



Fermanagh & Omagh area

October 2025



#positiveageingwest

Foreword



Foreword / Réamhrá

As Chair / Cathaoirleach of Fermanagh and Omagh District Council (FODC), I am delighted to welcome you all to the 2025 Positive Ageing Month publication. Fáilte romhaibh uilig.

Positive Ageing Month, held each October, is a special time to honour and celebrate the vital role older people play in our communities. It shines a light on the importance of ageing well encouraging active, healthy, and fulfilling lives.

I personally know many inspirational older people in many spheres of local life across Tyrone and Fermanagh. Our older residents enrich society in countless ways: through volunteering, caregiving, sharing their knowledge and traditions, and remaining engaged and valued members of the community.

Through a wide range of events and activities, Positive Ageing Month encourages social inclusion, challenges age related stereotypes and supports well-being in later life. The Council is pleased to once again be working with South West Age Partnership (SWAP), Western Health and Social Care Trust (WHSCT) and Public Health Agency (PHA) to put together a varied programme of events and activities, both in-person and online.

With fitness classes, cluster meetings, taster events, chat-tea dances, informative talks and various activities, there is something to suit all. I would encourage everyone to take part and attend as many events as possible. They provide an excellent opportunity to socialise and to create connections and try something new.

Socialising is very important for us all: "Ar scáth a chéile a mhaireann na daoine," is an Irish language saying which explains that people are interdependent and live in each other's shelter.

The Council will be illuminating both Strule Arts Centre in Omagh and Enniskillen Castle in purple on Wednesday 1st October 2025 to recognise International Day for Older Persons and the commencement of Positive Ageing Month. Fermanagh and Omagh District Council is committed to supporting older residents in leading independent, connected, and socially active lives.

Positive Ageing Month offers a meaningful chance to challenge age-related stereotypes and highlight the richness of later life a time for continued growth, learning, and enjoyment. It reminds us that ageing is a natural part of our journey, a privilege that is denied to some. Let's make the most of it. I would like to thank our partners for their ongoing commitment to the Positive Ageing Month initiative.

The Council values the strength of partnership working because this enables us to deliver a fuller, diverse programme of activities and events that enhance the lives of our older residents.

Councillor Barry McElduff

Chair of Fermanagh and Omagh District Council

Introduction

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. Year on year the campaign continues to grow and is always a great success, providing the perfect platform for celebrating the older people in our communities. I would like to thank all our partners for providing a huge variety of activities and events again this year. It is vital to recognise the contributions older people make in our society and I am happy to see this year's theme focuses on challenging ageism and reframing how we think, feel and act towards our aging population. As with previous years, there are many opportunities to get involved in Positive Ageing Month, whether it is attending an event celebrating older people, participating in a group or volunteering, everyone is welcome! I would encourage everyone to have a look at the wide range of activities and programmes on offer, and try to attend as many as you can!



Seamus Ward

Head of Health Improvement, Equality and Involvement
for the Western Health & Social Care Trust

Welcome

As Manager of the South West Age Partnership, I am delighted to welcome you to Positive Ageing Month 2025 here in the Fermanagh and Omagh area. This month is a celebration of the valuable contribution older people make to our communities every day, and an opportunity to come together, share experiences, and promote wellbeing at every stage of life. The wide range of events and activities planned throughout October reflect the energy, creativity, and resilience of our older generation, while also encouraging connections across all ages. I would like to thank our partners, volunteers, and community groups whose dedication ensures that Positive Ageing Month continues to grow in strength and spirit. Together, we are building communities where age is embraced, voices are heard, and everyone can live life to the fullest.



Allison Forbes

Manager, South West Age Partnership

Positive Ageing Month also reminds us that growing older is not just about years passing, but about continuing to find purpose, joy, and connection. Whether through the arts, health and wellbeing programmes, lifelong learning, or simply spending time with friends and neighbours, each event offers a chance to celebrate the richness of later life. I encourage everyone to take part, try something new, and most of all, enjoy this special month that highlights the value of ageing positively in our community."

Fermanagh Dementia Singing Group



A singing group for people living with dementia in our local community and their carers

Venue: Fermanagh House, Enniskillen

Every Wednesday 1:30pm-3:00pm

Contact Allison on 07955 787456 or
aforbes@southwestagepartnership.co.uk
 for more information



VOLUNTEER NOW
 Volunteers change lives



Need a helping hand with Volunteers or Volunteer Management in the Fermanagh area?

WE CAN HELP!

- ✓ Volunteer Recruitment & Retention
- ✓ Mini Health Checks on volunteering policy & practice
- ✓ Training to support volunteer wellbeing & management
- ✓ Youth Volunteering, Impact Awards & 'Social CV's'
- ✓ Access NI & Safeguarding issues
- ✓ Volunteer Development & Recognition Events

For more information contact your local Volunteer Now team:

Raquel Rodrigues Keenan

Volunteering Development Officer

✉ raquel.rodrigues.keenan@volunteernow.co.uk
 ☎ 07585 110855

Suzanne Hunt

Volunteering Support Officer

✉ suzanne.hunt@volunteernow.co.uk
 ☎ 07467 486638

www.volunteernow.co.uk

GO on NI



DIGITAL SKILLS GROUP SESSIONS

We offer FREE digital support and training for individuals and groups wanting to develop and improve their digital skills.

These are casual, short sessions that can be tailored to suit the needs of the group.

Cost: FREE

How to book an online session:
 Visit www.supportingcommunities.org/latest-events

How to book an in-person session:

Contact future@finance-ni.gov.uk or
stef@supportingcommunities.org

Things to include in your request:

Group name, group meeting times, days and location, topics to be covered during the session

A list of available courses can be found overleaf.



GO on NI



BASIC DIGITAL SKILLS COURSES

Computer and tablet courses for adults to help with everyday tasks.

