd	UNLtd	Provides support for social entrepreneurs through a range of competitive awards programmes	Head Office 0207 566 1100		NI wide	Varies depending on the programme.	Self-referral
USEL	STRIDE (Support and Training to Realise Individual Development and Employment)	Employment support for unemployed people with a health condition or disability.	Siobhan Quinn stride@usel.co.uk 028 9035 6600	182-188 Cambrai Street, Belfast, BT13 3JH	NI wide	Aged 18+ Unemployed Have a health condition or disability	Self-referral

Organisation	Support	Support Activity	Local Contact	Age	Self-referral or through a professional?
Action for Children	Supporting Families, Supporting Communities	Support under-fives to get ready to start school. Children need social and communication skills to do well when they start school and early years services are crucial. They provide extra support services such as play sessions, speech therapists, health intervention and parenting programmes.	2a Holmview Terrace Omagh, BT79 OAH Telephone (028) 8225 9495	0-5 years	Both
Action for Children	Early Intervention Family Support Service	To help children and their parents work together at an early age to explore solutions and prevent more long term problems from arising.	Lisa McGarvey Telephone (028) 6632 4181 Email lisa.mcgarvey@actionforchildren.org.uk	0-17 years	Both
Child and Adolescent Mental Health Services	Primary Mental Health Service	Early identification of the development of mental health problems in children and young people.	Rivendell T&F Hospital, Omagh, BT79 ONS Telephone (028) 8283 5990		Professional
21 Training	Community Family Support Programme	Support is offered to whole family groups with 1 member between 16-24 years. Online and telephone consultations at the present times.	Omagh Enterprise Centre, Unit B10, Gortrush Ind. Est., Omagh, Co. Tyrone, BT78 5LU T: 028 82240200 E: enquiries@21.training	Whole family with one member 16-24 years	Both
Department of Education	Toybox	To significantly reduce the social and educational inequalities experienced by young Traveller children through out-reach playbased early intervention.	02890 662825 Email: toybox@early-years.org	0-4 years	Self
Education Authority	Educational Psychology Service	Aims to provide an effective, efficient, high quality service to children and young people in the age range of 0-19 in the context of learning, emotional and behavioural difficulties and where possible prevent these difficulties arising.	Anne O'Kane Education Authority 1 Hospital Road, Omagh, BT79 OAW Telephone (028) 8241 1411	0-19 years	Pre-school Children - Community Paediatrician Nursery and School aged - Principal
Education Authority	Education Welfare Service	The Education Welfare Service is a specialist education support service which seeks to work in partnership with parents and schools to maximise every pupils educational opportunities.	Education Authority 1 Hospital Road, Omagh, BT79 OAW Telephone (028) 8241 1289		Both
Education Authority	The Youth Service	Omagh Youth Centre is open five days a week offering programmes for children and young people aged 6-25 years old.	Julie Donaghy Omagh Senior Youth Worker Telephone (028) 8224 9349 Email julie.donaghy@eani.org	6-25 years	
Education Authority	Pupil Personal Development Services	Promotes the development of services for children and young people who are experiencing difficulties in relation to identified personal development issues in nursery, primary and post-primary sectors. This early intervention team provides advice to schools on the development of policy and practice in relation to pupils' general welfare, anti-bullying strategies, Looked After Children and critical incidents.	1 Hospital Road Omagh BT79 OAW Telephone (028) 7186 1186		School
Education Authority	Special Education Statutory Services, Transition Service and Advice and Information Service	Special Education Statutory Services consider the statutory assessment of children and young people's special educational needs and make and maintain statements of SEN where appropriate. They are responsible for the school placement of statemented children. The Transitions Service provides transition support to young people 14+ with statements of SEN and their families. The Advice and Information Service provides Advice on special educational needs to families and schools.	1 Hospital Road Omagh BT79 OAW Telephone (028) 7186 1186		Both
Education Authority	Traveller Education Support Service	To help improve pupil outcomes and ultimately their life chances through supporting schools, children, young people & their families	Michaela Cullen Telephone 079 9057 6003 Email michaela.cullen@eani.org.uk	0-18 years and parents	Self
Education Authority	School Age Mothers (SAM) Programme	To provide support and choice to continue education to school age mothers	Telephone (028) 8241 1289	Under 18 years	Both
Home-Start	Home Start Omagh District	Home visiting support for parents with children under five years old.	MACCA Resource Centre 21a Knockshesa Park, Omagh, BT79 7PH Telephone (028) 8224 0902 Email homestartomagh@btconnect.com	0-5 years and parents	Both
Mencap	Mencap	Valuing and supporting people with a learning disability and support people to live a life they choose.	Helpline 0808 808 1111 Email mencapni@mencap.org.uk		Self
Sacred Heart College, Loreto Grammar School, Drumragh College, Omagh High School and Omagh Academy	Learning Mentor Programme	Provides one to one mentoring to Neighbourhood Renewal students	Alicia Toland	11-18 years	Self or Staff
SureStart	Omagh Surestart	Surestart is an outreach programme available to all families with children under four years old to help them reach their full potential in Health, Education, Social and Play Skills.	Omagh SureStart Strathroy Enterprise Units, Meelmore Drive, Strathroy, Omagh, BT79 7XL Telephone (028) 8225 2936 Email surestartomagh@btconnect.com	0-4 years and parents	Self
Western Health and Social Care Trust	The Western Education Support Team (WEST)	A multidisciplinary team, working in partnership with the Western Education and Library Board, focusing on Early Intervention and a holistic approach incorporating education, health improvement, social and health care.	Community Services Department Tyrone and Fermanagh Hospital, 1 Donaghane Road, Omagh, BT79 ONS Telephone (028) 8283 5844	0-8 years old	Professional
Western Health and Social Care Trust	Autism Spectrum Disorder Service	A multidisciplinary service that has been developed to offer assessment, diagnosis, support and early intervention for children and young people who are presenting with characteristics commonly associated with the autistic spectrum	ASD Service 1 Donaghane Road, Omagh, Co Tyrone, BT79 ONS		Both
Western Health and Social Care Trust	Children's Disability Service	Work with children and young people who have a learning disability and/or complex and enduring physical health needs.	Health and Disability Community Services Dept Tyrone and Fermanagh Hospital, Omagh, BT79 ONS	0-18 years	
Western Health and Social Care Trust	Sensory Support Team	To support children who have sensory disabilities, be that deafness, hearing loss or visual impairment. This support service is to maximise opportunities for each child to ensure they reach their full potential	Drumcoo Centre Drumcoo, Enniskillen, BT74 6AY Telephone (028) 6632 4400		Both

