

## Fermanagh & Omagh District Council Community Support News – December 2024

The Community Support Newsletter is published monthly. Regular updates are also issued by email. If you wish to receive these or place an article in the Newsletter, please contact Alison Gilmore on 0300 303 1777 ext 21217 / email [alison.gilmore@fermanaghomagh.com](mailto:alison.gilmore@fermanaghomagh.com)

**Please note the deadline for January's Newsletter is Tuesday 17 December**



Seasons greetings from the Community Services Team,  
Fermanagh & Omagh District Council  
wishing you a prosperous and peaceful 2025

A copy of the Christmas Events Programme can be found at  
<https://publuu.com/flip-book/717360/1594016>

This includes information on Christmas Farmers Markets, the Live 'n' Local Seasonal Outdoor Music Programme, etc.

## Council News & Events

### International Day of Persons with Disabilities

**Tuesday 3 December 2024**

Fermanagh and Omagh District Council, in collaboration with the Public Health Agency (PHA), have organised various 'come and try it' activities from **Monday 2 December 2024 to Sunday 8 December 2024**.

Activities include boccia, football, bowls, pickleball, archery, chair-based exercises, arts and crafts, Pilates and information sessions plus others.

A full Programme of activities and links to register can be [viewed here](#)

If you have any questions or queries, please contact [communitywellbeing@fermanaghomagh.com](mailto:communitywellbeing@fermanaghomagh.com)

### 'Be Kind, Park with Disability in Mind'

The campaign recently conducted a survey to help identify the extent of the misuse of Blue Badge Parking Spaces within the district.

Out of over 270 responses, 94% of people had experienced someone parked in a Blue Badge Parking Space with no badge displayed and 86% said that this had prevented them from finding one to park in.

For updates on the campaign please visit <https://bit.ly/3YH3b35> or email

[disability@fermanaghomagh.com](mailto:disability@fermanaghomagh.com)

### Funded Numeracy Related Courses

Funding is now available for individuals to gain additional skills or a qualification by completing a short numeracy related course of your choice. The course can be online or in-person.

For eligibility criteria and how to apply visit [Numeracy Related Courses](#)

There is a wide variety of courses to choose from.

**Courses will be awarded on a first come, first served basis and must be completed by 31 March 2025.**

If you have any queries or require any support, please contact Bronagh Maguire on 0300 303 1777 Ext 20315 or email [multiply@fermanaghomagh.com](mailto:multiply@fermanaghomagh.com)

### Ulster-Scots Language Week

Leid Week took place from 25-29 November and celebrated the Ulster-Scots language, helping people to understand more about the language, the role that it plays in the lives of its speakers, and the place that it has within our wider community.

Visit the Council's facebook page to see some short videos and take the opportunity to explore, preserve and develop your Ulster-Scots linguistic identity with an introduction of Ulster Scots words.

## WRAP 2024/25

Fermanagh and Omagh District Council has appointed a consortium of 6 local organisations to deliver a programme of wraparound and financial support for households in the district who are experiencing food insecurity.

Aptly named WRAP, the programme centres around an 8 week plan of personalised wraparound support, which will be developed and agreed with the household.

Support is aimed at maximising income and reducing household costs. Issues such as debt, benefits, budgeting, housing, healthy eating, physical and mental health will be addressed, as well as education, training and employability skills.

WRAP providers will work with other local services and support organisations to ensure each household gets the support they require.

The WRAP programme aims to support up to 200 households across Fermanagh and Omagh between November 2024 and March 2025.

Local support organisations can refer households to the programme, or individuals can self-refer by calling **028 6632 7006** or emailing [info@fermanaghrcn.org](mailto:info@fermanaghrcn.org).

Further information on this programme and other support can be found at [www.fermanaghomagh.com/costofliving](http://www.fermanaghomagh.com/costofliving)

## Free home safety checks

**for all residents over 65, families with children under 5, and vulnerable adults, living within our council area.**

Reduce your risk from falls in the home; Poisoning; Burns or Scalds; Danger from Carbon Monoxide; Choking or Ingestion

Apply for a home safety check by contacting the Environmental Health Department

on 0300 303 1777; email: [home.safety@fermanaghomagh.com](mailto:home.safety@fermanaghomagh.com) or online: <https://bit.ly/3O2VDCZ>

## Marble Arch Caves

**Autumn Cave Tour Special: Buy One, Get One Half Price!**

Explore the wonders of Marble Arch Caves this Autumn with our limited-time offer! Buy one Guided Cave Tour ticket and get the second at half price, available for Adult, Student, and Senior tickets.

- Booking Period: 29<sup>th</sup> September - 20<sup>th</sup> December
- Days: Monday to Friday, from 12:00 PM onwards
- Use code **50OFF** when booking online, or purchase on the day of your visit.

Don't miss out on this fantastic deal—bring a friend and discover the beauty beneath!

Visit <https://marblearchcaves.co.uk/2024/09/06/autumn-offer-guided-cave-tour/> for terms and conditions and for booking and <https://marblearchcaves.co.uk/online-booking-guided-cave-tour/> for direct link to online booking.

## Consultations

Consultations provide you with an opportunity to have your say. They also help us to find out what you think and to understand your priorities and concerns about our district. Further information is available at <https://www.fermanaghomagh.com/your-council/consultations/>

### Events in Fermanagh and Omagh

Visit the following websites for details of what's on in the district:

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

<https://www.fermanaghlakelands.com/whats-on>

<https://exploreomaghsperrins.com/whats-on/events/>

### Community Wellbeing at Fermanagh and Omagh District Council

This site will provide up-to-date information in relation to Sport and Countryside Recreation programmes, events and activities across the district.