Cost: FREE

Where?

LibrariesNI locations across Northern Ireland

When?

Visit www.librariesni.org.uk/events or contact your local library for further information

How to book?

Contact your local library via telephone or call into any branch to book a course

A list of available courses can be found overleaf.

Expect to:

- Develop your digital skills
- Get online and use the internet safely
- Learn how to use your device confidently



For more information please visit -
www.nidirect.gov.uk/go-on OR contact your local Library

Physical activity for adults and older adults



Benefits health



Improves sleep



Maintains healthy weight



Manages stress



Improves quality of life

Reduces your chance of

Type II Diabetes

-40%

Cardiovascular disease

-35%

Falls, depression etc.

-30%

Joint and back pain

-25%

Cancers (colon and breast) -20%

Some is good,
more is better

Make a start today:
it's never too late

Every minute
counts

Be active

at least

150

minutes

moderate intensity
per week

increased breathing
able to talk



OR

or a combination of both

at least

75

minutes

vigorous intensity
per week

breathing fast
difficulty talking



to keep muscles, bones and joints strong

**Build
strength**

on at least
2 days a
week



Gym



Carry heavy
bags



Yoga

Minimise sedentary time

Break up periods of inactivity



Bowls

Tai Chi



Dance

For older adults, to reduce the
chance of frailty and falls

Improve balance

2 days a week

Positive Ageing Month October 2025

Wednesday 1 October

International Day for Older People

Launch of PAM Engagement Event

10:00am - 2:00pm

Killyhevlin Hotel, Enniskillen

Booking is essential

Please book in via

age.friendly@fermanaghomagham.com or
call **0300 303 1777**

Wednesday 1 October

Free Senior Swim

8:00am - 9:00am

Omagh Leisure Complex

No need to book.

Wednesday 1 October

Fermanagh Dementia Singing Group

This is a singing group for people living with a dementia diagnosis and their carers.

1:30pm - 3:00pm

Fermanagh House, Enniskillen

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk
or call **07955 787456**

Wednesday 1 October

Sleep Reset – Empowering You Toward Better Sleep, Energy & Wellbeing

Struggling with sleep, stress or low energy? You're not alone - and there is a way forward. Join us for an uplifting evening designed to help you understand the science of sleep, learn what's really getting in the way of rest, and discover practical steps to support better sleep, more energy, and improved wellbeing. You'll leave with simple techniques to calm the mind, release tension, and support more restorative sleep.

6:30pm - 8:30pm

Strule Arts Centre, Omagh to book
email health@omaghforum.org or call
028 8225 1559. Booking is essential.

Thursday 2 October

Free Senior Swim

8:00am - 9:00am

Omagh Leisure Complex

No need to book

Thursday 2 October

Volunteering Fair

Volunteer Now are excited to host a Volunteering Fair on the 2nd of October from 12:00 - 2:00pm in Fermanagh House. This is a wonderful opportunity for you to find out about local volunteering roles and how you can make a positive impact in your community. Volunteering never gets old and volunteers of all ages really do change lives for the better! Join us over lunchtime and see who would welcome your help in your local area. We look forward to welcoming you and promoting the positive benefits of volunteering throughout Positive Ageing Month.

12:00pm - 2:00pm

Fermanagh House

No Booking required but for more information contact Suzanne on

suzanne.hunt@volunteernow.co.uk or call
07467 486638

Thursday 2 October

Omagh North Cluster Meeting

SWAP Omagh North Cluster

10:30am - 12:00pm

Gortin Community

CentreSWAP - email Allison on

aforbes@southwestagepartnership.co.uk
or call **07955 787456**. Transport available

Thursday 2 October

Chat-Tea Dance

Social Tea Dance

11:00am - 1:00pm

CKS Community Centre

To book your place contact

communitywellbeing@fermanaghomagham.com

Friday 3 October**Free Senior Swim****8:00am - 9:00am**

Omagh Leisure Complex

No need to book.

Sunday 5 October**Silver Sunday Event**

Autumn Crafts with Brieger

2:00pm - 4:00pm

Blaney Centre

Omagh SWAP - email Allison on

aforbes@southwestagepartnership.co.ukor call **07955 787456****Sunday 5 October****Silver Sunday Event**

Autumn Stitching with Morag

2:00pm - 4:00pm

Omagh Leisure Centre

Enniskillen SWAP - email Allison on

aforbes@southwestagepartnership.co.ukor call **07955 787456****Monday 6 October****1-2-1 eClinics in Omagh Library**

A free 1-2-1 session with Catherine to get help and support with using your mobile device, computer or tablet

45 minute time slots

Omagh Library

Book your place by calling Omagh Library on **028 8244 0733****Monday 6 October****Senior Learn to Swim Programme****11:00am - 11:30am**

Omagh Leisure Complex

To book your place call **028 8224 6711**or email olcinfo@fermanaghomagham.com

£20 in total for 4 weeks

Monday 6 October**Enniskillen Chair Based Yoga**

Chair based Yoga with Debs McCrory

11:00am - 12:00pm

Fermanagh House

SWAP - email Allison on

aforbes@southwestagepartnership.co.ukor call **07955 787456****Monday 6 October****Omagh Chair Based Yoga**

Chair based Yoga with Debs McCrory

2:00pm - 3:00pm

Omagh Library

SWAP - email Allison on

aforbes@southwestagepartnership.co.ukor call **07955 787456****Tuesday 7 October****Free Senior Swim****8:00am - 9:00am**

Omagh Leisure Complex

No need to book

Tuesday 7 October**West Fermanagh Cluster Meeting**

SWAP West Fermanagh Cluster

10:30am - 12:00pm

Belleek Hub

SWAP - email Allison on

aforbes@southwestagepartnership.co.ukor call **07955 787456****Tuesday 7 October****Walk Leader Training**

Anyone wishing to set up a walking for health group as part of their work role or in a voluntary capacity.

