Fermanagh & Omagh District Council
Community Support News – April 2016

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 Alison Gilmore on 0300 303 1777 or email alison.gilmore@fermanaghomagh.com

Council News & Events

Action Plan to protect local biodiversity launched

A new Local Biodiversity Action Plan (LBAP) to protect and promote the rich natural heritage and wildlife of the Fermanagh and Omagh district was launched on Monday 21st March 2016 at An Creagán Visitor Centre to coincide with the declaration of Creggan Bog Local Nature Reserve.

Fermanagh and Omagh District Council Vice Chairman, Cllr Paul Robinson introduced the plan as a ‘promising initiative that will continue to push biodiversity conservation in the District’.

In brief, the Fermanagh and Omagh LBAP outlines a plan of action to:
- Help conserve and enhance local habitats and species
- Raise awareness and knowledge of local biodiversity
- Involve local people and develop partnerships in the delivery of the Fermanagh and Omagh Local Biodiversity Action Plan.

Julie Corry, Biodiversity Officer expanded “Now that we have identified some of the key habitats, species and places that need our immediate help, we need to get action on the ground. I am therefore keen for anyone with good project ideas to get in touch, whether it is a community group with wild ideas, an individual simply seeking advice on land management or a budding wildlife enthusiast interested in helping survey under-recorded species such as moths.”

If you want to find out more about biodiversity in the District and how you can be involved contact Julie Corry, Biodiversity Officer on 0300 303 1777 or email julie.corry@fermanaghomagh.com. Keep an eye our website for biodiversity events and news www.fermanaghomagh.com.

The Higher Bridges Gallery wants you!

Are you interested in volunteering at The Higher Bridges Gallery? If so, then please get in touch with the Arts Office at Fermanagh & Omagh District Council.

What are the benefits? You will get to meet our exhibiting artists as well as engage with a definitive Visual Arts Programme and gain experience in invigilation, tech installation and how we curate our programme. Interested? Then contact the Arts Office for an application pack at culture@fermanaghomagh.com / Tel 0300 303 1777
Community Planning Update

Following on from last year's public engagement events which took place across the district, an informal working group has been established to take forward the work to develop a draft Community Plan for the Fermanagh and Omagh area.

This working group, known as the Themes Co-ordinating Group (TCG) is drawn from representatives of the statutory sector, private sector and community/voluntary sector. Its work will continue up to the summer and will include developing a draft strategic Community Plan incorporating priorities, long term outcomes and strategic actions. This work will take account of all of the information gained through the public engagement alongside the extensive evidence base gathered and existing plans and strategies relating to the Fermanagh and Omagh district. We will then consult widely on the draft Plan in the Autumn before it is presented to community planning partners for their agreement.

Community/voluntary sector representatives on the TCG are:

- Lauri McCusker, Fermanagh Trust
- Conor Keys, FOCUS
- Barry Boyle, Fermanagh Rural Community Network
- Mary T Conway, Omagh Forum for Rural Associations
- Barney Devine, Supporting Communities

For further information on the work of the TCG or in relation to community planning generally, please contact Kim Weir (E: kim.weir@fermanaghomagh.com; T: 0300 303 1777).

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.

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.

For further information or enquiries regarding Council support to charities, please contact Louise McLaughlin, Community Services, Fermanagh and Omagh District Council, on 0300 303 1777 or email louise.mclaughlin@fermanaghomagh.com.

Consultation on Council's Improvement Plan 2016-17

The Council is consulting on its draft Corporate Improvement Plan for 2016-17 and would welcome your comments on our proposals for the 2016-17 year and how we can improve in future years. You can view our draft plan at http://www.fermanaghomagh.com/your-council/consultations/current-consultations/ or alternatively you can obtain a copy by contacting Ryan Tracey, Performance Improvement Officer at E: ryan.tracey@fermanaghomagh.com or T: 0300 303 1777. You can also respond online by following this link: https://www.surveymonkey.co.uk/r/cipq
Distraction Burglaries – Public urged to be vigilant

The public are reminded to be vigilant when it comes to unexpected callers to your home. Unfortunately statistics show that at this time of the year there can be an increase in the number of distraction burglaries across Northern Ireland. In some of these incidents cold callers talk their way into the homes of vulnerable people with the intent of stealing money or other valuable items. Sometimes they may distract a householder so an accomplice can enter unseen and steal.

To lessen your chance of falling victim to a bogus caller or distraction burglar the following advice is offered:

- Before opening your front door to any caller, make sure your back door and any accessible windows are secure.

- Take a moment to secure your door chain (if you don't have one, consider getting one fitted) and use your spy hole or look out of the window to see if you recognise the caller. Do not open the door unless you have checked who is there.

- If the person claims to represent a business or organisation, ask them for ID and check it carefully (still with the door chain on). Many trades people will carry a photographic identification card and won't mind showing it to you.

The **QUICK CHECK** scheme can be used to check the identity of callers.

Freephone 0800 013 22 90 and an operator can quickly check with a range of service providers that the person at the door is a genuine representative.