Organisation	Support	Support Activity	Local Contact	Age	Self-referral or through a professional?
Western Health and Social Care Trust	Rise NI	RISE NI is a regional early intervention service which supports children in pre-school educational and mainstream primary school settings by working closely with parents and education staff to help children develop the foundation skills for learning i.e. speech, language, communication, sensory-motor, visual perception, social, emotional and behaviour skills	Administration Centre Tyrone and Fermanagh Hospital, 1 Donaghane Road, Omagh, BT79 0NS 02882835844 info.riseni@westerntrust.hscni.net	3-11 years	Professional
Education Authority	14+ Transition service	The Transition Service was created to help young people and their parent or carers access appropriate information, guidance and support to help them make informed choices about the future. Our aim is to provide a high quality, collaborative and fully inclusive service for all pupils with a Statement of Special Educational Needs at 14+.	Campsie House, 1 Hospital Road, Omagh, Co Tyrone, BT79 0AW Contact:Roisin Kielty 02882411510	14+	Both
Education Authority	DARS Dispute Avoidance and Resolution Service	Disagreements sometimes arise between a parent/guardian, and either a school or the Education Authority, in relation to the special educational provision being made for a child or young person. The purpose of the service is to provide - within an independent, confidential and informal forum - further opportunities through which disagreements may be more fully addressed.	Telephone: 02890 726060 Email: DARS@globalmediation.co.uk	Pre-school to 19	Both
Learning Space	Educational resources and products for children with special needs	We provide a place where the needs of children of all abilities can be met through inspiring and motivating products. Products for a child who has Autism or Dyslexia, an interest in science or needs to develop their fine motor skills. We are constantly liaising with therapist, teachers, parents and children to ensure we have the most suitable and affordable products available. We have strong links with support groups and organisations such as Autism NI, Dyslexia Association and Diversity inaction NI.	Online: www.learningspaceuk.co.uk Contact person:Lorraine McAleer. Phone no: 028 9031 9360.	all ages	Both
Listening books	Listening books to those who have a disability.	Listening Books is a national charity that provides a postal and online audiobook library service to children and adults who find that an illness, disability, mental health issue or learning difficulty such as dyslexia impacts on their ability to read or hold books in the usual way. Membership fees range from £20 - £45 per year Free memberships are available for anyone who would find it difficult to pay the membership fees.	Claire Gosden phone number:02074079417	all ages	Self
Education Authority	The independent counselling service for schools	A way of helping young people through a process of talking, listening and empowerment. Young people are provided with a safe place to express their feelings and thoughts about what they perceive to be an issue in their life. Counselling can help young people to understand themselves and their situation better. It can give them new ways of coping with issues that cause them upset therefore increasing their capacity for learning. Successful counselling is based on trust, self-motivation and commitment."	Maydown House 1Maydown Road L'Derry , Co Derry BT47 6UF Contact:Sheila Gamble Phone Number:028 7186 4785	12-16 years	Self
Strathroy Community Centre	Homework club	Afterschool club with 1:1 support on homework. Waiting list at present but all services running as normal	Strathroy Community Centre, Drumlea Crescent, Strathroy, Omagh, Co Tyrone, BT79 7XE Donna Smyth,Phone No: 028 8224 7132	4-12 years	Self-referral or school
Careers Service	Careers advice	Monday-Friday 9:00-4:30 pm free impartial advice on careers advice,CV building,interview skills and employability skills.	Crown Buildings, Mountjoy Road,Omagh,BT79 7BB Tel: 0300 2007820	all ages	Self



