

Fermanagh and Armagh Connected Together - FACT

Valuing the lives of our Older People



Spring
Newsletter 2016



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

Dear Member,

Welcome to the Spring edition of our FACT newsletter—we hope that we find you well and that you are looking forward to better weather and brighter evenings.

We are delighted to report that the FACT project is continuing to grow in terms of both new members and its links with other support agencies across both counties.

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.

EASTER— FACT OFFICE ARRANGEMENTS

The office will be closed for Easter from Monday 28th March to Friday 1st April inclusive.

FACT Project staff...

Yvonne Breen
(Projects Officer - Part Time, Armagh)
9.00 am to 5.00 pm
Tuesday, Wednesday & Thursday (ONLY)
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 your mobile number?

FACT are introducing a texting service. This will give us another way to contact you about FACT events or activities by sending you a text to your mobile phone.

However ... we don't have lots of your mobile numbers and email addresses so we would greatly appreciate it you could email, text or ring the office to let us know yours.

Please note, you will still receive our newsletters by paper copy as this is our policy.



Share Centre Membership, Lisnaskea Co Fermanagh

Many of you already attend the Share Centre Leisure Centre for our Aqua-aerobics classes.

Following on from this we are delighted to announce that we have negotiated a membership rate for FACT members as follows:



FACT MEMBERSHIP RATE	12 MTHS	6 MTHS	3 MTHS
Pool Only (Sauna & Steam incl)	£125	£70	£55
Gym Only	£115	£75	£50
Combined	£195	£115	£80

PLEASE NOTE MEMBERSHIP REQUESTS MUST BE MADE VIA THE FACT OFFICE

Paverpol Sculptures



Create a wonderful sculpture such as the one pictured on Saturday 30 April from 10.00 am to 3.30 pm in St Pauls Church of Ireland Minor Hall, Kinawley. You will need to bring the following:

1. X -large 100% cotton t-shirt (for cutting)
2. Fabric scissors
3. Hairdryer
4. Bits of lace or other bits of fabric for decoration

Booking essential - if you have not booked and had your place confirmed please do not arrive hoping to participate as numbers are strictly limited to 10 persons. It is also advisable to wear old clothes on the day. Lunch will also be provided.

Home Fire Safety Check



Mrs Margaret Maguire, 80, has just received her first Home Fire Safety Check. Margaret has taken up this offer from Northern Ireland Fire & Rescue Service through a referral from Sharon Howe.

The FACT Project are keen for everyone 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.

Margaret explains that she was keen to have a check completed but just kept 'putting it off'. Although Margaret feels that she is a very responsible individual, she believes that she has learned a number of key things from the safety messages the fire crew provided during the check. Firstly, Margaret has become more aware about having good escape routes by keeping her hallways clear. She now understands that she needs to keep her smoke alarms clean and tested weekly. Getting a slot to check the smoke alarms weekly has been a challenge for Margaret as she is so busy! Margaret has decided to keep this reminder in her trusted diary so that she doesn't miss completing her weekly check!

During the Home Fire Safety Check, the crew replaced two smoke alarms (free of charge) as one was faulty and the other had a very low sounding alarm which would not have been effective during a fire.



Top Tips

- ◆ Fit a smoke alarm, ideally in your hallway
- ◆ Keep hallways clear
- ◆ Test the smoke alarm once a week
- ◆ Never smoke in bed
- ◆ Keep your alarm free from dust
- ◆ Change batteries once a year or when it starts beeping
- ◆ Change batteries once a year or when it starts beeping
- ◆ Get out, get the fire brigade out and **STAY OUT**

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

Let's Lunch

Co. Fermanagh

Women Only Event —BRASENSE —The Valley Hotel, Fivemiletown
Thursday 21st April 2016, @ 10.30 am
30 places only so booking is essential—lunch to follow

Following on from the success of the Armagh Brasense event in February, FACT are delighted to bring the same event to the Fermanagh ladies.

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, owner of 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.

Tuesday 10th May @ 11.30am -Ardhowen Theatre Restaurant, Enniskillen
25 persons only—Booking essential

Fire Dog Reggie will be on hand to provide a brilliant demonstration on detecting arson in fires. The Fire Service will give us some tips on staying safe in our own home. Lunch will be served at this event.

Co. Armagh

Men Only Event—Thursday 21st April, Markethill Masonic Hall- 10.30 am—2pm

FACT in association with Cruse Bereavement & Stroke Association Beyond Words 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 will kick off with tea and scones on arrival and will finish with a hot lunch in The Courthouse Restaurant next door. Don't miss what promises to be an excellent event!

Tuesday 17th May 2016 @ 12 noon - Stonebridge Brasserie, Armagh Road, Portadown
Maximum 25 places so booking essential

To mark Alzheimer's Awareness Week 2016 which starts on 16th May, FACT will host Heather von Loggerenberg from the NI Alzheimer's Society to speak about the issue of dementia, symptoms and coping strategies for dealing with this illness.

