

# Fermanagh and Armagh Connected Together - FACT

'Valuing the lives of our Older People'



Summer  
Newsletter  
2017



LOTTERY FUNDED

## Welcome

Welcome to the Summer edition of our FACT newsletter - we hope that we find you well and that you are enjoying the season. During the summer months our programme changes with less emphasis on classes and focussing more on encouraging our members to get out and about through respite days etc.

## 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. Due to our increasing membership there may be some occasions when we are unable to facilitate all who may want to attend events or classes.

## Remember!

**Mark dates in your diary or calendar.**

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

Likewise please don't turn up without booking in and ALWAYS tell us of any special dietary requirements in advance.

## The FACT Office Closures

Wednesday 12th July 2017  
Monday 28th August 2017

## CONTACT DETAILS

**The FACT Project**  
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Lisnaskea.  
Co Fermanagh  
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**Office No:028 677 22615**  
**info@factni.com**

## 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 to Friday

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## Finance & Administration

Mandy Brown  
(Finance/Admin Officer)  
mbrown.fact@gmail.com  
1.00pm to 3.00  
Monday to Friday

**find us on Facebook**  
**www.FACTNI.com**



## Grow it - Make it - Eat it!



Sessions on Grow it, Make it, Eat it continue and it's not too late to join in.

More and more studies are indicating that its good to eat foods which aren't processed and are prepared at home with fresh ingredients. FACT, SWAP and Colebrook Kitchen Garden will be offering you this opportunity in 2017. We will deliver an ongoing course where you grow the ingredients to cook wholesome nutritional meals.

No experience is necessary and you don't need a big garden. . Each session will be hosted jointly by gardening tutor Dougal and cookery tutor Allison. This course will be delivered in a relaxed environment with everyone working together to grow and cook tasty treats (which you then get to eat) Recipes are simple and cost effective.

This is a wonderful opportunity to renew your interest in how you approach food especially if your home circumstances have changed and you have lost interest. Sessions are as follows and will run from 10.30 am to 12.30 pm.

| Ses- sion | Date                            | Main Ingredient          | Topic  |
|-----------|---------------------------------|--------------------------|--|
| 3         | 3 <sup>rd</sup> July 2017       | Broccoli and cauliflower | Weeds. Worst offenders and how to deal with them     |
| 4         | 11 <sup>th</sup> September 2017 | Onions and tomatoes      | Storing veg & saving weeds                           |
| 5         | 2 <sup>nd</sup> October 2017    | Apples and blackberries  | Composting. What to put on your heap and what not to |
| 6         | 13 <sup>th</sup> November 2017  | Leek and Potato          | Soup   |



### **FREE Home Fire Safety Checks**

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

Exercise is proven to be good for us and it also lifts our mood. We cater for all levels so please come along and join in. Walking in a group is a sociable activity that can help improve mental health and overcome feelings of isolation.



| Walking destination<br><b>FERMANAGH</b> | Date                                | Time     | Meeting point  |
|---|-------------------------------------|----------|--|
| Crom Estate                             | Tuesday<br>4th July 2017            | 10.30 am | Visitors Centre.   |
| Castle Archdale                         | Monday<br>17th July 2017            | 10.30 am | Car Park at Tea Rooms  |
| Ely Lodge                               | Wednesday<br>2nd August 2017        | 10.30 am | Car Park   |
| Colebrooke Estate                       | Wednesday<br>20th September<br>2017 |          | Front of house<br>Tree walk followed by<br>lunch in Valley Hotel |

| Walking destination<br><b>ARMAGH</b>    | Date                         | Time     | Meeting point                        |
|---|------------------------------|----------|--------------------------------------|
| Lurgan Park                             | Wednesday 26th<br>July 2017  | 10.30 am | Brownlow House                       |
| Clare Glen, Markethill<br>Rd, Tandragee | Thursday 31st<br>August 2017 | 10.30 am | Car park closest to Clare<br>village |

| <b>Let's Lunch</b>   | Date  | Time                            |
|--|---|---------------------------------|
| <p>Recycling Education officers from each County will give an informal chat to ensure we understand what happens to our waste - this helps us to think about how we can reduce and recycle our rubbish. By learning more about waste and recycling we can all do our bit for the environment. Lunch will be served.</p> <p>THERE IS NO TRANSPORT BETWEEN COUNTIES</p> <p><b><u>Fermanagh Location</u></b></p> <p><b><u>Enniskillen Hotel</u></b></p> <p><b><u>Armagh Location</u></b></p> <p><b><u>Armagh City Hotel</u></b></p> <p><b>Recommended Contribution £5 per person.<br/>PRE-BOOKING AND DECLARATION OF ANY<br/>SPECIAL DIETARY REQUIREMENTS ESSENTIAL</b></p> |  <p>Wednesday<br/>26th July 2017</p> <p>Wednesday<br/>19th July 2017</p> | <p>12.00 pm</p> <p>12.00 pm</p> |

# Building the Community Pharmacy Partnership Programme



Community Development  
& Health Network

The FACT Project are delighted to have received funding to bring together older people from Lisbellaw in partnership with Corrina Collum, Lisbellaw Medical Hall to work together and address a number of health issues.