It can feel awkward and uncomfortable to keep people standing on the doorstep but this is no reason to allow strangers, and possibly criminals, into your home. Do not feel pressured, if you have any doubt - keep them out. Neighbours can also play a part in helping protect the more vulnerable in their community and should look out for one another. Report ALL suspicious activity to the police immediately.

There is also the **Nominated Neighbour Scheme**. This is an initiative if an unrecognised caller comes to the address of an older person when they are alone in the house, the caller will be shown a card instructing them to contact their Nominated Neighbour, who will then try and check the caller’s identity. The scheme seeks the help of neighbours or relatives to check whether unexpected callers are genuine, especially those calling on more vulnerable members of the community. You get a card to hold up to the window or door telling the caller that you do not recognise them and to go to your Nominated Neighbour. That person will then try to check the caller’s identity. A genuine caller will not mind following the instructions on the card.

If you have any concerns about any suspicious people or vehicles in your area, local police can be contacted on the **non-emergency number 101** or anonymously through the independent charity **Crimestoppers on 0800 555 111**. In an emergency always ring 999

For further information and crime prevention tips and advice **contact Fermanagh and Omagh PCSP by telephoning 0300 303 1777**.
Community News

The Goodwill Gifts Support Group would like to invite everyone to their Monthly Social Gathering on Saturday 2 April at 6 Georges Street, Omagh at 7 pm to “Meet the Volunteers”. This is a voluntary group that organises events and activities to increase inclusion of Asian and ethnic minority groups in the Omagh and Enniskillen area. For enquiries please ring Rosa on 078813 47716.

Lets Create & Explore in Lets Get Arty Unit, Nugents Entry, Enniskillen on Mon 4th, 11th, 18th, 25th April 10 am - 11.30 am. Come along and get involved in creative, imaginary play with an arty element. Open to parents/carers with children up to 6 years. Cost £2 per parent and child or £5 for a family of 3
Contact Westville Family Resource Centre for details Tel: 028 66320290

Home-Start Lakeland urgently need Volunteers - Could you lend a hand? Are you a parent/grandparent? Can you spare 2-3 hours per week? Would you like to join our volunteer team? We offer friendship and practical help to families with children under 5.

The families we support may be experiencing Isolation, Multiple birth, New to area, Domestic violence, Post-natal depression, Family illness, Bereavement, Disability, Mental health, Lone parent.

If you are interested in volunteering for Home-Start, please contact Diane or Denyse on 028 6634 6818 or info@homestartlakeland.com

We have a Volunteer Preparation Course starting on Thursday 7 April and we would love you to join us.

Tea Dances called by Paul Cotton run twice monthly at the Enniskillen Hotel. All ages and abilities welcome. Cost £4. Refreshments provided. Telephone 028 6632 8686 or email admin@dylanquinndance.org for more information.

Next dates:  April 7 & 14, May 5 & 19, June 2 & 16

Fermanagh Community Transport

Does your community group fancy a day out? Or have you an outing planned? Are you running an activity on a regular basis?

Do you know you can apply for a £100 voucher from Fermanagh Community Transport towards the cost of using our minibuses?

For more information contact FCT office on 028 6632 4260 or email info@fermanaghcommunitytransport.com
Bellanaleck Local History Group warmly invites you to view their forthcoming local history exhibition. It will showcase their findings about the houses on Cleenish Island, built as part of a soldiers' resettlement scheme after the Great War. The exhibition includes profiles of the eleven men who came to live there and looks at why all but one moved off the island.

The exhibition will be held in Bellanaleck Hall and will be open to the public free of charge between **14 - 17 April** at the following times:

**Thursday 14 April 8.00 pm** Opening of Exhibition
Guest speaker: Elizabeth Crooke, Professor of Museum and Heritage Studies, University of Ulster. Refreshments served. Viewing till 10.00 pm.

Exhibition continues
- **Friday 15 April** 10 am – 10 pm
- **Saturday 16 April** 10 am – 10 pm
- **Sunday 17 April** 2 pm – 6 pm

Any groups wishing to come, please inform the secretary Marion Maxwell (email: bellanalecklhg@outlook.com or tel: 02866348521) so that we can ensure a welcome. (Tea or coffee and light refreshments for groups available by request.)

AMH’s New Horizons Employment Programme - Briana McAteer, Employment Officer with AMH Fermanagh New Horizons supports those with mental health issues as they seek to find employment, volunteer posts or further training. If you are unemployed, experiencing mental ill health and are interested in taking that next step towards recovery, you can take part in AMH’s New Horizons Employment Programme. The project, which is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department for Employment and Learning, is open to anyone in the Fermanagh and Omagh areas.

Referrals are accepted from the Community Mental Health teams, the Condition Management teams and the Jobs and Benefits advisers. It is individually tailored to meet the needs of each client and can provide practical support such as job searching, completing application forms or creating CVs. Support is also provided to find volunteer placements and to enter other training programmes or further education.