10:30am - 12:30pm

West End Community Centre, Enniskillen

To book your place contact health.

improvement@westerntrust.hscni.net**Tuesday 7 October****Enniskillen Cluster Meeting**

SWAP Enniskillen Cluster

2:30pm - 4:00pm

Fermanagh House

SWAP - email Allison on

aforbes@southwestagepartnership.co.ukor call **07955 787456****Wednesday 8 October****Free Senior Swim****8:00am - 9:00am**

Omagh Leisure Complex

No need to book

Wednesday 8 October

Digital Switch Over with Nav Hussain
Information Event around Digital Switch Over
11:00am - 1:00pm
The Committee Room, The Townhall
SWAP - email Allison on
aforbes@southwestagepartnership.co.uk
or call **07955 787456**

Wednesday 8 October

Rapid Rundown
"Discover how organisations across Northern Ireland are supporting older people, and how they can support you. Don't miss this quick, informative session packed with valuable insights and connections."
11:00am - 12:00pm Online Register by telephoning Agewell on **028 25658604** or online at www.meap.co.uk/regionalrapidrundown

Wednesday 8 October

Fermanagh Dementia Singing Group
This is a singing group for people living with a dementia diagnosis and their carers.
1:30pm - 3:00pm
Fermanagh House, Enniskillen
SWAP - email Allison on
aforbes@southwestagepartnership.co.uk
or call **07955 787456**

Thursday 9 October

Desmonds Talk
As part of Positive Ageing Month, join us for a special intergenerational event bringing together local schools and former Desmond's employees. Through shared stories and a panel discussion, we'll explore the legacy of one of the area's most iconic employers and celebrate the memories woven into its history.
10:30am - 12:30pm
Strule Arts Centre, Omagh
To book your place call **028 8224 7831** or email strulearts@fermanagh.com

Thursday 9 October

North Fermanagh Cluster Meeting
SWAP North Fermanagh Cluster
2:30pm - 4:00pm
Kesh Community Centre
SWAP - email Allison on
aforbes@southwestagepartnership.co.uk
or call **07955 787456**

Thursday 9 October

1-2-1 eClinics in Enniskillen Library
Book your 1-2-1 session with Kendra to get help and support with using your mobile device, computer or tablet. Each 45 minute time slots
Enniskillen Library
Book your place by calling
Enniskillen Library on **028 6632 2886**.

Friday 10 October

Chat-Tea Dance
11:00am - 1:00pm
Strathroy Community Centre, Omagh
To book your place contact
communitywellbeing@fermanaghomagh.com

Monday 13 October

Organise Your Life Online
Find out about online banking, paying bills and about websites offering money advice and benefits information. Also learn to use the NI Direct website to book your MOT, for example. Kendra can show you how to organise your life by using online resources to make things easier!
11:00am - 12:00pm
Enniskillen Library
Book your place by calling Enniskillen Library on **028 6632 2886**.

Monday 13 October

Chair Based Exercise Session
Chair based Exercise Programme, followed by tea/coffee and biscuits. Places are limited and will be allocated on a first come first served basis.
11:00am - 12:30pm
Strathroy Community Centre, Omagh
To book your place contact
communitywellbeing@fermanaghomagh.com

Monday 13 October**Senior Learn to Swim programme****11:00am - 11:30am**

Omagh Leisure Complex

To book your place call **028 8224 6711** or email olcinfo@fermanaghomagh.com

£20 in total for 4 weeks

Monday 13 October**Enniskillen Chair Based Yoga**

Chair based Yoga with Debs McCrory

11:00am - 12:00pm

Fermanagh House

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**. Transport available**Monday 13 October****Omagh Chair Based Yoga**

Chair based Yoga with Debs McCrory

2:00pm - 3:00pm

Omagh Library

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**. Transport available**Monday 13 October****Omagh South Cluster Meeting**

SWAP Omagh South Cluster

2:00pm - 3:30pm

Flaxmill Centre

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**. Transport available.**Tuesday 14 October****Your Council, Your Questions**

An opportunity for older people to ask questions of their local representatives on the issues that affect them most. Facilitated by Peter Osborne

10:30am - 1:00pm

FODC Council Chamber, The Grange,

Omagh SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456****Tuesday 14 October****Mobile Volunteering activity in aid of Oxfam**

Did you know that volunteering is good for your health and wellbeing? Volunteer Now invites you to find out more about Oxfam charity, its local volunteer opportunities, how to get involved and how volunteering benefits you. During Positive Ageing Month, we are offering you the opportunity to make a positive difference by joining a short volunteer taster session. Over a cup of tea and a relaxed environment you'll be able to make an immediate impact on the day through re-labelling goods including shirts and jewellery for Oxfam stores so they in turn can support people and communities in need.

11:00am - 1:00pm

Enniskillen Library

No Booking required but for more

information contact Suzanne on

suzanne.hunt@volunteernow.co.uk or call **07467 486638****Tuesday 14 October****Free Senior Swim****8:00am - 9:00am**

Omagh Leisure Complex

No need to book

Wednesday 15 October**Free Senior Swim****8:00am - 9:00am**

Omagh Leisure Complex

No need to book

Wednesday 15 October**Drop In Community Safety Event**

Drop in event for the public to have informal discussions around Community Safety, Crime Prevention and Neighbourhood Watch. Refreshments available

10:30am - 12:30pm

Ember, Ballinamallard

To book your place contact

Sandra Armstrong on

sandra.armstrong@fermanaghomagh.com or call **0300 303 1777**

Wednesday 15 October

Chat-Tea Dance

Social Tea Dance

11:00am - 1:00pm

Hospital Road Community Centre, Omagh

communitywellbeing@fermanaghomagh.com

Wednesday 15 October

S&E Fermanagh Cluster Meeting

SWAP S&E Fermanagh Cluster

10:30am - 12:00pm

Drumhaw Fold, Lisnaskea

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk

or call **07955 787456**

Wednesday 15 October

Fermanagh Dementia Singing Group

This is a singing group for people living with a dementia diagnosis and their carers.

