
Fermanagh and Armagh Connected Together - FACT

Valuing the lives of our Older People



LOTTERY FUNDED



Unit 3, Manderwood Park
1 Nutfield Road,
Lisnaskea.
Co Fermanagh
BT92 OFP

Winter Newsletter 2015

Dear Member,

Welcome to the Winter edition of our FACT newsletter and we hope we find you well.

The dark evenings can lead to periods of inactivity and increased loneliness so we continue to encourage you to get out and about. This newsletter focuses on shaking off the winter blues, making new year resolutions and is loaded with opportunities to try something new and in particular get you exercising.

The core aim of the FACT Project is to reach out to people over the age of 60 who are lonely and isolated and not currently benefiting from any other existing groups. Therefore, we would appeal to you to continue to spread the word about the FACT project and in particular if you know of anyone who is in need and could benefit then please put them in touch with us.

The FACT Project continues to try to engage people not just socially but to signpost members to other organisations out there who may be able to provide additional support or information.

Looking forward to seeing you out and about at some future FACT Project activities during 2016.

Happy New Year from The FACT Project Team.

FACT Project staff...

Yvonne Breen
(Projects Officer - Part Time, Armagh)
9.00 am to 5.00 pm
Tuesday, Wednesday & Thursday
Mobile 0771 159 0772
Ybreen.fact@gmail.com

Sharon Howe
(Projects Officer,
Part Time, Fermanagh)
028 677 22615
Mobile 0771 159 0771
9.00am to 3.00pm Monday-Friday
showe_fact@hotmail.co.uk

Karen Sheridan
(Finance Officer, Part Time)
ksheridan.fact@gmail.com

Contacting our members.

Do you receive our emails? See our posts on Facebook? Have you given us our mobile number?

Due to increasing demand for FACT services and activities, FACT **does not** operate a first come first served booking system. We will be directing services/activities to those most in need as required by our funder. If you wish to register your interest in any activity you are advised to contact Sharon / Yvonne at the office by either email, text or telephone. Please also note our working hours as detailed on front page. Places are limited for most activities therefore preference will be given to new FACT members as well as those who have not regularly accessed activities and services up to now. We are aware that there are many of you who act as carers for grandchildren, partners or other family members and we will try to offer a variation of weekly and one off sessions in order to appeal to as broad an audience as possible.

Please note, if you are successful in securing a place you will always be contacted directly by a member of staff to confirm. We ask for your co-operation and patience in this.

DO YOU CARE or SUPPORT SOMEONE with DEMENTIA?

5 Week Free Information

Workshops are run by Alzheimer's

If you are interested in attending the programme in your area please contact:

Heather 077183 22722 Southern Area, Dementia Support Worker

Olive 028 66344073, Dementia Support Manager, Fermanagh Service

Leading the fight
against dementia

Alzheimer's
Society

Action Cancer The Big Bus -

The Big Bus has kindly agreed to offer services to FACT members.

29 January 2016
10 am to 3 pm in Manderwood Car Park,
Lisnaskea, Co Fermanagh

ring direct to **02890803344** to make your appointment.



Action cancer
Saving Lives Supporting People

The Big BUS

BOOK ONLINE AT
www.actioncancer.org
or call **028 9080 3344**

Take action now!

www.facebook.com/actioncancer @ActionCancer

Code of Conduct

Please find enclosed a code of conduct/rules for all members. As a funded Project we are required to have up to date policies and procedures. One policy that we would like you to be aware of is our members code of conduct. Adherence to this is essential for all FACT members as a stipulation of your membership to ensure that we operate a fair system for all who participate in our activities.



This is essential for the smooth running of the project and to ensure that we can provide a safe and secure environment where members can relax and benefit from all aspects of the FACT Project.

