

Fermanagh & Omagh District Council Community Support News – April 2015

The Community Support Newsletter is published on a monthly basis. If you wish to receive a copy or place an article in the Newsletter please contact Nuala Quinn on 0300 303 1777 or email nuala.quinn@fermanaghomagh.com

COUNCIL NEWS & EVENTS

New Council Makes First Call For Grant Aid Applications - Fermanagh and Omagh District Council is now accepting applications for the first round of its grant aid funding for the 2015-2016 financial year. The Council welcomes applications from voluntary clubs, societies and organisations based throughout the district under the following funding themes: Arts, Culture and Heritage; Community Festivals; Community Support; Good Relations; Rural Summer Schemes; Sports Events; and Sports Development and Recreation. The level of grant available is dependent upon the funding programme applied to but can range between £200 to several thousand pounds. The call for grant aid opened on 13 April 2015. The closing date for applications is **5.00 pm on Friday 8 May 2015**.

A number of Grant Aid Information sessions across the district have been organised by the Council to help groups and individuals with the application process. Council Officers will be on hand to advise people on eligibility of projects, levels of funding available under each funding stream and how to make an application. Grant Aid Information sessions will be held at the following locations:

- **Strule Arts Centre, Omagh - Monday 20 April 2015, 7.30 pm – 8.30 pm.**
- **Intec Centre, Enniskillen - Tuesday 21 April 2015, 1.00 pm – 2.00 pm.**
- **Bawnacre Centre, Irvinestown - Tuesday 21 April 2015, 7.30 pm – 8.30 pm.**
- **Castle Park Centre, Lisnaskea - Wednesday 22 April 2015, 7.30 pm – 8.30 pm.**
- **Strule Arts Centre, Omagh - Thursday 23 April 2015, 1.00 pm – 2.00 pm.**

There may be a second call for grants later in the year; however groups are encouraged to apply to this call to secure funding. Separate applications for Sport and Art, Culture and Heritage bursaries will open week beginning 20 April 2015. Further information on how to apply to the Council's Grant Aid Scheme, including the funding guidelines and application form are available to download from the Council's website www.fermanaghomagh.com or by contacting the **Funding and Investment Unit** by telephoning 0300 303 1777 or emailing grants@fermanaghomagh.com.

PCSP Call Blocker Initiative Date - Fermanagh & Omagh Policing and Community Safety Partnership (PCSP) recently obtained funding from the Department of Justice's Assets Recovery Community Funding Scheme to provide 107 call blocking devices for vulnerable people within county Fermanagh. The devices, which allow users to block unwanted calls with the simple touch of a button, will help to prevent vulnerable people in our community from falling foul of telephone scams, an issue of ever-increasing concern. Anyone resident in the county, can apply for one of the devices and these applications will be assessed on a needs basis, with those classed as most vulnerable, being prioritised to receive the call blockers in the first instance.

Once an individual has been assessed and confirmed as in need of the call blocking device, a member of staff from the tendered supplier will visit the individual to install the device and provide training on how to use it. The Call Blocking device will come pre-programmed with a series of numbers which are known to be 'scam numbers' and the individual can easily add numbers to it. Members of the public are urged to remain vigilant when dealing with possible scammers on the telephone and to follow these tips:

- Never give out your personal details to anyone who asks for them.
- Never give out your credit card or bank details for identification purposes.
- Do not reveal a lot of personal information on social networking sites.
- Do not respond to junk mail or spam emails.
- ALWAYS check the identity and credentials of a company you're dealing with.

For information on the Call Blocking Initiative being delivered by PCSP, or to receive an application form for a device, please contact the **PCSP Development Officer** on 0300 3031777 Ext 21178 or by email at finbar.maguire@fermanaghomagh.com.

Active Communities – The Active Communities Programme is a Sport Northern Ireland Lottery funded initiative, which employs and deploys coaches to deliver activities in schools, community & club settings across the Fermanagh and Omagh District Council area with a view to increasing opportunities for participating in sport & physical activity, especially in under represented groups. Active Communities coaches have delivered physical activities and sports to a variety of schools, groups, individuals, governing bodies and private organisations, statutory bodies with a particular focus on under represented groups, females, people with disabilities and older people. There is currently no cost for the coaching apart from providing a suitable venue with venue insurance suitable for the coaching session to be delivered.

