



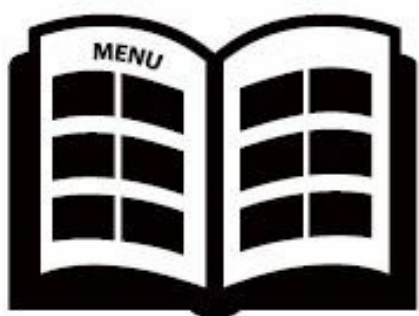
Fermanagh & Omagh
District Council
Comhairle Ceantair
Fhear Manach agus na hÓmaí

International Day for Persons with Disabilities

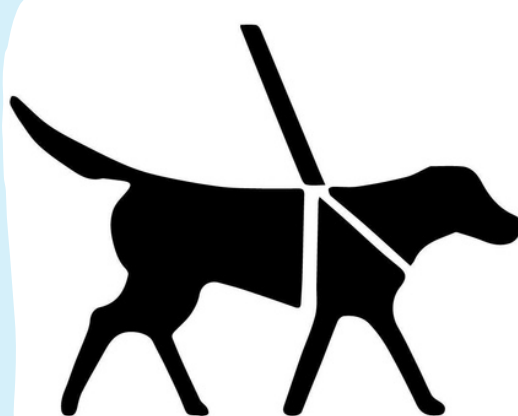
'Not all Disabilities are Visible'



Blue Badge Parking



Easy-Read Menu



Staff trained in
Sign Language



HEARING
LOOP

**Thursday 3 December -
Thursday 10 December 2020**



Public Health
Agency

Project supported by the PHA



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

FODC Chair Councillor Chris Smyth

I am pleased to launch Fermanagh & Omagh District Council's programme of activities to celebrate International Day for Persons with Disabilities. This year the celebrations will be different from previous years with all workshops taking place online. This may be an advantage to others by providing an opportunity for those unable to get to previous events, for instance due to travel distance, to interact from the comfort of their own homes.

This year's theme is 'Not all Disabilities are Visible'. In recognising this and to help encourage awareness of people with disabilities during the COVID-19 recovery, interactive workshops discussing a range of different disabilities and the support available within the District will take place over 5 days.

I wish to thank all the individuals and organisations who have supported the Council, worked on facilitating the workshops and the Public Health Agency for funding the events.

Please take the opportunity to log-on to the workshops, learn more information on mental health, learning disability, deafblind and many other disabilities.



Public Health Agency, Adele Dunn



Congratulations to Fermanagh and Omagh District Council as they provide opportunities to celebrate their innovation in access inclusion work, as part of the International Day for Persons with Disabilities. PHA are delighted to work in partnership with FODC to continue to break down the communication, physical and social barriers for people with disabilities, thus ensuring that we are creating inclusive, accessible and healthier communities.

Disability Advisory Group

Chair of Disability Advisory Group, Cllr Victor Warrington

As Chair of the Disability Advisory Group, I am pleased to be able to take part in this online celebration to recognise International Day for Persons with Disabilities on Thursday 3 December.

2020 has been a tough year for everyone and it is great to be able to logon to these sessions to find out more about various disabilities and how we can support each other through the recovery of the pandemic. Throughout the week members of our Disability Advisory Group will be speaking before the workshops and I encourage you to get in touch with any of us.



Gerry Knight
Omagh Access Advisory Group Chair



Elected Members Disability Advisory Group

- Councillor Victor Warrington
- Councillor Tommy Maguire
- Councillor Errol Thompson
- Councillor Garbhan McPhillips
- Councillor Stephen Donnelly
- Councillor Emmet McAleer
- Councillor Donal O'Cofaigh

Andrew Wilson
Fermanagh Access Advisory Group Chair



Eileen Drumm
Fermanagh Access Advisory Group



Dermot Devlin
Disability Advisory Group Vice Chair



Joanne McDonald
Omagh Access Advisory Group



Gerry Maguire
Fermanagh Access Advisory Group



Bob Lingwood
Omagh Access Advisory Group



Jane Hughes
Fermanagh Access Advisory Group



To find out how to contact a member of the Group please visit:

www.fermanaghomagham.com/your-council/policies/equality/disability-advisory-group/