If you need any more information, please don’t hesitate to contact Briana on:

T: 028 6632 3630
F: 07734 860337
E: bmcateer@amh.org.uk
W: www.amh.org.uk

The Prince’s Trust Team Programme is a 12 week Personal Development Course delivered at South West College by Catherine Donaghy and Deborah Morrison. Its ethos is for Young People to “Do More. See More. Be More” where Team members uncover hidden talents and improve their confidence, gain new skills and qualifications, mix with new people and make new friends. The team are always looking for projects in the community where they can help out from helping to fundraise to painting or gardening. If you know a young person aged 17-24 that might be interested in joining Team or need help with a community project contact Catherine on 07523 273865 or email catherine.donaghy@swc.ac.uk
**Players Wanted - Fermanagh Concert Band**
is a local band based in Enniskillen. We play all types of music ranging from marches/classical through to contemporary pop/jazz and have a diverse number of members from all backgrounds and ages. Practices are weekly on Thursdays in Erne Integrated PS from 7-9pm and we are always on the lookout for new members to join. If you are interested, or know someone who is interested, **please contact Shane on 07811 489834** or look up our Facebook page.

**Free Singing Workshops – Together One Voice Community Choir**
warmly invites you to come and sing with us. These workshops are open to all, and we promise a safe, supportive place to explore and develop your voice in harmony with others. All songs are taught by ear, so come along to experience the sheer joy and liberation of community singing.

**The Aisling Centre, Darling Street, Enniskillen**
Monday mornings 10.30 – 12.30 pm

**The Tara Centre, Holmview Terrace, Omagh**
Tuesday mornings 10.30 – 12.30 pm

To book your place please email Valerie Whitworth at info@togetheronevoice.co.uk or telephone 07526 534183

**Breakthru DICE (Drug Intervention and Community Education) Project:** We offer individual and group work support to young people (10-21) suffering from the effects of hidden harm. Hidden harm is the impact of other people’s substance misuse on young people. We provide information, education, mentoring and fun activities. This project is open to young people in the Omagh and Fermanagh council areas.

We are also raising awareness of hidden harm throughout the community and can provide training to professionals involved within community life so they can recognise the signs and symptoms of hidden harm and know what to do if they suspect it.

**If you would like to know more,** please get in touch…

Michaela – 07769 261533 or Michaela@breakthru.co.uk
Breigeen – 07769 2694334 or Breigeen@breakthru.co.uk
Breakthru HQ – 028 8775 3228

**Al-Anon Family Groups**
provide support to anyone whose life is, or has been, affected by someone else’s drinking, regardless of whether that person is still drinking or not. Al-Anon does not offer advice or counselling, but members give each other understanding, strength and hope. **Meetings take place the last Friday of the month @ 1 pm** in the ARC Healthy Living Centre, Sallywood, Irvinestown. Everyone welcome.
**Action for Children Foster Care NI** is currently recruiting Foster Carers in your area to provide a safe and caring home to vulnerable children.

If you feel you can give a vulnerable child the support and care they need; have experience in working with young people and have a spare room you could transform the life of a child in your community.

Please contact Action for Children Foster Care NI for more information.
Tel: 028 6632 4181
Email: fostercareni@actionforchildren.org.uk

**Set Dancing Omagh** - Omagh Traditional Dancing Club Set Dancing Classes held every Monday from 8.30pm – 10.30pm in Dun Uladh Heritage Centre, Ballinamullan, Omagh.
Tel Marie 07786 982988 for more information

**Mencap** are the voice of learning disability in Northern Ireland. Help support Mencap by volunteering at a local bag pack/collection. Volunteer time is invaluable and much needed to continue their fantastic work throughout Northern Ireland.

If you would like to give up a few hours of your time or find out more about volunteering for Mencap please email fundraising.ni@mencap.org.uk or call 028 9069 1351.

To find out more about Mencap NI please visit [http://mencapbigstepforward.org/](http://mencapbigstepforward.org/)

**Families Together groups** will operate in the Lakeland Forum on **Mon 12 noon-1.30pm and Tues 10-11.30am**. The sessions are based around structured play activities with a healthy snack for parents and children, birth - 5 years old.

The group also takes place on a **Friday in the Westend Community Centre, Sligo Road, Enniskillen from 10-12 noon** for all Neighbourhood renewal residents.

Tel: Westville Family Resource Centre on 028 6632 0290 for more details.

**The Enniskillen Foodbank** is situated in The Lakes Vineyard Church, 6-8 Cross Street, opposite the Buttermarket, next to Hanna Electricals.

If you require assistance please come in. We are open:
- Monday 6pm - 8pm
- Wednesday 10am - 12pm
- Friday 2pm - 4pm

We also have collection points for those wishing to donate food in Asda, Tesco and Rooney’s Spar. If you want to donate financially please call in, or for more information call Paul on 07706 499724.
Fermanagh Women’s Aid

Volunteers needed
Fermanagh Women’s Aid are seeking compassionate and committed female volunteers to become part of an on-call rota for admissions to services and other duties. For an application form please contact Denise Crudden on 028 6632 8898 or email denisec@fermanaghwomensaid.com

Fermanagh Women’s Aid is a women only organisation in which being female is a genuine requirement within the exemption stated in Article 10 (2B and 2E) of sex discrimination (NI) order 1976.

