
Fermanagh and Armagh Connected Together - FACT

Valuing the lives of our Older People



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



Autumn
Newsletter 2015

Dear Member,

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

Now that the darker evenings are fast approaching, we are pleased to advise that we have a wide range of new courses and activities on offer across Fermanagh and Armagh which we hope will entice you to come out and take part.

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.

It is hard to believe that the Project is now in year 3 and so in order to respond to your changing needs we will be introducing some new services and support activities over the coming months to further enhance your wellbeing and overall quality of life. The Project is constantly evolving and we strive to adapt and respond to changing needs and to ensure that we engage with as many people as possible.

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. The Christmas event this year will further help facilitate this by hosting a number of organisations relevant to those aged over 60 both, health and welfare based. (see back page for further details).

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

The FACT Project Team.

Registering your Interest for FACT Project activities / events.

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. 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. 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.

A day of Art

The Lough Erne Golf resort provided the beautiful backdrop for a day of art for 23 FACT members on 29 July. Participants enjoyed the fabulous view of the golf course and lake through the large windows and painted the breathtaking landscapes.

Different viewpoints meant no two paintings were the same. Funding secured from Fermanagh and Omagh District Council was obtained to help facilitate this event. Tutor Ruth Elliott provided step by step guidance for the painting for those new to oils or painting and art in general.

Lunch provided a break from the painting and a chance to chat with those with similar interests. Positive feedback was received from many people who had never painted before along with those more experienced. Feedback also indicated a demand to provide more one day events as well as weekly classes to facilitate those people who act as carers for family or friends and are therefore unable or find it difficult to commit to attend weekly classes.



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

Friday 16 October 2015 @ The Valley Hotel, Fivemiletown.

Following a delicious hot lunch @ 12.30 pm information will be provided to raise our awareness on bowel cancer. Maximum is 25 persons so please call to book.

Thursday 19 November 2015 @ The Customs House, Belcoo

Fermanagh Community Rural Transport Manager Stephen Crawford will be our speaker @ 12.00 noon and will be on hand to help ensure we all get "out and about" as much as possible and don't allow lack of access to public transport keep us indoors.

Co Armagh

Saturday 17 October 2015 South Armagh Cultural Tour and lunch—A TRIP NOT TO BE MISSED!

Kenny Donaldson (Director of Services, SEFF and a native of Creggan) will host FACT members and entertain you with a guided tour of the local area. You'll visit Crossmaglen and other places of interest in an area which Kenny describes as "Heaven on Earth" notwithstanding the difficulties of the "Troubles" years for which the area is often renowned. A delicious 2 course lunch will also be served in Creggan Church of Ireland hall on the day. **Please contact Yvonne for full details on this event and to register your interest.**

Review, Renew & Relax Quick Fix Programme



A half day programme looking at causes of stress and practical tools for dealing with stressful situations. By the end of the session participants will have a better understanding of:

- How the body react to stress
- Individual responses to stress
- How coping skills are developed
- Practical Tools for everyday use



Wednesday 18 November at Richhill Recreation Centre, New Line Rd, Richhill.
10am—1pm.

Maximum of 20 persons and pre-booking essential. A healthy lunch will also be provided.

Christmas Craft mornings

Would you like to get into the Christmas spirit and make a Christmas wreath with a difference? Then why not come to one of our coffee and craft mornings (& you'll even get to enjoy a mince pie too!) Diane Leonard will be on hand to help you make a tie material wreath—feel free to bring bits of ribbon, bows or bright material to personalise your own wreath. Numbers limited to 15 please ring to express an interest and your place will be confirmed the week prior to the class.

Co Fermanagh:

- Lisnaskea Unit 7 Manderwood Park, Lisnaskea **Tues 17 Nov 10.00 am to 1.00 pm**
- The Fountain Centre, Kesh **Mon 23 November 10.00 am to 1.00 pm**



Co Armagh:

- CAPG offices, 3 Mallview Terrace, Armagh **Monday 16 November 10.00 am to 1.00 pm**
- Brownlow House, Lurgan **Tuesday 24 November 10.00 am to 1.00 pm**

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, reflexology, back massage, Indian head massage. There is an opportunity for 15 FACT members from each county to avail of 3 x 1 hour sessions. **Members who have already received complimentary therapy sessions from either SEFF/ CAPG since 1 April 2015 will be exempt.**

Due to limited resources we would advise that only those with health related concerns apply. Anyone who is housebound due to severe illness may be able to secure treatment in their own home.