THE OLDE TYME FAIR—LISNASKEA

The FACT Project will be working in association with Lisnaskea Historical Society and the three Lisnaskea Primary Schools to deliver an Olde Tyme Fair in Lisnaskea Archdale Hall and Market Yard on Friday 3rd June 2016.

A poetry competition will be held and FACT members are invited to submit a poem on either the workhouse, famine or fair days and this will be read on the day. There will be a range of old time crafts and stalls on the day., FACT dancers will engage with pupils to perform three two hand dances which will be facilitated by experienced dance tutor Marie Phelan.

Older Persons Commissioner Appointed



The Office of the First and Deputy First Minister have recently announced the appointment of Mr. Eddie Lynch as the new Commissioner for Older People in Northern Ireland.

Eddie Lynch was formerly Chief Executive of Age Sector Platform and therefore has significant experience in dealing with older people's issues.

While welcoming Eddie to his new role OFMDFM Ministers also paid tribute to the former Commissioner for Older People, Claire Keating. Claire worked hard to make her presence known to older people and during her time as Commissioner, saw a range of initiatives taken forward across the Northern Ireland.

Eddie Lynch will take up his post on 14th June 2016. The post is a full time appointment for a period of four years. During this time it is anticipated that the FACT project will have an opportunity to engage with him for the benefit of all our members

Age Friendly Conference



The FACT Project are one of the many agencies relating to over 60 issues which sit on an InterAgency Forum for Fermanagh and Omagh. This Forum has been set up to ensure that agencies work together on issues relating to over 60s in Fermanagh and Omagh. On Friday 11th March an event in Lough Erne Golf Resort saw the launch of an 'Age Friendly Action Plan for Fermanagh and Omagh'. This was followed by a Conference exploring the Age Friendly initiative and what the next steps are in Fermanagh and Omagh.

A copy of the Age Friendly Action Plan will be available shortly. If you are interested in receiving a copy please contact Sharon at the office. L-R Allison Forbes SWAP, Linda Robinson and Professor June Andrews

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 & Cruse Bereavement Men Only Event

FACT Fermanagh recently hosted a men only event in association with Cruse Bereavement Beyond Words Project in the Donn Carragh Hotel, Lisnaskea. This event will now be held in Armagh in April (see Lets Lunch).

The day incorporated a morning of fun and games with taster sessions of boc-cia and new age curling to get everyone up and going. Cruse Bereavement vol-unteer John shared his story of how he bat-tled against loneliness following his wifes death. This was an inspiring story for many who attended and who may have experienced similar experiences.

The NI Stroke Association and Cancer Focus were on hand to carry out simple health checks. A tasty lunch followed the event and we were delighted with the excellent feedback from all who attended.



FERMANAGH EVENTS

Art	Derrygonnelly Orange Hall Lisbellaw Methodist Hall	10.30 am - 12.30 pm 4 weeks	Monday 4th—25th April 2016 Monday 9th—30th May 2016	Ruth Elliott	Beginners or more experienced. Up to 15 persons welcome to unleash your inner artist.
iPad Classes	Belcoo Healthy Living Centre The FACT Project, Manderwood Park Lisnaskea	10.30 am—12.30 pm 10.30 am—12.30 pm	17th, 19th, 24th, 26th, 31st May & 2nd June 2016 12th, 14th, 21st, 26th & 28th April 2016	Stephen Crawford	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.
Genealogy	Unit 3 Manderwood Park	10.30 am—12.30 pm	Wednesday 4th May 2016	Frank McHugh	Trace your family history and build your family tree. A lot of the research is carried out online. iPad classes are being held prior to this to brush up your technology skills. iPads can be provided. Ring the office for full details. Booking essential.
Gardening Sessions	Colebrooke Kitchen Garden	11.00am-12.30pm	Monday 18th April Monday 16th May Monday 20th June	Dougal Dorman	Bring Wellies and coats Gardening sessions targeting "what to do now" in your fruit and veg garden.
Olde Tyme Fair	Archdale Hall and Market Yard, Lisnaskea	9.30 am - 12.30 pm	Friday 3rd June		The Olde Tyme Fair in Lisnaskea will host an intergenerational dance event by FACT dancers.
Aqua-aerobics	The Share Centre, Lisnaskea		Wednesday 20th April - Wednesday 11th May Wednesday 18th May—15th June		Lisnaskea Womens Group funded aqua-aerobics—all welcome The FACT Project aqua-aerobics
Paverpoll Classes	St Paul's Minor Hall, Kinawley	1 day	Saturday 30th April 10.00 am to 3.30 pm		This is a wonderful arts and crafts day—see page 2 For more details. Booking is essential as only 10 persons can be facilitated.
Reflections Workshop	Unit 7 Manderwood Park Lisnaskea			Cruse Bereavement	Cruse Bereavement will host a memory making box for 10 persons who have been bereaved. For more details see page.