1:30pm - 3:00pm

Fermanagh House, Enniskillen

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk

or call **07955 787456**

Thursday 16 October

Digital Switch Over with Supporting

Communities Information Event around

Digital Switch Over

11:00am - 1:00pm

The Grange, Omagh

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk

or call **07955 787456**

Thursday 16 October

The Menopause and Your Pension

Did you know that the menopause could have a negative impact on women's pensions?

Some women struggle to deal with their symptoms and often reduce their hours.

However, this can have a negative financial impact during this crucial pre-retirement period for saving. In this webinar, we will explain the impact the menopause could have on your defined contribution pension scheme and how you can focus on saving for your retirement during this critical time.

2:00pm - 3:00pm

<https://tinyurl.com/4uk7c7tb>

Thursday 16 October

Stitch & Story - A Crafternoon

Craft and Story Telling Afternoon

2:00pm - 4:30pm

Fermanagh

House SWAP - email Allison on

aforbes@southwestagepartnership.co.uk

or call **07955 787456**

Friday 17 October

Chair Based Exercise Session

9.30am – 10.30am

West End Community Centre, Enniskillen

To book your place contact

communitywellbeing@fermanaghomagh.com

Places are limited and will be allocated on a first come first served basis.

Friday 17 October

Omagh Cluster Meeting

SWAP Omagh Cluster

2:00pm - 3:30pm

Omagh Library

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk

or call **07955 787456**

Friday 17 October

RAPID Bins Information Session

Information session on RAPID bins, general information on community safety, drugs and alcohol.

10:00am - 3:00pm

Enniskillen Library

To book your place contact

Sandra Armstrong on

sandra.armstrong@fermanaghomagh.com

or call **0300 303 1777**

Friday 17 October

How to Use eMagazines, eBooks, and eNewspapers

Find out how to access free eBooks and eMagazines on your mobile or tablet device. If you have your own mobile or tablet please bring it along with you, but if not, don't worry as we will have a few extras (just let the library know when booking).

11:00am - 12:00pm

Enniskillen Library

Book your place by calling Enniskillen

Library on **028 6632 2886**.

Friday 17 October**FODC Bulb Planting**

An opportunity from FODC Climate Team to assist in local bulb planting programmes

11:00am - 12:30pm

Omagh SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**

Friday 17 October**STOP-CHECK-ASK. Staying scam aware with TV Licensing.**

Scams using false TV Licensing communications have become a regular occurrence throughout Northern Ireland since 2020. TV Licensing asks that everyone follow the STOP-CHECK-ASK procedure for all TV Licensing materials before sharing personal details and financial information.

11:30am - 12:00pm

via TEAMS Meeting ID: 318 945 941 246 4
Passcode: CE77Dj2L

Monday 20 October**Senior Learn to Swim programme**

11:00am - 11:30am

Omagh Leisure Complex

To book your place call **028 8224 6711** or email olcinfo@fermanaghomagham.com
£20 in total for 4 weeks

Monday 20 October**Enniskillen Chair Based Yoga**

Chair based Yoga with Debs McCrory

11:00am - 12:00pm

Fermanagh House

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**

Monday 20 October**Well & Wonderful Programme**

Autumn Pottery Workshop

1:30pm - 3:30pm

Kesh Community Centre

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**

Monday 20 October**Omagh Chair Based Yoga**

Chair based Yoga with Debs McCrory

2:00pm - 3:00pm

Omagh Library

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**

Tuesday 21 October**Free Senior Swim**

8:00am - 9:00am

Omagh Leisure Complex

No need to book

Tuesday 21 October**Dementia Friendly Film Screening****- Little Shop of Horrors**

A meek flower shop assistant discovers a mysterious, talking plant that feeds on human blood. As the plant grows, so do the consequences, leading to a darkly comedic battle between ambition and morality.

While everyone is welcome to come along, these accessible screenings will provide a welcoming and friendly environment for those living with dementia and carers. The film screening will be at 11am, Why not stay for lunch in the Strule Café and enjoy a bowl of delicious homemade soup with sandwiches, tea, coffee & biscuits?

11:00am

Strule Arts Centre, Omagh

To book your place call **028 8224 7831** or email strulearts@fermanagh.com

Film only £3.50; Film & Lunch £9.50

Tuesday 21 October**FODC Bulb Planting**

An opportunity from FODC Climate Team to assist in local bulb planting programmes

11:00am - 12:30pm

Enniskillen

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**

Tuesday 21 October

Chair Based Exercise Session

Chair based Exercise Programme, followed by tea/coffee and biscuits. WHSCT will be in attendance to promote the benefits of ageing actively as well as falls prevention, nutrition and generic wellbeing advice

11:00am - 12:30pm

CKS Community Centre

To book your place contact

communitywellbeing@fermanaghomagh.com

Places are limited and will be allocated on a first come first served basis

Wednesday 22 October

Free Senior Swim

8:00am - 9:00am

Omagh Leisure Complex

No need to book

Wednesday 22 October

South West Age Partnership Led Walk

Join us for an enlightening tour of the Enniskillen town. Starting at Enniskillen Castle we will meander our way through the town centre uncovering its hidden histories. The tour will also highlight the new public art installed around the town.

11:00am - 12:30pm

Enniskillen

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk

or call **07955 787456**

Wednesday 22 October

Fermanagh Dementia Singing Group

This is a singing group for people living with a dementia diagnosis and their carers.