If you or your group would like to request Active Communities coaching please contact **Billie-Jo Irwin, Active Communities Project & Monitoring Officer** on 028 82245321 or by email at billie-jo.irwin@fermanaghomagh.com.

COMMUNITY NEWS

Minding Money, Minding Me - Practical, fun programme looking at how to make the most of stretched resources including emotional well-being, personal finances, stress management, information, education, advice and fun. This 6 week programme will be jointly facilitated by St Vincent dePaul & the Aisling Centre, facilitator Mary Daly. The programme will run from **Friday 10 April – Friday 15 May 2015 from 10.00 am – 12.00 pm at the Aisling Centre, 37 Darling Street, Enniskillen**. To register please contact the **Aisling Centre** on 028 66325811 or email info@theaislingcentre.com. A limited number of places are available and will be filled on a first come first served basis. Cost – voluntary donation.

April Activities - The Forge Family Resource Centre, Pettigo

- **Beginners (Modified) Pilates for Seniors** – Pettigo Methodist Hall, 6 weeks on Tuesdays from 11.30 am - 12.30 pm starting 31 March, 14, 21, 28 April, 5 & 12 May 2015. To book please contact **Mairead** on 077 83057575.
- **Walkie Talkie Group**. Meet at The Methodist Hall, Pettigo every Monday morning at 10.00 am. Guided walk (lead by trained walk leaders) and refreshments. Walk at your leisure and ability.
- **Pettigo Runners** - every Tuesday & Friday evening at 6.50 pm sharp (meeting outside Britton's Bar). All welcome to run/jog/walk at your own pace, no pressure. Find us on Facebook @Pettigo Runners.
- **Allsorts Community Singing Group** - Singing and music can be beneficial to your mental health and wellbeing. Free fun informal sessions. The group will resume after Easter on Thursday 16 April and every Thursday evening from 8.00 pm – 10.00 pm in Pettigo Methodist Hall. All genres and voices welcome.
- **Basketweaving** – A new 6 week class starts on Monday 13 April 2015 from 7.00 pm – 9.00 pm.
- **Making Mosaics** - A 6 week beginner's class will start on Tuesday 14 April 2015 from 7.00 pm – 9.00 pm. Classes will be held in Pettigo Methodist Hall. To book a place please contact **The Forge FRC** on (00353) 71 9861924.

For further information on any of the above please contact **The Forge FRC** on (00353) 719861924 or email theforgefrc@eircom.net.

Together One Voice - (TOV) is a long-running community choir with branches in Omagh and Enniskillen. We meet weekly and sometimes join together to sing at community festivals and events. The physical and mental benefits of singing are well documented, and everyone in our choir has a story to tell of how singing has helped them, whether it is after bereavement, through life transitions or whilst caring for others. Our members speak of a stronger sense of community, reduced isolation, improved self-esteem, confidence and benefits to mental/physical health. The choir crosses community divides and brings people together - culturally, socially and generationally, creating new connections and relationships. 'If you can speak you can sing'; we have a relaxed and informal approach that builds confidence in beginners and experienced singers alike. Grab your chance to discover your natural voice in a safe and welcoming environment, **the Aisling Centre, Enniskillen for 8 weeks starting on Monday 20 April 2015, 10.30 am – 12.30 pm**. To book your place please contact **Valerie Whitworth** on 075 26534183 or email valwhitworth@btinternet.com. Courses will continue throughout the year, summer and autumn terms. Please contact Valerie for start times.

Parents Helpline - Parents Helpline is a free confidential service offering support and guidance to parents/guardians. To make an appointment, speak with someone on the Helpline or find out more about Parenting NI services please contact the freephone number **0808 8010722, Monday to Thursday 9.00 am – 8.00 pm & Friday from 9.00 am – 5.00 pm**.