<https://www.facebook.com/SportandCountrysideRecreation/>

### Age Friendly at Fermanagh and Omagh District Council

Fermanagh and Omagh District Council is committed to providing an Age Friendly District and seeks to ensure that older people lead more independent, engaged and socially connected lives.

For further information visit <https://www.fermanaghomagh.com/services/health-wellbeing/agefriendly/>

**For details of how to join an older person's group, visit**

<https://www.fermanaghomagh.com/services/health-wellbeing/agefriendly/join-an-older-persons-group/>

### Community Centres

Our community centres are available to hire for children's activities/parties, community events, health and sporting activities, special occasions and corporate events.

For further details or to make a booking visit

<https://www.fermanaghomagh.com/services/community/community-centres/>

### Irish Language Fermanagh and Omagh District Council

For up to date information and details of activities across the district visit <https://www.facebook.com/FODCGaeilge>

### Fermanagh and Omagh Policing and Community Safety Partnership (PCSP)

A partnership between the Council, statutory providers and the community. The partnership is made up of elected and independent members and representatives from the statutory sector.

Follow us on Facebook via the link below

[https://www.facebook.com/FermanaghandOmaghPCSP/?locale=en\\_GB](https://www.facebook.com/FermanaghandOmaghPCSP/?locale=en_GB)

### Charity Support

Fermanagh and Omagh District Council may provide support to charities in a number of ways including the provision of grant aid; the attendance of the Council Chair or Vice Chair at photo opportunities; use of Council facilities and the illumination of Council buildings to mark specific days of significance to a chosen charity which is associated with a particular colour.

For further information visit <https://www.fermanaghomagh.com/services/community/>

Please note, applications for the use of Council facilities or the illuminating of Enniskillen Castle and Strule Arts Centre in a particular colour, should be submitted to the Council **at least 6 weeks** before the date requested, to allow sufficient time for the application to be considered.

To make an illumination request please complete <https://form.jotform.com/222782646405055> or for any enquiries regarding Council support to charities, email [communitysupport@fermanaghomagh.com](mailto:communitysupport@fermanaghomagh.com)

## Community Support

The Community Services Department offers support to individuals and organisations within the community and voluntary sector promoting community action.

Officers within the Community Services Team are available to assist community groups and voluntary organisations make as big a difference as possible to local lives and issues.

For further information, please visit [Community – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](http://fermanaghomagh.com)

The link below can help you find your local Community Support Officer - please contact us for any assistance you or your organisation may require on 0300 303 1777

<https://fermanagh.maps.arcgis.com/apps/ZoneLookup/index.html?appid=82210c413ab74bcd8da1750af0321163>

Area	Officer	Email	Telephone
Enniskillen	Ruthanne Fawcett	<a href="mailto:ruthanne.fawcett@fermanaghomagh.com">ruthanne.fawcett@fermanaghomagh.com</a>	Ext 21649
Erne East	Joanne Cunningham	<a href="mailto:joanne.cunningham@fermanaghomagh.com">joanne.cunningham@fermanaghomagh.com</a>	Ext 21405
Erne North	Leza Cleary	<a href="mailto:leza.cleary@fermanaghomagh.com">leza.cleary@fermanaghomagh.com</a>	Ext 21234
Erne West	Kellie Beacom	<a href="mailto:kellie.beacom@fermanaghomagh.com">kellie.beacom@fermanaghomagh.com</a>	Ext 21201
Mid Tyrone	Eilish Morgan	<a href="mailto:eilish.morgan@fermanaghomagh.com">eilish.morgan@fermanaghomagh.com</a>	Ext 20068
Omagh	Josephine Treanor	<a href="mailto:josephine.treanor@fermanaghomagh.com">josephine.treanor@fermanaghomagh.com</a>	Ext 20222
West Tyrone	Billie-Jo Irwin	<a href="mailto:billie-jo.irwin@fermanaghomagh.com">billie-jo.irwin@fermanaghomagh.com</a>	Ext 20220

## Community News

### Give blood - you could save 3 lives!

Book your appointment by tapping on the link -

<https://scanner.topsec.com/?d=1783&r=show&u=https%3A%2F%2Fbit.ly%2FGiveBloodNI&t=9eaf8cfaa84a84e39e28806eaa01d393e44b7f7a>

### Pharmacy First

[The Pharmacy First service](#) is available at participating community pharmacies across Northern Ireland.

If you have an everyday health condition, you can use the Pharmacy First service to get advice and treatment from a local pharmacist, without waiting for an appointment to see your GP.

Many community pharmacies have longer opening hours including weekends and holidays, making them more accessible than a GP surgery.

You can call into the pharmacy for a private consultation with the pharmacist without needing to make an appointment.

The services within Pharmacy First are:

- [Pharmacy First for Every Day Health Conditions](#)
- [Pharmacy First for Emergency Hormonal Contraception \(the morning after pill\)](#)
- [Pharmacy First for Urinary Tract Infection \(UTI\)](#)

### Live Here Love Here Community Awards 2025

#### Celebrating the community champions of Northern Ireland!

Nominations are now open - Celebrate your local Community Champions, the unsung heroes who go over and above to take pride in your local area.

We welcome nominations from community groups involved in volunteer environmental initiatives and with a history of participation in Live Here Love Here programmes

Last year, some of our local groups were winners and runners-up, so it could be a great opportunity to celebrate our local groups!