1:30pm-3:00pm

Fermanagh House, Enniskillen

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk

or call **07955 787456**

Thursday 23 October

Consumer Council Scam

Awareness with Ronan

10:30am - 12:00pm

Castle Park Leisure Centre, Lisnaskea

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk

or call **07955 787456**

Thursday 23 October

Chat-Tea Dance

11.00am – 1.00pm

West End Community Centre, Enniskillen

To book your place contact

communitywellbeing@fermanaghomagh.com

Thursday 23 October

Mood Matters

Mood Matters for Adults is a free Mental Health awareness workshop suitable for anyone who would like to learn more about mental health and Managing Mood.

11:00am - 1:00pm

Oak Healthy Living Centre, Lisnaskea to

book email davina.coulter@oaklhc.com or

call **07593 446201**

Thursday 23 October

Bank of Ireland

Financial Wellbeing Session

11:00am - 12:00pm

Online

Booking is essential, a link will be emailed to you.

Contact Helen McClean, MEA Age Friendly Co-ordinator

Tel. 028 28 262353 or

E age.friendly@midandeastantrim.gov.uk

Thursday 23 October

Consumer Council Scam

Awareness with Ronan

2:00pm - 3:30pm

Fintona Library

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk

or call **07955 787456**

Thursday 23 October

Planning Ahead for Future Care Costs

Techniques include: Managing Stress & Anxiety, Identifying Mental Health and know where to get help & support.

2:00pm

Online

To book your place contact

age.friendly@fermanaghomagh.com

Friday 24 October**Fermanagh Community
Wonderful Mystery Tour**

A trip for the group drawn out of the hat

10:00am - 4:00pm

Fermanagh and Beyond To enter your group with the chance of winning this Magical Mystery Tour email SWAP on aforbes@southwestagepartnership.co.uk before 10 September 2025. Winner will be drawn on Friday 12 September 2025

Saturday 25 October**Harvest Fair**

Florence Court's fabulous Harvest Fair returns this Autumn with even more on offer! A showcase of the region's finest local food and drink producers, and skilled crafters. From farm-fresh ingredients to handcrafted beverages, this is your chance to meet the makers, sample their creations, and take home something truly special. The National Trust will have demonstrations of old local industry to Florence Court such as the forge, and how the apple orchard in the kitchen garden was tended to and processed by those who looked after it. Get inspired and discover the stories behind the skills.

11:00am - 4:00pm

Florence Court House, Marble Arch Road, Enniskillen, County Fermanagh, BT92 1DB "Please consult the events page for Florence Court for further details in the run up to the event - <https://www.nationaltrust.org.uk/visit/northern-ireland/florence-court/events>. Call **02866348249** for more information or email florencecourt@nationaltrust.org.uk". There is an admission charge for non-members. National Trust members are free, just scan your card on arrival.

Sunday 26 October**Harvest Fair**

Florence Court's fabulous Harvest Fair returns this Autumn with even more on offer! A showcase of the region's finest local food and drink producers, and skilled crafters. From farm-fresh ingredients to handcrafted beverages, this is your chance to meet the makers, sample their creations, and take home something truly special. The National Trust will have demonstrations of old local industry to Florence Court such as the forge, and how the apple orchard in the kitchen garden was tended to and processed by those who looked after it. Get inspired and discover the stories behind the skills.

11:00am - 4:00pm

Florence Court House, Marble Arch Road, Enniskillen, County Fermanagh, BT92 1DB "Please consult the events page for Florence Court for further details in the run up to the event - <https://www.nationaltrust.org.uk/visit/northern-ireland/florence-court/events>

Call **02866348249** for more information or email florencecourt@nationaltrust.org.uk"

Monday 27 October**Senior Learn to Swim programme**

Senior Learn to Swim programme

11:00am - 11:30am

Omagh Leisure Complex

To book your place call **028 8224 6711** or email olcinfo@fermanaghomagham.com £20 in total for 4 weeks

Monday 27 October**Enniskillen Chair Based Yoga**

Chair based Yoga with Debs McCrory

11:00am - 12:00pm

Fermanagh House

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**

Monday 27 October

Library Lounge Launch

A free, friendly space where older people can relax, have a cuppa and enjoy some good company, it's a great place to chat, connect, make new friends and feel part of the community.

11:00am - 1:00pm

Omagh Library

No need to book. Contact Omagh Library on **028 8244 0733** for more information

Monday 27 October

Well & Wonderful Programme

Autumn Pottery Workshop

1:30pm - 3:30pm

Kesh Community Centre

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**

Monday 27 October

Omagh Chair Based Yoga

Chair based Yoga with Debs McCrory

2:00pm - 3:30pm

Omagh Library

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**

Tuesday 28 October

Free Senior Swim

8:00am - 9:00am

Omagh Leisure Complex

No need to book

Wednesday 29 October

Free Senior Swim

8:00am - 9:00am

Omagh Leisure Complex

No need to book

Wednesday 29 October

Chair Based Exercise Session

Chair based Exercise Programme, followed by tea/coffee and biscuits

11:00am - 12:30pm

Hospital Road Community Centre, Omagh

To book your place contact

communitywellbeing@fermanaghomagham.com

Places are limited and will allocated on a first come first served basis.

Wednesday 29 October

Fermanagh Dementia Singing Group

This is a singing group for people living with a dementia diagnosis and their carers.

1:30pm - 3:00pm

Fermanagh House, Enniskillen

SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**

Thursday 30 October

South West Age Partnership Led Walk

Walk with Declan Forde

11:00am - 12:30pm

Meet at the Strule Arts Centre, Omagh

To book in call SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**

Friday 31 October

Closing Event

Closing Event for PAM

11:00am - 1:00pm

Strule Arts Centre, Omagh To book

in call SWAP - email Allison on

aforbes@southwestagepartnership.co.uk or call **07955 787456**

Join your local leisure centre and keep fit and well.

