

# Fermanagh and Omagh Area

# Positive Ageing Month

## October

### 2022



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

 Public Health  
Agency  
Project supported by the PHA

 Western Health  
and Social Care Trust

South West  
 SWAP  
Age Partnership

 Age Friendly  
Network NI

#positiveageingwest

# Welcome

As Chair / Cathaoirleach of Fermanagh and Omagh District Council I am delighted to welcome you to this year's publication for Positive Ageing Month 2022 in our District. Fáilte romhaibh.

Fermanagh and Omagh District Council (FODC) is truly committed to making our District a place where our older people can live active and engaged lives, and can, crucially, continue to make a valuable contribution to their communities.

Positive Ageing Month is one such initiative.

The Council, in association with our statutory partners, is working collaboratively to put together an extensive and diverse range of events and workshops.

As in previous years, the programme will once again be a blended mix of in person and virtual events. The way of the world now in 2022. This will allow many more participants who have been able to embrace the technological revolution to log on to events.

However, virtual is not for everyone and does not replace the face-to-face connection.

I encourage you to attend some of the wide range of events in the District.

Enniskillen Castle and Strule Arts Centre, Omagh will be illuminated purple to mark International Day of Older Persons on 1 October 2022.

The Covid-19 pandemic has challenged us all in so many ways and has required us to press the reset button in our lives and evaluate what is really important.

One of the most positive aspects is that so many older people have embraced the digital age, regularly going online to shop, socialise and keep in touch. Zoom has taken on a whole new meaning and it is wonderful to see.

I would encourage as many of you as possible to avail of the opportunity to attend whatever events you can, whether socially distanced, in person or by joining events, virtually, from the comfort of your own home.

Once again, I express my thanks to our active partners, namely the Western Health and Social Care Trust, South West Age Partnership and the Public Health Agency for their continued commitment to the project.

**Councillor Barry McElduff**

Chair, Fermanagh and Omagh District Council



As Head of Health Improvement, Equality and Involvement for the Western Health & Social Care Trust, I am delighted once again to support the annual Positive Ageing Campaign. This is a great example of how working together can achieve great results. I would like to thank all our partners for providing a wide range of activities and events for older people.



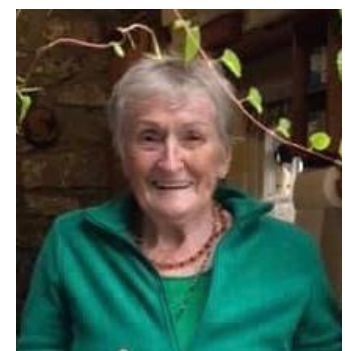
Positive Ageing month puts a focus on the 5 steps to wellbeing - Be Active, Connect, Take Notice, Give and Keep Learning. This year there are many opportunities to participate in programmes that will allow you to achieve all these steps. The varied programme offers Dancing, Swimming, opportunities to become walk leaders and meet new or old friends reading the newspapers over tea. What is not to like? There is so many activities to mention so I would encourage you to take a look and attend as many as you can!!!!

**Seamus Ward**

Head of Health Improvement, Equality and Involvement, WHSCT

As Chairperson of South West Age Partnership I am pleased to welcome you to Positive Ageing Month 2022.

It's October again and we have another month of exciting events and activities ahead. We are running a mixture of face to face events and also some online activities, hopefully there is something here for everyone. There is so much information in this year's booklet, please share it with family and friends. As ever South West Age Partnership is very grateful to our partner organisations that we work with to bring you this booklet and the programmes, it's great to watch this campaign develop over the years, it gets better and better every year. Thank you also for your support over the last year, we couldn't do all this without you.



I hope to see you through October, enjoy the activities.

**Marj Aitken**

Chairperson, South West Age Partnership

# Reminiscence Trail at Lovers Retreat

Building on the success of the reminiscence trail 'Around the Meadow' in Enniskillen, work has been taking place on a similar trail for Lovers Retreat. Funded through Access and Inclusion Department for Communities, a group of participants from Omagh have met regularly at Omagh Library to bring together memories and topics of interest for inclusion in this. Watch out for signage and new seating as you wander along the trail.



© Liam McClean Landscape Photography

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## Western Health & Social Care Trust Carers Walking Groups:

Are you currently caring for a family member or friend that has an illness or a disability? Would you like to take some time out from your caring role to get a bit of fresh air and enjoy the company of other carers? The Western Trust would like to invite you to take part in our Carers Walking Group.

Walking has obvious health benefits such as relieving stress, helping to control weight and releasing those endorphins that create the feel good factor.

Although the aim is to encourage physical activity, the group also provides a safe space for carers to relax, get support, advice and useful tips about caring from the other members who are on the same journey.

It is also an opportunity to meet new people and join in a social cuppa.

The walks are suitable for most levels of fitness.

You will be asked to complete a short health form before attending.

Details:

**Fermanagh** - The Fermanagh Carers Walking Group meet on a Friday morning, between 11am / 11:30am. The venue and time are arranged via text. To join text or call 075 2589 8985

**Omagh** - The Omagh Carers Walking Group meet on a Tuesday morning at 10am. The venue is arranged via text. To join text or call 078 1015 6551

SWAP (South West Age Partnership) is the age sector network in Fermanagh and Omagh. SWAP works specifically with anyone living locally aged 60+. Our aim is to improve the health and well-being of older people through a variety of support programmes. We can provide activity projects for people aged 60+ at home and also projects to support clubs working with older people. We also run a variety of programmes on zoom and face to face, see the calendar for some of the activities we are running in October. People aged 60+ living in the Fermanagh Omagh area are welcome to attend a SWAP Cluster meeting in your area. Check the calendar for more information. For more information contact Allison on **028 8225 1824** or [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk) Follow us on **South West Age Partnership | Facebook**

*Chair Exercises with Teresa*



Classes resume again Monday 3rd October 11am via Zoom  
 To register contact Allison on  
 028 8225 1824 or  
[aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)

## Christmas Card Competition

Our annual Christmas Card competition is back. Please send in your entry to be the front of SWAP's Christmas Card before the closing date 18 November 2022. It can be a painting, drawing, or photograph. Send your entry to **South West Age Partnership, 54 Gortview Close, Omagh, Co. Tyrone, BT79 7WU** or email: [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)



Christmas Card image winner 2022

## Winter Woolly

Fermanagh and Omagh District Council is delighted to partner with SWAP again this year for the "Winter Woolly" Rally competition which is aimed at encouraging residents to get knitting with a prize for the most cheerful winter woolly. Items can include, knee blankets, hats, scarves or gloves and entries can be knit or crocheted. Once the competition has closed, each adult "Winter Woolly" that has been entered will be gift wrapped and donated to an older person living within our community.