For further information visit <https://www.liveherelovehere.org/cgi-bin/generic?instanceID=68>

**Deadline for nominations Sunday 1 December.**

### Omagh Volunteer Centre (OVC)

**Monday 2 December, 11am to 12.30pm**

#### “Christmas Cheer” Event

This is our Christmas celebration of OVC’s 25 year anniversary. It is an informal, drop in event and we will be showcasing our range of services, including EPIC recognition awards and local volunteering opportunities, and our volunteer befriending project for older people.

Please RSVP to [volunteer@omaghvolunteercentre.org](mailto:volunteer@omaghvolunteercentre.org) Tel 028 8224 0772

### Long Covid Services Survey

The Department of Health and the Health and Social Care Trust are looking into the future and deciding how best to update and organise Long Covid services.

Have your say in the Long Covid Services Survey here: <https://bit.ly/4i1U7P4>

**Closing date: Monday 2 December.**

## **Programme for Government (PfG) - Impact Assessments Consultation – Equality, Rural Needs and Child Rights**

There's still time to have your say on the potential impacts of the Executive's draft Programme for Government (PfG).

You can access the consultation survey and read the draft impact assessments for Equality, Rural Needs and Child Rights via <https://www.northernireland.gov.uk/PFG-Documents>.

**This consultation remains open until Monday 2 December.**

The Programme for Government Consultation Team are currently working through the responses received to the consultation on the draft PfG which closed on 4 November. Thank you to those of you who have already provided responses to either of the consultations. Your input is much appreciated.

## **Introduction to Neurodiversity**

**Monday 2 December, 9.30am to 12.30pm**

**Inspire Wellbeing, Anderson House, 41B Market St, Omagh**

Training will foster a deeper understanding of neurodivergent conditions, explore medical and social models and potential workplace adjustments to support the integration of neurodivergent individuals. [Book here](#)

## **Henry Healthy Start Free Taster Morning**

**Wednesday 4 December, 9.30-11am**

**Dromore Sports Complex**

- for Parents & Guardians with Toddlers aged 0-5 years.....
- Refreshments provided!

HENRY is a **free**, 8-week programme designed for families with children aged 0–5, covering everything from:

- Nutrition & Portion Sizes
- Activity & Screen Time
- Parenting Tips & Mealtime Strategies
- Emotional Wellbeing & Family Routines

The relaxed, friendly sessions focus on helping families build healthier habits together. Each family receives a HENRY Healthy Families workbook and a toolkit with resources like children's books and a ball to use at home!

Interested? Call us on 028 8225 1559 or email [health@omaghforum.org](mailto:health@omaghforum.org) to secure your spot. Come see how HENRY can support your family's journey to a healthier lifestyle!

**HENRY Healthy Start Brighter Future Programme for Families**

**Please click to view Henry animated explainer video - <https://youtu.be/XEQFs-JFmNI>**

## **Tattymoyle Wind Farm**

SSE Renewables are proposing to develop the Tattymoyle Wind Farm near Fintona, Co. Tyrone comprising up to 10 turbines generating up to 60MW. The turbines will have a maximum tip height of 180m. The project is located in an area identified in Fermanagh and Omagh District Council's Wind Energy Strategy as having the 'highest underlying capacity' for development of renewable infrastructure.

The project will deliver a range of benefits, including;

- Providing enough clean energy to power around 64,000 average homes

- Displacing almost 48,000 metric tonnes of carbon annually
- Creating circa 50 jobs at peak construction
- Estimated annual Community Benefit Fund of around £300,000
- Investment in local economies
- Significant commercial rates to local Council

The project team plans to submit a planning application in Q2 2025.

### Public Consultation

In-person consultations have already taken place but you can access the consultation materials online via the banner at the top of the Tattymoyle webpage here

<https://www.sserenewables.com/tattymoyle/> until Friday 6 December.

### JustUs Events

**Friday 6 December**, 12.30-2.30pm

Christmas Disco in Enniskillen Legion with DJ Chris Morrow. £5 Entry; 1 carer free.

JustUs is a group with charitable objectives, hosting regular events for adults with disabilities. JustUs aim to promote health, wellbeing and social inclusion through our events and activities. These include discos, live music, day trips, walks and much more.

Want to know more? Join our Facebook Page JustUs or email us at [JustUs.events@yahoo.com](mailto:JustUs.events@yahoo.com)

**Attendees must be 18 or over and those requiring assistance must be accompanied at all events.**

### Commissioner for Older People for Northern Ireland (COPNI)

#### Annual Christmas photography competition 2024

The competition theme 'Christmas through my eyes' is a celebration of how older people experience and interpret Christmas.

The Commissioner is seeking entries to capture a festive photo, whether it's a cherished holiday tradition, seasonal activities, a winter scene or a simple moment of joy that captures the spirit of Christmas.

The COPNI Christmas card competition is open to everyone living in Northern Ireland aged 60 plus and up to three entries per person can be submitted. For full details visit

<https://copni.org/news/articles/its-back-commissioner-launches-annual-christmas-photography-competition-2024>

**The competition will close 12 noon Friday 6 December 2024.**

### Souls of our Shoes Exhibition

[Clogher Diocesan Mothers' Union](#), in conjunction with [Libraries NI](#), is currently hosting the 'Souls of our Shoes' exhibition in Enniskillen Library.

This exhibition features pairs of shoes which were worn by individuals who have experienced domestic abuse, along with a quote to highlight the impact on them and their families.

It will be on display until **Saturday 7 December 2024 in Enniskillen Library** as part of the 16 Days of Activism Against Gender Based Violence.

### Spoted

Does your grassroots club transform the lives of young people?

Spoted is here to help you survive and thrive and make an even bigger difference to your community.

Spoted offers a range of services – **all available for free** – that allows you to shape the futures of our next generation.