Avail of monthly memberships or the concession rate for those aged 60+ at Fermanagh and Omagh District Council's Leisure Centres

	ALL INCLUSIVE	FITNESS	AQUATIC
Senior (Direct Debit)	£23.00	£18.50	£18.50
Senior (Upfront Payment)	£25.00	£20.50	£20.50



#GiveltAGo

Are you
thinking of
volunteering
but not sure
where to
start?



➔ www.volunteernow.co.uk

You can volunteer. You can change lives.



OMAGH
HEALTHY
LIVING

SLEEP RESET EVENT

FREE
EVENT

Join us for an evening with Dr. Róna Girvan (Née Anderson) and Tracy Lee Clarke as we explore the science of sleep, how stress and lifestyle disrupt it, and how mindset plays a vital role in making lasting change. You'll leave with practical tips, mindfulness tools, and strategies to support more restful, restorative sleep.

DATE/TIME:

WEDNESDAY 1ST OCTOBER 2025

6.30 PM - 8.30 PM

STRULE ARTS CENTRE, OMAGH

RESERVE YOUR SPACE NOW

Scan the barcode, phone 028 82 251559 or email health@omaghforum.org to confirm your space



Follow us
OmaghHealthyLiving



Dr. Róna Girvan
(Née Anderson)



Tracy Lee Clarke

Lone Pensioner Allowance

If you are the Ratepayer and are aged 70 or over and live alone, you may be entitled to a discount of 20% on your rates with Lone Pensioner Allowance.

Lone Pensioner Allowance is not means tested, so we won't ask you to provide information about your income and savings. If you are eligible, you can make an application at any time during the rating year. You may still be entitled to Lone Pensioner Allowance if you are over 70 and don't live alone if you:

- ✓ live with a carer who is not your spouse or partner
- ✓ provide care for someone who lives with you who is not your spouse or partner
- ✓ live with anyone who is under the age of 18
- ✓ live with someone who has a severe mental impairment including your spouse or partner

Further information is available at:

www.nidirect.gov.uk/articles/lone-pensioner-allowance
and www.nidirect.gov.uk/rates-help
or by calling 0300 200 7801



Department of
Finance
Airgeadais
www.finance.gov.uk

CENTRE FOR INDEPENDENT LIVING
NORTHERN IRELAND OFFERS

FREE INFORMATION SESSIONS

Centre for Independent Living NI is a user-led organisation, working to support the rights of disabled people to have choice and control in their lives and to take an active part in the community in which they live.

WE PROVIDE FREE INFORMATION SESSIONS ON THE USE OF DIRECT PAYMENTS, SELF-DIRECT SUPPORT AND SUPPORT PLANNING TO GROUPS WHOSE MEMBERS HAVE DISABILITIES, CHRONIC ILLNESSES OR AGE-RELATED HEALTH CONDITIONS, AND THOSE WHO PROVIDE UNPAID SUPPORT.



Call 028 9064 8546 or
email chris@cilni.org
for more information.

centre for
independent
living
n.i.

Self-Directed Support

Direct Payments help deliver independence by offering:

- Flexibility
- Choice
- Control
- Empowerment
- Support
- Reduced Stress
- Respite

If you think you would benefit from having more control over the assistance you get, then Direct Payments may be worth considering. Simply contact your local CILNI by phone, email or visit the CILNI website. Alternatively, speak to your Social Worker, Care Manager or Social Care Assessor.



Contact Us

HQ and Eastern Area Office

Linden House,
Beechill Business Park,
96 Beechill Road,
Belfast BT8 7QN

T: 028 9064 8546
Textphone: 028 9064 0598
F: 028 9064 0598
E: info@cilni.org

Western Area Office

Anderson House,
Market Street,

Omagh, BT8 1ES
T: 028 8224 8926
F: 028 8224 9878
E: western@cilni.org

Southern Area Office

Unit 55, Armagh Business
Centre
2 Loughgall Road
Armagh, BT61 7NH

T: 028 3752 2282
E: southern@cilni.org

Northern Area Office

Unit C9, The Business Centre,
80 – 82 Rainey Street,
Magherafelt, BT45 5AJ

T: 028 7963 4932
F: 028 7963 4932
E: northern@cilni.org

T: 028 7963 4932

F: 028 7963 4932

www.cilni.org



Dementia Support Line 0333 150 3456

Alzheimer's Society

Together we are Help and Hope

At Alzheimer's Society we're working towards a world where dementia no longer devastates lives. We do this by giving help to those living with dementia today and providing hope for the future. We're here for everyone living with dementia. As a Society, we include people with dementia, carers, trusted experts, campaigners, researchers, and clinicians. We have over 40 years of experience and a wealth of knowledge when it comes to addressing the biggest challenges facing people living with dementia. We're making a difference by campaigning on the issues that matter to people living with dementia, funding dementia research, and providing dementia support services.

Our Services

Carers Information Support Programme (CRISP) is designed for informal carers and family members of people living with Dementia. We cover a range of topics, including, Understanding Dementia, Providing Support and Care, Legal and Financial Matters and Coping Day-to-Day. Each session lasts around an hour-two hours and takes place in a community venue. The group also provides an opportunity for carers to meet, access information and share experiences in a supportive environment.

The Dementia Café is a group for people with dementia and a member of their family, providing the opportunity to meet with others in a relaxed social environment. These facilitator-led sessions offer an opportunity to access information on a range of related topics.

Peer Support is a group for family and carers of people with dementia, providing an opportunity to meet other people who will understand what you are going through. Run by a facilitator, these sessions provide an opportunity for people affected by dementia to ask questions, access information and share experiences in a safe and supportive environment.

The Dementia Support Service provides information support and signposting at all stages of the dementia journey, from pre-diagnosis to future planning and end-of-life. For people with Dementia their friends' families and carers.

