Dear Member,

As Co-Chairs of the Steering Committee which has responsibility for the day-to-day running of the FACT Project we wished to write to you to communicate our heartfelt appreciation to each of you for the support that you have given to the FACT Project since it was established in July 2013. From humble beginnings it has been very rewarding to see the FACT Project develop as it has over the last 18 months and we trust that you feel the Project has made a positive difference to your life.

Members have re-awakened old interests; developed new skills and most importantly have formed friendships with others to whom they previously would not have known. Whilst the FACT Project is not a Peace and Reconciliation-based Project, providing opportunities for people from across our community to come together in a safe environment to enjoy each other’s company and to understand the commonalities we share was a key driver for the Project being established in the first place by South East Fermanagh Foundation in partnership with County Armagh Phoenix Group and remains important going forward.

As we prepare for the Christmas period it is important that we all take time to reflect on the message of Christmas, that we show acts of kindness to our neighbours and that we little by little might build to a point where the diversity within the community is valued and cherished.

The FACT Project was established to support the needs of the over 60’s from across Counties Fermanagh and Armagh. In the coming year the Project will be making further strides to reach new ‘hard to reach people’ who haven’t yet saw the value of the Project and we would encourage you as existing members to speak to your neighbours and others known to you who could benefit from being part of the FACT Project network. Please encourage such individuals to come and try one of our activities and perhaps make new friends.

On your behalf we conclude by thanking all those Staff associated with the Project who have served us so well and we wish you a Happy and Peaceful Christmas understanding that this time of year can also be a time of pain for families. To those who are hurting we offer you our thoughts and prayers.

Norman and Robert
Leisure Vouchers

60 x £50 leisure vouchers for use in your local leisure centre, community or private gym.
30 vouchers per county. Vouchers will also be made available at other times during the project.

Vouchers are issued on the basis of one per member over the life of the project.

Why not try some new fitness or revisit an old exercise habit?

Booking your place..

Many tutors require materials which are pre-ordered and it is therefore important for courses such as needlework, flower arranging etc that you do not simply turn up without formally enrolling expecting “one more” to be facilitated.

Similarly on trips requiring transport buses have only a certain amount of seats available. Food for large events may be booked many days in advance. Specific seats cannot be reserved on buses ie front seat if you suffer from travel sickness. It is on the basis of claiming a seat as you climb on board.

To avoid disappointment for trips or courses please contact Sharon or the local volunteer in your area to secure your place.

Parking at FACT—Fermanagh

Apologies but members cannot leave cars in the tunnel.
You may be dropped off up closer to the door but the car must be parked outside in the car parking area.
It is against all health and safety and fire regulations to have any vehicles in the tunnel area.
Many thanks.
2015 - A chance to try new activities with FACT

FACT offers a huge variety of classes. You will notice that the delivery location changes regularly. This is because FACT has members throughout Fermanagh and Armagh and try to enable as many people as possible to access the services. We also try to attract new people especially those not currently attending clubs and to get members to update knowledge, try new things and meet new people.

Senior Zumba, Brooch Making and Dog Care are all new examples of FACT events.

With all physical activities please consult your doctor before starting any new exercise programme. Pictured are FACT members trying out Archery at the Share Centre.

Information Days

FACT will be hosting welfare and information days in Fermanagh as follows:

Derrylin Parish Hall.............. Thursday 12 February 2015
Lisbellaw .............. Thursday 19 February 2015

These information sessions will run from 11.00 am -2.00 pm and will host a range of agencies relevant to over 60s. Complementary taster sessions (one per person), a barber and refreshments will be provided on the day. This is a drop in service.

Dog Care

One of the advantages of being retired is that you have time to enjoy a pet. FACT Fermanagh are hosting a Dog Care Coffee morning.

Experienced Dog Groomer Wendy Grey will give a presentation on caring for your dog during a coffee morning as follows:

Unit 7, Manderwood Square on Friday 30 January 2015 @ 10.30 am

(Please don’t bring your pet on the day!)
Tell us a Yarn... go on you will..
Intergenerational Project—January 2015

FACT Fermanagh in association with 1st Enniskillen Guides will be holding an intergenerational project examining memories. The guides will be interviewing over 60s and the information collated will then be presented at the end of the project. The project will be facilitated by Class Act Drama. Participants would be required to attend two evenings for interviewing and then to view the end performance.

If you like a bit of craic and would enjoy telling the young ones how it used to be please contact Sharon at 028 677 22615 to register an interest.
**Please remember the content of your stories must be age appropriate for under 18s.**

Happy Christmas at FACT 2014

Armagh and Fermanagh members joined together at Co- rick House Country Hotel for the annual Christmas Event. Members enjoyed a fun game of Bingo with our new Bingo Caller Eric before dancing the afternoon away with music by “Wee Tom”.

Thanks to all who attended.