Full details are available from Sharon / Yvonne please ring to express an interest.

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 buddy's' we will give you a "taster" of an iPad and show you how iPads can be used in practical day to day situations such as education. This is a wonderful opportunity to try an iPad if you have never used one before or if you have a smart or I phone and are not sure what it's all about. A similar event was held in the Moat PS last year with excellent feedback on the event.

The sessions will be facilitated by Kesh PS teaching staff and will be held on **Monday 5, 12 & 19 October from 2.00 pm to 3.00 pm**—ipads will be provided. If these taster sessions interest you sufficiently to want to continue using an iPad then classes are being held with tutor Allison Forbes in the Fountain Centre, Kesh in November for 6 sessions (again iPads may be borrowed for use during class). Contact Sharon at the office if you would like to engage in this event.

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 befrienders. These volunteers freely give of their time to support the FACT project where possible and have been cleared under the NI ACCESS 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.

One of the ways we support access to events is to use Rural Transport Service for group bookings. You as individuals can also benefit from this service. Other areas throughout Northern Ireland run similar rural transport schemes. Many people are unaware how Community Transport operates therefore Stephen Crawford from Fermanagh Community Transport has kindly provided the information below.

Community Transport continues to make a difference throughout rural Fermanagh

Fermanagh Community Transport are funded by the Department for Regional Development through the Rural Transport Fund. Their aim is to "provide affordable, accessible transport for individuals and groups of people living throughout County Fermanagh."

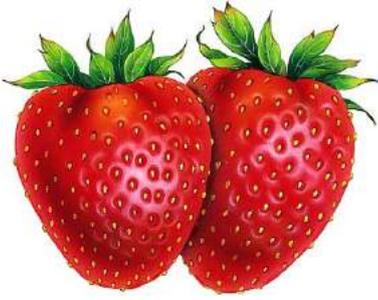
Fermanagh Community Transport offer the Dial a lift service to members Monday - Friday in their 16 seater minibuses and using volunteer social car drivers. The service can be used to access employment, local services such as GP, Chemist, hospital appointments, shopping, visiting friends etc. Translink Smart Pass Holders can access free or half fare travel on our transport. They offer up to 3 services a day in both directions into Enniskillen and all points in between. Bookings must be made 1-2 days in advance.

Fermanagh Community Transport also provide Group transport to Church/Sporting/Community/Charity groups who operate throughout Fermanagh. Groups can become members for an annual fee and then they can either provide their own driver for our bus or we can provide the bus and driver at affordable rates.

How do you join?

People who live in rural Fermanagh e.g. anywhere outside of Enniskillen - can become members for free. Individuals and Groups can become members by calling **028 66 324260** and requesting a Group membership form. Alternatively, the form can be downloaded from www.fermanaghcommunitytransport.com.

'STRAWBERRY FIELDS FOREVER' by Jack Moore, FACT



Now some may think this is an article about the Beatles song written by John Lennon. He wrote this after he lost both his parents and went to live in Penny Lane with his Aunt. The Song 'Penny Lane' many will know is the signature tune for a well known Scots football team, but not many will know that Strawberry Fields was a Salvation Army Home for Boys. Being an orphan himself, John had an affinity with these boys and, despite the disapproval of his aunt, he spent happy times playing with some of these boys. When he became a member of the Beatles Group he wrote 'Strawberry Fields Forever' though, sadly, the

Boys Home was not forever, as it was closed by the 'Sally Ann' in later years, even though in the intervening years the Beatles had made a substantial donation.