If you can't knit or crochet, do not despair. You can still donate an item to improve and brighten an older person's winter. You can send a hat, scarf or pair of gloves to the address below, however these won't be entered into our competition. Or if you have unused knitting needles or wool these can be donated for knitters to use.

The closing date for donation of needles or wool is 7 October 2022 and for competition entries 18 November 2022.

Winners announced on Fuel Poverty Awareness Day on Friday 2 December 2022 with a prize of oil stamps. Fermanagh and Omagh District Council will not be responsible for the cost of the materials used and entries cannot be returned.

Name, contact details and an indication as to whether you handmade or purchased the item should be supplied alongside the submission. You can include a handwritten note of encouragement.

All donations and entries can be left to **SWAP Office, Omagh; or Fermanagh and Omagh District Council Connect Centres in Omagh or Enniskillen**



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



- Creatlach – Skeleton
- Arracht– Monster
- Ialtóg – Bat
- Bob nó bia – Trick or treat
- Damhán alla - Spider
- Púca – Phantom
- Cailleach - Witch
- Gealach - Moon
- Teach taibhsí – Haunted house

Some Halloween Fun!!  
What do you see in the picture?

Part of our Irish Language Programme  
For more information contact:  
✉ [Gaeilge@fermanaghomagh.com](mailto:Gaeilge@fermanaghomagh.com)  
☎ Irish/Ulster Scots voicemail 028 8225 6214

## Mother and Baby Homes and Magdalene Laundries Investigative Team

The Police Service of Northern Ireland are currently investigating Mother and Baby Homes and Magdalene Laundries/Workhouses between 1922 – 1990.

The investigative team are keen to reach as many people affected by these institutions as possible, as well as any witnesses to potential criminal activity that occurred there.

We would ask that anyone who has information or wishes to speak to a member of the dedicated investigation Team, to please contact Police via the reporting Channels below.

We care about what you have to say, will listen and support you and act to keep you and others safe.

**Email:** [MotherBabyHomes.Magdalenelaundries@psni.police.uk](mailto:MotherBabyHomes.Magdalenelaundries@psni.police.uk)

**Phone:** 028 9090 1728 (9:00 am to 5:00 pm Monday to Friday)

**Health & Wellbeing Support Services are available from the Victim & Survivors Service.**

**Email:** [support@vssni.org](mailto:support@vssni.org)

**Website:** [www.victimsservice.org](http://www.victimsservice.org)

**Phone:** 02890 311678



**we care  
we listen  
we act**



**Police Service**  
of Northern Ireland

# Eating Well as You Age

Healthy eating is important at any age, but more so as we get older. Good nutrition can:

- help your body fight illness
- reduce the risk of heart disease, stroke and Type 2 Diabetes
- boost energy levels
- improve your mood

To find out more, watch this free webinar by a Registered Dietitian:

<https://tinyurl.com/agewell22>



Public Health Dietitians' Group  
HSC Public Health Agency  
HSC Health and Social Care

## Eating Well as You Age

Find out about good nutrition for the later years from a Registered Dietitian.

For advice on a range of nutrition topics including 'How to Save Money on Your Food Shop' and 'Food and Mood' alongside tasty recipe ideas and videos, search for 'Public Health Dietitians' on YouTube:



Public Health Dietitians' Group  
HSC Public Health Agency  
HSC Health and Social Care

## Free Nutrition Webinars on Demand

A wide range of 30 minute webinars are available on nutrition topics for every life stage. Recorded by Dietitians and Registered Nutritionists.

Subscribe to **Public Health Dietitians** on  **YouTube**

# Programme of Events

## Saturday 1

- 10:00am to 4:00pm **Creative Writing: The Bardic Way**  
Tutor: Dearbhaile Bradley (1 hour lunch break)  
Strule Arts Centre, Omagh. £35
- 10:30am **Every Saturday Chess and Boardgames for adults and children**  
Lisnaskea Library
- 11:00am **Every Saturday Tea and Newspapers**  
Lisnaskea Library
- 11:00am to 1:00pm **Gentle walk with Nature Arts and Crafts**  
Take a mindful stroll through Ely Lodge and learn to weave with Nature. £5 per person. Contact [julie.armstrong@fermanaghomagh.com](mailto:julie.armstrong@fermanaghomagh.com)  
Phone: (0044)73 9227 7646
- 8:00pm **Take a step back in time to the Showband era**  
Omagh will swing to a different beat...the Showbands. Strule Arts Centre, Omagh. Full Price: £20.00 Concession: £18.00

## Sunday 2

- 10:15am **Every Sunday Stretch & Relax**  
Omagh Leisure Complex. £2.70
- 3:00pm to 5:00pm **Vintage Tea Dance**  
Come along and enjoy afternoon tea where you will have the opportunity to swing to the beat of the 60's and browse through Omagh Music Festival Exhibition. Full Price: £10.00

## Monday 3

- 10:30am to 12:30pm **Launch of Positive Ageing Month, SWAP Cluster, Community Safety**  
Book in with [aforbes@southwestagepartnership](mailto:aforbes@southwestagepartnership) or 028 8225 1824.  
Omagh Library
- 11:00am **Every Monday Online Chair Exercise with Teresa**  
Book your place with Allison at SWAP on 028 8225 1824 or [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk). Class is via Zoom
- 12:15pm **Every Monday Aquafit**  
Omagh Leisure Complex. £2.70
- 2:00pm to 3:00pm **Every Monday Senior Fit**  
Fermanagh Lakeland Forum. £2.70

