



OMAGH SUPPORT AND SELF HELP GROUP
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OCTOBER UPDATE !!!!!!!!!!!



ANNIE—MILLENNIUM FORUM

Come along and enjoy fun for all the family on **Saturday 11th November 2006.** Bus leaves from Leisure Centre at 4.00. Refreshments will be provided on arrival in Derry/Londonderry, before heading to the Millennium Forum for the musical Annie, a heart-warming rags to riches story of orphan Annie's adventure from a New York Orphanage to Daddy Warbuck's home.

Tickets on a first come first served basis. To ensure your place please contact **Mary/Fionna on 8225 9877 by 18th October** in order that we can book the tickets.

FORTHCOMING COURSES

The following courses will take place in Omagh College in November, on dates yet to be decided.

Adobe Photoshop - Commencing on **Tuesday 21st November 2006.** Starting time to be decided. Just for all you Digital Photographers. Taken the pictures and don't know what to do with them? Then this course is for you. This is an accredited course, and there will be an examination fee of £20. This course will last for 15 weeks.

Introduction to Computers— Learn how to use a computer This is an accredited course with OCR and there will be an examination fee of £8.40. This course will also last for 15 weeks. A provisional start date of **Monday February 5th 2007** has been booked.

Card Making - Commencing on **26th October 2006 7.30 - 9.30**, in Omagh College and lasting 14 weeks. Learn how to design your own cards for Christmas and any future events.

Yoga Course for Beginners - Do you have an interest in learning Yoga? If so, the course commences on **Thursday 23rd November 2006, 7.30 - 9.00**, and lasting for 11 weeks.

All the above courses will only run if enough people participate. Book your place today!!!
Contact Mary/Fionna on 8225 9877.

CANCELLED COURSES!!

We are aware that a few members of the group wished to participate in the following courses.

Recreational Knitting and Crochet
Painting and Drawing

Unfortunately, Omagh College have cancelled these courses, and they will not take place in the foreseeable future. This is very much regretted, but out of our control.

TENTH GALA CELEBRATION OF CHRISTMAS PEACE

A further reminder that this year, the Peace Concert will be held in the **Waterfront Hall, Belfast, on WEDNESDAY 13th December 2006 at 7.30**, where we will join up with the Buncrana families. A shopping trip and a meal will be organised on the same day as well.

A flyer will be issued nearer the time with more information.

Watch this space!!!!

In order to do some planning, please contact **Mary/Fionna on 8225 9877** **Before end of November**, if you are interested in attending.

WELCOME

The Management Committee would like to take this opportunity to welcome Mary Martin as a “temp” replacement for Sharon Watters. We hope she enjoys her stay with us.

ARCHIVE LAUNCH

If members wish to assist on a voluntary basis, with the Archive, log on to our website and check accuracy of all material recently added to the Archive section.

Further information is available from **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. 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 phone early to avoid disappointment.

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