



Fermanagh & Omagh area

October 2026



Fermanagh & Omagh
District Council
Comhairle Ceantair
Fhear Manach agus na hÓmaí



Public Health
Agency

Project supported by the PHA



Age Friendly
Network NI

#positiveageingwest



Foreword

As Chair of Fermanagh and Omagh District Council, I am delighted to welcome you to Positive Ageing Month 2026 and this year's exciting programme of events and activities. Each October, Positive Ageing Month gives us an opportunity to celebrate the valuable contribution that you make to your families, communities and society. It is also a chance to highlight the benefits of ageing well and to encourage active, healthy and fulfilling lives.

Every day, you help strengthen our communities through volunteering, caring for loved ones, sharing your skills and experience, and staying active in community life. Your contribution helps make our district a better place for everyone. This year, Fermanagh and Omagh District Council is once again pleased to work in partnership with the South West Age Partnership (SWAP) and the Public Health Agency (PHA) to bring you a varied and exciting programme of events. We have planned something for everyone to enjoy, from arts and crafts activities, senior swims and walking programmes to talks and learning opportunities. There are plenty of ways to support your physical and mental wellbeing while trying something new. We will also host two special celebration events to recognise the invaluable contribution made by older volunteers across the district, and I look forward to meeting many of you and thanking you in person for all that you do. There will be plenty of opportunities to socialise, make new connections and enjoy time with friends, including our popular tea dances. Building on the success of previous projects, the programme also includes an intergenerational talk on Omagh's hotels, as well as engaging sessions exploring local history, farming through the years and family history research.

While later life brings many opportunities, we also recognise that it can present challenges. With this in mind, the programme includes a falls prevention initiative and support sessions on living well with chronic pain, helping you to stay independent, active and confident. The UK-wide theme for 2026, led by the Centre for Ageing Better, is "What's on Your Doorstep?" This theme celebrates the local places, services and opportunities that support wellbeing, independence and participation in community life. It also highlights the importance of removing barriers that can make it more difficult to access these opportunities. Fermanagh and Omagh District Council remains committed to creating an Age Friendly District, where you can live independently, stay active, feel connected and continue to play a full and valued role in community life.

I encourage you to make the most of Positive Ageing Month and attend as many events as possible. They provide a fantastic opportunity to meet people, strengthen friendships, learn something new and enjoy all that our district has to offer. To mark the International Day of Older Persons and the start of Positive Ageing Month, Strule Arts Centre in Omagh and Enniskillen Castle will be illuminated in purple on Thursday 1 October 2026. Positive Ageing Month reminds us that growing older does not mean slowing down. Across our district, older people continue to enrich community life every day, and this programme is an opportunity to celebrate that contribution, connect with others and discover what is available right on your doorstep.

Councillor Debbie Coyle

Chair of Fermanagh and Omagh District Council

Welcome

At South West Age Partnership, October is always one of our busiest and most rewarding months. We've packed the calendar with activities to bring people together, from coffee mornings to exercise classes, arts and crafts, and much more. We're grateful to work alongside our partners, in particular Fermanagh and Omagh District Council, in delivering these activities across our community. This booklet brings all of that together in one place.

Whether you come along to one event or all of them, we hope this month gives you a chance to try something new, catch up with familiar faces, and meet some new ones too.

Thank you for being part of South West Age Partnership, and we hope to see you at one of our activities this month.

Allison Forbes

Manager, South West Age Partnership



South West



Age Partnership



COMMUNITY ENERGY SAVER PROJECT

Keep Warm and Well Workshops

TOP TIPS

Easy low-cost or no-cost ways to save energy.

HEATING CONTROLS

How to understand and manage your heating system.

STOP HEAT LOSS

Practical ways to keep the heat where it is needed.

DAMP & CONDENSATION

How to spot the causes and fix them.

SWITCHING SUPPLIERS

How to compare energy deals and save money.

ADVICE AND SUPPORT

Information and details of relevant organisations.

Worried about high energy bills and keeping your home warm this winter?

In the Fermanagh and Omagh district, National Energy Action (NEA NI) is running **Keep Warm and Well** workshops, supported by Fermanagh and Omagh District Council and Ulster Garden Villages, to help you take control of your household energy bills.

Simple changes to your daily routine can make a massive difference! We can offer these sessions online or face-to-face for community groups, clubs and organisations across the district.

BOOK A SESSION FOR YOUR GROUP TODAY!