THE FACT PROJECT - RULES

1. Reasonable behaviour is expected at all times. That is - behaviour that will not cause offence or embarrassment to any member of the general public, other members or staff.
2. FACT members are expected to demonstrate a good attitude to existing and new members - to encourage attendance at events and engage and talk to those who appear alone at activities.
3. Activities are not booked on a first come first served bases - please be patient and understanding if you are unable to attend we will try to fit you in on other occasions.
4. Bullying, whether physical, verbal or emotional, will not be tolerated.
5. Any form of unreasonable behaviour, not only lets the Project down but could potentially risk a withdrawal of funding from The Big Lottery Fund and other funders.

CODE OF CONDUCT.

Membership of FACT shall become effective upon receipt and acceptance of a properly completed and signed FACT Application Form. Details will be entered into a secure membership database. This shall only be used within FACT for the duration of the Counties Fermanagh and Armagh FACT Partnership Project.

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Members will, at all times, familiarize themselves with the aims and objectives of the FACT Project, and project same in whatever capacity they fill within the group. All FACT members shall treat each other with respect and courtesy regardless of background, culture, political persuasion or religion.

Any members called as volunteers into a committee post, course or event leader/facilitator shall use any skills they possess for the benefit of the FACT Project, acting in this role professionally and to the best of their ability.

Membership in FACT, and all rights and privileges attached thereto, shall cease under the following circumstances;

(a) Upon receipt of written notice of resignation to the Chair from the member

Expulsion shall proceed as follows:

(b) Being in default with respect to the non-compliance, or veracity of the details, in their signed membership application form:

(c) Having acted in a disruptive manner within the FACT membership.

(d) By their actions have brought the FACT Project into any area of disrepute.

(e) Being expelled from membership by reason of undertaking activities that are not consistent with the purpose of FACT, or ceasing to be a member of the membership category for any reason.

(f) Notice of intention to expel shall be served on the member in writing, with such notice to state the grounds of expulsion:

(g) Expulsion shall be upon a majority vote of the SEFF Board, as the lead partner, and both County Steering Committee's at a regular or special meeting:

(h) The member shall be notified in writing of the Partnership decision:

(i) Where a negative decision is rendered, the member may appeal the grounds for expulsion by notifying the Chair within ten (10) working days of his or her intention to do so at the address below;

The member's appeal shall be heard at the next regular FACT meeting following the meeting at which the expulsion decision was rendered.

The FACT Project
Unit 3
Manderwood Park
1 Nutfield Road
Lisnaskea BT92 0FP

Let's Lunch

Let's lunch is a way of socialising over a bite to eat. The locations vary per county and are not joint events therefore transport between each County is not provided.

However if you wish to go to an event in another County and are able to travel yourself you are most welcome. As with all the lunches please book in with Sharon or Yvonne and please advise any special dietary requirements or allergies in advance to prevent disappointment on the day.

Co Fermanagh

Wednesday 27 January, Mahons Hotel, Irvinestown @ 12.00 noon
Presentation by Drink Wise Drink Well followed by lunch 25 persons booking essential.

Tuesday 23 February Men Only, Donn Carragh Hotel—@ 10.30 am
Function Room at Back

In association with Cruse Bereavement & Stroke Association Beyond Words we will host 25 men for a morning of fun and activity followed by lunch. Cancer Focus will also provide some essential information on cancer awareness for men and a trained nurse will be on hand for some simple health checks including blood pressure, blood glucose and height, weight & bmi. Ruth Gault will be on hand for some Boccia/Curling—these are chair based activities and suitable for all abilities and will be of particular interest to any men who enjoy bowls.

The event starts at 10.30 am with some tea and scones on arrival.

Co Armagh

26 January 2015 @ 1.00 pm, Digby's Restaurant, Killylea
15 places Please book with Yvonne.

Bowel Cancer Awareness will be attending to provide some valuable information on detecting symptoms. Following their talk a hot lunch will be provided. Maximum 25 persons and booking essential.

Tuesday 16 February 2016, Women Only @ 10.30 am—Seagoe Hotel, Portadown 20 places only booking is essential.