Fermanagh & Omagh
District Council
Comhairle Ceantair
Fhear Manach agus na hÓmaí



CLASSROOM SUPPORT PROGRAMME



MON 25 JULY - FRI 5 AUGUST 2022

Join ASPIRE this Summer for our Fast Track Classroom Support Programme!

- Child Protection
- Paediatric First Aid
- Sounds Write Linguistic Phonics
- Foundation Food Safety
- ICT for the Classroom
- Autism Awareness
- Employability Skills

☎ 028 8224 6535 (Omagh) or 028 6632 6478 (Enniskillen)

✉ aspire@fermanaghmagh.com

📱 @ASPIREEmployabilityProgramme



This project is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department for the Economy



Fermanagh & Omagh
District Council
Comhairle Ceantair
Fhear Manach agus na hÓmaí



Are you over 16, unemployed, underemployed and not currently in full-time education?
Hoping to get back to work or find a new career path?

JOIN ASPIRE TODAY!



SUPPORTING PEOPLE INTO PAID EMPLOYMENT

FREE Training Includes:

- Classroom Support Programme
- Industry Specific Training
- Administration
- Finance & Accounts
- Social Media Training
- Employability Skills
- CV Building

**IMMEDIATE
PLACEMENT
OPPORTUNITIES**
★ GAIN EXPERIENCE
WHILE YOU LEARN



“I am very grateful for all the assistance that I received while on ASPIRE and I honestly believe that I would not have gained my current position without the help of the ASPIRE team.”