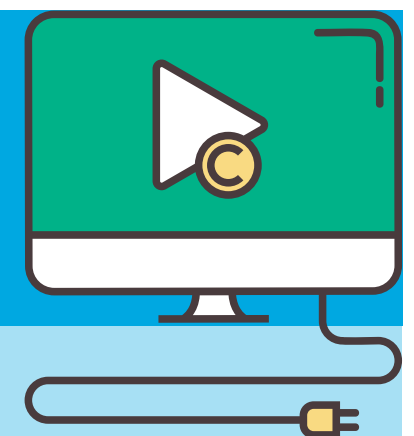


Who can take part?



- Anyone can register to take part in any of the workshops by contacting Policy & Strategic Services. Please telephone 0300 303 1777, email disability@fermanaghomagh.com or textphone 028 8225 6216 .
- Each workshop will have limited spaces, which will be allocated on a first-come-first-served basis.

How do I access the Workshops?



- Once you register for a workshop a member of staff will email you the link to the online platform.
- Each workshop will start promptly, so we advise clicking on the link and logging in at least 5 minutes before the start time.

Alternative Format



- If you require support to join any of the sessions please make a member of staff aware as soon as possible. We will try to book support where possible.



To book a space or to find out more information please:
telephone: 0300 303 1777 or email: disability@fermanaghomagh.com



INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES

Thursday 3 December

10:30 – 12:00

'Mental Health during the Pandemic'

Professor Siobhan O'Neill, N.I. Mental Health Champion, will outline the importance of mental health during the COVID-19 pandemic.

Equality Commission NI – A video from the Equality Commission will highlight the 'Mental Health Charter' and why it's important for organisations to sign up to it.



Equality Commission

FOR NORTHERN IRELAND

Thursday 3 December

14:00 – 15:00

'Coping with Anxiety'

This workshop will help to identify the signs and symptoms of anxiety and how we can use different techniques to cope better with our daily lives.



Friday 4 December

10:30 – 11:30

Brain Injury Awareness with Headway -the brain injury association

Headway - the brain injury association, offers practical, psychological and emotional support to people whose lives have been affected by brain injury.

Every 90 seconds someone in the UK is admitted to hospital with an acquired brain injury. Headway's support services in Northern Ireland includes staff who facilitate regular group meetings, outings, 1:1 interaction and short breaks.

In addition, the charity has a UK helpline, an emergency grant fund, brain injury identity card scheme and an award-winning range of booklets and publications which are downloadable through the website www.headway.org.uk



Friday 4 December

14:00 – 15:00

'Food and Mood'

Log on and learn more about 'Food and Mood'.

During the workshop you will find out how eating better can make you feel better.



Monday 7 December

11:00 – 12:00

Overcoming Communication Barriers During Covid-19

RNID is providing a virtual information session on the barriers that Covid 19 has presented to people who are deaf or have a hearing loss, how organisations can help, and support available to people in the district.



Monday 7 December

14:00 – 15:00 – Visual Impairment

RNIB will be discussing a range of topics to illustrate the day to day barriers for blind and partially sighted people, how to support them and what support is available within the region.

R N I B



See differently

Tuesday 8 December

10:45 – 12:00

Learning Disability Awareness

Mencap is the voice of learning disability in the UK. Everything we do is about valuing and supporting people with a learning disability, their families and carers.

This workshop will provide an overview of what a learning disability is, identify the barriers people with a learning disability can experience, provide an understanding of how to communicate effectively with people who have a learning disability, and offer ways to consider how to become more inclusive for people with a learning disability.



Tuesday 8 December

14:00 – 15:00

deafblind

deafblind NI will provide a one-hour interactive session, providing information to help raise awareness and how you can make services more accessible. They will also be launching their new deafblind Friendly Initiative during the event.