Groups & Events At Fermanagh House –

- **AWARE** would like to invite you to a public talk on **Tuesday 12 April** that we will be hosting across Northern Ireland called “**Let’sTalk About It….. A Conversation on Depression**”. Mental illness is a growing issue and depression affects 1 in 4 of the population at some stage in their lives. AWARE believe that it is vital for people with depression and those close to them to know how the illness might affect them and how to take steps to overcome it. The event will take place from 7.00 pm – 9.00 pm with refreshments from 6.45 pm.

- **Slimming World** – Fermanagh House, Saturday’s 9.30 am and 11.30 am. Contact Elaine Gormley 07815 539562

- **St Michael's Bridge Club** every Monday at 7.30pm

- **Family Mediation** – assisting families experiencing the trauma of separation. Appointments available in Fermanagh House. Call 028 9024 3265

- **U3A** – leisure and learning co-operative of older people. Choir, iPad training, drama and poetry. Meet regularly in Fermanagh House. Call 028 66 320 210

- **Erne Speakers** – Do you get nervous about speaking in public? Erne Speakers is an enjoyable way to improve your confidence and speaking skills. 2nd and 4th Wednesday monthly 7.30-10 pm at Fermanagh House

- **Italian Conversation Class** - meet Thursday evenings at Fermanagh House 7.30pm – 9pm. Contact Ben Quinn for more information benxquinn@gmail.com or call Norma on 028 66 322 188

- **Stroke Support Group** – April meetings Tuesday’s 5th April & 19th April 11am-1pm at Fermanagh House. For more information call 028 66 320 210

- **Downs Syndrome Support Group** meeting in Fermanagh House on Wednesday 6th April at 8.00pm

- **RNIB** - Looking forward project - Have you lost or are losing your sight? Looking Forward offers a free counselling service and a peer support programme in Fermanagh House, providing emotional and practical support to older people (aged 60 plus) affected by sight loss. To book an appointment email lookingforward@rnib.org.uk or call 028 9032 9373.

- **Relate NI** - Relationship Counselling - Relate NI provides free professional counselling across NI to individuals and families and specifically men with relationship issues in the following areas; partner/family, finance, work, alcohol/substance misuse
NAS (National Autistic Society) Parent Support Group – Meetings take place on the 2nd Wednesday of every month in Fermanagh House 10.30am-1pm. Any parents/carers affected by ASD welcome to come along for support and friendship. For further information please contact Fermanagh House on 028 6632 0210 or email Gemma at gemma@fermanagghouse.org

Do you have Asperger’s or high-functioning autism (HFA)?

Are you interested in meeting other young adults who are similar to you? A monthly social group is being set up to provide independent young adults (16yrs-25yrs) with Asperger’s or High-Functioning Autism the opportunity to meet other like-minded individuals, share experiences and build-up a social network.

The group will offer:
• a social focus
• opportunities to meet other young adults with similar experiences
• a supportive environment to form new friendships and to participate in a wide-range of leisure activities

For further information and application form please contact:

Caroline Bogue 07917 266487
Janice Ferguson 07762 447789

The Hangout/FIND Centre – Activities/clubs at the Hangout/FIND Centre, 2 Quay Lane, Enniskillen include:

Youth Club - For 11 – 12 year olds Wednesdays from 6.30 pm – 8.30 pm. Supervised and facilitated by trained friendly staff. The Hangout offers a friendly space where young people are at the centre of all decision making. We work with young people to encourage positive behaviour and growth. (£1.00 entry). Parents and guardians are very welcome to come in and visit the Centre and meet the staff. For more details contact Aoife on 028 6632 5559.

JAVA (Just a Virtual Area) – Now open for 17 – 25 year olds! Every Tuesday, Thursday & Friday from 12.00 pm – 2.00 pm. JAVA is offering Free Wi-Fi in comfort, play pool with your mates, PS4 on widescreen, chill and watch TV, free tea and coffee, access to computers, access to FIND information and support. For more information call the team on 028 6632 5559 or find on Facebook: thehangout-findcentre.

Volunteering Opportunity For Men And Women Aged 50+ - Safer Ageing Fermanagh is a partnership between Fermanagh Women’s Aid and Men’s Action Network, that tackles issues of Elder Abuse and isolation of older people within Fermanagh. Through becoming a Buddy, you can help us achieve this. If you can spare a few hours a week to visit an older person in the community, Safer Ageing Fermanagh could be for you! If you are interested in becoming a Buddy or would like more information, please contact Marie on 028 6632 8898 or email marie@fermanaghwomensaid.com. We particularly welcome applications from men over the age of 50 at this time.
Autism Initiatives Western Housing Floating Support - Do you have an Autistic Spectrum Condition (ASC) or are you awaiting assessment? Are you living independently or in the process of moving into independent living? Are you currently managing the running of your home? Perhaps you are moving to live near your college or university for the first time? If so, Autism Initiatives currently provide a one-to-one floating support service in counties Fermanagh, Tyrone & Derry/Londonderry to help empower you with the skills you need in living independently. Housing Floating Support is a person centered support for up to a period of two years depending on your needs and can support you in the areas of:

- Advice and support around home security and safety.
- Advice and encouragement in the maintenance of your home.
- Support with all daily living skills.
- Assistance and advice with budgeting and benefits.
- Support to become involved in local community and local facilities.
- Maintaining a healthy lifestyle.
- Support to access information on other services.

