

OMAGH SUPPORT AND SELF HELP GROUP

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NEWSLETTER

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YOUTH TRIP TO CAMELOT THEME PARK!

During the first week of July 14 members of our Youth Group and 3 Group leaders enjoyed a 4 day adventure break at Camelot Theme Park, set in serene Lancashire.

The trip was thoroughly enjoyed by young and old alike! Activities enjoyed by all included go-karting, water rides, magic shows, quizzes and swimming.



Forthcoming plans for further activities for our Youth are currently in the pipeline. These will commence in October with 'US and THEM' training sessions which will take our young people through issues which they face in Northern Ireland. The 6 week training will finish with a fun day out at Toddsleap Activity Centre, Seskilgreen, Omagh.

If you have children aged between 11-18 who would be interested in taking part in our Youth Group please contact **Sharon on 8225 9877**

NEW AUTUMN COURSES FOR YOUR LEARNING AND ENJOYMENT !!!!

First Aid - Free Course

Commencing **Wed 24th August, from 7.00pm - 9.30 pm**. This course will be held in Omagh College and will run for **8 weeks**. Participants will receive their certificate as qualified first aiders at the end of the 8 weeks. A first aid qualification is invaluable in today's society and is a skill that many employers welcome.

Card Making - Free Course (a small charge of £2 per night may be required for some materials)

Commencing **Mon 12th September, from 7.00pm - 9.00pm**. This course will also be held in Omagh College for **11 weeks**. Participants will enjoy making beautiful birthday, wedding, Christmas, Easter and Baby cards through a range of different media.

If you are interested in attending please contact Sharon on 259877 if you have not already done so.

7th Anniversary Service

As you are aware we will soon be approaching the seventh anniversary of the Omagh Bomb. In order to remember and honour all those who lost their lives, all those who were injured, and those adversely affected in any way the Omagh Support and Self Help Group will be hosting a short service of music, verse and prayer on

Sunday 14th August at 3.00pm, in the Omagh Memorial Garden.

In light of the recent terrorist attacks in London, Turkey and Egypt our sympathies will be with those affected and we will be remembering them in our service.

The service will be followed by refreshments and an opportunity to have a chat in Omagh Library.

If anyone would like to participate in the service in any way you are most welcome, please contact Sharon at the Support Group office on 8225 9877.



FREE 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 till the end of September**

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.

WEA (Workers Educational Association) Training Session

We have been fortunate enough to be offered a 1/2 day session of training on

“Effective Group Working and the importance of Good Communication in ensuring your Group works to its maximum potential”

The training session is open to all and will be held on:

Saturday 6th August, from 10.00am—3.00pm, in the Village Inn, Killyclogher.

The training will be light and interactive and will be valuable to anyone involved in Group work.

Please note Lunch will be provided.

If you would like to attend or would like some further information please contact Sharon on 8225 9877.

New Be-friending Service for Members

We are delighted to have our be-friending service up and running with two fully qualified be-frienders offering their services to the Group.

Some of you may be unaware of what be-friending entails, therefore I have provided some information to help you realise the value of be-friending for you.

What is be-friending?

Be-friending is basically a service provided for those who would benefit from a supportive friendship. Be-friending can help alleviate the loneliness and isolation felt by many people who have been affected by the troubles. Your be-friender can meet you on a regular basis, usually once a week for whatever activity you prefer. The nature of your visits can vary according to your needs.

Where will the be-friending take place?

Where the be-friending takes place will be totally up to you. Some of you may wish your be-friender to visit you at home, some may like to meet up in a café or you could meet in the Support Group office in a private room. Its totally your choice.

What are the benefits of be-friending

Some of you may feel that you cannot share certain issues or feelings with those who are close for fear of upsetting them and wanting to protect them, you may feel that you can share these with a Befriender without upsetting them.

Befrienders may be able to allow those of you who are carers a break by visiting your loved one while you take some time out. Be-frienders can often help by just listening.

If you are interested in availing of our be-friending service or you require some further information please contact Sharon on **8225 9877**.

Please note our be-frienders are fully qualified in this area and have been vetted through the appropriate procedures. Total confidentiality will be ensured by our be-frienders at all

REPORT IT! EMERGENCY CARDS

You will have noticed the yellow emergency cards attached to your Newsletter.

These cards have been created as credit card size in order easily slip into your wallet or purse.

Unfortunately in today's society we are increasingly experiencing terrorist and criminal activities. These cards have been designed to help you should you ever find yourself witnessing a criminal or suspicious act. One side relates to a suspicious situation, whereas the reverse relates to describing a suspicious vehicle or person.

We all can panic when faced with a situation which we are uncomfortable with, therefore a quick read of the information contained on this card can help you to stay focused and help you to note as much helpful information for the Emergency Services as possible.

If you would like to obtain any more of these cards please contact **Sharon on 8225 9877** and she will be happy to help.

**Omagh Support and Self
Help Group**

Chair Mr M Gallagher
Vice-Chair Mr K Skelton
Treasurer Mr W Jameson
Secretary Mrs E White
Ass Treasurer Mar M Breslin
Ass Secretary Ms C Radford

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".

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**.

**Essential Skills Training available
FREE!**

The Essential Skills training course helps adults to improve their reading, writing and maths skills.

Omagh College are offering Essential Skills *free of charge*. The course generally lasts 2 hours per week for 20 weeks at time. Dates can be arranged which are suitable to you.

Essential Skills training can help you get back into the workplace, gain a qualification, help you to write a CV as well as simply helping you to help your kids with their homework!

If you are interested in enrolling for Essential skills or you would like more information please contact:

Marie McGlone, at Omagh College on 028 8224 5433.

Alternatively you can contact Sharon at the Support Group Office and she would be happy to liaise on your behalf.

**Archive Project and Website well
underway!**

We are delighted to report that our Archive of historical material relating to the Omagh Bomb and other global terrorist atrocities is well underway with our completed website expected to go on-line in the next few months.

Congratulations are extended to all our volunteers who have successfully completed their CLAIT, ECDL and internet training.

Our Archive will however be an on-going project as many new items of news interest continue to develop. Therefore we require your help to catalogue the newspaper material and add data onto our database. If you have a few hours to spare either during the day or in the evenings please do offer your help. contact **Sharon on 8225 9877** to arrange.

If you have any ideas for a catchy, suitable web domain name for our site please let us know— all suggestions are welcome !