☎ 028 8224 6535 (Omagh) or 028 6632 6478 (Enniskillen) 📱 @AspireEmployabilityProgramme

✉ aspire@fermanaghmagh.com 🌐 www.fermanaghmaghaspire.com



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Other Service Providers



Omagh Volunteer Centre continues to support voluntary and community organisations and groups by:

- Providing information, recruiting and matching volunteers.
- Giving advice and guidance to groups on good volunteer management practice.
- Delivering training such as Adult Safeguarding.
- Information and guidance on small grants applications.
- Processing Access NI Enhanced Disclosure Checks.

If you are interested in any of our opportunities or if there is something else you would like to do (we can source it), please get in touch to register your interest.

Telephone: 028 8224 0772

Email: volunteer@omaghvolunteercentre.org

Website: www.omaghvolunteercentre.org

Don't forget to check out all our latest news and activities online.

Please follow our social media pages



SHORT ACCREDITED TRAINING

- Manual Handling
- Working at Heights & Confined Spaces
- First Aid & Paediatric First Aid
- Digital Skills
- Money Management
- Customer Service
- Administration
- Personal Success & Wellbeing
- Childcare

HELP WITH FINDING EMPLOYERS/PLACEMENTS

We can help you find a suitable employer or placement for your Apprenticeship/Traineeship

ONE-TO-ONE MENTORING AND SUPPORTS

Participants will benefit from having their own Mentor for one-to-one support so that they can secure the opportunities they need to meet their targets.

BOOK YOUR PLACE

Contact a Mentor at South West College, Omagh:

Patricia

Telephone 07718097463

Email Patricia.Cairns@swc.ac.uk

Aidan

Telephone 07734281029

Email Aidan.kelly3@swc.ac.uk

Tracy

Telephone 07436533475

Email Tracy.Sharkey@swc.ac.uk

Theresa

Telephone 07799348858

Email Theresa.McGlinchey@swc.ac.uk



Important Numbers

Lifeline (24hr)	0808 808 8000
Samaritans (24hr)	08457 90 90 90
Zest (9am - 5pm)	028 7126 6999
Drink Helpline (24hr)	0800 91 78282
Drugs Helpline (24hr)	0800 77 6600
Childline (24hr)	0800 11 11
Western Trust (Out of Hours GP)	028 7186 5195
Northern Trust (Out of Hours GP)	028 3839 9201
(After 5pm Mon-Fri and all weekend)	

15a Queen Street, L'Derry, BT48 7EQ

Telephone: 028 7126 6999

zest@zestni.co.uk

www.zestni.org



STEPS ² COPE

Living with a parent's alcohol use?

If you are a young person concerned about a parent's drinking, you are not alone. Steps to Cope is a service dedicated to providing information and support to help you understand and cope better with whatever is going on.



www.stepstocope.co.uk

p4

Service available across all of Northern Ireland
A partnership with SEHSCT, Barnardos NI and AFINET. Big Lottery funded



OMAGH YOUTH CENTRE

9-13 YEAR OLDS SUMMER SCHEME



Mon 18th - Thurs 21st July
10am-2pm in Omagh Youth Centre

- *Virtual Jumping Clay
- *Swimming @ Omagh Leisure Centre
- *Health and Well-Being Day
- *Nerf Wars
- *Team Challenges
- *Arts and Crafts

ALL FREE OF CHARGE!

FOR MORE INFORMATION OR TO GET A
REGISTRATION FORM EMAIL
BRONAGH.MCELROY@EANI.ORG.UK OR
CONTACT 02882249349



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OMAGH COMMUNITY CHURCH FOOD BANK

FEED THE HUNGRY
SUPPORT OUR COMMUNITY
BRING LIFE LOVE AND HOPE
TO THE HEART OF THEIR WORLD

CALL: 07771173652 or 07471934670

TEXT HELP: 07784870375

disability
blue badge
benefits
healthcare costs

Are you getting all you're entitled to?

make the call

0800 232 1271
text 'CHECK' to 67300
nidirect.gov.uk/makethecall

*network charges may apply

Department for Communities
www.communities-ni.gov.uk

The Independent Advice Network,
providing advice to those who need it most

Freephone advice helpline
0800 915 4604
advice@adviceni.net
Text : ACTION to 81025

@AdviceNI

Parents, carers, family members...

if you need us we're here.