We accept referrals from all statutory/voluntary/community services and also accept self referrals. For more information about our service or if you wish to receive a referral form please contact 028 7131 8172 or email dale@ai-ni.co.uk. Alternatively you can visit the website www.onestopshopai.org.

Narcotics Anonymous - meetings at the Aisling Centre Thursday nights from 8pm – 9pm weekly. Feel free to drop in or for more information contact the Aisling Centre on 028 6632 5811

Erne Speakers – Meet in Fermanagh House, Enniskillen on the second and fourth Wednesday of the month to support and encourage self confidence in speaking skills and leadership skills for all ages. For further information, please contact Christine Rusk on 07570 803516.

Shopmobility Enniskillen Needs Volunteers - The Volunteer role will involve helping new and existing members of Shopmobility Enniskillen with limited mobility, who need to borrow a Manual Wheelchair or Motorised Scooter from the Service Desk at Erneside Shopping Centre. Basic administration is required, filling out a membership form, allocating a membership number, and training on the use of Shopmobility Enniskillen equipment. Full training will be provided. In this role you will develop administration, communication and interpersonal skills. You will benefit from gaining experience of working in a customer service. This volunteer role can be discussed and adapted with the volunteer to suit their needs, abilities and interests. This role benefits Shopmobility as the volunteer can aid the effectiveness of the organisation and can provide a friendly welcome to members of Shopmobility Enniskillen.

Service Desk open 11.00 am – 3.00 pm, Monday to Friday – Maximum cover of desk is 4 hours, Minimum is 2 hours. Out of pocket expenses are refunded.

For more information telephone 028 6632 9965, enniskillensm@live.co.uk
www.shopmobilityenniskillen.com Facebook and Twitter
Volunteer With Samaritans - Could you touch another person's life when it really matters?

Omagh Samaritans have opportunities for volunteers. Our volunteers are changing lives every day and developing valuable skills and friendships along the way. We're behind you all the way with the training and support you need for the volunteer role you take on. Your training will show you how to give your whole attention to each person you're supporting and empathise with their feelings, without being overwhelmed yourself. The benefits of becoming a Samaritans volunteer are:

- Change peoples’ lives.
- Contribute and share existing skills.
- Develop new listening and communication skills you can use in all aspects of your life.
- Meet new people from all different kinds of backgrounds and cultures.
- Improve your CV.
- Give something back to your local community.

You'll be surrounded by people with the same motivation as you. Whether you want to become a listening volunteer, or use your other skills to support us in a different role, Omagh Samaritans welcomes your support. There are many other skills required to run Omagh branch of Samaritans. Support volunteers help with the many other branch activities including fundraising, outreach, publicity, IT Support and finance. We are not a religious organisation and we positively welcome enquiries from all sections of the community. You don't need to have previous experience or qualifications, but you do need to be interested in other people and be open-minded. You also need to be over 18 years old. For further information please contact 07437 980466 or visit www.samaritans.org/volunteer.

Confereces and Events

Launch of Women's Manifesto

in the lead up to the Northern Ireland Assembly Elections 2016

You are invited to the launch of a Women's Manifesto in Fermanagh House, Broadmeadow Place, Enniskillen on Tuesday 5 April at 7.30pm. This is a public event and all are welcome. A representative from each of the political parties is asked to attend. There will be an opportunity for questions from the floor. RSVP to info@wrda.net

The evening is chaired by Fermanagh woman Eithne McNulty and a member of the Equality Commission will be in attendance. Supper will be served after the event.

The Women's Manifesto is produced by the Women's Policy Group - a range of interested groups across Northern Ireland. The Women's Resource and Development Agency (WRDA) is a regional women's organisation dedicated to the advancement of women's equality and participation in society and is hosting the event.

The manifesto is available on the WRDA's Web Site - www.wrda.net
Stop Smoking Clinics

The Western Trust offers free, flexible, weekly support drop in clinics for anyone keen to stop smoking and you don’t need to make an appointment, just turn up.

The clinics are run by specialist nurse prescribers who provide practical advice and guidance on stopping smoking, information on coping with withdrawal symptoms and discuss the use of a range of Nicotine Replacement and Drug therapies.

We also provide one to one appointments, young adult programmes with incentives, mental health programmes and programmes within workplaces on demand.

More people succeed with our Specialist Stop Smoking service than any other way.

