



CONNECT

Devenish Partnership
Forum

Autumn 2011

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WINTER Health Event

On Saturday 8th October in 'The Devenish Room' at
Fermanagh Lakeland Forum

Time : 11am-1pm

This event will provide advice from local organisations on how to stay warm and healthy over the winter months.

Advice will include information on:

- Healthy eating
- Financial advice & support
- Heating your home
- Accident prevention in the home
- Becoming more energy efficient

Registration night for all activities

In Kilmacormick Resource Centre

on Monday 5th September at 7pm-8.30pm
registration fee applies for each class (see page 3)

Homework Club

All young people need to be registered before club re-opens on 12th Sept (that includes previous attendees.)

Priority given to those from Neighbourhood Renewal Area.

Places will be allocated before 12th Sept by phone call/letter.

For further information
Contact Laura
02866 327808

THIS AUTUMN YOU WANT TO FEEL HEALTHY & LOOK HEALTHY - JOIN DEVENISH 'FIT4LIFE CLASS'

- LOOSE WEIGHT
- LEARN ABOUT HEALTHY EATING
- WORK WITH A PERSONAL TRAINER TO ACHIEVE ULTIMATE FITNESS
- PILOTED EARLIER IN THE YEAR WITH GREAT SUCCESS

Phone Lisa to discuss your suitability to the programme



Community Allotment Holders - some dates for your diary...

- Allotment Meeting on Tuesday 13th September at 7.30pm in Kilmacormick Resource Centre - please confirm your intention to attend with Roisin on 66328866
- Saturday 15th September - General tidy up day for all allotment holders 11am - 3.00pm (light lunch provided)





Homework And Activity Club

Summer Scheme

AS you can see from the photos we had a very successful Summer Scheme despite the weather. We had an action packed programme in place which included Horse Riding, Dublin Zoo, Funtasia, Sports Day, Pet Farm, American Folk Park, Make Your Own Bear, Make Your own Cosmetics plus many more.

Not only was it fun and exciting but kids were able to learn and identify different animals, mix, measure and cook up their own lip balms, learn history on 4th of July celebrations in America, learn different parts of a horse and how to groom a horse and the biggest surprise of all they all learnt how to sew!!

A big thank-you to the young people who participated in Summer Scheme it was your enthusiasm that made it worthwhile and unforgettable.....



Back To School

It's that time of year again when the panic starts, homework to be done, parents wondering how they are going to fit everything in...

Take the pressure off by sending your child to the Homework and Activity Club where we can offer:

- Homework Support
- Extra Resources and excellent facilities
- Healthy Snack
- Trips and activities (Term/Outside Term)
- Opportunity to make new friends
- Place on next years Summer Scheme

There are many more advantages... If your child is aged 8-12 years old come along

Teen Scene 13+

Teen Scene had a Summer programme that offered a wide range of activities to cater for all age groups and interests.

Activities that were available:

- Kayaking/Water Trampolining
- Banana Boat
- Horse Riding
- Golf
- Funtasia
- Bio-Karting
- Surfing

As you can see by the pictures it was an enjoyable time for our young people.



There will be a new programme beginning on Sept 29th @5pm at the Kilmacormick Resource Centre which will include a workshop on Healthy Relationships, Health and Fitness, Heart Start Training ,Cook It plus many more.

This group is for 13-17 year boys and girls and is welcoming all new members.