Erne Speakers - Do you get nervous when you have to speak? Do you need to develop your leadership skills at work? Erne Speakers can help. Maybe you have to give presentations, or you might be asked to speak at family events, prepare for an interview or even give a wedding speech? Whether it's for work or social Erne Speakers can give you the skills you need to act and speak with confidence. We meet on the **second and fourth Wednesday of each month at 7.30 pm in Fermanagh House, Broadmeadow Place, Enniskillen (opposite KFC)**. Meetings in April will take place on **Wednesday 8 and 22 April 2015** and you can hear 3 great speakers. Everyone welcome so come along to see what we do. Give it a go and see how we can help improve your confidence! For further information please contact **Heather on 028 85567688 or email ernespeakers@hotmail.co.uk**.

Darkness Into Light Walk/Run - The Oak Healthy Living Centre is working with Pieta House and we are excited to inform you that we are holding the First 5km **Darkness into Light Walk/Run** in Northern Ireland on **Saturday 9 May 2015 at 4.15 am in Lisnaskea**. This walk is around creating an awareness of suicide and self harm and starts at 4.15 am in the dark and walking into daylight symbolising walking into hope. The event is an opportunity to remember those who have been bereaved or affected through suicide and to show support to their families. If you would like more information please contact us on **028 67723843** and check out www.dil.pieta.ie or facebook **darknessintolightlisnaskea**.

Invitation To Joy, The Season of Summer - Summer with its long days and short nights, we long for it all winter and yet when it comes are we really fully able to enter into the abundance of light? Learn how to do just that by keeping your body, mind and spirit in balance. We will enjoy some fun exercises to help us during this season and accept the invitation to live our life with joy. **Tuesday 5 May 2015, 10.30 am to 1.00 pm in the Aisling Centre, Enniskillen**. Facilitated by Marie Evans. Cost £10 per workshop. For further information or to request a registration form contact the Aisling Centre on **028 66325811 or email info@theaislingcentre.com**. There are a limited number of places available and places will be allocated on a first come first serve basis.

Safer Ageing Fermanagh - Safer Ageing Fermanagh are looking for male/female volunteers to become Buddies through the programme. Further information can be provided by contacting **Sharon Ferguson, Male Volunteer Co-ordinator or Marie Holmes, Female Volunteer Co-ordinator at the Safe Hands Centre, Belmore House 028 66328898**. Training will take place on Wednesdays 15 and 22 April 2015 from 10.00 am – 4.00 pm.

Call To Community Groups Interested In setting Up Oil Clubs! - Bryson Energy has recently been appointed as facilitator by the Housing Executive funded Oil Buying Clubs Scheme. This innovative 3 year scheme is looking to establish a network of 27 clubs across Northern Ireland. Bryson Energy will help to set up, develop and grow club membership over the months and years ahead. No matter how small your group's membership is, you will be considered for the scheme. A group of 30 - 40 interested households could be the hub around which to build up members – from neighbouring villages, housing estates, etc. Remember great things may come from small beginnings! The benefits of an Oil Buying Club include:

- It is free to set up and free to join.
- Available for all household tenures i.e. homeowners, private rented, Housing Association rented, NIHE rented.
- Saves money - members benefit from a reduction in the price per litre.
- Everyone gets the oil at the same price per litre regardless of the size of their order (minimum order 200 litres).
- Helps build a sense of community spirit.
- Reduction in CO2 emissions - fewer deliveries reduces the number of tanker journeys – safer for the community and better for the environment.
- Helps people to avoid buying small, expensive 'emergency 20 litre oil drums' which cost significantly more per litre than an oil distributor might charge.

The 27 oil buying clubs will be strictly on a first come first served basis. For further information please contact **Bryson Energy Advice Line on (Freephone) 0800 1422865, email info@brysonenergy.org or visit the Bryson Group website www.brysongroup.org**.