Contact Nichola MacDougall

Email Nichola.MacDougall@nea.org.uk or Phone 028 9023 9909

Fermanagh Dementia Singing Group

A singing group for people living with dementia in our local community and their carers

Venue: Fermanagh House, Enniskillen

SING

Every Wednesday
1.30pm - 3.00pm

Music, laughter & great company in a relaxed setting!

Contact Allison on
aforbes@southwestsupportpartnership.co.uk
for more information

South West
SWAP
Age Partnership

Positive Ageing Month October 2026

Thursday 1 October 2026

PAM 2026 Opening Event

A fun blend of nostalgic games and gentle movement.

10.30am - 2.00pm

The Bawnacre, Irvinestown

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Friday 2 October 2026

Free Senior Swim

8.30am - 9.30am

Omagh Leisure Complex

No need to book

Friday 2 October 2026

Afternoon Tea Dance

Afternoon Tea Dance with

Eugene Cunningham

2.00pm - 4.00pm

Fermanagh House

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Sunday 4 October 2026

Silver Sunday Arts and Craft Class

2.00pm - 4.00pm

Omagh Leisure Complex

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Monday 5 October 2026

Better Days Chronic Pain Programme

8 - 12 week programme of Support for Living Well with Chronic Pain

10.30am

Oak Healthy Living Centre

Book in with Davina Coulter

T: 028 677 23843

E: davina.coulter@oakhlc.com

Monday 5 October 2026

Free Senior Swim

8.30am - 9.30am

Omagh Leisure Complex

No need to book

Monday 5 October 2026

Chair Yoga with Debs McCrory

11.00am - 12.00pm

Omagh Lawn Tennis Club

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Monday 5 October 2026

Art Class

8 week programme of acrylic art

10.30am

Oak Healthy Living Centre

Book in with Davina Coulter

T: 028 677 23843

E: davina.coulter@oakhlc.com

Monday 5 October 2026

Library Lounge Irvinestown

Songs from the Hearth with Tom Sweeney

11am - 1.00pm

Irvinestown Library

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Tuesday 6 October 2026**Free Senior Swim**

8.30am - 9.30am

Omagh Leisure Complex

No need to book

Tuesday 6 October 2026**Derrygonnelly Wellbeing Programme**

11:00am - 1:00pm

Derrygonnelly Methodist Hall

Book in with Allison Forbes

T: 078 733 92365**E:** aforbes@southwestagepartnership.co.uk**Wednesday 7 October 2026****Inspire Activities**

An inclusive and engaging physical wellbeing session that uses games and movement activities to support physical health, confidence and social interaction.

10.30am - 12.00pm

Omagh Leisure Complex

Book in with Allison Forbes

T: 078 733 92365**E:** aforbes@southwestagepartnership.co.uk**Wednesday 7 October 2026****Pain and Condition Management Course**

Do you live with a long-term health condition or pain? Pain & Condition Management is an innovative and evidence-informed programme which will empower you to improve your quality of life.

11.00am - 1.00pm

Fermanagh House

Book in with Allison Forbes

T: 078 733 92365**E:** aforbes@southwestagepartnership.co.uk**Wednesday 7 October 2026****Fermanagh Dementia Singing Group**

A singing group for people living with a dementia diagnosis. Carers welcome too.

1.30pm - 3.00pm

Fermanagh House

Book in with Allison Forbes

T: 078 733 92365**E:** aforbes@southwestagepartnership.co.uk**Wednesday 7 October 2026****Lisnaskea Walking Group**

New walkers always welcome.

Suitable for beginners

10.30am

Oak Healthy Living Centre

Book in with Davina Coulter

T: 028 677 23843**E:** davina.coulter@oakhlc.com**Wednesday 7 October 2026****Senior Swimming Lessons**

4 week programme - £20 for full course

1.00pm - 1.30pm

Omagh Leisure Complex

To book your place call 028 8224 6711

or email olcinfo@fermanaghomagh.com

Wednesday 7 October 2026**Omagh Forum for Rural Associations**

Annual General Meeting with a focus on ageing positively in a rural setting

7.30pm - 9.30pm

Greencastle Community Centre

to book your place call 028 8225 1559

or email info@omaghforum.org

Friday 9 October 2026

Low Impact Exercise Class

11.00am
Over 60's £4.00 per class
Omagh Leisure Complex
Booking Details:
olcinfo@fermanaghomagham.com
T: 0288224 6711