Does your bra ride up at the back? Is your bra cup wrong for your bust-shape? Over 70% of us are wearing the wrong size bra. Your bra fit, comfort and shape needs the right size, design and construction to give your bust support, shape and fit. Sara from Brasense aims to eliminate these and other common fit problems—come along and hear more about the importance of wearing a correctly fitting bra. Cancer Focus will also be on hand to provide some essential information on Breast Cancer awareness.

Complementary Therapies

Are you suffering from any underlying physical health issues or have you been feeling stressed or anxious? If so you may benefit from complementary therapy to relieve your symptoms. There is an opportunity for 15 FACT members from each county to avail of 3 x 1 hour sessions. Phase 1 has been rolled out in Fermanagh but we will still be able to accommodate some further appointments in early 2016. Armagh members who have contacted Yvonne will have their appointments confirmed shortly.

Anyone who is housebound due to severe illness may be able to secure treatment in their own home. If you have not already expressed an interest please do so with Sharon / Yvonne.

Members who have already received complementary therapy sessions from either FACT/SEFF/ CAPG since 1 April 2015 are not eligible to apply.



ANYONE WITH UNDERLYING MEDICAL CONDITIONS SHOULD CONSULT THEIR DOCTOR BEFORE REGISTERING!

Intergenerational iPad Project with Kesh PS

The FACT Project continues to foster relations between the generations and we continue to work in breaking down the barriers of fear of technology which some older people experience.

Using Kesh PS pupils as buddies' we gave you a "taster" of an iPad and showed you how iPads are used in practical day to day situations such as education.

The children were exceptionally well mannered and really keen to ensure their buddies learnt new skills.

The sessions were facilitated by Kesh PS teacher Gillian Cullen. Reflecting on the intergenerational work undertaken Gillian said "The children had a wonderful time working alongside our visitors. It was interesting to see how the children's perceptions of 'older people' were challenged. It also gave the children the opportunity to both teach and learn in the one experience".

Jane Magee age 9 said that her 'buddy' Joan enjoyed bookcreator and facetime. I think she will now facetime her son in Australia.

Many of those who participated then went on to classes held in the Fountain Centre Kesh. Unfortunately we experienced some difficulties with the wifi and apologies to all affected but hope you managed to still learn some ipad skills. Thanks to all who participated in the project.



Getting out and about in Rural Areas

The FACT Buddy Service



The FACT project aims to get more people out and about to reduce loneliness and isolation. We urge you to contact us if you would like to attend a FACT event but transport is a barrier.

We currently offer a 'buddy service' which is facilitated through a team of volunteer be-frienders. These volunteers freely give of their time to support the FACT Project where possible and have been cleared under the ACCESS NI background check process.

If you would like to avail of the service and attend a class or event but are unable to drive then please contact us. We would ask that you first ensure all other options are sought first ie public transport, rural transport (if you are a member see below) or lift sharing. If this is the case then we encourage you to contact us, giving as much notice as possible. We would appreciate receiving a minimum of 10 days notice prior to the event and that you give your full details. We will then try to match your request to a volunteer and will contact you to confirm if your request has been successful.

This service can only be offered to and from FACT events and we cannot facilitate requests to attend other group activities, shopping or medical appointments.

FACT Christmas Event



130 FACT members from Counties Fermanagh and Armagh came together to celebrate Christmas in style at Armagh City Hotel. The day kicked off with a health and welfare information session with 20 agencies on hand providing information on a wide range of health, wellbeing and financial issues for over 60s. Following a delicious traditional Christmas lunch members enjoyed dancing to Wee Tom. The dancing paused to allow David Watson to give a highly informative session on basic first aid including what to do tips and information.

This event brought together The FACT Project aims to reduce loneliness and isolation and educate and inform our members on health, safety and general wellbeing. Many thanks to all the agencies (both staff volunteers) who attended and engaged with our members. it was much appreciated. Huge thanks to Armagh City Hotel for the delicious food and brilliant service from start to finish.