The Advocacy service for people with dementia, aims to support and empower a person to make an informed decision and uphold a person's Human Rights. Ensuring a person's voice, views, wishes and concerns are heard and considered in decision-making using Instructed Advocacy or Non-Instructed Advocacy approaches as required. We may use alternative communication techniques, where needed, to ensure we build a relationship with our Advocacy Partner.

Singing for the Brain is a group which brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment. We also do vocal exercises that help improve brain activity and wellbeing. These take place virtually on Tuesday afternoons.



Landline phones switching to digital could stop telecare alarms working.

Call the landline provider now for support.

CLICK HERE



Supported by
UK Government

DeafblindUK

Support for sight and hearing loss

Need help, advice, or just someone to talk to?

Join today and get support when you need it.

deafblind.org.uk

Helpline: 0800 132 320



THE LOCAL RURAL SUPPORT NETWORK FOR COUNTY FERMANAGH

“Supporting Rural Communities”

Providing community development support, guidance, information, signposting and networking opportunities for groups throughout County Fermanagh.

3 Queen Street Enniskillen Co. Fermanagh BT74 7JR
Tel: 028 6632 7006 Email: info@fermanaghrcn.org

www.fermanaghrcn.org



Useful Contacts

Age NI

028 9024 5729

advice@ageni.org

Age NI Advice Service

Freephone 0808 808 7575

Available Monday - Friday 9am-5pm

www.ageuk.org.uk

Alzheimer's Society

Fermanagh Dementia Advice

0333 3150 3456 / 07725 475715

fermanagh@alzheimers.org.uk

www.alzheimers.org.uk

Omagh Dementia Advice

0333 3150 3456 / 07889 604702

omagh@alzheimers.org.uk

www.alzheimers.org.uk

Arc Healthy Living

Helping others to help themselves

028 6862 8741

aidan.ormsby@archlc.com

www.archlc.com

The B Friend Hub

Fermanagh & Omagh

Free telephone and home befriending service for older people living in Omagh, Strabane and Fermanagh.

laurence@thebefriendhub.org

028 8224 0772 / 075 9195 2133

www.omaghvolunteercentre.org

British Red Cross

Mobility Aids Hire Service: 028 82 257291

Carers support

Information and Signposting Service for unpaid Carers

028 7135 5023

geraldineann.mclaughlin@westerntrust.hscni.net

www.westerntrust.hscni.net

Christians Against Poverty Debt Management Advice and Support

0800 328 0006

contact@capuk.org

www.capuk.org

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

Community Advice Fermanagh

Free, independent confidential and impartial information, advice, advocacy and representation.

028 6632 4334

www.communityadvicefermanagh.com

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.org

The Consumer Council

Promote and safeguard the interests of consumers in Northern Ireland.

0800 121 6022

contact@consumercouncil.org.uk

www.consumercouncil.org.uk

Crimestoppers

0800 555 111

www.crimestoppers-uk.org

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

www.deafblind.org.uk

Dementia NI - a member led charity for people with dementia driving positive change

www.dementiani.org

Contact our Head Office in Belfast:

028 9693 1555, info@dementiani.org

Fermanagh area - Diane Wilson -

07734375584 or

email diane@dementiani.org

WHSCT Dementia Navigator

075 8599 8890

cliona.connolly@westerntrust.hscni.net

Easilink

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

028 8224 8140

info@easilink.org

www.easilink.org

Fermanagh and Omagh District Council

0300 303 1777

info@fermanaghomagh.com

www.fermanaghomagh.com

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

www.fermanaghrcn.org

Fermanagh Community Transport

Provides rural transport services to people and communities.

028 6632 4260

info@fermanaghcommunitytransport.com

www.fermanaghcommunitytransport.com

Fire, Police, Ambulance and Coastguard

Emergency: 999

Non-Emergency: 101

www.psni.police.uk/crime/

Flooding Incident Line

0300 200 0100

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

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

www.wearehourglass.org/ni

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

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

www.lakelandcare.org.uk

Libraries NI - www.librariesni.org.uk
Enniskillen: 028 6632 2886
enniskillen.library@librariesni.org.uk
Irvinestown: 028 6862 1383
irvinestown.library@librariesni.org.uk
Lisnaskea: 028 6772 1222
lisnaskea.library@librariesni.org.uk
Omagh: 028 8244 0733
omagh.library@librariesni.org.uk
Fintona: 028 8284 1774
fintona.library@librariesni.org.uk

Macular Society
 028 9273 2147 / 078 7952 9267
www.macularsociety.org

Make the Call
 Talk to us about accessing benefits, supports and services you may be entitled to.
 0800 232 1271
makethecall@dfcni.gov.uk
www.nidirect.gov.uk/makethecall

Moneyhelper
 Everyone making the most of their money and pensions.
 0800 138 7777
 WhatsApp: 077 0134 2744
<https://www.moneyhelper.org.uk/en>

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@fermanaghomagham.com
www.macmillan.org.uk

Northern Ireland Electricity Networks
 034 5764 3643
www.ninetworks.co.uk

Northern Ireland Water
 034 5744 0088
www.niwater.com

The Oak Healthy Living, Lisnaskea
 Connecting Our Community to Support Health and Well-Being
 028 6772 3843 / 075 9344 6201
Davina.Coulter@oakhlc.com
www.oakhealthylivingcentre.com

Omagh Forum for Rural Associations
 Delivering the South West Rural Community Development Service
 028 8225 1559 / 079 6874 1745
info@omaghforum.org
www.omaghforum.org

Omagh Healthy Living Network
 Tel: 028 8225 1559
health@omaghforum.org

Omagh Hospital and Primary Care Complex
 028 8283 3100
www.westerntrust.hscni.net/hospitals/omagh-hospital

Omagh Independent Advice Service
 Providing free, generalist, confidential, independent advice and representational service. 028 8224 3252
info@oias.co.uk
www.oias.co.uk

