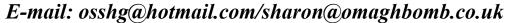


OMAGH SUPPORT AND SELF HELP GROUP

5 Holmview Terrace Omagh BT79 OAH

Tel: 028 8225 9877 Fax: 028 8225 877





10TH ANNIVERSARY SERVICE OF THE OMAGH BOMB

"To remember and honour those who died and those who are still suffering"

Sunday 17th August at 3.00pm Omagh Memorial Garden

Although Omagh District Council are organising a service on Friday 15th August 2008, the group feel it is important to continue to organise a service on the Sunday as they have done in previous years. Members of OSSHG expect us to mark the 10th Anniversary and it is for this reason that a memorial service is extremely important.

The service will be the same format as previous years, with music, prayer and reflection. The interdenominational service will be held on **Sunday 17th August at 3.00pm in the Omagh Memorial Garden** and everyone within the Community is welcome to attend. Refreshments will be provided in Library Headquarters after the service.

COMPLEMENTARY THERAPY

Complementary therapies such as reflexology and massage can help to restore the body's natural equilibrium and balance and when the body is relaxed and in balance it can cope with the everyday stresses and strains of life much more effectively.

We have just received the round of funding for complementary therapy and have a few places remaining. If you feel you benefit from complementary therapy please contact **Donna / Fionna on 8225 9877**.

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 <u>Saturday</u>. If you wish to make an appointment or require any further information please telephone <u>Donna/Fionna on 8225</u> <u>9877</u>. Please note this will operate on a first come first served basis so do phone early to avoid disappointment.

BEFRIENDING

Befrienders can visit someone at home, stay for a cup of tea and a chat, they can help them get out and about, take them for coffee, or to visit local attractions. Most of all befrienders provide the opportunity of having someone to talk to and someone who will listen and provide social and emotional support.

If you would like to know more about befriending, either accessing the service or would like to become a volunteer Befriender please give Donna a call on (028) 8225 9877.

Befriending can involve volunteering with older or young people, people with a disability or learning difficulties, or those who would just like some companionship.

VOLUNTEERS

We are always looking for Volunteers, for various projects. Volunteering even just for a few hours each month can help improve your self esteem and gives you a sense of value. If you are interested please contact Donna on 8225 9877

COFFEE MORNINGS

Coffee mornings are now being organised for our members and their friends. The first coffee morning will be held on **Thursday 21st August 2008 at 11am**. There will be tea/coffee and some cream buns so leave your calorie counter behind!!

Anyone who would like to help organise the coffee morning please contact Fionna/Donna 028 8225 9877.

NEW COURSES FOR THE AUTUMN !!!!

Upcoming Courses for the Autumn include:

- > First Aid
- > An Arts and Crafts Course. Topic to be decided
- > Personal Development / Confidence Building Course



The first of these will commence in September 2008. The venue and starting dated will be advised when we know how many people are interested in participating. Members from both Omagh and Buncrana can attend these courses. Please contact Donna / Fionna for further information on 8225 9877.

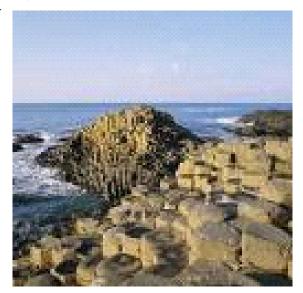
GIANTS CAUSEWAY

We are organising a bus trip on **Saturday 23rd August 2008** to the Giants Causeway.

The coastal scenery in the Giants causeway is some of the most beautiful and a

visit to the Causeway is a fantastic day out for all the family. Members from Omagh and Buncrana can go on the trip to the Giants Causeway and lunch will be provided.

Places are limited, so please contact Donna or Fionna on **8225 9877** to book. If you are booking a place for any children, please tell us the age of the child/children when booking. Times will be arranged nearer the time.



CANCELLATIONS

Once again we have to remind members that once you have committed to taking part in activities and have cancelled with extremely short notice or simply do not notify us at all, you will be required to pay a **cancellation fee**. We understand that many unforeseen things happen but we would appreciate when possible to provide us with at least 3 days notice.

BY GIVING US NOTICE WE CAN GIVE SOMEONE ELSE THE OPPORTUNITY!

SUMMER RAFFLE WINNERS!

Congratulations to Christine Taggart and Ann McCrossan who won some Summer goodies in our recent raffle! Watch this space for news on more fundraising activities!

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