## Tuesday 4

- 8:30am to 9:30am **Every Tuesday Swimming Session**  
Fermanagh Lakeland Forum

10:00am to 10:45am	<b>Every Tuesday Chair Exercise</b> Fermanagh Lakeland Forum. £2.70
11:00am	<b>Every Tuesday Silver Sneakers (low impact workout)</b> Omagh Leisure Complex. £2.70
11:15am	<b>Every Tuesday Yopalates</b> Omagh Leisure Complex. £2.70
2:00pm to 3:00pm	<b>Safer Ageing and Stopping Abuse</b> A webinar to highlight abuse against older people and key ways of prevention and ongoing support. Contact Shaun to have the link sent or for further information. online - zoom <a href="https://us06web.zoom.us/j/86095224567?pwd=ZFBlaU5oUmtYNDdyT0trS25sSW02UT09">https://us06web.zoom.us/j/86095224567?pwd=ZFBlaU5oUmtYNDdyT0trS25sSW02UT09</a> . Contact shaunpaskin@wearehourglass.org
6:00pm to 8:00pm	<b>Every Tuesday Knit and Natter</b> Omagh Library

### Wednesday 5

10:30am to 12:30pm	<b>SWAP Cluster meeting - Cost of Living</b> Book in with aforbes@southwestagepartnership or 028 8225 1824. Rosslea Community Centre
11:00am	<b>Every Wednesday Tea and Newspapers</b> Lisnaskea Library
11:00am to 12:00noon	<b>Every Wednesday Chair Exercise</b> Castle park Centre, Lisnaskea. £2.70
11:00am to 1:00pm	<b>Focus group with the Customer Experience team</b> Omagh Library
2:00pm	<b>Every Wednesday Mindful colouring for adults</b> Irvinestown Library
2:00pm to 3:00pm	<b>Every Wednesday Folk Dance</b> Fermanagh Lakeland Forum. £2.70
2:00pm to 5:00pm	<b>Every Wednesday Learn to play Bridge</b> Fermanagh Lakeland Forum. £2.70
2:30pm to 3:30pm	<b>Every Wednesday Archery + Boccia</b> Fermanagh Lakeland Forum
7:00pm to 9:00pm	<b>Every Wednesday Create and Chat Mixed Crafts</b> 5 week class where participants get the chance to meet people, chat and sample a variety of crafts while creating a number of items to gift or admire themselves! Topics include wet felting, needlefelting, batik art, card art, ceramic and glass painting. Strule Arts Centre. £59.50

Programmes are correct at time of print however they may change in response to up to date Government guidelines.

# Programme of Events

## Thursday 6

10:00am to 11:00am **Every Thursday Tea and Newspapers**  
Omagh library

10:00am to 1:00pm **Positive Mental Health**  
Michael from Action Mental Health delivers a Mindset workshop to raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing learning about self-help/resilience techniques. Booking via Allison on 028 8225 1824 or [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk) Bawnacre Centre, Irvinestown

11:00 am **Every Thursday Knit and Natter**  
Lisnaskea Library

11:00am to 11:30am **TV Licensing Northern Ireland Support Team**  
Information session on:  
• TV Licence's Simple Payment Plan (SPP) (for those struggling financially)  
• Concessions for blind - RNIB and those in supported housing  
• Scams Awareness  
• Vulnerable customer policy  
zoom - Meeting ID: 743 6497 2993 Passcode: k767s2

## Friday 7

8:30am to 9:30am **Every Friday Senior Swim**  
Omagh Leisure Complex

10:00am to 12:00pm **Every Friday Knit and Natter & Tea and Newspapers**  
Irvinestown Library

10:30am to 12:30pm **SWAP Cluster meeting - Community Safety**  
Book via Allison at [aforbes@southwestagepartnership](mailto:aforbes@southwestagepartnership) or 028 8225 1824.  
Cashel Community Centre

10:30am to 12:30pm **Every Friday Knit and Natter**  
Omagh Library

11:00am **Every Friday Mindful colouring for adults**  
Lisnaskea Library

11:00am to 1:00pm **Every Friday Lets Get Connected**  
A class on how to use your tablet with Mark Desborough.  
Oak Healthy Living Centre, Lisnaskea. Booking via Allison on 028 8225 1824 or email [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)

## Saturday 8

10:00am

### **Creative Writing**

Learn how to write from the heart with Bernie McGill – a class for the emerging writer. Ardhowen Theatre, Enniskillen. £20. Phone box office on 028 6632 5440 or book online [www.ardhowen.com](http://www.ardhowen.com)

2:00pm

### **Book Club - Short Story Writing**

Join Bernie McGill for a short intensive class in short story writing a perfect class for the emerging writer. Ardhowen Theatre, Enniskillen. £10. Phone box office on 028 6632 5440 or book online [www.ardhowen.com](http://www.ardhowen.com)

## Sunday 9

10:00am to  
1:00pm

### **Over 50's paddle for Positive Aging Month**

Join Geopark Guide, Trevor Foster and the Blue Green Yonder team for a journey from Enniskillen to the historic Devenish Island; this is a three to four hour paddle at a gentle pace, so bring a picnic and some warm and waterproof clothing and sturdy shoes! Take a walk through Devenish Island, learn about the history of the site and take part in a tradition thousands of years old; paddling on Lough Erne! Canoes can be rafted together, so that people of all abilities can come along and enjoy together. Castle Island, Enniskillen. [www.bluegreenyonder.com](http://www.bluegreenyonder.com) £10 per person. Contact [julie.armstrong@fermanaghmagh.com](mailto:julie.armstrong@fermanaghmagh.com) Phone: (0044)73 9227 7646

## Monday 10

10:30am to  
12:30pm

### **SWAP Cluster meeting - Health & Wellbeing**

Book Book via Allison at [aforges@southwestagepartnership](mailto:aforges@southwestagepartnership) or 028 8225 1824. West End Centre Enniskillen