We tried to accommodate as many people as possible and apologise to those who we were unable to offer a place to on this occasion.



FERMANAGH EVENTS

| | | | | | |
|---------------------------------------|-------------------------------------|----------------------------|--|----------------|--|
| Art | Derrygonnelly Orange Hall | 10.30 am - 12.30 pm | Monday 25 January 2016 6 weeks | Ruth Elliott | Beginners or more experienced. Up to 15 persons welcome to unleash your inner artist. |
| iPad Classes (join event SWAP & FACT) | Derrylin Parish Hall | 9.45 am—12.45 pm | Friday 15 January 2016 8 weeks Split into 2 classes 1.5 hours each | Allison Forbes | For beginners and those more experienced. Allison will guide you through using an iPad for everyday tasks and social browsing. Bring your own iPad including all passwords and email addresses. 6 FACT iPads are available if you do not have one. |
| Ipap Refreshser Clinics | The Fountain Centre | 10.30 am—12.30 pm | 11 January 2016 & 8 February 2016 | | |
| Social Dancing | Cleenish Parish Hall Bellanaleck | 10.30 am—12.00 pm | Monday 18 Jan 2016 6 weeks | Marie Phelan | Maintain your fitness while having fun & learning to barn/folk dance. This dance is for all abilities join in as much or little as you can. You don't need to bring a partner as everyone moves around. |
| | The Fountain Centre, Kesh | 10.30 am—12.00 pm | Friday 22 Jan 2016 6 weeks | | |
| Gardening Sessions | Colebrooke Kitchen Garden | 11.00am-12.30pm | Thursday 18 February Cider tasting & planning workshop | Dougal Dorman | Bring Wellies and coats Gardening sessions targeting "what to do now" in your fruit and veg garden. |
| | | | Thursday 24 March Spring Planting | | |
| Cook It (Joint Event with SWAP) | The Fountain Centre, Kesh | 10.30 am - 12.30 am | Wednesday 13 January—6 wks | Allison Forbes | The Cook it course is a mix of practical and theory on cooking, food hygiene etc. Learn new recipes, how to cook & freeze batches—brilliant for those who never cooked, or want to change cooking/eating habits having a bit of fun along the way. We especially encourage men to this course. |
| | St Johns Parish Anexe Florencecourt | 10.30 am - 12.30 am | Tuesday 23 January 6 wks | | |
| Chair Based Exercise/Boccia | Springfield | 10.30 am - 11.30 am | Wednesday 20 January 6 weeks | Ruth Gault | Chair based exercises are always popular in FACT. We can also offer at these classes Boccia which is a form of bowling performed while sitting down. Exercise and fun! |
| | Tempo Parish Hall | 10.30 am - 11.30 am | Wednesday 2 March 6 weeks | | |
| | Chair based exercise | Cleenish Hall, Bellanaleck | 10.00 am - 11.00 am | | |
| Archery | The Share Centre, Lisnaskea | 4 weeks | Wednesday 10 February | | Beginners or improvers this is a great fun form of exercise. |
| Chi Me | Belcoo Healthy Living Centre | 11.00 am—12.00 noon | Tuesday 19 January 6 weeks | Ruth Gault | A gentle form of exercise suitable for all abilities—can be carried out seated or standing. |