HOWEVER:

Our Strawberry Fields was on a farm in Tartaraghan, Co Armagh. Ivan, the farmer, in these stringent financial times diversified his crops by joining with a group called 'Northway' whose purpose was to manage a consortium of local N.I. produce growers. A 'Northway' rep gave our group of 29 FACT Armagh members a background talk. Then Ivan told us his journey into this project. Plants were Dutch, gave two years harvest and were then replaced by more plants from Holland. As part of this contract he was not allowed to grow new plants from runners, as home gardeners can do. By planting in open ended plastic tunnels at intervals on raised compost bags it was possible to extend the harvest season, keep the strawberries clean and at a convenient height for the pickers. Mould on the fruit was kept at bay by a flow of air through the tunnels. The local birds did pick a share for themselves though Ivan, surprisingly, did not begrudge this loss of some of his crop. We were told how the supermarkets could get a steady supply of fresh fruit by these methods and, as this had a short distance to travel from farm to consumer, it could be fresh, ripe, sweet and tasty.

After Ivan's informative talk, which we all listened to very attentively and some asked questions and received answers, he invited everyone to come to his little shop. There to partake of free strawberries and cream. Those that wished could purchase strawberries, or potted jam with the proceeds donated to a local charity. Collectively we bought £170 worth—This money was donated to the Royal Hospital for Sick Children. Urgent word then came through that our meal was ready at the nearby Restaurant, Head Of The Road, so we all hightailed over there and enjoyed a very tasty meal, and enjoyed good fellowship and 'Craic'

Enjoying the food, chatting up a storm and then all home safe and well. Full of good will and ready for the next chance to share comradeship.



FERMANAGH EVENTS

Geneology 8 weeks	Belcoo Health Living Centre	10.30 am— 12.30 pm	Wednesday 7 October	Frank McHugh	Trace your family roots. Frank McHugh teaches the methodology of geneology. The course includes two trips to PRONI and GRONI records accompanied by Frank. Places limited to 12—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*****
Sewing classes 6 weeks	Derrylin Parish Hall	10.30 am— 12.30 pm	Friday 9, 16 & 23 October 6,13 & 20 November **NO CLASS ON 30 OCTOBER**	Sonya John- ston	For beginners and those more experienced. Sonya will guide you to sew a wonderful creation to take home. You can bring your own machine or we have some machines on the day. Maximum persons 12 ***** PREBOOKING ESSENTIAL *****
Exercise and Relaxation 8 weeks	Cleenish Parish Hall Bellanaleck	10.30 am— 12 noon	Monday 28 September	Gennie Brown	Help increase your fitness and flexibility in this class. For beginners and those more able as can be don't at your own level. Feel free to participate sitting on a chair or on a mat on the floor depending on your own personal needs.
Gardening Sessions	Colebrook	11.00am- 12.30pm	Thursday 24 September Harvesting & sorting veg 10 December win- ter pruning	Dougal Dorman	Bring Wellies and coats Gardening sessions targeting "what to do now" in your fruit and veg garden.
Aqua-aerobics 5 weeks	Share Centre	10.00 am - 11.00 am	Wednesday 11, 18 & 25 November, 2 & 9 December		Brilliant exercise for all abilities. Lisnaskea Womens Group are having aerobics from Wednesday 7, 14, 21 & 28 October & 4 November and welcome attendance also.
Chair Based Exercise	Tempo Parish Hall	10.30 am - 12.00 noon	Wednesday 23 September	Ruth Gault	Chair based exercises are always popular in FACT and this is a new venue—spread the word.
iPad Classes	Fountain Centre, Kesh	10.30 am— 12.00 noon	Monday 2,9, 16 & Wednesday 4,11 & 18 November	Allison Forbes	Perfect way to start out using an iPad—they can be provided to borrow during classes—just let us know when you are booking in.