10:30am to  
12:30pm

### **Every Friday Crafting @ SWAP**

6 week craft class with Sharyn Kelly. SWAP Office, Omagh. Contact Allison on 028 8225 1824 or email [aforges@southwestagepartnership.co.uk](mailto:aforges@southwestagepartnership.co.uk)

11:30am to  
1:00pm

### **Dementia Drop in Coffee Morning**

Caring @ Campsie Hub . An informal space for those looking to live well with dementia. Family, friends, carers along with those living with dementia are encouraged to attend. The initial launch and information session (along with a wee cuppa) will allow a programme to be shaped by your views. Monthly sessions will be held on 2nd Monday of each month at The Hub, Campsie with a variety of themes and events. For more information contact WHSCT Dementia Navigator Cliona at 075 8599 8890 or email [cliona.connolly@westerntrust.hscni.net](mailto:cliona.connolly@westerntrust.hscni.net).

# Programme of Events

2:00pm

## **Plantation of Ulster**

A flavour of the Plantation of Ulster; when, why and what happened, what evolved from it. This is just a simple overview of a complex topic, which will hopefully inspire you to look deeper Ulster history. Zoom <https://us06web.zoom.us/j/5924632166?pwd=dIREQ1Jlc0plcDdNOE1FVElwdWZlZz09> - Meeting ID: 592 463 2166 Passcode: Us1010. Contact [deirdre@ulster-scots.com](mailto:deirdre@ulster-scots.com)

## **Tuesday 11**

10:30am to  
12:30pm

### **SWAP Cluster meeting - Accessibility for older people**

Book via Allison at [aforbes@southwestagepartnership](mailto:aforbes@southwestagepartnership) or 028 8225 1824. Bawnacre Centre, Irvinestown

## **Wednesday 12**

10:30am to  
12:30pm

### **SWAP Cluster meeting - Health & Wellbeing**

Book via Allison at [aforbes@southwestagepartnership](mailto:aforbes@southwestagepartnership) or 028 8225 1824. Owenkillew Community Centre, Gortin

2:00pm to  
4:00pm

### **SWAP Cluster meeting - Health & Wellbeing**

Book via Allison at [aforbes@southwestagepartnership](mailto:aforbes@southwestagepartnership) or 028 8225 1824. Loughmacrory Community Centre

7:30pm to  
9:30pm

### **Simon and Garfunkel Through the Years**

Strule Arts Centre, Omagh. Price: £20.00. Booking essential via Allison on 028 8225 1824 or [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)

## **Thursday 13**

10:30 am to  
1:00 pm

### **Walk Leader Training**

Designed to give volunteers and staff the skills and confidence to lead safe, effective and enjoyable Health Walks in a community setting as part of a Health Walk Project. Booking essential via Allison on 028 8225 1824 or [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk) Bawnacre Centre, Irvinestown

10:30am to  
11:30am

### **Planning for a more Certain Future**

Join experts from the government-backed MoneyHelper to cut through the complexity and talk about your pension rights. Microsoft Teams Meeting ID: 330 758 725 394 Passcode: XfiB97

8:00pm

### **A night with the Country Stars**

Strule Arts Centre, Omagh. £18:00. [www.struleartscentre.co.uk](http://www.struleartscentre.co.uk)

## Friday 14

10:00am to  
12:00noon

### **EVERY Friday : A Sense of Place**

Annual Arts Festival 'Here and Now'

Artist Genevieve Murphy will be there to guide you through the various creative processes of printmaking and collage.

The workshops will be full of chat, stories, memories and fun and to top it all you will create a beautiful artwork that will be a talking point for your family for years to come. Ardhowen Theatre, Enniskillen. booking essential via [www.ardhowen.com](http://www.ardhowen.com) or call box office on 028 6632 5440

8:00pm

### **Darryl Simpson An Album Launch**

Strule Arts Centre, Omagh. £18:00 [www.struleartscentre.co.uk](http://www.struleartscentre.co.uk)

## Monday 17

3:00pm

### **Big Quiz**

Join us via zoom for a quiz with Annabelle. To book email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk) or phone 077 1368 4705

## Tuesday 18

11:00am to  
1:00pm

### **Advance Care Planning Cafe**

Compassionate Communities - plan positively for your end of life. 100% of us will die. This event is aimed to improve end of life and death experiences for everyone. We will explore what you do and don't want and also how to you can communicate this to your loved ones. Booking via Allison on 028 8225 1824 or [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)  
Bawnacre Centre, Irvinestown

## Wednesday 19

10:30am to  
11:30am

### **Townlands Talk with Fiona Crudden**

Townlands Talk with Fiona. A fascinating insight into our local history of townlands and their origins. Email [Gaeilge@fermanaghomagh.com](mailto:Gaeilge@fermanaghomagh.com) for your zoom link.

## Thursday 20

10:00am to  
3:30pm

### **Keeping Safe, Warm and Well - Outreach Event**

As winter approaches this is a great opportunity to meet organisations who can help advise on keeping warm and well. Booking essential with Health Improvement Team on 0300 303 1777.  
Colaghty Church Hall, Lack

11:00am

### **TV Licensing Scam Awareness**

Due to a recent rise in scams, TV Licensing are running a FREE scams training session to educate and spread awareness. zoom Meeting ID: 743 9093 7932 Passcode: Jh1ykY

# Programme of Events

## Friday 21

2:00pm

### **Sing for Victory workshop with Karen Diamond**

Look back at life in the past and sing along to songs from the 1940s with live piano by music therapist Karen Diamond. Music has the power to unlock memories and participants are encouraged to reminisce in this dementia friendly workshop. A songbook is provided for requests. Northern Ireland War Memorial Museum  
21 Talbot Street, Belfast BT1 2LD (Transport is not provided)

2:30pm to  
3:30pm

### **Stationary Tour of Lower Lough Erne**

Explore the ancient and more recent history of Lower Lough Erne through myths and stories. This tour is stationary, with minimal walking. To book email [Gaeilge@fermanaghomagh.com](mailto:Gaeilge@fermanaghomagh.com). Lough Navar Viewpoint. Contact Fiona Crudden Irish language Officer, 0300 303 1777