All costs are covered by Community Development and Health Network. The project will be delivered on a monthly basis on the first Tuesday of each month from 10.30 am to 12.30 pm in Lisbellaw Methodist Hall with 15 people attending. It is a relaxed and informal project designed to allow you to improve the quality of your own life.

Refreshments will be provided during the sessions.

| Date               | Subject   |
|--------------------|---|
| 4th July 2017      | Minor Health Checks - administered by the pharmacist. Whilst each person is having their individual checks carried out Cruse Bereavement "Beyond Words" will deliver an interactive good memories salt jar making session and the pharmacist on completion of the checks would interact with information on managing stress and depression. |
| 5th September 2017 | The Herbal alternatives   |
| 3rd October 2017   | Look after yourself (minor ailments)  |
| 10th October 2017  | You are what you eat - interactive group cookery session.   |

## Email and website - keeping in touch

If you use an email address and don't receive our emails please drop us a line on [info@factni.com](mailto:info@factni.com) and we will add you to the mailing list.

Also if you receive an email or newsletter and you don't wish to be on our mailing list just contact the office by telephone or email to advise.



Don't worry we will still post a copy of any Newsletter in the post however we use email as an additional and ongoing way of keeping you up to date with many events in the area.

The FACT website [www.factni.com](http://www.factni.com) is also a brilliant way of keeping up to date with what's happening within Project. It is regularly updated.

## Fermanagh Courses

| Date  | Location  | Time   | Details  |
|---|---|--|--|
| Friday 4th August 2017<br>(4 weeks)<br>Limited to 10 persons    | Unit 2<br>Manderwood Park<br>Lisnaskea                                      | 10.30 am to 12.30 pm<br><br>Tutor:<br>Stephen Crawford | <b>Ipad classes -Beginners</b><br>These classes are aimed at maximising use of your tablet. If you don't have a tablet but are interested we have 6 x ipads for use in class. These are aimed at beginners who have not attended previously.   |
| Wednesday 2nd August 2017<br>(4 weeks)<br>Limited to 10 persons | Fermanagh Sports & Cultural Awareness Association Office,<br>Ballinamallard | 10.30 am to 12.30 pm<br><br>Tutor:<br>Stephen Crawford | <b>Ipad classes -Beginners</b><br>These classes are aimed at maximising use of your tablet. If you don't have a tablet but are interested we have 6 x ipads for use in class. These are aimed at beginners who have not attended previously.   |
| Friday 4th August 2017<br>4 weeks                               | Unit 2<br>Manderwood Park<br>Lisnaskea                                      | 1.30 pm to 3.30 pm<br><br>Tutor:<br>Stephen Crawford   | <b>Improver Ipad classes</b><br>Each day covers a specialist subject - mix and match as you require.<br><u>Session 1</u> Social media Facebook, Twitter, Messaging, Instagram etc.<br><u>Session 2</u> Security settings and safe shopping<br><u>Session 3</u> Making movies and editing them.<br><u>Session 4</u> Music and entertainment |
| Wednesday 2nd August 2017<br>4 weeks                            | Fermanagh Sports & Cultural Awareness Association Office,<br>Ballinamallard | 1.30 pm to 3.30 pm<br><br>Tutor:<br>Stephen Crawford   | <b>Improver Ipad classes</b><br><u>Session 1</u> Social media Facebook, Twitter, Messaging, Instagram etc.<br><u>Session 2</u> Security settings and safe shopping<br><u>Session 3</u> Making movies and editing them.<br><u>Session 4</u> Music and entertainment   |

Recommended Contribution is £10 per person for the full course

| Colebrook Gardening Sessions                          | Date               | Time                 |
|---|--------------------|----------------------|
| Recommended Contribution is £3 per person per session | 8th August 2017    | 10.00 am to 11.30 am |
| Recommended Contribution is £3 per person per session | 5th September 2017 | 10.00 am to 11.30 am |