ARMAGH EVENTS

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|--|--|---|---|----------------------------|---|
| <p>I-Pad for Beginners</p> <p>REFRESHER SESSIONS</p> <p>Tutor: Judith Kinnan</p> | <p>Hamil- tonsbawn Cultural Society Hall</p> <p>Bleary Business & Community Centre, Bleary (out- side Lurgan)</p> <p>Tommy Makem Arts & Comm Ctre, Keady</p> | <p>10.00am —12.30 pm</p> <p>10.00am —12.30</p> <p>10.00 - 12.30pm</p> | <p>19 Jan 2016</p> <p>26 Jan 2016</p> <p>2 Feb 2016</p> | | <p>One off refresher sessions for those with their own ipads. Even if you didn't attend the classes but just need a question answered regarding ipad usage please contact Yvonne to arrange a slot. Those presenting with similar queries may be grouped together. Please bring any passwords required to access your ipad.</p> |
| <p>Genealogy Contact the office for full course itinery.</p> | <p>Mullabrack Church of Ireland Parish Complex, Markethill, BT60 1QJ</p> | <p>10.30 - 12.30 pm</p> <p>Places limited to 12 persons</p> | <p>Thurs 14,28 January 17, 18, 25 February 4 Feb(Dublin) 11 Feb(Armagh) 21 Jan(Belfast)</p> | <p>8 sessions</p> | <p>Trace your family roots. Frank McHugh teaches the methodology of geneology—research is mainly online so you will need to bring a laptop or tablet however if you do not have one FACT can lend one during class times ** PREBOOKING ESSENTIAL POPULAR COURSE*****</p> |
| <p>Digital Photography</p> | <p>Bleary Business & Community Centre, Bleary (out- side Lurgan</p> | <p>7.00- 9.00pm</p> | <p>Wednesday 27 January</p> | <p>4 weeks</p> | <p>Learn how to get the most from your camera. 4 Wednesdays in Bleary Hall plus Sat 6 Feb on location in Lurgan Park to enable you to put your practical skills to use.</p> |
| <p>Swimming</p> | <p>Orchard Leisure Centre, Armagh</p> | <p>Begin- ners 4 weeks</p> <p>Improv- ers 4 weeks</p> | <p>Wednesday 13 January</p> <p>Wednesday 10 February</p> | <p>12.15— 12.45 pm</p> | <p>Funding secured through Swimathon. Ring Yvonne to register. Please be changed and at poolside promptly. You are welcome to attend both sets of classes. Min of 5 required to proceed with classes</p> |
| <p>Chair Based Exercises</p> | <p>Newtown- hamilton Community Centre</p> | <p>11.00am- 12.00 noon</p> | <p>Tuesday 23 February</p> | <p>4 weeks</p> | <p>Chair based exercises suitable for all abilities. Come along and try it out!</p> |
| <p>Beginners Ipad course</p> | <p>Mullabrack Church of Ireland Parish Complex, Markethill</p> | <p>10.00 am -12.00 noon</p> | <p>22, 25, 29 February & 3 March</p> | <p>4 sessions</p> | <p>Do you have an Ipad / Tablet and you aren't very confident about using it?</p> <p>The course will be delivered in a friendly and informal manner and the tutor will guide you through the basics of understanding and using your Ipad / tablet. Bring your own device along to the course but if you don't have one, FACT may be able to supply one.</p> |



Home fire safety check?

The FACT project have entered into a partnership agreement with The Northern Ireland Fire and Rescue Service to reduce your risk of death or injury by fire in your own home.

The fire service currently offer **free home fire safety checks** in and particularly wish to target those aged over 60 who do not have a working fire alarm within their home or have not had a home safety check before. If this is you then please contact the FACT staff who will refer your case to Northern Ireland Fire and Rescue Service for a home safety check which will include installing **FREE** smoke alarms in your home. This is part of The FACT Project ongoing commitment to improving our member's quality of life.

Unfortunately over the Christmas period there has been a significant number of deaths from house fires and we urge you to take up this service.

FACT explores the hidden gems of South Armagh

Saturday 17 October saw another successful day in the 2015 FACT calendar of events with a group of over 40 members enjoying a trip around various parts of South Armagh. The visit was a new experience for many as this is a part of the world that people were fearful of going to during the years of the 'Troubles'. The day kicked off at Creggan Church of Ireland where the group were met by their host for the day, Kenny Donaldson, Director of Services at SEFF. After some refreshments Kenny took the group on a guided tour of the church building, visitors centre and the adjoining graveyard and shared some interesting stories of famous people and historical events that are synonymous with the area. Following this the group moved on to the Poet's Glen which leads down from the graveyard and was set up by the church management committee. It is made up of 23 acres of grassland as well as a one acre garden and miniature river and is often used as a place for reflection for the local community.

