

# OMAGH SUPPORT AND SELF HELP GROUP

5 Holmview Terrace

Omagh BT79 OAH

Tel: 028 8225 9877 Fax: 028 8225 9877

E-mail: [osshg@hotmail.com](mailto:osshg@hotmail.com)



Vol 1  
Issue 5  
May 2005

## NEWSLETTER

### **GUIDE BOOK LAUNCH A SUCCESS!**

As many of you know we launched our Guide Book for Victims and Survivors of Terrorism on Tuesday 26th April in the Silverbirch Hotel in Omagh.

We were delighted to welcome Mr John Clarke from the N.I. Victims Unit as our special guest. The launch was a great success with much praise offered for our creation.

The Guide Book will assist other victims of terrorism with a resource they can access to ensure they are fully conversant with their rights, entitlements and sources of support available. If you have not already received a copy of the Guide Book or if you know anyone else who would like a copy please contact Sharon at the Support



### ***'MAKE MINE THE LAST' - Joint Project with Omagh and Claudy Victims and Survivors***

'Make mine the Last' is the title we envisage for a memorial style book that will include victims accounts on how terrorism has affected their lives. The book will be very positive in its outlook and will be used as a tool in helping to end the suffering caused by violence.

The book which will be created by the Omagh and Claudy victims will be used in Schools in order to educate young people in the devastating affects of violence.

We are encouraging all those who were affected (in any way) by the Omagh and Claudy bombings to come to the **Silverbirch Hotel in Omagh on Tuesday 17th May at 10.00am.**

Your input into the book is extremely important to us. Please note that you can contribute to the book in any way you feel comfortable, for example you can write a piece, record your story, include a poem or a photograph- Its totally up to you.

Please do come along to the Silverbirch on the 17th and help us create a positive book focused on ending the suffering caused by the use of violence.

If you require any further information please contact Sharon on 82 259877 and she will be happy to help.

***FREE REIKI SESSIONS SEE OVERLEAF !!!***

## ***REIKI SESSIONS !!!***

We are very fortunate to have a fully qualified reiki therapist offer her services free to group members.

Reiki channels energy in a particular pattern to heal and harmonise. It seeks to restore order to the body whose vital energy has become unbalanced.

Reiki has several beneficial effects:

- it brings about deep relaxation
- destroys energy blockages
- provides new vitality
- detoxifies the system

Ms Connie Morrow will be in the Omagh Support and Self Help Group Office every **Thursday.**

If you wish to make an appointment or require any further information please telephone **Sharon on 8225 9877.**

Please note this will operate on a first come first served basis so do phone early to avoid disappointment

## ***CREATION OF A JUSTICE SUB-GROUP***

Omagh Support and Self Help Group have decided to create a Justice Sub-Committee to lead and take forward the areas of concern which group members have regarding issues of justice.

Anyone interested in becoming a member of the justice Sub-Committee is encouraged to come long to an introductory meeting on **Tuesday 24th May at 7.30pm, in Omagh Support and Self Help Group Office.**

Please note that a commitment will be required from those who wish to sit on the Sub-Committee to share the workload and collectively work for the pursuit of justice.

I would be extremely grateful if you could confirm your attendance with Sharon on 028 8225 9877 before 20th May.

Please note that participation on the Sub-Group is only open to those members who are bereaved, injured or had family members injured.

## ***YOU COULD BENEFIT FROM 12 WEEKS FREE GYM MEMBERSHIP***

The Western Area board is offering a free 12 week gym membership under their 'Get a Life — Get Active' programme.

The 12 week programme of physical activity is prescribed as a course of treatment if you suffer from any of the following:

- hypertension
- Anxiety, stress or depression
- CHD
- Diabetes
- Asthma, bronchitis or COPD
- Osteoporosis
- Or have a BMI (Body Mass Index) of more than 25

If you suffer from any of the above and feel some physical activity may help alleviate some of your symptoms ask your local GP about the Get a Life—Get Active programme.

## ***LINKS WITH AUSTRALIA***



Omagh Support and Self Help Group have made a valuable link with a homicide victims group in Queensland, Australia.

This relationship is very important as we can both share and benefit from each others experiences and collectively work for the betterment of victims internationally.

If you have any family living away from home who like to keep in touch with Group activities please contact Sharon with their address and we would be happy to keep them informed.