Details of clinics in the Fermanagh and Omagh District Council area:

Omagh Post Graduate Centre at Tyrone County Hospital, Tuesday 6.30 – 8pm
Room 15, Main Entrance, South West Acute Hospital, Enniskillen, Monday 6 – 7.30 pm

Registration and information @ http://www.granfondogiroditaliani.com/

Cleenish Community Association presents Arney Flower Festival 2016 in St Mary's Church, Arney, Bellanaleck on Friday 10 June 12 noon-9 pm, Saturday 11 June 10 am-9 pm, Sunday 12 June 11 am-5 pm with a Closing Concert at 7 pm. Coach parties and groups welcome. Morning tea/coffee, lunch and high tea served. For further information or to make a booking please contact Sean Cox 07968 756543 or email arneyflowerfestival@hotmail.com

The Big Lunch is a very simple idea from the Eden Project. The aim is to get as many people as possible across the whole of the UK to have lunch with their neighbours annually in June in a simple act of community, friendship and fun. Since starting in 2009, thousands of Big Lunches have taken place in all types of communities. In 2015, 7.29 million people took to their streets, gardens and community spaces for the seventh annual Big Lunch. This year's Big Lunch takes place on Sunday 12 June www.thebiglunch.com

Big Lunch Extras builds on the success of The Big Lunch. It is all about encouraging and supporting people to start tackling the issues that matter most in their communities, together. It includes networking and development events in Northern Ireland and weekend long camps at the Eden project in Cornwall. We are looking for new applicants for our Northern Ireland network.

You must have a community project idea that is not part of your job, have brought the community together for a Big Lunch or are planning to hold one this year, and you must be the main contact from your project as only one person from each project can be accepted.

Find out more at: www.biglunchextras.com
http://www.biglunchextras.com/events/april-2016-camp
### Spring Courses at Aisling Centre, 37 Darling Street, Enniskillen, BT74 7DP

**Mindfulness Meditation**  
**Monthly Drop in/Taster sessions**  
with Mary Conway

**Tuesdays 19 April, 24 May, 21 June**

Beginners 7.15 pm – 8.15 pm  
Graduates of 8 week course 8.30 pm – 9.30 pm

MBSR & MCBT at scheduled times throughout the year as advertised.

**For further information contact the Aisling Centre on 028 6632 5811**

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**Poems of 1916**  
The Rising and The Somme  
Poetry holds up a mirror to these events…  
Everyone Welcome. No prior knowledge of poetry necessary

**Tuesday 5 April - Tuesday 26 April, 2.00 pm – 4.00 pm Weekly**  
Facilitated by Rosemarie Keenan

**For further information contact the Aisling Centre on 028 6632 5811**

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### The Journey of My Life

This is a chance to take some time out to reflect on our journey through life so far, celebrate all that we have achieved and move into the future with hope. We are often too busy to take a step back and look again at the dreams of our life. This is an opportunity to do just that. We will do this through meditation, movement and reflection together.

**Wednesday 6 April – Wednesday 27 April, 6.30pm – 8pm weekly**

Facilitated by Marie Evans. Cost £10 per night.

Held in Aisling Centre, 37 Darling Street, Enniskillen BT74 7DP

For further information or to register contact Marie  
E-mail [siddantha@hotmail.co.uk](mailto:siddantha@hotmail.co.uk)  
t- (00353) 87 3384206  
Details of Marie’s work are available on [www.themedicinebowl.net](http://www.themedicinebowl.net)
Seminars and Workshops
The Tara Centre, 11 Holmview Terrace, Omagh BT79 0AH

All illness begins in the Gut – Dr Aileen O’Kane MD Saturday 16 April 10am-4pm
The Green Platform – Declan Coyle Saturday 14 and Sunday 15 May 10am-4pm
Getting the Past out of the Present – Jim Cogley Friday 10 June 10am-4pm,
Saturday 11 June 10am-1pm

To book a place please call the Tara Centre on 028 8225 0024 or email info@taraomagh.com

Volunteer Now

Keeping Children Safe: Training for Staff & Volunteers
12 April 10 am – 4 pm

This course covers awareness of safeguarding children and procedures for reporting concerns. It also covers creating a safe child centred environment, codes of behaviour for staff/volunteers and children/young people and is suitable for staff/volunteers who have regular and/or direct contact with children and young people (e.g. supervisor, leader, officer in charge, coach).

Fermanagh House, Broadmeadow Place, Enniskillen, BT74 7HR
Cost £45

If you have any queries regarding bookings or availability, please contact Julie-Ann Ashe on julie-ann.ashe@volunteernow.co.uk.

For more information on course content, please contact George Gillespie on george.gillespie@volunteernow.co.uk or training@volunteernow.co.uk.

A conversation on Depression

Tuesday 12 April, 7-9 pm
Fermanagh House, Broadmeadow Place, Enniskillen

Depression affects 1in 4 people during their lifetime. How does depression affect you? What you can do to help yourself or people close to you.