For more information follow the link <https://spoted.org.uk/get-supported-by-spoted>



### **Western Trust Over 50's Health & Wellbeing Fayre**

**Wednesday 11 December, 11am-3pm**

**Omagh Leisure Centre**

A free event for all aged 50 and over with information stands, guest speaker sessions: Dr Sinead Eccles from the Open University Belfast, WHSCT Falls Prevention Co-ordinator and the Stepping on Co-ordinator from Oak Healthy Living Centre.

Free Boccia session, Drumming session and have a try Otago session.

There will also be free health checks available on the day and physio balance testing and pharmacy medicine advice. Prize raffle on the day.

### **Good Relations Awards 2025**

**Now open for nominations**

The annual Good Relations Awards spotlight the vital role that individuals and groups play in peacebuilding throughout Northern Ireland.

Previous Award winners have come from all parts of the region and worked in a wide variety of settings including women and peacebuilding, faith-based work, youth work, community development, cross community work at interfaces, and ethical remembering/commemorative work in a history of conflict.

For further information visit <https://goodrelationsawards.com/>

**Closing Date Thursday 19 December 2024**

### **A Christmas Campaign to Support Local Sports Clubs**

The rising cost of living is making life harder for many across the country, and with social mobility more critical than ever, it's essential that everyone has equal opportunities—no matter their background or circumstances. As you know, families are facing difficult choices, with many having to decide between putting food on the table or giving their children the chance to participate in extracurricular activities.

To help address this, whatimpact has launched the Boots for Social Mobility campaign, running until January 2025. This initiative provides a free platform for VCSEs (Voluntary, Community, and Social Enterprises) to seek both in-kind and financial donations to support their community sports clubs. **Any organisation offering free football or other sports activities for children and young people is invited to join the campaign and request for donations.**

For further information visit <https://whatimpact.com/boots-for-social-mobility/>

### **The Women's Health Survey for Northern Ireland**

**Have your say!**

Women across Northern Ireland are being encouraged to take part in a survey focusing on their health needs and the challenges around women's healthcare.

The Women's Health Survey for Northern Ireland, part funded by the Department of Health, is the first phase of a public listening exercise with Northern Ireland women.

It is being carried out by the School of Nursing & Midwifery at Queen's University, Belfast, in partnership with Derry Well Women. Its purpose is to hear directly from women about their specific health needs and experiences to help shape planning for women's health services.

The survey will collect anonymous data on a range of topics including women's priorities for their health, barriers to accessing health services and how women's voices are integrated into the planning and delivery of healthcare services.

**Women aged 16 and over are encouraged to participate**, ensuring that their voices are heard and that the realities of women's health across Northern Ireland are fully represented.

**The survey will close on Wednesday 31 January 2025** and is available online at <https://bit.ly/3CpbxEW> or a paper copy can be accessed by contacting the research team at [womenshealthni@qub.ac.uk](mailto:womenshealthni@qub.ac.uk)

The survey will take approximately 20 minutes to complete, and all responses are anonymous and will be used solely for research purposes.

### **AWARE NI – Menopause Questionnaire**

As part of the Mental Health All Party Group within the Assembly we are excited to be launching a piece of research which is committed to fostering greater understanding and support around the impacts of menopause on individuals and their mental health. We hope that this research will help us understand the impact and the need for services, support and advocacy efforts and we are conducting a brief survey to gather valuable insights from people who may have experiences or perspectives to share.

Your participation would be very welcome, and the survey should take no more than 5 minutes to complete. Your responses will play a critical role in shaping our efforts press the department of Health to improve awareness, reduce stigma, and provide effective resources for those affected.

You can access the survey here: <https://form.jotform.com/243242893795065>

If you have any questions about the survey or how your data will be used, please do not hesitate to contact us by emailing [communications@aware-ni.org](mailto:communications@aware-ni.org)

Thank you in advance for your time and input. Together, we can help create a supportive environment for individuals navigating menopause and its challenges.

### **Asthma + Lung UK Northern Ireland**

A [new and free poster](#) which includes vital health advice on what to do if a child has an asthma attack and when to call 999 is available by clicking on the link. We also want to raise awareness among anyone who looks after children to recognise the signs of an asthma attack, which can come on suddenly or over a few days.

We would be grateful if you could display the poster in settings where children are present, such as schools, community centres, play centres and libraries.

### **AWARE NI**

Christmas can be a difficult time for many, especially those living with mental health challenges. At AWARE NI, we are committed to providing the support needed during this time of year when feelings of loneliness, isolation, and anxiety can be at their peak.

AWARE NI's mental health support groups are here to offer a safe and understanding space for anyone struggling with mental ill-health during the festive season. Whether you're dealing with anxiety, depression, bipolar or just finding it difficult to cope, our peer-led groups provide a place to share, connect, and feel supported.

No one should feel alone this Christmas - AWARE NI is here to help. Our support groups are free to attend, have no waiting lists, and operate over the Christmas period.

To find your nearest support group please visit: [aware-ni.org/support-groups](http://aware-ni.org/support-groups)

## **Divergently Together –**

**A community engaged project by artist AlanJames Burns**

### **Call for Participants**

We are looking for **neurodivergent individuals aged 25+** who are interested in climate action, to join a series of creative, cross-border workshops in Spring 2025.

Participants will collaborate in creative workshops experimenting with bio materials and technology that explores the lived experiences, perspectives, and responses of the disability community to the impact of climate change.