Call Parentline NI today for advice, support or guidance.

FREEPHONE
0808 8020 400

Parentline NI is a service operated by Children in Northern Ireland & Relate NI. Funded by the Health and Social Care Board.

Jesteśmy dla CIEBIE....
Zespół Parentline powstał, aby CIĘ wysłuchać i NIE MA czegoś takiego jak głupie pytania...

Mój nastolatek nie ma dla mnie szacunku, co mogę zrobić?
Ile snu potrzebuje mój maluch?
Jak zapewnić bezpieczeństwo dziecka w Internecie?
Moje dziecko jest prześladowane w szkole, co mogę zrobić?
Martwię się o pieniądze w czasie wakacji szkolnych...
Moje dziecko bije innych, co mam robić?
Czy to normalne, że....?
Rozumiemy, że czasami nie wiadomo, od czego zacząć, a nawet jakie pytanie zadać...
Nie wiem, od czego zacząć
...porozmawiajmy
0808 8020 400

„Jesteście cudowni. Bardzo dziękuję za pomoc w przejściu od negatywnej do pozytywnej sytuacji. Dziękuję, że jesteście genialni!”
„Dziękujemy za rady, teraz zbieramy ich owoc.”
„Bardzo dziękuję za wspaniałą pomoc. Od momentu, gdy zadzwoniłam, czułam się wspierana. Rozpowszechniałam informację o tej usłudze wśród wszystkich w szkole”
„Dziękuję, że jesteście moim bezpiecznym miejscem, w którym mogę dać upust wszystkiemu i wyrzucić z siebie pewne rzeczy”
„Jeszcze raz dziękuję. Z pewnością wkrótce zadzwonię z prośbą o dalsze wsparcie. Byliście super!”
„Bardzo pomocne jest słyszeć spokojny głos w słuchawce.”

ParentlineNI
0808 8020 400

Children in Northern Ireland
Health and Social Care Board

Kim jesteśmy?
Co robimy?

Czym jest Parentline?
Parentline NI to BEZPŁATNA i poufna linia zaufania dla rodziców i opiekunów w Irlandii Północnej.
Wysłuchamy Cię z troską i bez osądzania, zapewniając wsparcie i wskazując kierunek, niezależnie od tego, na jakim etapie swojej drogi jako rodzica się obecnie znajdujesz.

Jak możemy Cię wesprzeć?
Bezpłatna linia telefoniczna - 0808 8020 400
Wsparcie, porady, wskazówki i/lub możliwość wysłuchania. Osoby dzwoniące na linię zaufania mogą odbyć jednorazową rozmowę w celu uzyskania wsparcia lub kontynuować proces w formie kolejnych rozmów, dostosowanych do potrzeb indywidualnych.

Indywidualne wsparcie dla rodziców
Indywidualne sesje wsparcia, dostosowane do indywidualnych potrzeb i okoliczności, we współpracy z jednym z naszych zespołów Parentline.

Chat internetowy
Gdy trudno jest znaleźć spokojne miejsce do rozmowy, można skorzystać z naszego chatu internetowego na stronie: ci-ni.org.uk/parentline

Skontaktuj się z nami
Stużymy pomocą: tel. 0808 8020 400
od poniedziałku do czwartku godz. 9.00-21.00
piątek godz. 9.00-17.00
sobota godz. 9.00-13.00
chat internetowy: ci-ni.org.uk
email: Parentline@ci-ni.org.uk,
facebook.com/parentlineNI

Nasza misja
Podczas każdej rozmowy każdy rodzic będzie czuć się doceniony, szanowany i otoczony opieką, a także będzie zachęcany do spędzania czasu ze swoimi dziećmi jak i stosowania wyrozumiałego i opiekuńczego podejścia wobec samego siebie.