Aware is hosting public talks across the country featuring a panel of experts to raise awareness of depression and break down the stigma attached to mental health. This is free of charge and anyone is welcome to attend.

For more information visit www.aware-ni.org or call the helpline on 08451 20 29 61.
Team Up with the Prince’s Trust – The programme is FREE for unemployed young people aged 16-24. It’s a full time course that won’t affect your benefits. Childcare allowance available.

Week 1 – Planning for Progression – work alongside 12 other members of your team.
Week 2 – Go on outdoor adventure activities for Teamwork – for 4 days
Week 3 to Week 5/6 – Community Project - Get out and meet the community, help with a project that you get to choose, painting & decorating, landscape gardening and make a difference!
Week 6/7 and Week 8 – Work Experience - What do you want to do, try a new skill, sample a new opportunity or look for a career?
Week 9 - Career Planning - Let us help you to put together a CV on our job search week. If you want to work and are not sure what to do then you should join our Team
Week 10 & 11 - Supporting Others – Get to know who is around you, speak to local groups, organise days away, ten-pin bowling, sports and fun
Week 12 - Presentation Skills – Finish off your qualifications, present yourself to your family and friends at an end of Team Programme get together

Qualifications – your work will achieve results
Prince’s Trust – A Certificate in Employment, Teamwork and Community Skills
Also – First Aid Certificate

The next Team starts in early May

For further information contact
Catherine @ South West College, Enniskillen Campus, BT74 6AE,
Tel: 07523 273865, E-mail:catherine.donaghy@swc.ac.uk

Workshops for Parents/Carers on supporting children with anxiety

Supporting Children with Anxiety: Parents/Carers – Thursday 19 May
6.30-9.30 pm, Fermanagh House, Enniskillen

This workshop is being delivered by AWARE and is only open to Fermanagh, the same course is planned for Omagh later in the year. The workshop aims to raise awareness of the importance of looking after our mental health, highlight the risk factors for, and symptoms of anxiety, help to reduce stigma, providing information about treatments available and promote self-help strategies. Places are limited and registration is essential. Please register by Tuesday 10 May.

Autism and Anxiety Management - Tuesday 24 May,
7 pm sharp – 9pm, Erne Suite, Mahon’s Hotel, Irvinestown
(Registration and light refreshments at 6.30 pm)

This course is being delivered by Middletown Centre for Autism and is open to Fermanagh and Omagh. It is specifically for parents/carers of and professionals supporting children with autism. It is an introduction to strategies that can be used to alleviate the experience of anxiety in children with autism. This will include an introduction to cognitively based strategies and how to develop child centred strategies to deal with anxiety. Places are limited and registration is essential. Please register by Friday 13 May.

To register please email family@mindwisenv.org or telephone Rachel Cashel on 07773 221967 for more information
**Drink Wise Age Well** are providing **FREE training for staff** working with the over 50 population in various settings. The session seeks to train community service providers to recognise and respond to people over 50 at risk of problematic drinking. The focus will be on training providers who do not traditionally play a part in detecting alcohol problems, but who have regular contact with over 50’s who are high risk and/or who may be socially isolated. The training will give an overview of the transitional changes and risks the over 50’s may face and consider the impact and introduction, or increase in alcohol use, may have on their lives as a result. The training also allows participants to practice responding to indicators in a safe and controlled setting.

If you are interested in attending please book your place online at [http://www.drinkwiseagewell-training.org.uk](http://www.drinkwiseagewell-training.org.uk) or for further information place contact Pauline O'Hagan, training officer on 028 8283 9240.

Further training dates will be scheduled for both staff and volunteers, please contact us for further details.

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**Mental Health Resilience Workshops** - Action Mental Health has recently been commissioned by PHA to deliver fifteen Mental Health Resilience workshops for 14-17 year olds and fifteen Mental Health Resilience workshops Lot 2 (adult) in the Western Trust area. These workshops entitled Mindset will run continuously throughout the year. The programmes will be delivered in youth and community settings for groups of eight to twenty people. Duration 3 ½ hours. The aims of the workshops are:

- To raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing.
- To raise awareness of the signs and symptoms of mental ill health.
- To promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and wellbeing.
- To promote self-care.
- To provide information and/or resources on mental health support organisations available both locally and regionally.

To book a programme contact Action Mental Health MensSana Project Worker Brenda Burns on 07885 407092 or 028 6632 3630 or email mindset@amh.org.uk.

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**Exploring Enterprise3 Programme** - This is a free programme that helps participants take the first steps to gain employment or explore a business idea. All participants gain a free accredited qualification within the programme. This adds to a CV and helps to break down barriers to employment or self-employment. Fermanagh Enterprise Ltd will be delivering this programme in Fermanagh, they have friendly and experienced advisors who will offer advice and assistance and offer access to main stream support options. The Exploring Enterprise3 Programme will help participants:

- Gain a QCF Understanding Business Enterprise Qualification.
- Improve skills for business and employment.
- Meet new people.
- Get back on track.