Before enjoying a delicious hot lunch back in Creggan Church Hall the group boarded the bus and took a visit of Crossmaglen village. Kenny shared a few stories of growing up in the area and funny events from his childhood. He also highlighted the positive developments that are now happening in the town and surrounding area in recent years and how the local community is looking forward to the future. A lot of fun and chat was had by all throughout the day and the event rounded off with a visit to Bessbrook village.

The group were met by Danny Kennedy MLA who lives in the area. He provided a very comprehensive insight into the origins and history of this famous Quaker village.





Tax Help for Older People is a UK-wide charity which assists with any personal income tax problem.

Contact is by phone on **0845 601 3321** or email at **taxvol@taxvol.org.uk**.

It was apparent at FACT recent health and wellbeing day that many people are not aware of the following:

Married Allowance

You can claim the new Married Allowance from 6 April 2015 if:

- * You are married or in a civil partnership, &
- * Your annual income is £10,600 or less, plus up to £5,000 of tax-free savings interest, &
- * Your spouse/partner's annual income is between £10,601 and £42,385, &
- * You were born on or after 6 April 1935.

How it works.

You transfer £1,060 of your Personal Allowance which you are not using to your spouse/partner to give them an additional allowance, which will reduce their tax by £212 in 2015/16 (provided of course that they are already paying at least that amount).

The difficulty may arise in making the application to HMRC, although it is now much easier to make the claim.

If you have access to the internet then make the application on www.hmrc.gov.uk and click on married allowance box. It is the person who is transferring the allowance who makes the claim. You need to make sure you have details of national insurance numbers and dates of birth for both partners.

If you cannot use or have access to a computer or find difficulty in making the application you can now write to HMRC to make the claim. The letter has to come from the person transferring and needs to include names, address, dates of birth, National Insurance Numbers for both parties. The address is Pay As You Earn, H M Revenue & Customs, BX9 1AS, UK

If however you are eligible for help from our charity **Tax Help for Older People**, then we can assist you by using our email and fast track facility with HMRC. If your annual income is below £20,000 and you are 60 or older you are eligible to receive this help completely free.

The FACT Project is a partnership initiative between South East Fermanagh Foundation and County Armagh Phoenix Group and is funded by the Big Lottery Fund under the Reaching out Connecting Older People Scheme. The FACT Project sees community-based services being offered for the over 60's within Counties Fermanagh and Armagh over the 5 year period 2013-2018.

Dancing the day away....



In association with Armagh City, Banbridge Craigavon District Council, Arts Events, FACT members have been invited to participate in the St Patricks Parade in Armagh on Thursday 17 March 2016.

Dance Workshops will be held prior to the event in Fermanagh 26 Jan & 23 Feb 10.30 am to 12.30 pm and in Armagh 28 Jan & 25 Feb 10.30 am—12.30 pm. Joint rehearsal 10 March 11.00 am to 1.00 pm in Armagh (transport from Fermanagh provided).

You will learn 2-3 folk dances under the guidance of Marie Phelan and these will be performed at approximately 10 minute intervals along the parade. Golf buggys will be provided for participants to sit in between performances.

This will be a joint event and others are invited to come to watch the parade on the day. Afterwards we will have evening food in the Armagh City Hotel.

There will be a 50 seater bus travelling from Fermanagh. Places for those participating in the dancing will be allocated first and we particularly urge the men out there to get involved.

Funding for this event has been received from Armagh, Banbridge & Craigavon District Council & Tourism NI. Contact Sharon or Yvonne for more information.

