



OMAGH SUPPORT AND SELF HELP GROUP

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NEWSLETTER

POSITIVE CHANGES IN N.I COMPENSATION AGENCY !!!

As a direct result of liaising between members of Omagh Support and Self Help Group and the Northern Ireland Courts Service new changes are in the pipeline regarding how monies held on behalf of individuals by the Courts Service are administered.

Mr William Jameson from Omagh Support and Self Help Group has been instrumental in bring significant changes to the fore for all Victims be it Victims of Terrorism, accidents, other crime etc.

Prior to investigation by Mr Jameson monies held by the Courts Service were invested by one sole Stock broker, i.e, resulting in rates of return which were not necessarily the best available. Of course everyone wants the best return for their investment and that is exactly what OSSHG has helped achieve!

As a direct result of our efforts the Courts Service and Compensation Agency now employ a tendering procedure to select their stockbrokers and carefully monitor rates of return on each and every case so as to ensure the best return for individuals.

Many thanks go to Mr David Lavery, Head of Northern Ireland Courts Service for his help and assistance in bring this positive change to fruition!

NEW COURSES FOR THE AUTUMN !!!!

Upcoming Courses for the Autumn include :

- > Sign Language
- > Introduction to Computers
- > Recreational Knitting
- > Adobe Photoshop plus many more later in the year!



The first of these will be Sign Language (Level 1). This course is for people who have an interest in Sign Language and allows participants to build up a basic conversational vocabulary. It will be facilitated by WEA (Worker's Educational Association in conjunction with Omagh Support and Self Help Group and will be **FREE** to all participants. This highly informative course will be run over 5 weeks, commencing *Thursday 7th September 2006 from 6.30 -9.30pm* (venue to be confirmed).

To register your interest in any of the above courses please contact **Sharon/Fionna at OSSHG Office on 8225 9877.**

CONTINUATION OF COMPLIMENTARY THERAPY SERVICE !!!!

Following the success of our last complimentary therapy programme, we have been successful in securing funding to continue providing complimentary treatments.

Our complimentary therapy providers and the treatments available are as follows :

<i>Ms Denise Pinkerton</i> - 'Heaven Scent' Newtownstewart	-	Indian Head Massage, Reflexology, Hopi Ear Candle, Swedish Massage - Back, Neck & Shoulders or Full Body, Hot Stone Therapy - Back, Neck & Shoulders Only
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<i>Mrs Marcella Campbell</i> - 'Rosewood Health Clinic' Omagh	-	Advanced Reflexology, Deep Tissue Body Massage, Indian Head Massage, Aromatherapy, Chakra Balancing Healing, Chiropody
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<i>Ms Sinead McCann</i> - 'Snowdrop' Omagh	-	Reflexology, Indian Head Massage, Swedish Back Massage, Auricular Candle Therapy.
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If you are interested in receiving **10 FREE** complimentary treatments please contact **Sharon/Fionna on 8225 9877** and inform us of your preferred treatments and provider.

Please note that due to funding constraints numbers are limited therefore treatment cards will be issued on a first come first served basis. Should it be necessary a waiting list will be established.

NORTHERN IRELAND MEMORIAL FUND !!!

As part of a series of quarterly meetings with Victims Groups the N.I. Memorial Fund will be visiting the OSSHG office on **Wednesday 28th June 2006 at 10.30 am.**

The purpose of the meeting is to provide feedback to the Fund on how they can best meet the needs of Victims/Survivors.

If you would like to attend please contact **Sharon/Fionna on 8225 9877.**

Current Schemes available through N.I. Memorial Fund :

- ***SHORT BREAK SCHEMES***
You can receive one more short break if you have already received one.
- ***EDUCATION AND TRAINING***
Up to £1,200 towards education and personal development courses.
- ***DISCRETIONARY HARDSHIP FUND***
Support towards the cost of essential household items or services.

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N.I. MEMORIAL FUND CONT.

- ***CHRONIC PAIN MANAGEMENT***

Support for those suffering chronic physical pain (as a result of injuries sustained) with financial assistance towards private medical consultations and treatments.

- ***BACK TO SCHOOL SCHEMES***

Provides a grant to help with the purchase of school uniforms and other costs associated with the beginning of the school year.

This scheme is open from 1st July 2006 to 30th September 2006, so please apply early! If you have received the Back to School grant last year you will automatically be sent a new application form direct from the Memorial Fund.

If you would like to receive any of the above application forms contact NIMF on 902 45965 or alternatively contact OSSHG on 8225 9877 who can provide help you with completing your form.

QUESTIONNAIRE !!!

You will have received a short questionnaire from us recently which asks you to provide some information regarding our services and what we can do to help you. This information is **vitaly important** in not only planning activities over the next 2-3 years but in providing the necessary information which we are required to give our funders! In short if we do not have evidence of needs from our members we will not be successful in gaining funding!

Therefore I ask if you have not returned your questionnaire yet please return it to the OSSHG office as soon as possible. If you have mislaid your questionnaire please contact **Fionna on 8225 9877** and a new one can be posted to you. If you already have returned your Questionnaire many thanks for your participation.

8TH ANNIVERSARY SERVICE

This year's annual memorial service will take place on ***Sunday 13th August at 3.00 pm, in the Memorial Garden, Drumragh Avenue, Omagh.*** This will be the third year the Support and Self Help Group have facilitated the inter-denominational service which we hope will be as successful and well attended as the previous years. As always we encourage as widespread participation as possible, so if you would like to take part in the Service in any form please contact **Sharon on 8225 9877** and we would be happy to oblige.

FREE REIKI SESSIONS !!!

We are very fortunate to have a fully qualified reiki therapist offer her services to our group members. 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/Fionna on 8225 9877.**

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

ARE YOU INTERESTED IN VOLUNTEERING WITH OSSHG YOUTH GROUP AND GAINING QUALIFICATIONS ???

This is the third year of our successful Youth Group Summer outing. This year our Youth Group will be enjoying a wide range of activities including paintballing, water sports, quizzes, games and historical/cultural talks during our 3 day trip to Culdaff from ***2nd to 4th August***.

In order to develop our Youth activities during the winter months we require Volunteer support. We are particularly lacking male volunteers willing to help out in youth activities. Any Youth Volunteer would be fully trained in accredited First Aid and Child Protection at **no cost to them!** So if you would be interested in getting involved in some light youth work and gaining some well recognised qualifications for yourself please contact

Sharon/Fionna on 8225 9877.

GLENCREE CENTRE FOR RECONCILIATION SUMMER SCHOOL 2006

“DIMENSIONS OF CONFLICT AND PEACE - OPPORTUNITIES AND CHALLENGES”

The 2006 Glencree Summer School will provide an interactive opportunity for dialogue between political and civil society actors. Under the title of “Dimensions of Conflict and Peace - Opportunities and Challenges”, the event will create the space for an informed dialogue around the complexities of conflict and will place particular emphasis on factors which are often significant elements of a peace process. Whether we are active in political or community activity, it is our understanding of these dimensions of conflict and the interplay between them that enable us to develop comprehensive peace processes.

Speakers will represent a wide range of opinion both within Ireland, North and South and internationally. Their contribution and analysis will challenge us to consider the significance and complexity of specific dimensions of conflicts as we work to build peace.

25th—27th August 2006

For further information on speakers, programme format and cost please contact **Sharon/Fionna on 8225 9877.**

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 and have been vetted through the appropriate procedures. Total confidentiality will be ensured by our be-frienders at all times.

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