For eligibility details and more information please contact Fionna Martin on 028 6632 3117 or email fionna.martin@fermanaghenterprise.com.
Step Up To Sustainable Employment+ (SUSE+) - South West College – Employment Solutions – Skill, Re-Skill and Upskill. On 1 July 2015 South West College launched its new and innovative Employment Solutions Programme SUSE+. Funding secured through European Social Fund (ESF) and Department for Employment and Learning (DEL) will be used to provide support, guidance and qualifications to help unemployed and economically inactive adults (aged 16+) to progress into sustainable employment. SUSE+ will work in partnership with the Health and Education Trusts, Councils and DARD (Department of Agriculture and Rural Development) across Cookstown, Dungannon, Fermanagh, Magherafelt and Omagh. The core of the programme will be based around intensive one-to-one mentoring support accompanied by a suite of provision, including Level 1 qualifications and specialised training. Enhanced support in areas such as financial, health & digital literacy will ensure that all participants are fully equipped to meet the demands of today’s labour market. Dedicated classrooms, workshops and mentoring suites on each site, supported by a team of recruitment & employability professionals will ensure each individual will receive a tailored package that will best meet their needs.

For further information on SUSE+ please contact either David Taylor in Fermanagh on 07442 531667 or Leanne Skidmore in Omagh on 0845 603 1881 ext 5417.

“Year of Food & Drink 2016” a Tourism Northern Ireland Initiative

The Year of Food and Drink 2016 initiative is aimed at placing food and drink at the heart of the visitor experience. The initiative is being led by Tourism NI involving a wide range of partners such as Local Authorities, Regional Colleges and key organisations in the food and drink industry. Tourism NI officially launched the initiative on Wednesday 13 January 2016 followed by Roadshow events to explain and promote the initiative. One such event took place in the Killyhevlin Hotel, Enniskillen, on Wednesday 20 January 2016, attended by over fifty local food and tourism businesses.

If your group is planning any food and drink related events please submit details to: tourism@fermanaghomagh.com

Further information on the initiative is available at: www.tourismni.com

Funding Opportunities

Do It For Real – Apply for up to £2,000 to start your social enterprise. Omagh Enterprise Company in partnership with UnLtd, Comic Relief and Spirit of 2012 is delivering Do It For Real, an exciting new youth programme to help people across Northern Ireland become social entrepreneurs. The programme will give young people (aged 16 – 30) the skills to develop their social ideas while having fun and helping to improve their community. We currently offer two support packages:

- Test It Award – Apply for £500 cash and receive mentoring from one of our dedicated Award Managers to explore, plan and try out your social idea.
- Do It Award – Turn your idea into a real venture by applying for up to £2,000 cash funding and receive one-to-one support and expert advice to help create a positive social impact.

You can find more information about the Do It For Real programme, including how you can apply, eligibility criteria and FAQ on our website www.omaghenterprise.co.uk/social-enterprise/
Free Solar PV Installations on NI 3rd Sector Community Owned Buildings

Last year NICE installed free of charge 130KW of solar pv, on the roofs of 13 NI 3rd sector community owned buildings. This was financed by a community share offer which raised £150k.

NICE is a community energy benefit society which was setup in 2014 to create community owned renewable energy projects & low carbon energy services, keeping financial revenues within the local community. As a community benefit society our individual investors & participating community building owners co-own the enterprise on a ‘one-member one-vote’ basis.

NICE generates revenue from the sale of electricity & receives an income from the Renewable Obligation Certificates (ROCS). An annual surplus over expenses enables the society to give a modest interest payment to its investing members. The significant share of the profits goes into NICE community benefit fund which allows the society to roll out further renewable energy & energy efficiency projects to the local community.

NICE is exploring the potential & community interest for a further similar solar pv project. We are now seeking expressions of interest from any community group which may wish to benefit from a free solar pv installation & in turn enjoy significantly discounted electricity (Your organisation would pay NICE 5.5p* per kWh used (*a fixed rate for the next 20 years), compared to what you pay your current electricity supplier approx current cost 15p. If all the electric from a 12 kW installation was used on site this would equate approx to a £900 annual saving & help reduce your organisation's carbon footprint.

To be eligible for our offer the main criteria prospective participants for offer are required to meet includes:

- Is a NI 3rd sector organisation eg charity, church, school, social enterprise, community association that can evidence building ownership;
- Not a listed building nor in a conservation area;
- A suitable, unshaded roof or ground, minimum size 90 sq m with roughly a south facing aspect (SE-S-SW);
- Annual electricity costs over £3000. Majority of electricity usage during daylight hours & the potential to use most if not all of the electricity generated on site;
- A 3 phase electricity supply;
- Ability as an organisation to make decisions promptly (all installations will have to be completed by August 2016). NICE uses a ‘first past the post’ policy to fund installations.

You can find more information about our enterprise & solar pv installations to date on our website & social media pages

Interested?

We want to hear from you ASAP so please don't delay - this win win opportunity should not be missed.
Contact NI Community Energy on 028 9073 6075 or email info@NICommunityEnergy.org