**Participants will receive a fee for taking part and access support can also be provided.**

If you're interested, please feel free to get in touch with [laura@alanjamesburns.com](mailto:laura@alanjamesburns.com)

## **Return to Work Breastfeeding Packs**

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

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

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

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

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

Any staff member or organisations wishing to avail of this on behalf of a staff member, should contact the Health Improvement Equality and Involvement Department on 028 7186 35127 or [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)

## **The Impartial Reporter**

### **Mainly About People Section**

Our newly expanded Mainly About People section is a **free service** designed to spotlight the fantastic efforts that are making a real difference locally.

To ensure we represent the breadth of work happening in our area, **we are inviting all community groups to send us news releases, event details, and a photograph.** If you do not have a suitable image, we would be happy to arrange new photos as needed.

All we require is at least 100 words and a photograph, and we will feature your group both in print and online. Please send your submissions to [map@impartialreporter.com](mailto:map@impartialreporter.com) including "MAP" in the subject line.

We are eager to feature as many groups as possible so please do get in touch and let us celebrate the amazing work happening in our community.

## **Oak Healthy Living Centre**

### **Lisnaskea**

We are delighted to advertise our upcoming programme of activities here in the centre to December this year.

For more information visit <https://www.oakhealthylivingcentre.com/>

Tel: 028 67723843

Email: [Info@oakhlc.com](mailto:Info@oakhlc.com) or [admin@oakhlc.com](mailto:admin@oakhlc.com)

## **Volunteering with the Western Trust**

### **Would you like to become an Encompass Volunteer?**

The Encompass digital health and social care record system will go live in the Western Trust on 8 May 2025. This is a once in a generational system change, the likes most of us have never seen before, nor will again. During the transition from our now outdated systems to the new Encompass system we will have lots of visitors to our hospital sites, many of whom will never have been to the Western Trust. We will have patients and clients who may not have heard of Encompass or what it means to them.

Our team of Encompass volunteers will be on hand to Meet and Greet at our hospital entrances, to offer wayfinding advice and provide reassurance for those unsure of our new way of working. Volunteers will be given relevant training prior to the Go live date and will attend at various times before 8 May to support with practice runs etc.

As an Encompass volunteer you would attend during the working week, as such we are seeking those available during usual working hours, i.e. Monday to Friday 8am-5.30pm.

If becoming an Encompass volunteer is something you would like to know more about, or you are interested in any of our other volunteers roles, please email [volunteering@westerntrust.hscni.net](mailto:volunteering@westerntrust.hscni.net) or telephone 028 7161 1155.

Further information about volunteering in the Western Trust can be found at <https://westerntrust.hscni.net/about-the-trust/involving-you/volunteering/>

## **Health Improvement Team**

### **Nutrition Webinars**

A wide range of free 30 min nutrition webinars for all life stages and healthy recipe videos are available. Watch on YouTube at <http://pha.site/public-health-dietitians-youtube>

## **NOW Group Family Service**

### **We are trying to encourage more referrals from the Fermanagh and Omagh area.**

We work with parents who have learning disabilities, diagnosed ASD, ADHD, Dyslexia or if the parent self identifies with a LD. The parent must be pregnant or have a child aged 0-5 and have no or low social work involvement.

We provide early intervention parenting support to parents and also offer parenting programmes (Weaning, mental health, toilet training etc). Our support is very much based around what the individual needs at that time.

- Attending appointments with parents
- Developing a routine
- Understanding and Behaviour management
- Completing and filling out forms
- Toilet training
- Weaning
- Budgeting/money management
- Encouraging social life
- Advocacy

Contact Shauna McKenna, Family Service Officer, Western Trust Area on 07548 224562  
Head office: 028 9043 6400 <https://www.nowgroup.org/>

### **Tara Centre**

**11 Holmview Terrace, Omagh BT79 0AH**

For details of our Autumn programme please visit <https://taraomagh.com/wp-content/uploads/2024/09/Tara-Centre-Autumn-Brochure-2024-web.pdf>

This includes workshops on Meditating Together, The Green Platform, The Enneagram, Dru Yoga, Qi Gong for Self Healing and Meditation “The Soul of Healing”.

Ongoing services available include Counselling/Psychotherapy, Art Therapy, Complementary Therapies.

Support Groups:

- PATHS Meetings are held on the 2nd Tuesday of each month 8pm-9.30pm
- Omagh Men’s Support Group meets Mondays, 7.30-9.30pm

Any enquiries on any of the above, or to book your place, please contact reception on 028 8225 0024 Email: [info@taraomagh.com](mailto:info@taraomagh.com)

### **Landscapes Northern Ireland Survey**

Landscapes NI are undertaking a survey to get a greater understanding of the public, communities and organisations views on landscapes across N Ireland. The more responses they receive will help build the case for better landscape strategy, policy and ultimately legislation. The [link to the survey is here](#).

### **Aisling Centre**

**37 Darling Street, Enniskillen BT74 7DP Tel 028 6632 5811**

**Groups & Programmes:**

- **Forget Me Not** – Bereaved by Suicide Support group meets first Monday every month at 7.30pm. Next meeting Monday 2 December. For further information please contact Aisling Centre on 028 6632 5811.
- **Mindfulness Meditation** – Monthly drop-in sessions, last Tuesday of every month at 7pm. Next meeting Tuesday 10 December (earlier than usual due to Christmas break).

