

Fermanagh and Armagh Connected Together - FACT

'Valuing the lives of our Older People'



LOTTERY FUNDED

CONTACT DETAILS

The FACT Project

Unit 3, Manderwood Park
1 Nutfield Road,
Lisnaskea.
Co Fermanagh
BT92 0FP

Office No:028 677 22615

Armagh

Yvonne Breen
(Projects Officer)
9.00 am to 5.00 pm Tuesday,
Wednesday & Thursday

Mobile 0771 159 0772
Ybreen.fact@gmail.com

Fermanagh

Sharon Howe
(Projects Officer)
9.00am to 3.00pm
Monday-Friday

Mobile 0771 159 0771
showe_fact@hotmail.co.uk

Finance

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

www.FACTNI.com -
find us on Facebook



Welcome

Welcome to the Autumn edition of our FACT newsletter—we hope that we find you well and enjoying the season.

We now have over 1000 members spread over the two counties. As such we now have to limit the activities with smaller numbers and on occasion you may be disappointed. Please do not be offended as we will try to fit in as many people as possible.

Aims

The core aim of the FACT Project is to reach out to people over the age of 60 years who are lonely and isolated and not regularly attending any other groups or community activities within their local area. FACT will continue to strive to support all members but as demand increases priority will be given to those most in need.

Remember!

Most events include catering which require us to book in advance. Many organisations charge per person based on advanced bookings so please ensure that if you are unable to attend let us know.

Likewise please don't turn up with out booking in and ALWAYS tell us of any special dietary requirements in advance.

Looking forward to seeing you out and about!

Walking Group



Following the huge success of our summer walking and the fact that lots of you have asked for walks to be continued into the Autumn. Management have decided to continue the service.

Remember ...we cater for all walking abilities and encourage those who don't already walk to join in. You are welcome to bring a fold up stool to rest along the way.

Each walking group will have a front and back leader who will wear a high visibility vest to be easily recognised. Some people like to stop regularly and some don't. We facilitate this by having the front walker continue but the back walker will always wait with those who are slower or wish to take a break. It is **EXTREMELY IMPORTANT** that you walk at your own pace and always consult a doctor before taking up any new exercise. Please wear appropriate comfortable footwear and bring a coat just in case!

Location	Date	Time	Meeting point	Leader
Ely walk	Thursday 15th September 2016	10.30 am	Carpark beside the lake	Ruth Gault
Castle Archdale	Tuesday 27th September 2016	10.30 am	Car park in front of tea rooms	Ruth Gault
Killyfole	Thursday 20th October 2016	10.30 am	Car park on Donagh Road	Ruth Gault
Castlecoole	Thursday 27th October 2016	11.00 am	Park at the Ardhowen. A walk around Castlecoole ending in a light lunch. This is our last walk of the season and a nice way to finish up our walking events.	Ruth Gault

Colebrooke and PSNI Event

The sun shone and helped make the Colebrooke walk and talk a thoroughly enjoyable day. It was brilliant to see so many out walking We had extremely different levels of fitness all catered for by our wonderful volunteer walk leaders. Thanks again Ruth, Ritchie, Bill, Georgina and Valerie—we couldn't do it without your help! Thanks to the PSNI for their information session at the following lunch.



Home Fire Safety Check

Northern Ireland Fire & Rescue Service are targeting their **FREE** Home Fire Safety Checks to people who are over the age of 60, people with impaired mobility and those who are referred to the Service from an agency. If you would like a Home Fire Safety Check let Sharon or Yvonne know.

The FACT Project are keen for as many members as possible to take advantage of this **FREE** assistance from the Fire Service as it is very informative and beneficial.

The check itself takes about half an hour and recipients of the service receive advice on steps/changes to be made within their home to prevent fires. In addition, free smoke alarms are installed if required.

Contact Sharon or Yvonne today to book your home fire safety visit.

iPad Classes

Following feedback from previous participants you will note Fermanagh classes have now been broken down into smaller beginners and improvers classes. If you can send and receive emails we would recommend that you opt for the improvers classes as we are keen to encourage those without any knowledge who may not be confident to attend beginners classes.



A Day of Art—Lurgan and Enniskillen

Artists both budding and more experienced came together in locations in Fermanagh and Armagh to paint their beautiful surroundings. Tutor Ruth Elliott helped to plan out and guide artists to capture their surroundings on canvas and new friendships were made as the day progressed.



Intergenerational Genealogy

Young and older genealogists were paired as "buddies" to share knowledge for mutual benefit. Younger participants were able to share their technological knowledge to translate the older participants knowledge and to search on line for supporting information. The project was facilitated by experienced genealogy tutor Frank McHugh (Connecting With Your Past) and the "buddied pairs" shared family history and local information on their townlands and compiled a four generation family tree by the end of the five sessions.