Warsztaty dla rodziców
Organizujemy szereg warsztatów na tematy związane z rodzicielstwem oraz innymi interesującymi dziedzinami.

Podcast Parentline
Twój przewodnik po wszystkich obszarach rodzicielstwa. Dostępny na wszystkich platformach podcastowych, dostępny za darmo.

Zasoby
Na życzenie udostępniamy szereg pomocnych materiałów na różne tematy związane z rodzicielstwem.

Skierowanie do Relate NI
Dzięki współpracy Parentline z Relate możemy wystawić skierowanie na maksymalnie 10 sesji prowadzonych przez doradców Relate NI.

Aby uzyskać więcej informacji na temat dostępnych form wsparcia, zadzwoń do nas pod numer
0808 8020 400

نحن هنا....

فريق Parentline هنا
للاستماع إليك، حيث لا
توجد أسئلة سخيفة...

ابني المراهق لا يحترمني، ماذا
يمكنني أن أفعل؟

ما مقدار النوم الذي تحتاج
صغيرتي؟
كيف أحافظ على سلامة طفلي عن
استخدامه للإنترنت؟
طفلي يتعرض للتنمر في المدرسة،
ماذا يمكنني أن أفعل؟
أنا قلق بشأن إدارة المال خلال
العطل المدرسية
طفلي يضرب، ماذا أفعل؟
هل من الطبيعي أن...؟

كما أننا نتفهم أنه من الصعب أحياناً
أن نعرف من أين نبدأ أو حتى أي
سؤال نسأله...

لا أعرف من أين أبدأ

... فقط نتحدث

0808 8020 400

"لقد كنت نجمًا،
شكرًا جزيلاً
لمساعدتي أنتقل من
السلبى إلى الإيجابي.
شكرًا، لأنك عبقرى"

"شكرًا جزيلاً لكم على هذه
الخدمة العظيمة، منذ
اللحظة الأولى التي
اتصلت بها شعرت
بالدعم، لقد كنت أشعر
بالكلمات لكل شخص في
المدرسة"

"شكرًا
لنصحتك،
نحن نحب
نما ذلك الآن،
أنا مسرور جدًا
أنني تواصلت
معكم"

"شكرًا مرة أخرى،
سأصل بالتأكد هاتفياً
للحصول على دعم
إضافي في وقت ما قريباً،
لقد كنت رائعاً!"

"شكرًا لكونكم
ملاذي الآمن
للتفكير عن كل
هذا والتخلص
منغصبات من على
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صدري"



Parent
LineNI
0808 8020 400

من نحن؟
ماذا نفعل؟



ورشة عمل للوالدين

تُعدّ مجموعات من ورش العمل حول
مواضيع تخص الوالدين ومجالات
الاهتمام.

Parentline بود كاست

دليلك لجميع الأشياء التي تخص
الوالدين، متاح مجاناً من خلال جميع
منصات البود كاست.

الموارد

لدينا مجموعة من الموارد المفيدة التي تغطي نطاق
واسع من مواضيع الوالدين المتاحة لتبادل الآراء عند
الطلب.

ربط NI للإحالة

من خلال الشراكة بين Parentline و Relate
يمكننا إجراء إحالة والتي قد تصل إلى 10
جلسات مع مستشاري Relate NI.

لمزيد من المعلومات عن كيفية
دعمك، اتصل بنا على رقم
الهاتف 0808 8020 400

من هي Parentline؟

تعدّ Parentline NI خط المساعدة المجاني
والسري للأبوين وللمقدمي الرعاية في أيرلندا
الشمالية.

فنحن أذان صاغية وغير حاكمة لكم ولدعكم أو
لتوجيهكم أينما كنتم في رحلة الأبوة والأمومة.