## ***OFFER OF HOSPITALITY***

A French Lady from the City of Nantes which is situated in Brittany, France has contacted the group to offer her praise of the Omagh film which was screened in France in April.

She has also kindly offered her home to an Omagh family for a holiday. She has three spare bedrooms and would be delighted to welcome you as her guests.

The offer is available anytime except the month of July.

Anyone wishing to avail of this offer please contact Sharon at the Support Group office on 8225 9877.

## ***TRAUMA RECOVERY NETWORK HOST INFORMATION DAY***

The Trauma Recovery Network (TRN) is hosting its first major public event for **Friday 20th May, 10.00am—1.00pm at NICVA, Belfast**

The day is entitled a 'Planning and Information Day with key Speakers—Mr John Clarke from the Victims Unit and Mr Seamus McAleavey from NICVA.

Mr Clarke will take participants through the proposed new Victims Strategy, while Mr McAleavey will speak on the importance of networking.

Anyone wishing to attend please contact Sharon on 8225 9877 by 18th May.

## ***TOWARDS UNDERSTANDING & HEALING FINAL RESIDENTIAL***

The last storytelling residential facilitated by Towards Understanding and Healing will take place from **17th—19th June in Lusty Beg Island, Enniskillen.**

Towards Understanding & Healing will be applying for further funding over the next few months and have high hopes that they will be able to continue offering storytelling residencials in the autumn, but for now however the June residential is the last one in this funding period.

If anyone would like to participate in this residential or learn more about the story telling process please contact Sharon at the Support Group 8225 9877 or contact Sara Cook direct at Towards Understanding and Healing on 7137 0685.

## ***COMPASSION FATIGUE COURSE***

WAVE are currently offering people working in the field of caring the opportunity to take part in their Compassion Fatigue course. The course is targeted at anyone working with or caring for people who have experienced trauma. The aim of the course is to give them a better understanding of how trauma can be transmitted to the worker/carer.

The course will run over 10 weeks, with each session lasting 3 hours. It is accredited to OCN (Open College Network) Level 2. As yet the date and time are still being determined.

If you or anyone you know would benefit from taking part in this course, or if you would like more details please contact the WAVE office on 8225 2522.

**Omagh Support and Self  
Help Group**

**Chair Mr. M Gallagher**  
**Vice-Chair Mr K Skelton**  
**Treasurer Mr W Jameson**  
**Secretary Miss D Wilson**  
**Ass Treasurer Mr M Breslin**  
**Ass Secretary Mr G Wilson**

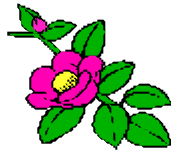
*Mission Statement: "to promote, advocate, and address where possible the needs of victims of the conflict in Ireland in order to achieve health, peace of mind, security and the foundations for personal growth. We are committed to addressing the real and practical needs of those bereaved and injured as a result of terrorist activity, and ensuring that victims are afforded the respect and consideration they deserve".*

## **RECREATIONAL COURSES FOR MEMBERS**

Following on from the list of recreational courses which were put forward in the April update we have submitted a funding application and are currently awaiting the go ahead to commence our programme of courses.

We expect the programme to begin with a 10 week *flower arranging* course (details to follow) in June followed by :

- First Aid
- Calligraphy
- Spanish for beginners
- digital photography
- recreational brickwork and stone walling
- card making.



Anyone wishing to put their name down now

## ***WEA (Workers Educational Association) TRAINING***

We have been offered 15 hours of free tailored training from the Workers Educational Association in the area of *Managing Better Relations*.

This essential training will comprise improving the flow of communication within groups, dealing effectively with the media and improving networking and communication with other groups.

The training is open to all group members and will run over a period of 7 weeks, commencing on **Thursday 26th May at 7.00pm, in OSSHG Office.**

Everyone is welcome and encouraged to attend! Please contact Sharon on 8225 9877 to confirm your attendance.

## **Benefits Advice**

Anyone who requires any advice or information regarding benefits such as Disability Living Allowance, Attendance Allowance, or Carer's Allowance please do not hesitate to contact Sharon at the Support Group office on **028 8225 9877.**

## **HELP US TO HELP YOU**

Anyone wishing to take a more active role with Omagh Support and Self Group please contact Sharon at the office (028 8225 9877). If you are interested in taking part in one of our sub-committees, or alternatively helping out with the creation of the Newsletter or the office cleaning rota do not hesitate to give us a call.