



OMAGH SUPPORT AND SELF HELP GROUP

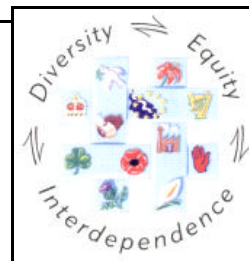
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NEWSLETTER



Issue 7
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Complimentary therapy Programme !

I am delighted to inform all members that we are now in a position to commence our new Complimentary Programme! As we are aware demand will be high for the service we have selected two therapists so as to ensure that everyone can avail of the treatments.

The therapists and therapies available are as follows:

Rosewood Health Clinic - Reflexology, Deep Tissue Body Massage, Indian Head Massage, (Marcella Campbell) Aromatherapy, colour touch crystal healing, chakra balancing
33 Clontarf Drive healing, and chiropody.
Omagh

Snowdrop Holistic Centre - Reflexology, Indian Head Massage, Aromatherapy, Swedish (Sinead McCann) Back Massage and Auricular Candle Therapy— relieves ringing in the ears and sinus problems.
Unit 2, Gortin Road,
Omagh

Each Member is entitled to receive **10 treatments** of their choice. Please telephone Sharon or Donna on 82 259877 to receive your appointment card. Please note you must receive your card from the office and inform us of which therapist you would like to visit before you may start your sessions.

October Members Social Evening - Topic: Health and Wellbeing “Taking Care of yourself during the Winter Months”

This months Social Evening is in the form of a talk by Ms Roisin Gillheaney on Essential Healing and methods of looking after yourself in the cold winter months that lie ahead. Roisin will illustrate some techniques to help you ensure your health is tip top this winter! She will also explore the various vitamins and mineral supplements which are currently on the market and those which are most beneficial. Methods of dealing with the stress and strains we face in daily life will also be demonstrated.

Date: Wednesday 26th October 2005, at 7.30pm

Venue: Silverbirch Hotel, Omagh

Admission: FREE

Everyone Welcome, please feel free to bring a friend along. Refreshments provided.

New Recreational Courses for your enjoyment !

Introductory Spanish - Free Course

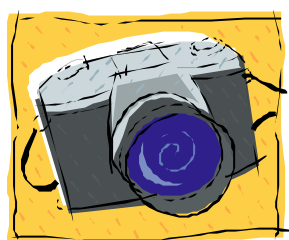
Commencing **Thursday 3rd Nov, from 7.30pm - 9.30 pm.**

This course will be held in Omagh College and will run for **approx 10 weeks.** Ideal for learning a little holiday Spanish! If you haven't already enrolled please phone Sharon or Donna at the office.



Digital Photography - Free Course

Commencing **Tuesday 22nd Nov from 7.30pm - 9.30pm.** This course will also be held in Omagh College for **11 weeks.**



If you have a digital camera and aren't sure how to get the best quality picture this is the course for you! Don't worry if you don't own a digital camera as cameras will be provided by the College. So all you budding photographers get your name down by contacting either Sharon or Donna on 8225 9877!

FREE REIKI SESSIONS !!!

We are very fortunate to have a fully qualified reiki therapist offer her services to our 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.

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.

BE-FRIENDING SERVICE

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 times.



South West Community Victims Initiative Study Trip to Bosnia & Herzegovina

On 18th September our Co-ordinator Sharon Watters along with a delegation from the South West Partnership traveled to Bosnia & Herzegovina for a week long study trip. The primary aim of the trip was to learn from the experience of statutory and voluntary/ community bodies in responding to the horrific violence suffered in Bosnia & Herzegovina during the years of war. (1991-1995). In conjunction with this aim the objective of investigating the role of self-help groups and how successful links can be established were also at the forefront of the trip.

The extent of the devastation suffered, which is largely still on going was quite shocking to the delegation. Parallels to suffering experienced throughout the long history of the troubles in Northern Ireland were largely evident in Bosnia.

It is anticipated that a number of useful links for both ourselves and Bosnia can be established in the near future with the Self-Help, Victims Groups and NGO (non-governmental organisations).



Towards Understanding & Healing Residentials

Towards Understanding & Healing have a number of forthcoming residentials specifically designed for those affected by the troubles in Northern Ireland.

The residentials are based around story telling and have proven helpful in providing an avenue whereby people can express their hurt and allow it to be addressed.

Three residentials have been confirmed for the following dates:

7th - 9th November 2005

2nd - 4th December 2005

20th - 22nd January 2006

All three residentials will be held at Lusty Beg near Enniskillen and are free of charge. If you would like to book a place or would like further information please contact Sharon on 028 8225 9877, or alternatively you can contact TU&H directly on 028 7137 0685.

Aware Defeat Depression **PUBLIC TALK**

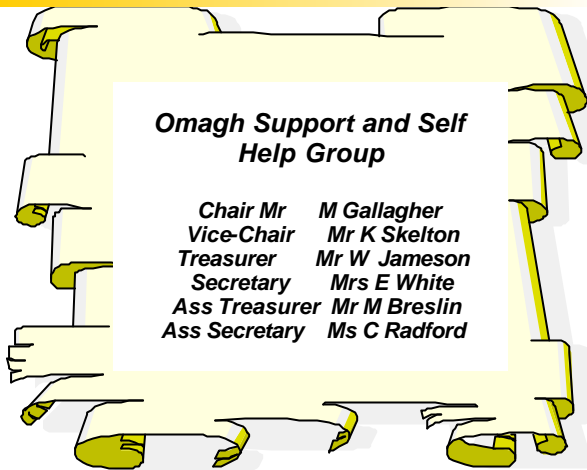
Stress and Depression:
Breaking the Cycle

Speaker: Marie Dunne
Health Promotion Officer
Western Area Health
Promotion Dept.

Venue: The Library, 1
Spillar's Place, Omagh
On

Monday 24th October
2005, at 8.00pm.

Admission Free
All Welcome.



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.**

Website Under Construction !!!

We are pleased to announce that our website and on-line archive will be live by December. The web address will be ***omaghbomb.co.uk.***

In order to ensure our web-site is kept up to date we need to ensure we have a number of staff and volunteers trained and familiar with up dating pages etc.

If you have an interest in web design and would have a few hours to spare every month please contact Sharon to arrange training.

OSSHG Youth Group

If anyone is interested in Volunteering and offering some help with Youth Group Activities please contact Sharon or Donna on 8225 9877.

Large turnout at Seventh Anniversary Service

The Management Committee of Omagh Support and Self Help Group would like to thank everyone for their support showed at the very large turn-out at this years anniversary service held in the Memorial Garden on the 14th August 2005.

The service was a fitting tribute and your support was a real comfort to all those affected by the Omagh atrocity. Many Thanks and Best Wishes.



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