7:00pm

### **Omagh Literary Festival**

Susan McKay in Conversation. £7.00 [www.struleartscentre.co.uk](http://www.struleartscentre.co.uk)

## Saturday 22

12:00noon

### **Literary Allsorts**

£5.00 [www.struleartscentre.co.uk](http://www.struleartscentre.co.uk)

2:00pm

### **The Omagh Literary Festival Book Club**

The Omagh Literary Festival Book Club introduces: The Quiet Whispers Never Stop, by Olivia Fitzsimmons. £7.00 [www.struleartscentre.co.uk](http://www.struleartscentre.co.uk)

## Sunday 23

10:15am

### **Stretch & Relax**

Omagh Leisure Complex. £2.70

## Monday 24

10:30am to  
11:30am

### **Energy Efficiency in the Home - National Energy Action (NEA NI)**

Find out about energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing and switching energy suppliers, advice and support in Northern Ireland. Zoom. To register please email [agefriendly@ardsandnorthdown.gov.uk](mailto:agefriendly@ardsandnorthdown.gov.uk)

## Tuesday 25

11:00am

### **Virtual Tea Dance**

Join people across Northern Ireland and beyond with live music from Victor Mawhinney and plenty of chair and carpet dancing! Zoom. To book email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk) or phone 077 1368 4705

## Thursday 27

- |                       |  |
|-----------------------|--|
| 10:30am to<br>12:30pm | <p><b>Closing Event Tea Dance</b><br/>It's back! Enjoy a catchup, a cuppa and a dance with Marie.<br/>Booking essential with Allison 028 8225 1824 or<br/><a href="mailto:aforbes@southwestagepartnership.co.uk">aforbes@southwestagepartnership.co.uk</a>.<br/>Bawnacre Centre, Irvinestown</p>   |
| 11:00am to<br>12:30pm | <p><b>FREE Hearing Aid support</b><br/>Come to our FREE Hearing Aid support session where we can offer 1 to 1 help and advice on how to get the most out of your hearing aids. If your aids are NHS issued, we can also help you fit them and we can re-tube, clean the ear moulds and replace the batteries. Omagh Methodist Church, Peter Good Hall Omagh. For more information, contact Aoife McGlinchey at 079 5170 9923 or by email: <a href="mailto:aoife.mcglinchey@rnid.org.uk">aoife.mcglinchey@rnid.org.uk</a></p> |
| 11:00am to<br>1:00pm  | <p><b>GO ON Introduction to the iPad</b><br/>Booking essential *More on the iPad is a follow-up course to Introduction to the iPad. You can attend either or both sessions. Omagh Library.<br/>Telephone 028 8224 0733. Numbers are limited</p>  |

**Programmes are correct at time of print however they may change in response to up to date Government guidelines.**

**If you have any symptoms which may be related to Covid please do not attend group activities.**

# Funding opportunity for Clubs

## Positive Ageing Month Grants 2022-23

The Positive Ageing Small Grants Programme is funded by the Public Health Agency and administered by the Western Health & Social Care Trust. The programme is aimed to support activities and projects specifically for groups working with older people. Grants of up to £500 are to be used for activities/projects for groups to reduce loneliness isolation and improve health and wellbeing.

For more information, guidance and an application form contact South West Age Partnership by emailing [aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk) or call Allison on 028 8225 1824

## Food for Life Get Together's Christmas Small Grants Scheme

Linking Generations Northern Ireland is delighted to launch their Food for Life Get Together's Christmas Small Grants Scheme as part of Positive Ageing Month 2022. Applications will open on 1 October 2022 and close on the 28 October 2022. They are inviting community groups, schools, care settings, nurseries and housing settings to apply for small grants of £125 to bring generations together during the month of December to enjoy good food and each other's company. For more information, application pack, ideas and resources please visit the LGNI News page News – Linking Generations NI or contact [joyce.savage@bjf.org.uk](mailto:joyce.savage@bjf.org.uk)

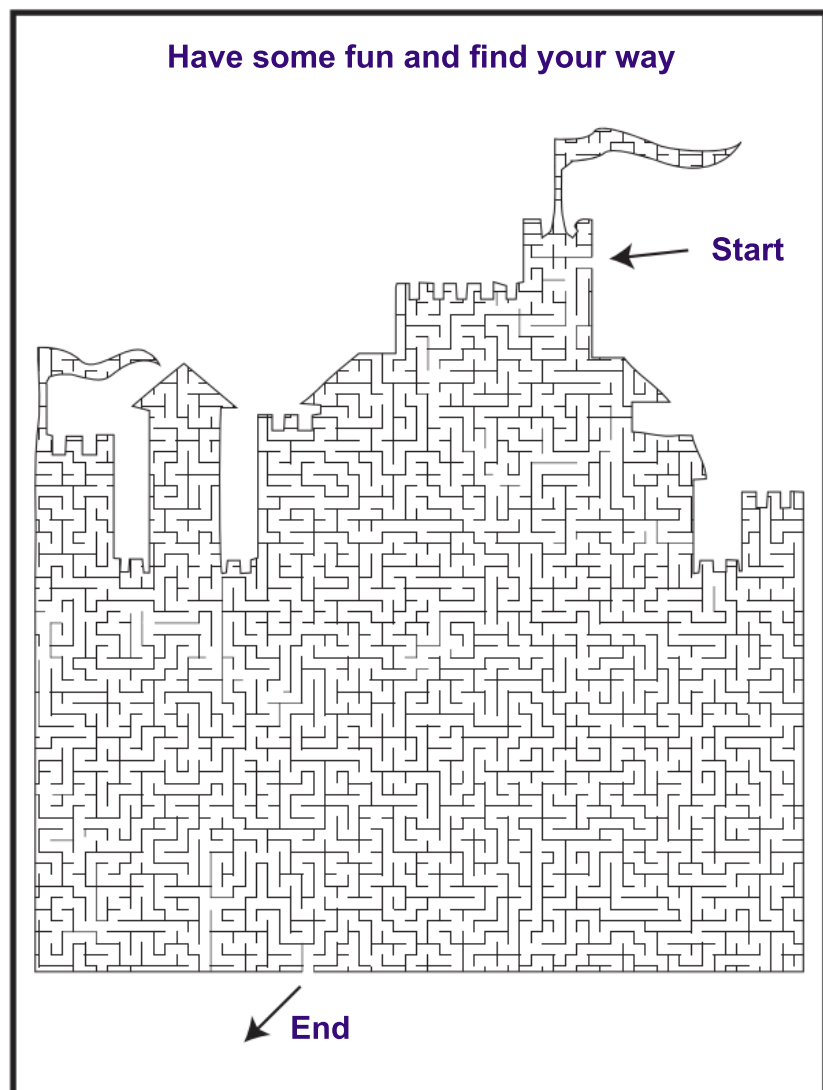
# Declutter your home and mind this Positive Ageing Month