ابق على تواصل
معنا

نحن هنا من أجلك على رقم هاتف:
0808 8020 400، من الإثنين إلى الخميس
من الساعة 9 صباحاً إلى 9 مساءً، ويوم
الجمعة من الساعة 9 صباحاً إلى 5 مساءً،
ويوم السبت من الساعة 9 صباحاً إلى 1 ظهراً
webchat: ci-ni.org.uk
email: Parentline@ci-ni.org.uk
facebook.com/parentlineNI

بيان مهمتنا

يسشعر كل من الوالدين بالتقدير
والاحترام والرعاية في كل اتصال،
بالإضافة إلى التشجيع على قضاء
الوقت في الاتصال بأطفالهما،
ومعاملة أنفسهم بعناية وتعاطف.

كيف نقدم الدعم لك؟

خط الهاتف المجاني
0808 8020

للدعم والمشورة والتوجيه وأو الاتصالات
باهتمام، حيث يمكن للمتصلين بخط
المساعدة الاستفادة من مكالمات الدعم أو
متابعة مكالمات أخرى مصممة لتلبية
احتياجاتك.

الدعم المخصص وجهاً
لوجه لكل من الوالدين

جلسة الدعم وجهاً لوجه مصممة لتلبية
احتياجاتك وظروفك الفردية، والعمل
جنباً إلى جنب مع أحد أعضاء فريقنا
Parentline المتفاني.

دردشة الويب

عندما يكون من الصعب العثور على
مكان هادئ للحديث، فإن استخدام
موقعنا على الإنترنت جدير
بالمحاولة، ci-ni.org.uk/parentline

Concerned about the rising
cost of household bills?

Energy Cafe

Omagh Library

Thur 23 June

12:30 - 5pm



Fermanagh & Omagh
District Council
Comhairle Ceantair
Fhear Manach agus na hÓmaí



FREE gift for first
30 attendees



Free School Meals and Uniform Grant

DID YOU KNOW?

If you receive a qualifying benefit, your child may be eligible for free school meals and assistance towards a school uniform.



ELIGIBILITY

Parent(s)/Guardian(s): you can apply if your child is in full-time education and you are in receipt of a qualifying benefit.

Student(s): you can apply if the course you are studying is a full-time course and you are receiving a qualifying benefit in your own name.

HOW TO APPLY

Application forms and instructions are available at:

- 🔗 www.eani.org.uk/financial-help
- 🏢 Jobs and Benefits Offices
- 🏢 Your child's school or college
- 🏢 Community Advice Centres
- 🏢 EA Offices

CONTACT US

You can call your local Education Authority office:

EA Belfast Office 028 9056 4000
EA Ballymena Office 028 2566 1355
EA Dundonald Office 028 9056 6200
EA Armagh Office 028 3751 2523
EA Omagh Office 028 8241 1496

more information is available at:

www.eani.org.uk/financial-help

Eligibility to Free Schools Meals and the Uniform Grant is subject to Dept of Education Criteria and Education Authority approval

TALK TO US

If things are getting to you

📞 **116 123** FREE
This number is FREE to call round the clock

✉️ jo@samaritans.org

🌐 samaritans.org

SAMARITANS

A registered charity

ANYONE

Call the **Domestic and Sexual Abuse Helpline**

0808 802 1414

We are here for you confidentially 24/7.

You will be heard, you will be believed.

YOU DON'T HAVE TO DRINK TO SUFFER FROM ALCOHOLISM

Call our Confidential
FREE Helpline
0800 0086 811



Al-Anon Family Groups
Help and hope for families and friends of alcoholics

Useful Contact Numbers

Please note that numbers beginning 0800 or 0808 are free to phone from landlines and mobiles

Emergency Services

Fire, Police and Ambulance in an emergency	999 or 112
Crime Stoppers	0800 555 111
PSNI Neighbourhood Police	101