## Armagh Courses

| Date                             | Location   | Time                    | Details  |
|----------------------------------|--|-------------------------|--|
| Monday<br>31st July<br>(4 weeks) | Armagh Royal<br>British Legion<br><br>Tutor:<br>Judith Kinnen                          | 10.30 am to<br>12.30 pm | <b>Ipad - Themed Classes</b><br><br>Wk 1 Cameras & photos<br>Wk 2 Internet shopping &<br>Security<br>Wk 3 Entertainment<br>Wk 4 Social Media   |
| Monday<br>31st July<br>(4 weeks) | Portadown Town<br>Hall<br><br>Tutor:<br>Judith Kinnen                                  | 2.00 pm to<br>4.00 pm   | <b>Ipad -Themed Classes</b><br><br>Wk 1 Cameras & photos<br>Wk 2 Internet shopping &<br>Security<br>Wk 3 Entertainment<br>Wk 4 Social Media  |
| Tuesday<br>1st August            | Community Room ,<br>Sloan House<br>Museum,<br>Loughgall<br><br>Tutor:<br>Judith Kinnen | 10.00 am to<br>1.00 pm  | <b>Mobile phone clinics</b><br>Do you have a smart phone<br>that is outwitting you?<br>Would you like to be able to<br>send a text? Listen to your<br>voicemail? Access your<br>emails? Use the Camera?<br>Look at a map on your<br>phone?<br>Book a half hour appointment<br>with Judith to learn more<br>about the features of your<br>phone.<br>(Pre booking essential) |
| Wednesday<br>2nd August          | TMAC Centre,<br>Keady<br><br>Tutor:<br>Judith Kinnen                                   | 10.00 am to<br>1.00 pm  | <b>Mobile phone clinics</b><br>Do you have a smart phone<br>that is outwitting you?<br>Would you like to be able to<br>send a text? Listen to your<br>voicemail? Access your<br>emails? Use the Camera?<br>Look at a map on your<br>phone?<br>Book a half hour appointment<br>with Judith to learn more<br>about the features of your<br>phone.<br>(Pre booking essential) |

Recommended Contribution is £10 per person for the full course

## Intergenerational Genealogy - Build your family tree!

This innovative project works to bring the generations together to preserve your family tree and pass the passion for genealogy on to the next generation. The younger generation will provide the technology skills for online research.

Ideally participants will be related though this is not essential. The younger generation should be aged 10 upwards and this will be limited to 16 participants (8 older and 8 younger).

Trips to Enniskillen Library and PRONI will be included to allow background research by the adult participants..

This course will be held in Unit 2 Manderwood Park, Lisnaskea (beside The FACT Office) and will run from 10.30 am to 12.30 pm.

If you have your own laptop or tablet please bring it for research.

**Consent forms must be completed by the young persons parent or legal guardian.**



| Date                                  | Subject                                      |
|---------------------------------------|--|
| Tuesday 1 <sup>st</sup> August 2017   | Introduction                                 |
| Thursday 3 <sup>rd</sup> August 2017  | Birth, marriage and death records            |
| Tuesday 8 <sup>th</sup> August 2017   | Local Newspapers—meet at Enniskillen Library |
| Thursday 10 <sup>th</sup> August 2017 | Trip to PRONI in Belfast - Adults            |
| Tuesday 15 <sup>th</sup> August 2017  | Military and Migration Records               |
| Thursday 17 <sup>th</sup> August 2017 | Making a Family Tree                         |
| Tuesday 22 <sup>nd</sup> August 2017  | Complete making a Family Tree                |

### Mary Catherine's Cottage

Mary Catherine's Cottage is a traditional Irish farm dating back to the 1700's. The cottage, stables & outbuildings have been sympathetically restored to maintain the heritage whilst also offering modern day comforts. FACT members enjoyed a wonderful visit on Wednesday 21st June. The day incorporated great food, music, dancing and story telling. Brilliant sunshine enabled FACT members to explore this beautiful old place, set in the gateway to the Mourne Mountains.





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 '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.

## Joint Events ... coming up

**BOOKING ESSENTIAL !**

| Date  | Location                  | Description   |
|---|---------------------------|---|
| Thursday<br>27th July 2017<br><br><b>Recommended Contribution<br/>£20 per person</b>                                      | Lough Neagh               | <b>Cruise on Maid of Antrim</b><br><br>This cruise will entail a visit to the National Trust property of Coney Island in the South Western corner of Lough Neagh. Departure will take place from Ballyronan Marina and upon arrival on the Island there will be a guided tour followed by a BBQ and entertainment.  |
| Thursday<br>17th August<br>2017<br><br><b>Recommended Contribution<br/>£20 per person</b>                                 | Lissan House<br>Cookstown | Lissan is an utterly enchanting country house set at the heart of a 267 acre demesne and located just 1.5 miles north of Cookstown at the foot of the Sperrin Mountains in County Tyrone. It is the former home of Mrs. Hazel Dolling, who brought the property to nationwide attention through a BBC restoration series in the 1990s. Tea Coffee on arrival followed by a tour of the house (split into three groups). A specialist soap making demonstration will also take place followed by a walk of the estate gardens. This will be an all day event and lunch will be included. |
| Wednesday<br>20th September<br>2017<br><br><b>Recommended Contribuion<br/>£5 Fermanagh members<br/>£10 Armagh members</b> | Colebrooke<br>Estate      | <b>Tree Walk at Colebrooke</b><br>A walk around the beautiful grounds of Colebrooke Estate.<br>Kate Crane will give a talk both at the estate followed by lunch in the Valley Hotel, Fivemiletown. This talk will cover the species of trees and their characteristics with interesting points to watch out for..<br>A bus will travel from Armagh hence the increased contribution.  |

[www.FACTni.com](http://www.FACTni.com) - All events are listed on our calendar or find us on Facebook