Certificates on completion of the course were presented along with a four generation family tree.

This was a really exciting and innovative project and engaged our younger people in preserving their past for future generations.

SEFF/FACT Project received funding from Fermanagh Omagh District Council towards delivery of this intergenerational genealogy project.

This project will be repeated in County Armagh at a later date so if this is something you would be interested in please contact Yvonne to register your interest.



Reflections Workshops in association with Cruse Bereavement "Beyond Words"

Wednesday 9th November & Thursday 10th November—Unit 7 Manderwood Park

Reflections—Memory Treasure Box is a concept where people can celebrate a loved one by compiling a collection of mementos such as photographs, words, letters, poems, music, records of achievement or anything that they would like to include. Everyone will design and decorate a memory box, sharing memories of their loved ones and the life they shared.

We are looking for around 10 participants aged 60 and over to join us for two exciting free morning workshops. Refreshments will be provided. Please contact Sharon to register. Arrive at 9.45 am for a 10.00 am start. Light lunch is served at 12.30 pm.

All costs to be covered by "Beyond Words" Project facilitated by Eleanor Ellerslie.



Visit to Armagh Cider Company



FACT members enjoyed a wonderful day with a visit to this interesting location. A guided tour of both the apple orchards and the processing and bottling plant located on the farm gave everyone a great understanding of the intricate processes involved in turning apples to golden cider.

Obviously there had to be a "wee taster" to ensure it was all ok.



Gardening at Colebrooke Kitchen Gardens, Brookeborough, Co Fermanagh

Gardening practicals continue at Colebrooke with Dougal the kitchen gardener as follows:

Composting & sowing green manure	Monday 19th September 2016	10.00 to 11.30 am
Cider Making	Monday 24th October 2016	10.00 to 11.30 am Please bring a donation of apples any kind are appreciated.
Winter pruning	Monday 12th December	10.00 to 11.30 am

The FACT Choir

We have had lots of interest regarding the FACT choir and have engaged a specialist music tutor called Sarah Jane Wilson to take this new activity forward. Sarah Jane will be training the merry band of eager choristers in preparation for the first performance at the FACT Winter Warmer event in January 2017. Plenty of fun and good craic guaranteed and choir members are not required to have a musical background. If you are interested in this activity there is still time to get involved. Arrangements for practice sessions in both counties are as follows:

Location	Dates & Times	
Seagoe Church of Ireland Centre, Portadown (Levaghery Room)	Tuesday 27th September	10.30 am
	Tuesday 18th October	
	Tuesday 22nd November (joint practice session)	
Maguiresbridge Methodist Church Hall	Tuesday 20th September	10.30 am
	Tuesday 11th October	
	Tuesday 8th November (joint practice session)	

Fermanagh

Programme of events continue in Fermanagh as follows.

REMEMBER PRE-BOOKING REQUIRED FOR ALL ACTIVITIES!

Date	Location	Time	Details
Wednesday 28th September 2016 6 weeks	Archdale Hall, Lisnaskea	10.30am to 12.30pm Allison Forbes	<u>Cook It Classes</u> Renew your interest or learn to cook with healthy information and handy tips along the way.
Monday 12th September 2016 4 weeks	Cleenish Parish Hall, Bellanaleck	10.30 to 11.30 am Ruth Watson	<u>Chair Based Exercise</u> This exercise programme is suitable for all levels of ability.
Monday 24th October 2016 6 weeks	Cleenish Parish Hall, Bellanaleck	10.30 am to 12.30 pm Marie Phelan	<u>Folk Dancing</u> —this is a great way to exercise and socialise at the same time! Come along and join the fun.
Wednesday 28 September 2016 6 weeks	Derrygonnelly Orange Hall	2.00 pm to 4.00 pm	Art
Wednesday 9 November 2016 6 weeks	Unit 3 Manderwood Park	2.00 pm to 4.00 pm	Art (date and time may be changed please confirm with office)
Wednesday 5th October 2016 8 weeks	Tempo Parish Hall	10.30 am to 12.00 noon	<u>Boccia/new age curling and chair exercises.</u>
Tuesday 4th October 2016 8 weeks	Springfield Hall	11.00 am to 12.30 pm	<u>Boccia/new age curling and chair exercises.</u>
Tuesday 20th September 2016 8 weeks	The Fountain Ctr, Kesh	9.30 -11.00 am 11.15 am—12.45 pm	Ipad classes <u>Beginners</u> <u>Improvers</u>
Tuesday 20th September 2016 8 weeks	Healthy Living Ctr, Belcoo	2.00—3.30 pm 3.45 -5.15 pm	Ipad classes <u>Beginners</u> <u>Improvers</u>
Wednesday 21st September 2016 8 weeks	Derrylin Parish Hall	9.30 -11.00 am 11.15 am—12.45 pm	Ipad classes <u>Beginners</u> <u>Improvers</u>
Wednesday 21st September 2016 8 weeks	Unit 3 Manderwood Park, Lisnaskea	2.00—3.30 pm 3.45 -5.15 pm	Ipad classes <u>Beginners</u> <u>Improvers</u>
Wednesday 9th & Thursday 10th November 2016	Unit 3 Manderwood Park, Lisnaskea	10.00 am - 2.00 pm	<u>Memory Boxes</u> in association with Cruse Bereavement
Wed 23rd & 30th November 2016	Springfield	11.30 am - 1.00 pm Light lunch following each session	Ulster Scots Course Session 1—What is an Ulster-Scots identity all about Session 2 -How Ulster-Scots impacted our local areas