Free swimming lessons —
FACT has been lucky to secure funding through the Swimathon Project for swimming lessons. Any Armagh members who wish to avail of this wonderful opportunity or are part of a group of over 60s who would be interested please contact Sharon in the FACT Armagh office 028 3778 8008 (Wednesdays) or in Fermanagh on 028 677 22615 to arrange this.
Sing A Longs

Jo Jingles is normally associated with schools and nurseries however it has recently extended its range to include older people.

FACT Fermanagh hosted two coffee mornings with Jo Jingles in Derrylin and Lisnaskea.
This is a really popular way of getting out and meeting people in a relaxing environment.
Songs from Shows and Films were enjoyed and some people had a wee dance too.

Christmas Scams

“If it sounds too good to be true that’s because it is” is a great general rule.

There are numerous scams circulating in the run up to Christmas. These are just a few.

There are fake Sky letters telling you that you have a credit balance and must ring a number to claim it. The number is a premium rate number and you will be charged as soon as you start to ring it.

Fake parcel letters or cards are being sent to advise that a delivery company are holding a parcel for you. Again it is a premium rate number to ring. If you aren't expecting a parcel then don't ring the number.

*** Always check the code of the number you ring **

There are a number of calls from people claiming to be from Microsoft. The callers are persistent and tell you there is an issue with your computer and that it needs updating.
Hang up, do not give any personal details, do not turn on your computer and allow them to access your computer.

These are just some of the scams that are going around this Christmas.
If you are on Facebook friend your local PSNI and you will receive updates on these messages in your area.
<table>
<thead>
<tr>
<th>Event Type</th>
<th>Location</th>
<th>Time</th>
<th>Dates</th>
<th>Presenter(s)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dancing Classes</td>
<td>The Fountain Centre, Kesh</td>
<td>10.30 am—12.30 pm</td>
<td>Friday 16 January 2015 8 weeks 21 January 2015</td>
<td>Marie Phelan</td>
<td>Country dancing—Shake off the January Blues—improve your fitness the fun way!</td>
</tr>
<tr>
<td>Social Dancing</td>
<td>Springfield Hall</td>
<td>10.30 am - 12.30 pm</td>
<td>Friday 9 January 2015 6 weeks</td>
<td>Ruth Gault</td>
<td>Beginners - no experience required. Ideal for any of you with iPads or tablets. iPads will be provided if you don't have one Maximum 12 people</td>
</tr>
<tr>
<td>Keeping in touch</td>
<td>Derrylin Parish Hall</td>
<td>10.30 am—12.30 pm</td>
<td>Friday 9 January 2015 6 weeks</td>
<td>Allison Forbes</td>
<td></td>
</tr>
<tr>
<td>iPad Classes</td>
<td>Derrylin Parish Hall</td>
<td>10.30 am—12.30 pm</td>
<td>Monday 19 January 2015 6 weeks</td>
<td>Gennie Brown 8 weeks</td>
<td></td>
</tr>
<tr>
<td>Aqua-aerobics</td>
<td>Unit 7 Manderwood Park</td>
<td>10.00—11.00 am</td>
<td>Wednesday 14 January 6 weeks</td>
<td></td>
<td>No need to be able to swim to join in.</td>
</tr>
<tr>
<td>Exercise &amp; Relaxation</td>
<td>Cleenish Parish Hall, Bellanaleck</td>
<td>10.30 am—12.00 noon</td>
<td>Monday 19 January 2015 6 weeks</td>
<td>Gennie Brown 8 weeks</td>
<td>Improve your muscle tone with this exercise class.</td>
</tr>
<tr>
<td>Gardening Sessions</td>
<td>Colebrook</td>
<td>11.00 am—12.30 pm</td>
<td>Thursdays 15 January 2015 12 Feb 2015 26 March 2015</td>
<td>Dougal Dorman</td>
<td>Bring Wellies and coats Garden sessions targeting “what to do now” in your fruit and veg garden.</td>
</tr>
<tr>
<td>Chair Based Exercise</td>
<td>Belleek</td>
<td>10.30—12.00 noon</td>
<td>Monday 19 January 2015 6 weeks</td>
<td>Ruth Gault</td>
<td>Chair based activities suitable for all abilities including wheelchair users.</td>
</tr>
<tr>
<td>Food Hygiene</td>
<td>Derrygonnelly Orange Hall</td>
<td>10.30 am—12.30 pm</td>
<td>Thursday 15 January 2015 6 weeks</td>
<td>Olive Elliott</td>
<td>Basic Food Hygiene accredited Course. This expires every 3 yrs.</td>
</tr>
<tr>
<td>Senior Zumba</td>
<td>Colaghty Parish Hall, Lack Unit 7 Lisnaskea</td>
<td>10.30 am—1.30 pm</td>
<td>Tuesday 13 January 2015 6 weeks</td>
<td>Breda McNulty</td>
<td>A slightly less fast pace on the popular Zumba sweeping the nation. Not so fit? You can even do this sitting down!</td>
</tr>
<tr>
<td>Brooch Making</td>
<td>Tamlaght WI Derrylin Parish Hall U 7 Manderwood Park</td>
<td>10.30—12.30</td>
<td>Mon 26 January 2015 Mon 2 February</td>
<td>Valerie Brown</td>
<td>A one off session to let you brighten up your wardrobe with some handmade broaches.</td>
</tr>
<tr>
<td>Colour me Beautiful</td>
<td>Derrygonnelly Orange Hall</td>
<td>10.30 am—12.30 pm</td>
<td>Thursday 5 February 6 weeks</td>
<td>Helen Allen</td>
<td>Gain confidence in what suits you.</td>
</tr>
<tr>
<td>Cook It</td>
<td>Tamlaght WI Hall</td>
<td>10.00 am—12.00 noon</td>
<td>Tuesday 13 January 2015 6 weeks</td>
<td>Deirdre Hamill</td>
<td>Improve your cooking, health and nutrition knowledge. Men especially welcome.</td>
</tr>
</tbody>
</table>
### ARMAGH EVENTS