This Positive Ageing Month, Fermanagh and Omagh District Council's Health Improvement Team is encouraging residents to make their homes safer by reducing household clutter. Clutter can make getting around the home more difficult and can result in an increase in household accidents, such as trips and falls. Not only can clutter impact your physical wellbeing, clutter can increase stress levels and reduce a person's enjoyment of their own home. If you feel that walking around your home, is like navigating through a maze, it may be time to consider an autumnal overhaul and reduce the clutter in your home.

## Top tips to reduce clutter in your home:

- Start small, pick one area of your home and concentrate on it. We suggest that you start with the worst area first.
- Remove items that are damaged, broken or no longer of use.
- Remove trailing wire and frayed carpets and think carefully about where mats are placed within your home.
- Make sure that all passageways are clear and that all ornaments and tables are moved from stairways.
- Items that are still in good condition, or no longer of use, could be donated to one of our local charity shops or sold.

If you are over 65, and would like more information regarding home safety or a **FREE** Home Safety Check, contact the Health Improvement Team on **0300 303 1777**.



# Positive Ageing Step Challenge

As part of Positive Ageing Month, keeping your body active is vital to staying healthy and well in later years. We know any form of movement is good for us, and staying active will keep muscles and bones strong, and reduce the risk of falls.

Physical activity will also improve sleep, maintain healthier weight and manage stress. Walking is the perfect form of exercise to help achieve this and we encourage you as part of Positive Ageing Month to take part in a 'Step Challenge' supported by the WHSCT Health Improvement, Equality and Involvement department. All you have to do is go to [www.publichealth.hscni.net](http://www.publichealth.hscni.net) and search 'Step Challenge' to get a copy of the step challenge outline. Complete it throughout the month of October and at the end of the month submit it to [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) to be in with a chance of winning a prize.



## 2022-2023 Programme plan

Co-ordinators	Program and Location	Dates of Programmes
<b>Peggy Carty</b> Tel: 028 6862 8741 Email: <a href="mailto:peggy.carty@archlc.com">peggy.carty@archlc.com</a>	Arc Healthy Living Centre Sallyswood Irvinstown BT94 1HQ	<b>Programme 1</b> <b>20/09/2022</b>
		<b>Programme 2</b> <b>17/01/2023</b>
<b>Michael Connolly</b> Email: <a href="mailto:michael@dergvalleycare.com">michael@dergvalleycare.com</a>	Dergvalley Care HLC St Columbas Hall 21 Church St, Omagh BT78 1DG	<b>Programme 1</b> <b>29/09/2022</b>
		<b>Programme 2</b> <b>26/01/2023</b>
<b>Davina Coulter</b> Tel: 028 6772 3843 Email <a href="mailto:davina.coulter@oakhlc.com">davina.coulter@oakhlc.com</a>	Oak Healthy Living Centre, Lisnaskea, BT92 0JE	<b>Programme 1</b> <b>26/09/2022</b>
		<b>Programme 2</b> <b>27/04/2023</b>

# Useful contacts

## Age NI

028 9024 5729  
advice@ageni.org  
www.ageuk.org.uk

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## Alzheimer's Society

Fermanagh Dementia Support Worker  
0333 3150 3456 / 077 2547 5715  
martin.bradley@alzheimers.org.uk  
www.alzheimers.org.uk

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## Alzheimer's Society

Omagh Dementia Support Worker  
0333 3150 3456 / 078 8960 4702  
Julie-anne.casson@alzheimers.org.uk

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## Arc Healthy Living

Helping others to help themselves  
028 6862 8741  
aidan.ormsby@archlc.com  
www.archlc.com

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## The B Friend Hub - Fermanagh

Free telephone and home befriending for older people living in Omagh, Strabane and Fermanagh  
028 6698 0027 / 075 9138 6189  
rita@thebefriendhub.org  
www.omaghvolunteercentre.org

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## The B Friend Hub - Omagh

028 8224 0772 / 075 9195 2133  
jo@thebefriendhub.org

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## British Red Cross

Connecting Communities Programme in West Tyrone, Belleek, Garrison and surrounding areas - offering support tailored to your wishes and specific interests.  
028 8225 2790 / 770 2338 930  
CommunityconnectorOF@redcross.org.uk

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## Carers support

Information and Signposting Service for unpaid Carers  
028 6634 4163 / 075 2589 8985  
Cathy.Magowan@westerntrust.hscni.net  
www.westerntrust.hscni.net

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## Chest Heart & Stroke

Our mission is to prevent chest heart and stroke illnesses in NI and care for those already affected by them  
028 9032 0184 / 077 9397 9870  
nferguson@nichs.org.uk  
mvirtue@nichs.org.uk  
www.nichs.org.uk

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## Christians Against Poverty Debt Management Advice and Support

0800 328 0006  
contact@capuk.org  
capuk.org

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## Community Advice Fermanagh

Free, independent confidential and impartial information, advice, advocacy and representation.  
028 6632 802 / 073 9492 173  
info@fermanaghhouse.org

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## Connect Fermanagh

Providing a friendly chat and information and help to link you to the right support and services in your area.  
028 6632 0230  
info@connectfermanagh.org  
www.connectfermanagh.com

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## The Consumer Council

Promote and safeguard the interests of consumers in Northern Ireland.  
0800 121 6022  
contact@consumercouncil.org.uk  
www.consumercouncil.org.uk

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**Crimestoppers**

0800 555 111

[www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

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**Deafblind UK**

Deafblind UK supports people who have any level of sight and hearing loss. We help people to live with deaf blindness by making connections, building their confidence and independence.