Friday 9 October 2026

Free Senior Swim

8.30am - 9.30am
Omagh Leisure Complex
No need to book

Friday 9 October 2026

Afternoon Tea Dance

Afternoon Tea Dance with
Eugene Cunningham
2.00pm - 4.00pm
St Columba's Hall, Omagh
Book in with Allison Forbes
T: 078 733 92365
E: aforbes@southwestagepartnership.co.uk

Monday 12 October 2026

Free Senior Swim

8.30am - 9.30am
Omagh Leisure Complex
No need to book

Monday 12 October 2026

Library Lounge Omagh

Farming Through the Years
11.00am - 12.30pm
Omagh Library
Booking essential
T: 028 8244 0733
E: omagh.library@librariesni.org.uk

Monday 12 October 2026

Chair Yoga with Debs McCrory

11.00am - 12.00pm
Omagh Lawn Tennis Club
Book in with Allison Forbes
T: 078 733 92365
E: aforbes@southwestagepartnership.co.uk

Tuesday 13 October 2026

Free Senior Swim

8.30am - 9.30am
Omagh Leisure Complex
No need to book

Tuesday 13 October 2026

Derrygonnelly Wellbeing Programme

11.00am - 1.00pm
Derrygonnelly Methodist Hall
Book in with Allison Forbes
T: 078 733 92365
E: aforbes@southwestagepartnership.co.uk

Wednesday 14 October 2026

Pain and Condition Management Course

Do you live with a long-term health condition or pain? Pain & Condition Management is an innovative and evidence-informed programme which will empower you to improve your quality of life.
11.00am - 1.00pm
Fermanagh House
Book in with Allison Forbes
T: 078 733 92365
E: aforbes@southwestagepartnership.co.uk

Wednesday 14 October 2026

Fermanagh Dementia Singing Group

1.30pm - 3.00pm
Fermanagh House
Book in with Allison Forbes
T: 078 733 92365
E: aforbes@southwestagepartnership.co.uk

Wednesday 14 October 2026

Lisnaskea Walking Group

New walkers always welcome.
Suitable for beginners
10.30am
Oak Healthy Living Centre
Book in with Davina Coulter
T: 028 677 23843
E: davina.coulter@oakhlc.com

Wednesday 14 October 2026

Policing and Community Safety Partnership
Information Stand at Enniskillen Library
 Information stand on a range of community safety issues including scam prevention, RAPID bins, Herbert Protocol and crime prevention
 2.00-4.30pm
 Irvinestown library,
 Main Street, Irvinestown
 No booking required

Wednesday 14 October 2026

Road Safety Session
 2.00pm - 4.00pm
 Omagh Library
 Book in with Allison Forbes
T: 078 733 92365
E: aforbes@southwestagepartnership.co.uk

Wednesday 14 October 2026

Senior Swimming Lessons
 4 week programme - £20 for full course
 11.30am
 Omagh Leisure Complex
 To book your place call 028 8224 6711
 or email olcinfo@fermanaghmagh.com

Thursday 15 October 2026

Older People's Parliament
 Parliament Buildings, Stormont, Belfast
 Book in with Allison Forbes
T: 078 733 92365
E: aforbes@southwestagepartnership.co.uk

Friday 16 October 2026

Free Senior Swim
 8.30am - 9.30am
 Omagh Leisure Complex
 No need to book

Friday 16 October 2026

Low Impact Exercise Class
 11.00am
 Over 60's £4.00 per class
 Omagh Leisure Complex
 Booking Details:
olcinfo@fermanaghmagh.com
T: 0288224 6711

Friday 16 October 2026

Tea and Thanks - Recognising Older Volunteers
 11.00am - 1.00pm
 Strule Arts Centre, Omagh
 Book in with Allison Forbes
T: 078 733 92365
E: aforbes@southwestagepartnership.co.uk

Monday 19 October 2026

Free Senior Swim
 8.30am - 9.30am
 Omagh Leisure Complex
 No need to book

Monday 19 October 2026

Chair Yoga with Debs McCrory
 11.00am - 12.00pm
 Omagh Lawn Tennis Club
 Book in with Allison Forbes
T: 078 733 92365
E: aforbes@southwestagepartnership.co.uk