Parking Enforcement Processing Unit
 Processes all penalty notices under Decriminalised Parking Enforcement. PEPU, PO Box 84, Omagh BT78 9AN
 0300 200 7895
www.nidirect.gov.uk/articles/parking-enforcement

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
www.patientclientcouncil.hscni.net

Phoenix/Firmus Gas
0800 002 001

Roads Division
Western Division Headquarters,
County Hall, Omagh, BT79 7AF
DfIRoads.Western@infrastructure-ni.gov.uk

Fermanagh & Omagh East
32 Deverney Road, Arvalee, Omagh, BT79 0JJ
FermanaghandOmaghEast@infrastructure-ni.gov.uk

General Enquiries:
Fermanagh & Omagh West, Castle Barracks, Enniskillen, BT74 7HN
dfiroads.western@infrastructure-ni.gov.uk

Reporting a problem:
0300 200 7894
www.nidirect.gov.uk/information-and-services/travel-transport-and-roads/problems-roads-and-streets

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
www.rnid.org.uk

RNIB
See Differently
kcmackin@rnib.org.uk
www.rnib.org.uk

Samaritans
116 123

Shopmobility Enniskillen
028 6632 9965
enniskillensm@live.co.uk
www.shopmobilityenniskillen.com

Shopmobility Omagh
028 8224 0991 / 075 1795 3536
shopmobilityomagh@outlook.com

South West Age Partnership
Connecting Older People across Fermanagh and Omagh
07955 787456
aforbes@southwestagepartnership.co.uk
Facebook: www.facebook.com/swapnetwork

South West Acute Hospital
028 6638 2000
www.westerntrust.hscni.net/hospitals/south-west-acute-hospital

Street Lighting Faults
0300 200 7899
www.nidirect.gov.uk/services/report-street-light-fault

Stroke Association NI
Rebuilding lives after stroke.
028 9050 8020
www.stroke.org.uk

Volunteer Now
Supporting organisations and individuals with Volunteering
074 6748 6638
lynn.johnston@volunteerow.co.uk
www.volunteernow.co.uk

All details included in the directory of services were relevant at the time of going to print and every effort was made to ensure the accuracy of the booklet.

If you are part of a group service or community organisation who would like to be kept up to date with events or activities for older people please email aforbes@southwestagepartnership.co.uk

Protect yourself from TV Licensing scams: how to spot and report a fake email or text

SCAMS



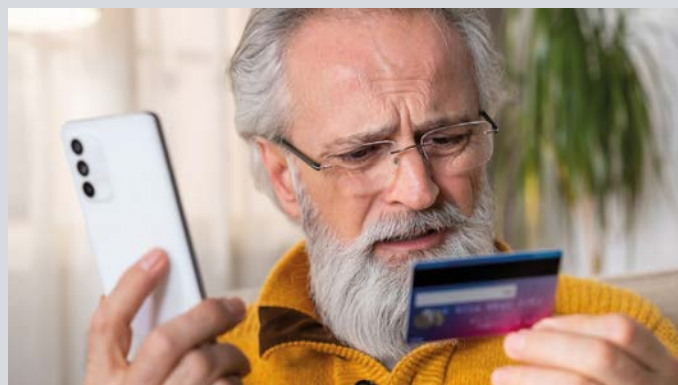
Unfortunately, scams of all types such as phone calls, emails and texts are on the increase. TV Licensing wants to help support its customers to stay safe and protect themselves against fraudsters.

To help stop the scammers, we are asking people to **STOP – CHECK – ASK** if they receive any suspicious communications.

STOP

If you receive something that says it's from TV Licensing that you're not sure about, the first thing to do is stop. Don't rush into giving away any of your personal information.

CHECK



Is your name spelt correctly and are there any grammatical mistakes? You should also make sure the correct licence number is included.

ASK

If you're ever unsure about a communication you've received, it's always best to ask someone – perhaps a friend or trusted advisor. You can also go to the TV Licensing website and sign in to your licence at [tvl.co.uk/yourlicence](https://www.tvl.co.uk/yourlicence) to check if anything needs addressed.



THE HERBERT PROTOCOL

Safe & Found

**Find out more about
the Herbert Protocol at**
www.psni.police.uk/herbertprotocol



Police Service
of Northern Ireland



Helping to trace missing people with Dementia



The Empowerment Programme

What We Do

We have established Dementia Empowerment Groups throughout Northern Ireland. These provide a place for members, all of whom have a diagnosis of dementia, to come together, share experiences, and provide peer support. Through the groups, members consult with other organisations and professionals on how to improve their engagement with people with dementia.

Sharon Gormley, Dementia NI member enjoys attending her local empowerment group and describes it as a 'safety net, we feel we are among people that understand us and if you have something, you're not on your own, somewhere to come and talk about it'.

Dementia NI members meet on a regular basis in suitable venues to offer each other support through friendly social gatherings and raise awareness about what it is like to live with the symptoms of dementia. The Empowerment Groups are facilitated by a member of staff who provides administrative support and organises visitors, who come along to meet the members and learn from them.

Joining Our Groups

Those who have received a diagnosis of dementia - and are in the early to middle stages of dementia - may like to attend their local Empowerment Group after signing up for Dementia NI membership. If you live with a diagnosis of dementia and are interested in becoming a Dementia NI member, please call us on 028 96 931 555 or email info@dementiani.org to find out more.

Having Our Voices Heard

As well as providing peer support, we regularly host visitors who ask for members' opinions on topics related to dementia. Dementia NI members have the power to influence and change what happens in their world, whether at home or in the wider community.

Positive Benefits

Our members tell us the Groups give them the opportunity to make new friends, feel less isolated and be part of their community. It helps them regain confidence and lost self-esteem following a diagnosis. The Groups provide the opportunity for members to have their own space and voice their opinions which can help them feel valued, respected and listened to.

www.dementiani.org