Emergency, Statutory and Key Services

BT Northern Ireland	0800 800 150
Department for Regional Development (problems with street lighting)	0300 2007893
Fermanagh and Omagh District Council	0300 303 1777
Flooding Incident Line	0300 2000 100
Child Social Services	028 8283 5156
GP Out of Hours Service	(028) 7186 5195
Jobs and Benefits Office, Benefit Enquiries	0800 022 4250
Jobs and Benefits Office, Careers Service	0300 200 7822
Northern Ireland Electricity	08457643643
Northern Ireland Gas Emergency Service	0800 002 001
Northern Ireland Housing Executive	03448 920 900
Northern Ireland Housing Executive (out of hours)	03448 920 901
Northern Ireland Water	0345 7440 088
Northern Ireland Water Leakline	0800 028 0088
Northern Ireland Water Flood line	0345 744 0088
Rivers Agency	(028) 9260 6100
Transport NI	(028) 9054 0540
Omagh Hospital and Primary Care Complex	028 8283 3100
South West Acute Hospital (SWAH)	028 66 382000

Help Lines and Advice

Citizen's Advice Bureau	028 8224 3252
Drugs Helpline (National)	0300 123 6600
Lifeline	0808 808 8000
NSPCC Helpline	0808 800 5000
Smokers Helpline	0800 917 9388
Samaritans Helpline	116 123
SWC Sexual Health clinic	028 82 835536
CRUSE Bereavement centre	0808 808 1677
Eating Disorder Helpline	028 90 5959
MIND	0300 123 3393
Alcoholics Anonymous	028 90 351 222
Al anon	028 90 682 368
Gamblers Anonymous	0330 094 0322

Business Support

Fermanagh and Omagh District Council	0300 303 1777
Omagh Enterprise	(028) 8224 9494
Go For It	0800 027 0639
Invest NI	0800 181 4422

Children's Service Providers

Action for Children	(028) 8225 9495
Employers for Childcare	0800 0283008
Community Family Support Programme	028 71 382260
EA Youth Service	028 8224 9394
Homestart	(028) 8224 0968
Neighbourhood Renewal Learning Mentor	(028) 6632 2935
Last Surestart	028 8225 2936
CAMHS	028 8283 5900

Community and Voluntary Organisations

Action for Children	(028) 8225 9495
Campsie Residents' Association	077 5190 0938
CKS Residents' Association	078 5112 5120
Easilink Community Transport	(028) 8224 8140
Gallows Hill and Johnston Park Community Association	075 1403 2444
MACCA	(028) 8224 8422
Omagh Food Bank	077 18915 435
Life Triumphant Church Foodbank	077 189 15435
Omagh Community Church Foodbank	077 84870 375
Strathroy Community Centre	(028) 8224 3725
Supporting Communities NI	028 2564 5676
Volunteer Now	07467486638
Omagh Volunteer Centre	028 8224 0772

Health and Well-being Providers and Services

Action Mental Health	(028) 8225 9495
Contraceptive and Sexual health clinic Omagh	(028) 8283 5536
NEXUS	0800 802 1414
Women's Aid	(028) 8224 1414

Schools and Further Education Providers

Christ The King Primary School	(028) 8224 7051
Christian Brothers' Grammar School	(028) 8224 3567
Drumragh Integrated College	(028) 8225 2440
Gibson Primary School	(028) 8224 4552
Holy Family School Senior Site	(028) 8224 3551
Junior Site	(028) 8224 4140
Loreto Grammar School	(028) 8224 3633
Neighbourhood Renewal Learning Mentor	(028) 8224 2717
Omagh Academy Grammar School	(028) 8224 2688
Omagh County Primary School	(028) 8224 2642
Omagh High School	(028) 8224 2656
Sacred Heart College	(028) 8224 2717
South West College	028 8225 0109

Training and Skills Providers

AMH Employment Service	(028) 6632 3630
ASPIRE	(028) 8224 6535 / 0300 303 1777
Going Places	078 3112 2703
NR Learning Mentor	(028) 8224 2717
Princes Trust	0800 842 842
SUSE+	07718 097463 / 0743 6533 475
21 Training Services	028 71 382 260



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Department for
Communities
www.communities-ni.gov.uk