

Better Together - Níos Fearr Le Chéile Peace Impact Programme Newsletter

Sports Exchange and Digital Wellness

Throughout May, June & July of this year we held four innovative sessions with young people to foster and share a love of sports, and to learn key skills to stay safe online.

Our Sports Exchange and Digital Wellness programme brought together young people and their coaches from Enniskillen Rugby Club, Ballinamore Blazers Basketball Club, Ballinamallard United Football Club & St. Brigid's Gaelic Athletic Association & Ladies Gaelic Football Association. In each of the four sessions participants were coached in one of the different sports: rugby, basketball, soccer and Gaelic football.

The aim of the programme was to provide opportunities for young people to 'have a go' at different sports in a supportive and encouraging environment. The young people enjoyed the opportunity of experiencing each other's cultures and traditions. Upon completion, each participant was also given a 'Níos Fearr Le Chéile Better Together' sports jersey, designed by the young people.

One participant said: "It was great fun, we learned a lot



about other sports and made new friends."

One coach said: "It was really great to meet everyone involved. I know all our kids who took part had a fantastic time at each event."

DigiWise were our partners on this project, who provided engaging and interactive sessions on digital literacy and online safety. The aim of the 'Digital Wellness' part of the programme was to explore issues relating to digital awareness and skills, cyber bullying, digital addiction, social media and mental health.

Geoff Sloss from DigiWise said: "It was a delight to work with Níos Fearr Le Chéile Better Together on the Sports Exchange Programme, the staff and the coaches' dedication to the kids was evident in the focus and time they invested in these young athletes, both on and off the pitch. This approach to personal development aligned perfectly with our ethos at DigiWise."

We would like to extend our heartfelt thanks to all the clubs, coaches, young people and their supporters for their enthusiastic engagement in this project.



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Newsletter

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Trip to Tullaghan

In May, we had a fantastic trip to Tullaghan to take part in the annual Leitrim Cycling Festival. Tullaghan is a village located on the 4km of coastline at the North of County Leitrim.

The aim of the trip was to bring communities together, and events included a walk to the coast, pony trap rides, a shared picnic for 80 people and the chance to compete in a slow bicycle race!

A key event was the Shared Island funded 'Cycling Across Borders - A Conversation' in which leading cycling advocates from Northern Ireland and the Republic shared ideas and best practice on how to make cycling safer and more accessible.

Thanks to the Department for Children, Disability and Equality for funding the trip.



Community Training

This spring and summer we have had the opportunity to run a range of community training events thanks to funding from LEADER and the Pobal Parent Peer Support Fund. This training has all been local to Ballinamore with the intention of upskilling and increasing the employability of local residents.

Training has been offered to over 70 participants in: Paediatric First Aid, Safe Pass, Quad Bike Training, Chainsaw Training, Forklift Truck Training, Abrasive Wheels, Working at Height and Manual Handling.

A huge thanks to all our instructors and training participants. If you would like to find out about other training opportunities in Ballinamore, join our mailing list:

<https://forms.gle/kg7mEm3ss9noDktRA>

Better Together - Níos Fearr Le Chéile

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