ARMAGH EVENTS

I-Pad Classes for Beginners	Hamiltons bawn Cultural Society Hall	10.00 am—12.00noon	Mon 28Sept, Thu 1 Oct, Mon 5 Oct & Thu 8 Oct		Do you have an Ipad / Tablet and you aren't very confident about using it? Then why not avail of one of our upcoming training courses.
Tutor: Judith Kinnan	Bleary Business & Community Centre, Bleary (outside Lurgan)	2.30pm—4.30pm	Mon 28 Sept, Thu 1 Oct, Mon 5 Oct & Thu 8 Oct		The courses 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.
	Tommy Makem Arts & Community Centre, Keady	10.30 - 12.30pm	Mon 2 Nov, Thu 5 Nov, Mon 9 Nov & Thu 12 Nov		Bring your own device along to the course but if you don't have one, FACT may be able to supply one.
Building confidence in how you dress Tutor: Helen Allen	Seagoe Church of Ireland Parish Centre, Portadown	10.00 - 12.30 pm	10, 17 & 24 November	3 weeks	Improve your confidence in your appearance and find out what shapes, colours and styles of clothes suit you? Booking essential as maximum of 15 persons ONLY.
Glass Painting Tutor: Lorna Soden	CAPG office, 3 Mallview, Armagh	11.00 am -1.00 pm	4, 11 & 12 November	3 weeks	Fancy creating your own glass painted picture then why not come along to this new course. Maximum of 11 people only. All materials supplied.
Swimming classes	Orchard Leisure Centre, Armagh		Beginners Improvers	4 weeks	Funding secured through Swimathon. Dates to be advised. Please ring Yvonne to register.
Cook it Tutor: Elaine Devlin	The Meeting Place, Main Street, Poyntzpass	3.00pm—5.00pm	Thu 15 Oct—Thu 19 Nov	6 weeks	This healthy cooking programme will provide practical experience of food preparation with the opportunity to taste the completed dishes at the end of each session. Participants will also learn about good quality nutritious dishes that are inexpensive to make. Max. of 8 people ONLY.
A day of Art Tutor: Ruth Elliott	Lough Neagh Discovery Centre, Lurgan (Island View Rm)	10.30 am —3.00 pm	Wednesday 30 September	1 day	Join us for a special day of art in the Island Room at the Lough Neagh Discovery Centre, outside Lurgan. The budding artists among you can capture the beautiful surroundings the Centre has to offer and then take your finished painting home at the end of the day. Max 18 people and all art materials will be supplied. A hot lunch will also be served.



Do you have a working smoke alarm in your home?

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 your home and particularly wish to target those aged over 60 who do not have a working fire alarm within their home.

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.

With dark evenings drawing in and fires being lit in the evenings this is a particularly important time of year to improve your home safety. This is part of The FACT Project ongoing commitment to increase our members quality of life.

Dancing the Day Away....

Fermanagh and Armagh members came together on Wednesday 9 September to dance the afternoon away in the Archdale Hall, Lisnaskea. A BBQ lunch was served in the beautiful surroundings of the Market yard with people chatting and enjoying the September sunshine.



Wonderful comments and feedback have been received. Here are a sample.

"Everything was perfect including the weather, the food was so tasty and Malcolm great to dance to"

"What a lovely crowd was there, joining in with the dancing and singing!! Loved every minute of it"

"the dancing was mighty!"

New friendships were made and old friendships renewed as well as fun exercise through dance. A wee bit of shopping was enjoyed around the town too- the boot of the bus looked mighty full!

Action Cancer The Big Bus -

The Big Bus has kindly agreed to come back to offer The Big Bus Services to FACT members in more areas in Fermanagh and Armagh.

Co Fermanagh—8 October 2015
10 am to 3 pm in Derrylin Parish Hall Car Park
ring direct to 02890803344 to make your appointment.

Co Armagh will be visited in November—date and location to be confirmed.
Please contact Yvonne to express an interest and you will be notified when a date and location is confirmed.

Action cancer
Saving Lives Supporting People

The Big BUS

Take action now!

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

www.facebook.com/actioncancer @ActionCancer

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.

Christmas Event

On **Wednesday 2 December** the FACT Project will celebrate Christmas. This event will combine a health and welfare day and many organisations relevant to older people will be there to provide information.

Starting at 11.00 am in Armagh City Hotel transport is available from County Fermanagh. Traditional Christmas lunch of Turkey and Ham will be followed by dancing in the afternoon.



The event is limited to 50 persons per county. First preference will be given to new members, those who have not attended a FACT Christmas or other event before.

Contact the office to express an interest and names will be confirmed approximately 2 weeks prior to the event. Even if you have gone to previous events please do express your interest.

As always we will try to accommodate as many people as possible.

FACT Project staff...

Yvonne Breen
(Projects Officer - Part
Time, Armagh)
Mobile 0771 159 0772
Ybreen.fact@gmail.com

Sharon Howe
(Projects Officer,
Part Time, Fermanagh)
028 677 22615
Mobile 0771 159 0771
Fermanagh Office is open
9.00am to 3.00pm Monday-
Friday

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