0800 132 320

[info@deafblind.org.uk](mailto:info@deafblind.org.uk)

[www.deafblind.org.uk](http://www.deafblind.org.uk)

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**Dementia NI**

028 9693 1555 / 079 6688 1422

[www.dementiani.org](http://www.dementiani.org)

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**WHSCT Dementia Navigator**

075 8599 8890

[cliona.connolly@westerntrust.hscni.net](mailto:cliona.connolly@westerntrust.hscni.net)

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**Drink Wise Age Well**

Helping people make healthier choices about alcohol as they age.

0808 801 0750

<https://addictionni.com/ways-we-support-you/over-50s-alcohol-helpline>

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**Easilink**

We provide a transport option to rural dwellers across the Omagh, Strabane & Foyle areas.

028 8224 8140

[info@easilink.org](mailto:info@easilink.org)

<https://easilink.org>

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**Fermanagh Omagh District Council**

0300 303 1777

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

[www.fermanaghomagh.com](http://www.fermanaghomagh.com)

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**Fermanagh Rural Community Network**

Provision of practical support, guidance, information, signposting and networking opportunities for groups throughout County Fermanagh.

028 6632 7006

[info@fermanaghrcn.org](mailto:info@fermanaghrcn.org)

[www.fermanaghrcn.org](http://www.fermanaghrcn.org)

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**Fermanagh Community Transport**

Provides rural transport services to people and communities.

028 6632 4260

[info@fermanaghcommunitytransport.com](mailto:info@fermanaghcommunitytransport.com)

[www.fermanaghcommunitytransport.com](http://www.fermanaghcommunitytransport.com)

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**Fire, police, ambulance and coastguard**

Emergency: 999 Non-Emergency: 112  
[www.psni.police.uk/crime/](http://www.psni.police.uk/crime/)

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**Flooding Incident Line**

0300 200 0100

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**GP Out-of-Hours Service - Western Urgent Care (Limavady/L'Derry/Strabane/Omagh/Enniskillen)**

Attendance at GP Out-of-Hours centres is by appointment only so please phone in advance.

028 7186 5195

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**Hourglass NI**

Hourglass will develop traction in the Northern Ireland Assembly to achieve our primary goal of implementing an Adult Safeguarding Bill, bringing Northern Ireland in line with legislative protections across the wider UK.

0808 808 8141

[nireland@wearehourglass.org](mailto:nireland@wearehourglass.org)

<https://wearehourglass.org/ni>

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# Useful contacts

## Housing Executive

Our vision - Everyone is able to live in an affordable and decent home, appropriate to their needs, in a safe and attractive place.  
General 034 4892 0900  
Repairs 034 4892 0901  
Homeless out of Hours 0344 892 0908  
[www.nihe.gov.uk/About-Us/Contact-Us](http://www.nihe.gov.uk/About-Us/Contact-Us)

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## Lakeland Community Care

A Health and Social Care service that is shaped by the needs and experience of patients, clients, carers and communities.  
028 6638 6934 / 079 0953 0124  
[Frances@lakelandcare.org.uk](mailto:Frances@lakelandcare.org.uk)  
[www.lakelandcare.org.uk](http://www.lakelandcare.org.uk)

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## Libraries NI - [www.librariesni.org.uk](http://www.librariesni.org.uk)

**Enniskillen:** 028 6632 2886  
[enniskillen.library@librariesni.org.uk](mailto:enniskillen.library@librariesni.org.uk)

**Irvinestown:** 028 6862 1383  
[irvinestown.library@librariesni.org.uk](mailto:irvinestown.library@librariesni.org.uk)

**Lisnaskea:** 028 6772 1222  
[lisnaskea.library@librariesni.org.uk](mailto:lisnaskea.library@librariesni.org.uk)

**Omagh:** 028 8244 0733  
[omagh.library@librariesni.org.uk](mailto:omagh.library@librariesni.org.uk)

**Fintona:** 028 8284 1774  
[fintona.library@librariesni.org.uk](mailto:fintona.library@librariesni.org.uk)

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## Macular Society

028 9273 2147 / 078 7952 9267

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## Make the Call

Talk to us about accessing benefits, supports and services you may be entitled to.  
0800 232 1271  
[makethecall@dfcni.gov.uk](mailto:makethecall@dfcni.gov.uk)  
[nidirect.gov.uk/makethecall](http://nidirect.gov.uk/makethecall)

## Moneyhelper

Everyone making the most of their money and pensions  
0800 138 7777  
whatsapp: 077 0134 2744  
[moneyandpensionservice.org.uk](http://moneyandpensionservice.org.uk)

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## Move with MacMillan

For anyone that has had a cancer diagnosis at any stage of their lives, offering Physical activity assistance to all participants in our council area. This includes, Walk Groups, Gym Memberships, Swimming Lessons and much much more  
Free of charge  
0300 303 1777 / 074 6498 0250  
[aidan.mccarron@fermanaghmagh.com](mailto:aidan.mccarron@fermanaghmagh.com)  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

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## Northern Ireland Electricity Networks

034 5764 3643  
[www.ninetworks.co.uk](http://www.ninetworks.co.uk)

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## Northern Ireland Water

034 5744 0088  
[www.niwater.com](http://www.niwater.com)

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## The Oak Healthy Living

Connecting Our Community to Support Health & Well-Being  
028 6772 3843 / 075 9344 6201  
[Davina.Coulter@oakhlc.com](mailto:Davina.Coulter@oakhlc.com)  
[www.oakhealthylivingcentre.com](http://www.oakhealthylivingcentre.com)  
Oak Healthy Living Centre

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## Omagh Forum for Rural Associations

Delivering the South West Rural Community Development Service  
028 8225 1559 / 079 6874 1745  
[info@omaghforum.org](mailto:info@omaghforum.org)  
[www.omaghforum.org](http://www.omaghforum.org)

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**Omagh Hospital and Primary Care Complex**

028 8283 3100  
[www.westerntrust.hscni.net/hospitals/omagh-hospital](http://www.westerntrust.hscni.net/hospitals/omagh-hospital)

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**Omagh Independent Advice Service**

Providing free, generalist, confidential, independent advice and representational service.