**Other Groups:**

- **Alcoholics Anonymous** – 3 meetings per week at Aisling Centre. For more information, please contact [info@theaislingcentre.com](mailto:info@theaislingcentre.com) or telephone 028 6632 5811.
- **Aware** – Mental Health Support Group. Every other Tuesday at 7pm. Next meetings on Tuesday 3 and Tuesday 17 December. If you would like to attend, please email Sarah [sarah@aware-ni.org](mailto:sarah@aware-ni.org).
- **Escapists** – Support Group for Carers. Meets Wednesdays 10.30am-1pm. For more information contact [info@theaislingcentre.com](mailto:info@theaislingcentre.com) or call 028 6632 5811.
- **Carer’s Support Hub** – Meets on the last Thursday of the month, 11am-1pm. No meeting in December, next meeting will be Thursday 30 January. Support for all carers in Fermanagh and Omagh. Please contact Judith to attend on 028 6863 1234.
- **Fermanagh Pride** – Meets Thursdays at 7pm. Contact 07368 503661 or email [fermanaghpride@gmail.com](mailto:fermanaghpride@gmail.com) for further information.
- **Island Artists** – Open to new members. Meets Wednesdays from 1-4pm. For more information, please contact Maura on 07968 225704.
- **Little Mess** – Messy play and learning for children aged 6 months to 5 years, with a craft corner for older siblings up to 10 years old. Next event Friday 6 December at 11am. Contact Colette on [fermanagh@thelittlesensory.co](mailto:fermanagh@thelittlesensory.co) for more information of if you would like to attend.

**Yoga Timetable** (please contact individual facilitators to book):

- Christine Mondays at 5.30pm 07722 550040
- Leila Mondays at 7pm 07594 026531
- Elena Tuesdays at 7.15pm 07894 037450
- Alasdair Wednesdays at 6.30pm 07776 290903
- Genny Thursdays at 12pm 028 8754 1994
- Theresa Thursdays at 6.30pm & 7.30pm 07923 694523

**Aisling Centre Christmas cards** – A unique collection featuring 3 local photographs taken by Richard Pierce. Cards are printed on sustainably sourced paper and 100% of the proceeds to Aisling Centre. Cost £4.50 for a pack of 9 cards. Available from Aisling Centre and Westend Coffee Shop.

**Christmas Gift Ideas** - Give someone The Gift of Hope this year. Aisling Centre gift cards to help provide counselling to a local person. A sustainable and ethical gift for the person who has everything they need.

**The Four Seasons** – A stunning collection of limited-edition mounted and signed photographs by Richard Pierce. Available in A3 and A4 size. Can be purchased Singly or as a set of 4. 100% of proceeds to Aisling Centre. Available for sale at Aisling Centre.

**Hope Healing Growth** – Save the Date – Aisling Centre’s Annual Day of Inspiration will take place on **Saturday 11 January** at the Crest Centre, SW College, Enniskillen.

Booking will be via Eventbrite and the details will be published on our Facebook page.

- would also make a very meaningful Christmas gift

### **Latest Volunteering Opportunities**

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

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

### **VE Day 80**

#### **Thursday 8 May 2025**

Organisers of VE Day 80 are encouraging Councils and communities who have existing Beacons and Lamps to re-light them at 9.30pm on 8 May 2025. And for those with pets to consider lighting a Lamp Light of Peace to remember the millions of animals that gave service and sacrifice during World War Two.

Organisers are also encouraging as many Churches/Cathedrals within the district to ring their Bells in celebration of 80 years of peace, at 6.30pm that evening (8 May 2025).

Those planning to take part are requested to register their event and promote the event within the local media.

For further information visit <https://www.veday80.org.uk/> where you can download a guide to taking part.

### **Anxiety Based School avoidance: Podcast**

Parentline NI experience large numbers of calls from parents and carers who are struggling with the issue of Anxiety Based School avoidance.

Many of these parents feel like they are the only ones going through it, which is so far from the truth.

In this very special episode of the Parentline NI Podcast we share some of the stories and experiences from parents, and shine a light on this issue.

Our host Kerry McLean chats to Courtney, Lyndsey and Fiona, as well as Elaine from Strive NI in this episode. Full episode here: [PODCAST](#)

### **Urgent Attention Please!**

#### **Defibrillators: HeartSine® Samaritan® PAD 350P/360P/450P/500P, Omron HDF-3500**

The HeartSine Samaritan PAD and Omron HDF-3500 are small, lightweight, portable, battery operated Automated External Defibrillators (AEDs) designed to treat victims of cardiac arrest. We have determined that a manufacturing-related issue may impair device audio prompts.

**The issue could prevent the device from delivering instructional voice prompts to the user during use of the device.**

The device has visual instructional icons still present and is functional, but if the issue is not identified by the customer prior to use, it could potentially lead to no therapy or a delay in therapy. In addition, there may be risk of shock to the user due to the absence of the “stand clear” voice prompt.

There has been one reported serious incident to date in which the device failed to deliver audio prompts. Serious incidents or quality problems experienced with the use of this product may be reported to the Stryker Representative, Aman Auluck Email: [amandip.auluck@stryker.com](mailto:amandip.auluck@stryker.com)

### **NISRA**

The [Local Statistics Explorer](#) is a new web application that allows users to explore a wide range of statistics for different areas within Northern Ireland.

It has been designed for councils, community and voluntary organisations, schools, and the public to showcase the statistics for your local area, and it is a replacement of the old NINIS Area profiles.

Users can tailor the statistics they view by council area, by DEA (district electoral area), or smaller statistical geographies. It offers the ability to search for areas by name, selecting a council from the list, entering a postcode or by clicking on the map.

When zoomed in to a specific area, users will see the NI average presented alongside the local statistic to give some context, or users can choose to view the data for NI as a whole.

It is a prototype application, we encourage you to explore it and we are interested in your feedback – please complete the [short survey](#) to help us improve the product.

The new prototype [Find my area](#) webpage allows users to enter a postcode and see the administrative and statistical areas it sits within. It is designed to replace the postcode search feature on NINIS. Please complete the [short survey](#) to help us improve it.