Courses in Armagh

Programme of events continue in Fermanagh as follows.
REMEMBER PRE-BOOKING REQUIRED FOR ALL ACTIVITIES

Date	Location	Time	Details
Monday 19th September 2016 (6 weeks)	Bleary Community Centre	10.00 am—12.00 noon	<u>Cook It Classes</u> Renew your interest or learn to cook with healthy information and handy tips along the way. Maximum 8 persons
Monday 31st October 2016 (6 weeks)	St Columbas Church of Ireland Centre, Browns-town Road, Portadown	3.00-4.00pm	<u>Chi Me</u> A series of Thai Chi influenced exercise class to suit all abilities. Proven to aid in Falls Prevention. Please wear trousers and flat comfortable footwear. Maximum 12 persons
Monday 12th December 2016	Jethro Centre, Lurgan	10.00 am-12.00 noon Light lunch to follow	<u>Heartstart</u> Emergency life support skills programme. Gives you confidence in what to do in a life-threatening situation.
Monday 3rd October, Thursday 6th October, Monday 10th October & Thursday 13th October	Middletown Church of Ireland New Hall	10.30am — 12.30pm	<u>Ipad Classes</u>
Tuesday 8th & Thursday 10th, Tuesday 15th & Thursday 17th November	YMCA Building, Lurgan	10.30am— 12.30pm	<u>Ipad Classes</u>
Monday 17th, Thursday 20th, Monday 24th Thursday 27th October	CAPG Office, Armagh	10.30am— 12.30pm	<u>Ipad classes</u>
Thursday 17th November (4 weeks)	Carnagh Orange Hall, Keady	10.30am—12.30 pm	Christmas Flower Arranging with Ruth Watt Max 16 people
Saturday 26th November	CAPG office, Armagh	10.30am—1.00 pm	Christmas Scented Candle making with Alan Chambers (STRICTLY 10 people only)
Wed 9th November & Wed 16th November	Masonic Hall, Markethill	11.30 am -1.00pm	<u>Ulster Scots Course</u> Session 1—What is an Ulster-Scots identity all about Session 2 -How Ulster-Scots impacted our local areas Light lunch following each session

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.

Winter Warmer

This year a winter warmer will replace our traditional Christmas event. January is often a month where our mood is lower and there are less activities. We aim to improve your feelings of wellbeing during this event with a wide range of activities.

The newly formed FACT choir will also make an appearance. Cruse Bereavement will be on hand to give some tips on improving your mood. The event will be held in the Killyhevlin Hotel, Enniskillen on Wednesday 25th January 2017.



Transport from Co Armagh only will be provided. However, if you live in Co Fermanagh and do not drive and require travel assistance please advice and we will try to assist where possible under our buddy befriending scheme.

The event will commence at 10.30 am in the Lisgoole Suite and will finish at 4.00 pm.

Lets Lunch		Fermanagh	
Monday 28th November	Morning tea dance and lunch Cleenish Parish Hall, Bellaleck	10.30 am	A morning of fun and dance followed by light lunch provided by Cleenish Mothers Union. This follows on from dancing classes however even if you have not attended the classes you are welcome to attend this event. <u>Essential:</u> PLEASE book in for catering numbers.

Lets Lunch		Armagh	
Thursday 17th November	Activity morning and lunch- Bessbrook Community Centre	10.30am	An opportunity to have some fun and try out some chair based activities followed by lunch. You will have a chance to experience new age curling and boccia. These are chair based games which are great fun for all!

www.FACTni.com—all events are listed on our calendar or find us on facebook