028 8224 3252  
[info@oias.co.uk](mailto:info@oias.co.uk)  
[www.aiac.co.uk](http://www.aiac.co.uk)

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**Patient and Client Council**

An independent, informed and influential voice that makes a positive difference and advocates for people across Northern Ireland in Health and Social Care.

0800 917 0222  
[info.pcc@pcc-ni.net](mailto:info.pcc@pcc-ni.net)  
[www.patientclientcouncil.hscni.net/](http://www.patientclientcouncil.hscni.net/)

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**PSNI non-emergency**

101

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**Phoenix/Firmus Gas**

0800 002 001

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**RNID**

Together, we'll make life more inclusive for deaf people and those with hearing loss and tinnitus.

073 9323 3559  
[barry.grimes@rnid.org.uk](mailto:barry.grimes@rnid.org.uk)  
[www.rnid.org.uk](http://www.rnid.org.uk)

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**RNIB**

See Differently  
[kmcmackin@rnib.org.uk](mailto:kmcmackin@rnib.org.uk)  
[www.rnib.org.uk](http://www.rnib.org.uk)

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**Samaritans**

116 123

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**Shopmobility Omagh**

028 8224 0991 / 075 1795 3536  
[shpmobilityomagh@outlook.com](mailto:shpmobilityomagh@outlook.com)

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**Shopmobility Enniskillen**

028 6632 9965  
[enniskillensm@live.co.uk](mailto:enniskillensm@live.co.uk)  
[www.shopmobilityenniskillen.com](http://www.shopmobilityenniskillen.com)

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**South West Age Partnership**

Connecting Older People across Fermanagh and Omagh  
028 8225 1824 / 079 5578 7456  
[aforbes@southwestagepartnership.co.uk](mailto:aforbes@southwestagepartnership.co.uk)

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**South West Acute Hospital**

028 6638 2000  
[www.westerntrust.hscni.net/hospitals/south-west-acute-hospital](http://www.westerntrust.hscni.net/hospitals/south-west-acute-hospital)

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**Stroke Association NI**

Rebuilding lives after stroke.  
028 9050 8020  
[www.stroke.org.uk](http://www.stroke.org.uk)

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**Volunteer Now**

Supporting organisations and individual with Volunteering  
074 6748 6638  
[lynn.johnston@volunteerow.co.uk](mailto:lynn.johnston@volunteerow.co.uk)  
[www.volunteernow.co.uk](http://www.volunteernow.co.uk)

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# RAPID (Remove all Prescription & Illegal Drugs)

The RAPID bins project is delivered in partnership with the PCSP, local DACT and PSNI. The bins provide a safe and anonymous method of removing prescription and illegal drugs, unwanted medication can also be disposed of through your local pharmacy. Over 80,000 items have been collected from the bins since November 2017.

## Storing unwanted medication can increase the risk of:

- Taking the wrong medication due to mix ups
- Overdose
- Potential Target for theft
- Misused or illegal use of medications
- Accidental poisoning of children

## Bins are located at:

- ARC Healthy Living Centre, Irvinestown
- Castle Park Leisure Centre, Lisnaskea
- Rooney's Eurospar, Enniskillen
- Supervalu, Omagh (Scarffe's Entry entrance)
- The Find Centre, East Bridge Steet, Enniskillen
- Heaney's Shop, Sixmilecross
- Omagh Leisure Complex
- Courthouse, Newtownbutler
- Lakeland Community Care Ltd, 1 Lattone Rd, Belcoo



## Your Happy Place?

An exciting competition for an image to be included in a 2023 Age Friendly Calendar. This image should capture what or where makes you feel happy.

- The image should be taken by a resident aged 50+ within the Fermanagh and Omagh District Council Area.
- Images can be a painting or a photograph ( without people).

Post your entry to:

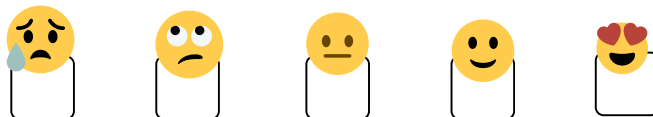
Allison Forbes, 54 Gortview Close, Omagh BT79 7WU

Closing Date : 15th October 2022



# Evaluation - How did we do?

1. How much did you enjoy events in Positive Ageing Month?



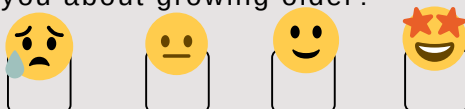
2. Would you come back to similar events?

Yes   No

3. Are you a member of an older persons group?

Yes   No

4. How positive are you about growing older?



5. Do you feel attending older peoples events make you feel more included in society?

Yes   No

6 How did you find out about Positive Ageing Month?

newspaper  email  website  friends/family  social media  local club

7. What (if anything) did you gain from attending any events during Positive Ageing?

new skill  met new people  Fitness  feel more involved  new information  did not gain



8. Please provide us with your postcode: .....



Are you?

Male  Female  Transgender  prefer not to say



Are you aged?

55-64  65-74  75+  prefer not to say



9. Any comments : .....



Tear questionnaire off.  
Fold & seal before posting.  
Thank You

AFFIX  
POSTAGE  
STAMP  
HERE

**Sharon Howe - Age Friendly Officer**

County Buildings,  
15 East Bridge Street,  
Enniskillen,  
BT74 7BW