The [NISRA Boundary Application](#) is still available if you want to explore the location of addresses (based on [Pointer](#)), postcodes and boundaries of areas in more detail.

## Training Opportunities

### Omagh Forum Training Courses

- Making a successful funding application! - face to face Omagh Community House  
**Tuesday 4 February 2025, 7.30-9pm**
- Good Governance Training - face to face Omagh Community House  
**Tuesday 29 April 2025, 7.30-9pm**

### The King's Trust

#### Formerly The Prince's Trust

#### Development Awards

For Age: 16-30

Available throughout the year, across Northern Ireland

Grants of up to £160 to support young people into education, training or employment.

Awards can help you with:

- Fees for courses up to and including Level 3, lasting 2 days or more.
- Course equipment such as tools, kits or uniforms.
- Training costs, SIA license fees and CSR cards.

Travel cards to access employment or education

#### Enterprise

For Age: 18-30

Available throughout the year, Virtual

Want to start your own business and need support to make it happen? Our free Enterprise programme is here for you.

You'll benefit from:

- Expert-led workshops
- Access to grant opportunities of up to £5000
- One-to-one support as you create your business plan and launch your business

...plus much more!

We have a monthly flyer which gives an overview of every programme happening in the next month. You can also check out our 'Quick Guide' for how we help young people for a summary of our different programmes.

Check out <https://www.kingstrust.org.uk/about-us/where-we-work/northern-ireland> for more information.

### Current Free Courses, Omagh, Enniskillen, Derry/Londonderry & Online!

Do you volunteer or work for a Charity, Community Group, Voluntary organisation?

A sports club, music group, arts group, social /recreational group?

#### Online On Demand Courses

Access your free learning from any device, at any time, from any location!

Access full programme details at this link and register for any of the above courses at

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

If you have any questions or training needs we haven't covered, please do get in touch, call Sonya at The Fermanagh Trust on 028 6632 0210 or email [leadership@fermanaghtrust.org](mailto:leadership@fermanaghtrust.org)



## WHST Recovery College Autumn Winter 2024 Prospectus

### Free courses on mental health and emotional wellbeing

We all have varying degrees of mental health just like with our physical health. As such our workshops are free and open to absolutely everyone – carers and supporters, people with or without a mental health diagnosis, staff, students – anyone who wants to improve or maintain their mental health and emotional wellbeing.

We keep things informal and relaxed, and all workshops have been written and are delivered by people who have lived experience alongside mental health professionals so students get the lived and learned experience of the topics.

For further details visit:

<https://westerntrust.hscni.net/recovery-college-launches-autumn-winter-2024-prospectus/>

## Health Improvement Equality & Involvement Department

### Training Brochure to March 2025

The WHST Health Improvement Equality & Involvement (HIEI) Department has released their latest Training Brochure which is offering **free training courses** taking place across the Trust from to 31 March 2025.

This second edition of the HIEI Training Brochure has an exciting new themed layout. Our training courses are now found under the headings of Children & Families, Community Development, Emotional Health & Wellbeing, Nutrition, Physical Activity, Sexual Health and Smoking Cessation. We are also delighted to introduce eight brand new courses and three courses that are returning to the brochure.

Our new courses are Odyssey Parenting your Teen Programme, What is Childline?, Health Literacy Awareness Session, Making our Nervous System Work for Us: Using the Polyvagal Theory, The Power of Humour: Mental Wellbeing's Secret Weapon, Understanding Bereavement with Suicide, Understanding Self Harm and Understanding Self Harm with Autism.

The courses coming back again are Introduction to Interculturalism and Traveller Cultural Awareness, Introduction to Positive Intelligence and I Can Cook it!

The courses will be delivered either via Zoom or face to face in a range of locations across the WHST.

To view the Training Brochure, click on this link [Training Brochure Sept 24 - Mar 25 - Tra \(pagetiger.com\)](#)

For course details including times and course content and to book a place, please click the 'Click Here to Register' icon below each course which takes you to the Eventbrite registration page.

Click on the Health Improvement, Equality and Involvement (HIEI) logo on the Page Tiger page to be taken to the HIEI website.

Accessible view is available.

**For further information and any queries in relation to the Training Brochure, please email [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) or telephone 028 7186 5127.**

## Funding Opportunities

### Rural Micro Capital Grant Scheme 2024/2025 Tranche 2

**Application to Tranche 2 closes on Thursday 5 December 2024 at 12pm midday.**

This Scheme is funded under the Department of Agriculture, Environment and Rural Affairs Tackling Rural Poverty and Social Isolation Programme budget.

Micro Capital grants of between £500 and £2,000 are available to rural community-led, voluntary organisations for projects tackling issues of local poverty and / or social isolation. The total project cost must not exceed £4,000.

Projects must clearly address an issue of rural poverty and / or social isolation and applicants must provide a minimum of 15% match funding.

The scheme is being delivered by the Rural Support Networks on behalf of the Department of Agriculture, Environment and Rural Affairs. Application Forms, Guidance Notes and further advice and information is available from the Rural Support Network in your council area, details below.

#### Key objectives

The Rural Micro Capital Grant Scheme 2024/2025 Tranche 2 has been designed to:

- Help rural community-led, voluntary groups to address local issues of access poverty, financial poverty and social isolation; and
- Improve the lives of rural communities, and in particular the wellbeing of isolated individuals; and
- In line with the draft Green Growth Strategy, provide opportunity to implement energy efficiency measures/environmental improvements.