Contact Laura, Mark or Gerry 02866 327808



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ACTIVITY	VENUE	DAY & TIME	OTHER INFO
Introduction to flower arranging	Kilmacormick Resource Centre	Monday 7-9pm	10th October—5th December (8weeks) £8 charge
First Aid Course	TBC	TBC`	Register your interest and info will follow £10 Deposit
Healthy Hearts & Heart Start Breast Awareness Coffee Morning	Cathedral Hall	Monday 11-12.30pm	19th September & 26th September 10th October - Bring a friend £2 each
Fit4Life weight management	Lakeland Forum in Recreational Room	Monday 7-9pm	10th October - 5th December £15 charge
Tai Chi with Gill Keogh	Cathedral Hall	Monday 1.45-2.45pm	19th September—24th October £6 charge
Armchair Tai Chi	Barbour Court - open to all interested	Monday 3.15-4.15pm	3rd October –24th October
'FitNFun' - boccia, new age kurling, badminton, table tennis for senior citizens	Lakeland Forum	Every other Tuesday commencing 13th September at 2pm-3.30pm	If you require transport please phone Lisa on 66328866
Ceilidh Dancing with Pat & Mary Moohan	Holy Trinity, Cornagrade	Tuesday 6pm-7.15pm	4th October—8th November
Lite N' Easy Fitness Class	TBC	Tuesday 11am - 12pm	13th September - 18th October £6 charge
'Quit & Get Fit' Stop Smoking	Lakeland Forum	Commences Tuesday 13th September session 1 @ 7pm or session 2 @ 8pm	Places are limited—see back page for more details
Devenish Walking Group	Meeting Point Devenish Partnership Forum, 26-28 Yoan Rd	Wednesday 9.30am	Walks at a variety of local locations, call Lisa for information
Devenish Football Club	Lakeland Forum 3G pitch	Wednesday 6.30-7.30pm	7th September—18yr olds and over £1 per week
Safe Talk	Kilmacormick Resource Centre	Wednesday 7-10pm	14th September. Suicide alertness for everyone. Refreshments provided
Flower Arranging Level 1—see back page for details	Kilmacormick Resource Centre	Wednesday 7-10pm	14th September –16th November
Minding YOUR Emotional & Mental Health through Mindfulness Information Night	Aisling Centre, 37 Darling St, Enniskillen	Wednesday 7.30-9pm	21st September No booking necessary
Mindfulness Based Stress Reduction Programme	Aisling Centre, 37 Darling St, Enniskillen	Wednesday 7.30-9pm	28th September—16th November. Booking essential phone Mary on
Zumba with Dylan Quinn	Holy Trinity, Cornagrade	Thursday 6pm-7pm	15th September –20th October. £6 charge.
Swimming class for learners	Lakeland Forum	Thursday 2.30-3.10pm	22nd September—27th October Meet at pool side. £6 charge
Complementary therapy - head, neck, shoulder massage & reflexology.	Aisling Centre, 37 Darling St, Enniskillen	Appointments available Mon-Fri throughout	Contact Joan or Marie on 66325811 to make an appointment.
Action Cancer Big Red Bus	Holy Trinity Cornagrade	Saturday 24th September; 10.am-3.20pm	Phone 02890803344 to make an appointment. See back page for details.



**DEVENISH PARTNERSHIP
FORUM**

26/28 Yoan Road
Kilmacormick
Enniskillen
Co. Fermanagh

Phone 028 66327808/66328866
Fax: 02866 327808

E-mail: devenishpartnership@hotmail.com



Level one Flower Arranging

To be eligible you must meet 4 criteria
(cost £10)

- Over 19
- Not in employment
- Not holding a level 2 qualification
- Not enrolled on another college course
- For those who don't fit criteria cost is £30 (£20 for accreditation)



**Senior Citizens Health Programme
in Westend Community Venue, Old
Henry St (end of Scotch Stores)**

- Arm chair aerobics
- Arm chair tai chi
- Cookery
- Health MOT's

Friday 7th October - 11th November
at 11am-12pm

**KILMACORMICK RESOURCE
CENTRE**

Child Care Centre

Places available for pre school
children aged 2years 6mths to
school going age. Mon-Fri 9.30am-
12.30pm

- Fully registered with social services
- Tax credits accepted & for those wishing to access WFTC
- Fully qualified staff
- Affordable, high quality child-care

Contact Marion/Eileen 02866 342537
or 66329677

Healthy Hearts & Heart Start

Simple skills save lives - do you know
what to do in an emergency
situation?

Heart Start teaches the set of actions needed to
keep someone alive until professional help arrives.

- Cardiopulmonary resuscitation
- Dealing with choking
- Dealing with serious bleeding
- How to recognise signs and symptoms of a heart attack

See back page for course details

Vibrogym

The vibrogym works to increase your muscle and strength, improve your bone density, improve energy levels and to help loose weight alongside a healthy diet.

Make an appointment for your free induction session at the Devenish Partnership Forum Offices by ringing Karen 02866 327808

Men and women welcome

Big Red Bus Telephone 02890803344 for an appointment

Appointments available on Saturday 24th September in Holy Trinity Cornagrade - 10am-3.20pm

- Breast Screening available for women aged 40-49 & 70+
- Health checks
- Why Weight?—weight assessment

Fermanagh Long Term Conditions Information Day

- Pain
- MS
- Diabetes
- Arthritis
- Depression
- COPD
- Heart Disease
- ME
- Stroke
- Asthma
- Fatigue

On Wednesday 12th
October 2011. 10-3pm
@ Killyhevin Hotel

Please contact the
Devenish Information
Stand if you attend.

Quit & Get Fit



- 8 week stop smoking programme
- Free 8 week gym pass
- Expert advice from smoking cessation specialist
- Registration night on 5th Sept in Kilmacormick Resource Centre



**HALLOWEEN TEA
DANCE**

IN THE SCOUT HALL
ON THURSDAY 27TH
OCTOBER

AT 1.30-4PM

£2 ENTRY—PLEASE CONFIRM
YOUR INTENTION TO ATTEND
WITH KAREN ON 66327808