Wednesday 9 December

10:45 - 11:30

Autism Strategy



The Autism Act (NI) 2011 places a statutory responsibility on the Department of Health to develop an Autism Strategy every seven years. The current Autism Strategy, 2013-2020, will come to an end in December 2020 and plans are underway to introduce a revised strategy early in 2021. The session today will highlight the priorities which will be included within the revised strategy to support autistic people, their families and carers.

11:30 - 12:00

WHST Question & Answer Session



Dr Marie Martin (Specialist Clinical Psychologist) and Sarah McElholm (Specialist Speech & Language Therapist) will facilitate a Question and Answer Session on Autism Services within the Western Health & Social Care Trust. Please feel free to send in your questions prior to the session.

Wednesday 9 December

14:00 – 15:00

Autism Awareness

Log on to find out more about the services provided locally by Positive Futures, as well as gaining an understanding of some of the challenges faced by children with Autism Spectrum Disorder/ Learning Disability whilst accessing services in the community.



Thursday 10 December

11:00 – 12:00

Support for Carers

Carers NI will deliver a workshop on the following:

- Who we are and what we do
- Who are carers/ facts and figures/ impact of unsupported caring
- Carers Allowance
- Carers Credit
- Rights in work
- Supports available to carers
- Jointly
- Carers assessments



Thursday 10 December

14:00 – 15:00

Disability Action's ONSIDE Project

Log on to find out more about Disability Action's ONSIDE project. This project is a cross border project created to address the social isolation experienced by disabled people.

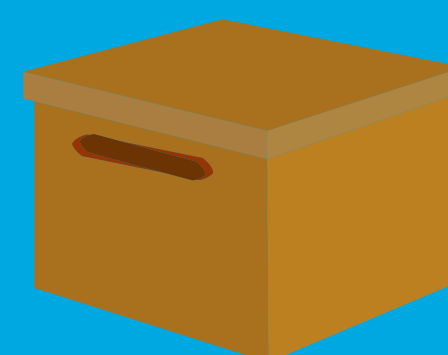
ONSIDE's aim is to create community connections for disabled people - both in their local community and online communities.



Online Activities

How can I access the Activities?

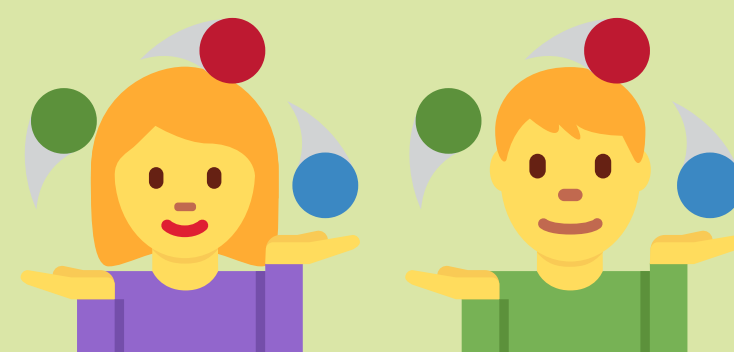
- A video showing you how to create the item will be recorded and emailed to you through an appropriate email address.
- You will also receive a material pack to help you create the item. This will be delivered to your home or can be collected from an agreed location.
- We advise that you quarantine the pack for 72 hours after delivery and clean before use.
- Each workshop will have a maximum of 25 spaces per workshop and will be allocated on a first-come-first-served basis.



Circus Workshops - 11 years old +

Workshop 1: Learn how to make your very own Juggling Balls to keep and practice with at home.

Workshop 2: Want to juggle like a professional. This workshop will teach you how to juggle properly.



Jumping Clay Workshops - 3 - 11 years old

Why not log on to this online workshop, get creative and make a festive figure from clay?



To book a space for any of the workshops please:

Telephone 0300 303 1777 or

Email disability@fermanaghmagh.com





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This programme celebrating International Day for Persons with Disabilities has been funded by the Public Health Agency