Projects must focus on one of the following themes:

- Modernisation (of premises / assets)
- Information Communication Technology (ICT)
- Health and Wellbeing
- Energy Efficiency / Environmental Improvements

\*Please note, **DAERA will only accept online applications** to the Rural Micro Capital Grant Scheme 2024/2025 Tranche 2, application will not be accepted in any other format;

Apply online: <https://digitalapps2.daera-ni.gov.uk/RMCGS/StartPage>

#### Further information

For further information about the Rural Micro Capital Grant Scheme 2024/2025 Tranche 2, please contact the Rural Support Network for your Council area who will provide you with more information on the Scheme.

[Rural Support Network contact details](#)

### Office for Product Safety and Standards

#### Community funding now open

Application forms are available for organisations seeking to deliver community-based and consumer-focused product safety awareness and education activity.

More information can be found in the link below -

<https://www.gov.uk/guidance/opss-community-funding-for-product-safety#online-forms>

**All bids must be submitted by Friday 6 December**

### **T:BUC Camps Programme**

#### **\*\*Advance Notice\*\***

Funding for cross-community youth work to build positive relations and long lasting friendships among young people across all parts of the community.

We fund transport costs, residential costs, venue hire, day trips, food costs, equipment/materials, facilitators, staff costs and more.

Open to any constituted groups, such as community groups, voluntary organisations, schools, etc.

#### **Applications will open Friday 6 December.**

For any assistance with your application, contact [communitysupport@fermanaghomagh.com](mailto:communitysupport@fermanaghomagh.com) in the first instance

**Apply before Wednesday 17 January, 4pm.**

### **Cash4Clubs**

Cash4Clubs is a grant programme funded by Flutter UK & Ireland, part of Flutter Entertainment, the global sports betting, gaming and entertainment provider. For this reason, groups must be delivering activities to adults (18+) with priority given to applications focused on 18 to 25 year olds. Administered by Sported, grants of £2000 (€2000 in Ireland) are available for community organisations working with adults from under-represented communities, delivering sport or physical activity for social purpose.

For further information visit <https://thehub.sported.org.uk/cash4clubs.html>

**Application Deadline Extended to Thursday 12 December**

### **Department of Health's Core Grant Funding Scheme for 2025/2026**

The Department is now seeking applications for funding from 1 April 2025 until 31 March 2026. The scheme is open to community and voluntary sector organisations and is intended to support them with core operating costs.

Further information, including the application form and guidance, can be found online at: [Core Grant Funding Scheme 2025-26 | Department of Health](#).

**Deadline Friday 13 December at 12pm**

### **Opening of the Pathway Fund 25/26**

Stream A and B of the Pathway Fund supports registered providers or facilitators of early years (0-4) education and learning provision and Stream C, a **new stream specifically to support registered childminders and Approved Home Childcarers.**

- Stream A for awards between £20,001 and £40,000
- Stream B for awards up to £20,000
- Stream C for awards up to £500

Early Years – the organisation for young children are pleased to issue notification of the Pathway Fund arrangement for 2025/26 and provisionally for 2026/27.

**Online Applications can be accessed via the Early Years website <https://www.early-years.org/the-pathway-fund>**

Funding awards in 2025/26 and 2026/27 will be subject to DE budget availability.

Arrangements for year two (2026/27), and for any future years, will be determined at a later date.

**Registration for online information sessions are now open** – visit <https://www.early-years.org/the-pathway-fund-applications> for details.

**Closing date for Applications Friday 20 December 2024, 4pm**

### **Mental Health Strategy Early Intervention & Prevention**

#### **New grant programme: Strengthening Communities**

This will provide multi-year funding of up to £500,000 for projects which make communities stronger, healthier and more inclusive. The annual budget for this new programme will be around £20 million. Now open to applications from voluntary and community sector organisations with no closing date. For further information visit '[It starts with community](#)'

We will be sharing details of information sessions for any groups interested in applying on our social media channels in the coming weeks. We want people to contact our team and chat to us about their ideas if they would like to apply – here's a [link](#) where there are some more details about the programme.

### **National Churches Trust**

#### **Treasure Island Grants**

The Treasure Ireland Grants Programme can offer between £500 and £10,000 to Places of Worship in Northern Ireland for urgent and essential maintenance and repair projects costing up to £100,000 (incl. VAT). They will consider applications from listed and unlisted Christian places of worship, of any denomination, that are located in Northern Ireland. You must have 50% of the funds required at the point of application.

Find out more at [National Churches Trust: Treasure Ireland](#)

**Upcoming deadlines January and May 2025.**

### **Victoria Homes Trust**

Grants are available for voluntary projects that assist the physical, mental and spiritual development of young people in Northern Ireland under 21 years of age. Examples of eligible areas include alcohol and drugs abuse; homelessness; and counselling for those in need of guidance, advice and support.

Maximum value: £2,500

For further information visit <https://www.victoriahomestrust.com/>

**Application deadline: Thursday 2 January 2025**

### **SSE Airtricity Generation Green Community Fund**

The SSE Airtricity Generation Green Community Fund has been established to support communities across the island of Ireland in their journey towards sustainability. The fund is designed to empower local communities to take an active role in the Green Transition—a collective shift toward greener, more sustainable living.

The Generation Green Community Fund is open to a wide range of groups – whether projects are part of a grassroots organisation working on environmental awareness, a school looking to integrate sustainability into the curriculum, or a social enterprise creating green solutions, this fund is here to support their vision.

Getting to net zero is in everyone's interest and local communities will be at the heart of the energy transition.

For more information visit [sseairtricity.com/communityfund](https://sseairtricity.com/communityfund)

**Deadline: Friday 10 January 2025**