Ring to book a place. If there is insufficient interest classes may be cancelled. For classes such as crafts booking is essential to ensure that the tutor has enough materials.

ARMAGH EVENTS

Flower Arranging Ruth Watt	Mullabrack Church of Ireland - (New Centre)	11.00 am -1.00 pm Places limited to 15 max	Fri 15th, 22nd, 29th April & 6th May	4 weeks	Return of a firm favourite! Come along and learn new skills and enjoy the benefit of having a beautiful floral arrangement to take home every week.
Multi-Craft Classes Sharon Lutton	Middletown Church of Ireland - (New Community Hall)	11.00am -1.00 pm Places limited to 15 max	Mon 4th, 11th, 18th & 25th April	4 weeks	Are you a craft enthusiast and keen to learn some new crafting skills. Then why not come along and try paper flower making, needle felting, candle decorating and upcycling of old tins and bottles. An excellent course!!
Archery Derek Lutton	Foymore Lodge Country Pursuits Centre, Portadown	11.00am -1.00 pm	Wed 6th, 13th, 20th 27th April	4 weeks	Beginners or improvers .this is a great fun form of exercise.
Swimming	Orchard Leisure Centre, Armagh	12.15—12.45 pm	Wednesday 6th—27th April Wednesday 4th -25th May	Beginners 4 weeks Improvers 4 weeks	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.
Keep Fit & Chair Aerobics Mary Haverin	Richhill Community Centre	11.00am-12.00 noon	5th, 12th 19th & 26th April	4 weeks	Do you want to improve your general health & wellbeing? Then why not come along and enjoy a mix of gentle low impact aerobics and other simple exercises to get you moving and in shape for summer.
Beginners Ipad course Judith Kinnen	Tandragee Leisure Centre	10.30am—12.30 pm	9th, 12th, 16th & 19th May 2016	4 sessions	Do you have an Ipad /Tablet and you aren't very confident about using it? This 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 will be able to supply one.
Multi-Craft Classes Sharon Lutton	Creggan Church of Ireland Hall, Crossmaglen	7pm—9pm Places limited to 15 max	Thursday 5th, 12th, 19th & 26th May 2016	4 weeks	Are you a craft enthusiast and keen to learn some new crafting skills. Then why not come along and try paper flower making, needle felting, candle decorating and upcycling of old tins and bottles.

Follow up from BRASENSE Event held in Seagoe Hotel, Portadown, 16th February

If you attended this event and are interested in booking a private fitting with Sara from BRASENSE, please contact Helen Allen of Helen Allen House of Colour on 07714003406 for further details and to book an appointment. It is envisaged that Sara will be returning to Northern Ireland in early May to facilitate appointments for both Fermanagh and Armagh FACT members.

**'Reflections: Memory
Treasure Box'
Workshops for Bereaved
People over 60**

**Tuesday, 17 May and
Wednesday, 18 May at FACT,
Unit 3 Manderwood Park,
Lisnaskea 10 am—2 pm**

'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 achievements or anything that they would like to include. Everyone will design and decorate a memory box, sharing memories of their loved one and the life they shared.

We're looking for around 10 participants, (aged 60 and over), to join us for two exciting, free morning workshops.

Refreshments will be provided and there will be plenty of time for conversation and getting to know the other members of the group.

Places will be allocated on a first come first served basis

To book your place or to find out more, please contact Eleanor Ellerslie, Beyond Words Project Manager at Cruse on 02890 792419 or via email at Eleanor.ellerslie@cruse.org.uk

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.

Northern Ireland Country Sports Fair

Scarvagh House, Scarva, Co Down

Saturday 28th May 2016



FACT are pleased to offer the opportunity for members to avail of an excellent day out at this event.

Activities include, Rural Life Displays, Country Sports, Food and Drink, Dog Events, Cookery Demonstrations, Shopping, Crafts, Music, Live Entertainment, and much much more.

For more information see -

<http://www.countrysportsfairs.com/family-attractions.html>

Members will arrive at the Fair at approximately 10.30 am and will have time to explore the various events and activities on offer across the showground, A joint lunch where all FACT attendees from both counties will come together will take place at 1.00 pm in a designated area. A main course with tea/coffee will be served. The buses will depart at 4.00 pm for home. Full details of the itinerary will be issued to those attending nearer the date.

Buses will travel from Fermanagh and Armagh (maximum 50 persons per county) and a voluntary donation of £15 per person will apply.

If you are interested please contact Sharon or Yvonne at the office.

Places will not be confirmed until approximately 2 weeks prior to the event.

Please note FACT do not allocate places on a first come first served basis and seats on the bus cannot be reserved.