Counselling for Men - Men's Action Network have recently started offering counselling for men from the age of 14 in the Enniskillen area. We currently have premises in the **Safe Hands Centre, Darling Street, Enniskillen**. Our opening times at present are **9.00 am – 7.00 pm on Wednesdays and 9.00 am – 5.00 pm on Thursdays**. We offer counselling in all areas including addiction, grief, anger, depression and any other issues men face. This is a one-to-one service. For further information please contact **Anne Hamilton on 028 66328898**.

Group Activities in Fermanagh House – April & May 2015 – The following activities will take place during April and May 2015. For further details on any of these activities please contact **Fermanagh House on 028 6632210**.

- W.I.M.P.S. – Every Wednesday from 7.00 pm – 9.00 pm.
- Stroke Support – Information and support for you, your family and friends. First and third Tuesday each month from 11.00 am – 1.00 pm.
- Weighwatchers – Help and support for those who would like to loose weight. Every Tuesday from 5.00 pm – 6.45 pm.
- Toastmasters/Erne Speakers – Public speaking group. Second and fourth Wednesday each month from 7.30 pm – 10.00 pm.
- Solutions – Sandra Miskimmins weight control group. Every Thursday from 7.00 pm – 8.00 pm.
- Caritas Choir – Singing group. Every Friday from 6.00 pm – 7.30 pm.
- U3A Drama/Poetry – University of the third age poetry reading group. Second and fourth Monday each month from 2.00 pm – 3.30 pm.
- St Michael's Bridge Club – Card game group. Every Monday from September to April, 7.30 pm – late.
- St John Ambulance First Aid Training – One day course on Tuesday 19 May 2015, 9.30 am – 4.30 pm. Ring **Tony Logan on 028 90799393 ext 223**.
- U3A Choir – University of the third age singing group. First and third Tuesday each month, 11.00 am – 12.30 pm.
- Autism NI – Support group. Fourth Tuesday of each month, 8.00 pm – 10.00 pm.
- Soroptomists – International volunteer organisation who work to improve the lives of women and girls in local communities and throughout the world. Tuesdays 21 April & 5 May 2015 from 8.00 pm – 10.00 pm.
- Relate – Relationship counselling. Every Friday, 10.00 am – 2.30 pm. By appointment – please ring **028 90323454**.
- Sarcodosis – Support group. Monday 20 April 2015, 7.00 pm – 9.30 pm.
- Special Olympics – Fundraising Coffee Morning. Friday 24 April 2015.
- Downs Syndrome – Support Group. First Wednesday of each month, 8.00 pm – 10.00 pm.
- Diabetic Desmond – Diabetic education, Tuesday 12 May 2015, 9.00 am – 5.00 pm.
- Volunteer Now Child Protection Course – Safeguarding children & young adults and those with disabilities. Thursday 14 May 2015, 10.00 am – 4.30 pm. To book a place on this course please go to www.volunteernow.co.uk/training-events/view/298.

CONFERENCES & EVENTS

Volunteer Manager's Forum – Volunteer Now wishes to invite you to the next Volunteer Manager's Forum. The Forum will thematically explore 'Diversity and Inclusion in Volunteering' with specific focus on increasing volunteer involvement of people with disabilities. However, most of the practice and learning can be applied to all under-represented groups. The session will provide networking, practice sharing, group discussion and group work opportunities which we hope you will find useful and informative.

The Fermanagh Volunteer Manager's Forum will be held on **Wednesday 22 April 2015, from 10.00 am – 1.00 pm in Fermanagh House, Enniskillen**. The forum will be followed by 'Bring Your Own' lunch and networking – refreshments will be provided. If you wish to attend this or any other forum, please book your place by phoning **Antje Otto on 078 5085821 or Aidan McCabe on 075 85110855**.