Monday 19 October 2026

Royal Arms and Knocknamoe Castle:
 Staff, stories, and sharing memories with South West College students. This heritage talk explores the history and stories of these iconic hotels. Delivered in partnership with South West College, we invite former staff, local residents and anyone with photographs, stories or personal memories to share their connections to these much-loved hotels.
 10.30am - 12.00pm
 Book online struleartscentre.co.uk
T: 028 8224 7831
E: strulearts@fermanaghmagh.com

Tuesday 20 October 2026

Free Senior Swim

8.30am - 9.30am

Omagh Leisure Complex

No need to book

Tuesday 20 October 2026

Derrygonnelly Wellbeing Programme

11:00am - 1:00pm

Derrygonnelly Methodist Hall

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Wednesday 21 October 2026

Inspire Activities

An inclusive and engaging physical wellbeing session that uses games and movement activities to support physical health, confidence and social interaction.

11.00am - 12.30pm

Omagh Leisure Complex

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Wednesday 21 October 2026

Pain and Condition Management Course

Do you live with a long-term health condition or pain? Pain & Condition Management is an innovative and evidence-informed programme which will empower you to improve your quality of life.

11.00am - 1.00pm

Fermanagh House

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Wednesday 21 October 2026

Fermanagh Dementia Singing Group

1.00pm - 3.00pm

Fermanagh House

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Wednesday 21 October 2026

Senior Swimming Lessons

4 week programme - £20 for full course
11.30am

Omagh Leisure Complex

To book your place call 028 8224 6711

or email olcinfo@fermanaghmagh.com

Wednesday 21 October 2026

Lisnaskea Walking Group

New walkers always welcome.

Suitable for beginners

10.30am

Oak Healthy Living Centre

Book in with Davina Coulter

T: 028 677 23843

E: davina.coulter@oakhlc.com

Thursday 22 October 2026

Tea and Thanks - Recognising Older Volunteers

Townhall, Enniskillen

11.00am - 1.00pm

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Thursday 22 October 2026

Coffee Morning with Policing and Community Safety Partnership

Drop In Event Come along and have a free coffee and scone with the PCSP staff. Have an informal chat about road safety, Neighbourhood Watch Schemes, anti-social behaviour, Herbert Protocol, safety for older people, scams, RAPID bins and general community safety.

10.30am - 1.00pm

Murphy's on Main Street,

15 Main Street, Ederney

No booking required

Friday 23 October 2026

Low Impact Exercise Class

11.00am

Over 60's £4.00 per class

Omagh Leisure Complex

Booking Details:

olcinfo@fermanaghomagham.com

T: 0288224 6711

Friday 23 October 2026

Policing and Community Safety Partnership Information Stand at Omagh Library

Information stand on a range of
community safety issues including
scam prevention, RAPID bins, Herbert
Protocol and crime prevention

10.30am - 3.00pm

Omagh Library, 1 Spillars Place,

Irishtown Road, Omagh

No booking required

Friday 23 October 2026

Free Senior Swim

8.30am - 9.30am

Omagh Leisure Complex

No need to book

Monday 26 October 2026

Free Senior Swim

8.30am - 9.30am

Omagh Leisure Complex

No need to book

Monday 26 October 2026

Library Lounge Omagh

Getting started with Genealogy

11.00am - 12.30pm

Omagh Library

Booking essential

T: 028 8244 0733

E: omagh.library@librariesni.org.uk

Monday 26 October 2026

Chair Yoga with Debs McCrory

11.00am - 12.00pm

Omagh Lawn Tennis Club

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Tuesday 27 October 2026

Free Senior Swim

8.30am - 9.30am

Omagh Leisure Complex

No need to book

Tuesday 27 October 2026

Regional Financial Well-Being Session

Online financial well-being session.

11.00am - 12.00pm

Join: <https://shorturl.at/xua8q>

No need to book

Wednesday 28 October 2026

Pain and Condition Management Course

Do you live with a long-term health
condition or pain? Pain & Condition
Management is an innovative and evidence-
informed programme which will empower
you to improve your quality of life.