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Time</th>
<th>Date</th>
<th>Facilitator</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colour Me Beautiful</td>
<td>Creggan C.O.I.</td>
<td>7.00—9.00 pm</td>
<td>Monday 26 January 2015</td>
<td>Helen Allen</td>
<td>Gain confidence in what suits you.</td>
</tr>
<tr>
<td>Flower Arranging</td>
<td>Creggan C.O.I.</td>
<td>7.30—9.30 pm</td>
<td>Wednesday 25 February</td>
<td>Ruth Watt</td>
<td>Bring spring into your home with some lovely flower arrangements</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7.30—9.30 pm</td>
<td>Thursday 26 February</td>
<td></td>
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</tr>
<tr>
<td>Flower Arranging</td>
<td></td>
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</tr>
<tr>
<td>Crafting</td>
<td>Armagh FACT office</td>
<td>9.45—11.30 am</td>
<td>Wednesday 14 January</td>
<td>Diane Leonard</td>
<td>Make some lovely things and express your creative side.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>6 weeks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Geneology</td>
<td>Tullyvallen</td>
<td>7.30 pm—9.30 pm</td>
<td>Tuesday 20 January</td>
<td>Frank McHugh</td>
<td>Research your family tree. Some research will be carried out online so if you have your own laptop please bring it.</td>
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</tbody>
</table>

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**Further events will be booked for Armagh on appointment of a new projects officer early 2015**

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### Let's Lunch

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Time</th>
<th>Date</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Let's Lunch</td>
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<td></td>
</tr>
<tr>
<td>Wednesday 21 Jan 2015</td>
<td>Cross Square Hotel</td>
<td>1.00 pm</td>
<td>Co Armagh</td>
<td>Lunch</td>
</tr>
<tr>
<td>Wednesday 25 February</td>
<td>The Olde Barn</td>
<td>12.00 noon</td>
<td>Co Armagh</td>
<td>Talk from Advice NI on Money Matters with lunch to follow.</td>
</tr>
<tr>
<td>Friday 23 January</td>
<td>Mayfly Inn, Kesh</td>
<td>1.00 pm</td>
<td>Co Fermanagh</td>
<td>Talk by Olive Johnston from Alzheimers Organisation with lunch to follow.</td>
</tr>
</tbody>
</table>

Let's lunch is a great way to get out for lunch and meet new people while learning something new.

Please book with Sharon prior to the event to allow for catering on 028 677 22615

**PLEASE ADVISE DIETARY REQUIREMENTS IN ADVANCE (EG Vegetarian Celiac etc.)**

FAILURE TO BOOK IN ADVANCE COULD RESULT IN DISAPPOINTMENT
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 will see community-based services being offered for the over 60’s within Counties Fermanagh and Armagh over the 5 year period 2013—2018.

3 Manderwood Square
1 Nutfield Road
Lisnaskea
Co Fermanagh BT92 0FP
Phone: 028 677 22615
E-mail: showe_fact@hotmail.co.uk

3 Mallview Terrace
Armagh BT61 9AN
Phone: 028 3778 8008
E-mail: showe_fact@hotmail.co.uk

Good Bye Brian……..

Brian McConnell is leaving as Projects Officer for the Armagh area.

A new person will be appointed shortly and further bookings for classes and events in the Armagh area will be put in place then.

In the interim please direct all queries to the Fermanagh Office or Sharon will be in the Armagh Office on Wednesdays (please telephone first to avoid disappointment).

We wish Brian all the best for his future.

Meet the FACT Project staff…

New Person—to be advised
(Projects Officer - Part Time, Armagh)

Karen Sheridan (Finance Officer, Part Time, Lisnaskea) 028 677 22615

Sharon Howe (Projects Officer, Part Time, Lisnaskea) 028 677 22615