Traditional Irish Music Concert – Boho Music Class will host a Traditional Irish Music Concert on **Friday 24 April 2015 at 8.00 pm in Boho Community Centre**. The concert will be mc'd by Martin Donohue and will feature a range of musicians including Michael Curran, John Daly, Darren Breslin, Shauna Agnew, Martin Donohoe, Jim McGrath, Gary Curley, Fr Seamus Quinn, Mark McCrystal, Gerry McMahon, Tumbling Paddies, Jordan Hill, James McCaffrey, Eugene McKenna, Ryan Hackett, Damien McKenna, Boho Music Class, Alanna Maher, Barney Murphy, Lydia Warnock, Cathcart Sisters, RTE Raidió na Gaeltachta and Neansaí Ní Choisdealbha. Admission is £10.00 and bar facilities will be available. For more information call **028 66341333**.

TRAINING OPPORTUNITIES

Walk Leader Training – One day course (9.30 am – 4.00 pm) on Tuesday 5 May 2015, Bawnacre Centre, Irvinestown, facilitated by the Health Improvement Department. The aim of this course is to train adults to lead health walks in their community or workplace. Learning objectives include:

- To understand the health benefits of walking.
- To motivate inactive people to participate in health walks.
- To develop walking for health programmes.
- To plan and assess walking routes.

Please note this is a basic level course which promotes health walks specifically. All participants will be expected to be active as Walk Leaders within three months of attendance. Free insurance cover is provided to participants leading walks in an unpaid voluntary capacity. For further information please contact **Jenny Curry at the Health Improvement Department** on 028 71865127 ext 217124 or email health.improvement@westerntrust.hscni.net.

FUNDING OPPORTUNITIES

BCPP Funding Available – The Community Development and Health Network (CDHN) has opened up a new round of funding through their Building the Community Pharmacy Partnership (BCPP) programme. We are seeking new community-pharmacy partnerships throughout Northern Ireland and continue to support community-pharmacy partnerships previously involved in BCPP. The BCPP programme promotes and supports local communities to work in partnership with community pharmacists to address local health and social wellbeing needs using a community development approach.

Level 2 funding is for those with established partnerships who have a clear vision of what they want the project to achieve. It consists of a maximum of £10,000 for a project that can last up to 2 years. The closing date for Level 2 applications is **Thursday 16 April 2015 at 4.00 pm**. Please keep in mind that we offer support in developing your partnership, ideas and application. Applications packs can be downloaded from www.dchn.org/bcpp. For further information please phone 028 30264606.

Big Lottery Funding Clinics - Awards for All is a small grants programme delivered and funded by the Big Lottery Fund in Northern Ireland. Staff from the Big Lottery Fund will be available on **Wednesday 13 May 2015 in the Intec Centre, Enniskillen from 12.00 pm to 8.00 pm** for 30 minute funding clinics to offer advice and support for groups thinking of applying to the programme. Advice and support will include:

- Good governance and what is expected of a group when applying for funding.
- What evidence is required in support of an application.

To book please contact **Fiona Leonard, Community Services, Fermanagh & Omagh District Council, Tel 0300 303 1777 or email fiona.leonard@fermanaghomagh.com**. Please note that although staff from the programme can offer advice, it is not within their remit to complete application forms on behalf of groups.

DARD Rural Micro Capital Grant Programme - DARD Minister Michelle O'Neill has announced a new funding programme specifically designed to improve the lives of those living in rural communities. The Programme will be open for applications from **Monday 13 April 2015 until noon on Friday 22 May 2015**. Grants of between £200 and £1,500 are available to constituted rural community organisations for equipment and minor capital works.

Within the Fermanagh and Omagh Area the programme is being delivered by Fermanagh Rural Community Network and Omagh Forum for Rural Associations on behalf of DARD. For further information about the DARD Rural Micro Capital Grant Programme 2015, please contact **Fermanagh Rural Community Network on 028 66327006 or by email at info@fermanaghrcn.org or Omagh Forum for Rural Associations on 028 88251559 or by email at info@omaghforum.org**. Guidance Notes and Application Forms are available from the following websites: www.fermanaghrcn.org or www.omaghforum.org or www.dardni.gov.uk/rural-micro-capital-grant-programme-2015. If you are unable to download the application form hard copies are available from either Fermanagh Rural Community Network or Omagh Forum for Rural Associations. The closing date for Applications is **12 Noon on Friday 22 May 2015**.