11.00am - 1.00pm

Fermanagh House

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Wednesday 28 October 2026

Fermanagh Dementia Singing Group

1.00pm - 3.00pm

Fermanagh House

Book in with Allison Forbes

T: 078 733 92365

E: aforbes@southwestagepartnership.co.uk

Wednesday 28 October 2026

Senior Swimming Lessons

11.30am
Omagh Leisure Complex
To book your place call 028 8224 6711
or email olcinfo@fermanaghomagh.com

Wednesday 28 October 2026

Lisnaskea Walking Group

New walkers always welcome.
Suitable for beginners
10.30am
Oak Healthy Living Centre
Book in with Davina Coulter
T: 028 677 23843
E: davina.coulter@oakhlc.com

Friday 30 October 2026

Stardust

Dementia Friendly Film
Strule Arts Centre, Omagh
Book online struleartscentre.co.uk
T: 028 8224 7831
E: strulearts@fermanghomagh.com

Friday 30 October 2026

Free Senior Swim

8.30am - 9.30am
Omagh Leisure Complex
No need to book

Friday 30 October 2026

Low Impact Exercise Class

11.00am
Over 60's £4.00 per class
Omagh Leisure Complex
Booking Details:
olcinfo@fermanaghomagh.com
T: 0288224 6711

Friday 30 October 2026

Closing Event

2.00pm - 3.30pm
Strule Arts Centre, Omagh
Book in with Allison Forbes
T: 078 733 92365
E: aforbes@southwestagepartnership.co.uk



Land & Property Services
Seirbhísí Talún agus Maoine

Further information is available at:

www.nidirect.gov.uk/articles/lone-pensioner-allowance
and www.nidirect.gov.uk/rates-help
or by calling 0300 200 7801

Lone Pensioner Allowance

If you are the Ratepayer and are aged 70 or over and live alone, you may be entitled to a discount of 20% on your rates with Lone Pensioner Allowance.

Lone Pensioner Allowance is not means tested, so we won't ask you to provide information about your income and savings. If you are eligible, you can make an application at any time during the rating year. You may still be entitled to Lone Pensioner Allowance if you are over 70 and don't live alone if you:

- ✓ live with a carer who is not your spouse or partner
- ✓ provide care for someone who lives with you who is not your spouse or partner
- ✓ live with anyone who is under the age of 18
- ✓ live with someone who has a severe mental impairment including your spouse or partner



Do you live with a long-term health condition or pain?

Pain & Condition Management is an innovative and evidence-informed programme which will empower you to improve your quality of life.

FREE for
anyone aged
18+ living in
the WHSCT
area.

Over 6 sessions, you will learn research-informed strategies and techniques to help you:

- Communicate better with healthcare professionals and family.
- Review your medication.
- Sleep more soundly.
- Eat mindfully.
- Manage your energy levels.
- Relax easier, move better and problem solve.

In partnership with: **SWAP-South West Age Partnership at Fermanagh House Enniskillen BT74 7HR beginning Wednesday 7th October 11.00 am-1.00 pm and continuing on the 14th, 21nd and 28th October and the 4th and 11th November**

Scan here or visit
amh.org.uk
for all upcoming
programme dates



To register, contact:

SWAP-South West Age Partnership
54 Gortview Close, Omagh, Co. Tyrone,
BT79 7WU
Email: aforbes@southwestagepartnership.co.uk
Tel: 07873 392365



Action Mental Health is a local charity supporting minds and changing lives across Northern Ireland.

www.amh.org.uk



Registered with the Charity Commission for Northern Ireland NIC100753.

This programme is funded by



Western Health
and Social Care Trust



Public Health Agency



Age Friendly Network NI



EAT WELL

Simple advice on hydration, protein, calcium, vitamin D, fruit and vegetables and affordable healthy food.

LOOK AFTER YOUR MENTAL HEALTH

The five simple 'Take 5' steps: Connect, Be Active, Take Notice, Keep Learning and Give.

CARE FOR SOMEONE

Information and support for people caring for someone who is dependent.

HELP PREVENT FALLS

Tips covering strength and balance, eyesight, hearing, footwear, medicines and everyday safety.

KEEP ACTIVE

Ideas for aerobic movement, strength and balance activities — including options for limited mobility.

HELP OTHERS & STAY CONNECTED

Find ways to volunteer, meet people, join local groups and reduce loneliness

KEEP YOUR HOME SAFE

Practical home and fire-safety advice, including information about free home safety checks.

REDUCE YOUR RISK OF DEMENTIA

Information on staying connected and active, looking after your health, protecting your hearing and keeping your brain active.

A quick, accessible guide with useful information, practical tips and signposting to services across Northern Ireland. It is designed to get you thinking about the small changes that can make a real difference to your health and wellbeing.

READ IT • SHARE IT • KEEP IT HANDY

AVAILABLE TO DOWNLOAD Ageing Well – A 10 Minute Guide