

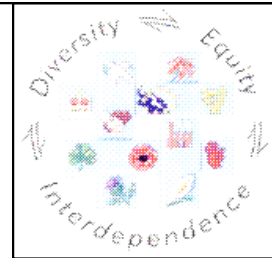


## OMAGH SUPPORT AND SELF HELP GROUP

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### *Monthly Update* *September 2008*

#### 10TH ANNIVERSARY SERVICE OF THE OMAGH BOMB

Omagh Support and Self Help Group organised the 10th Anniversary Service on **Sunday 17<sup>th</sup> August at 3.00pm in the newly opened Omagh Memorial Garden.**

Many people within the local and wider Community attended the service. We were delighted to have representatives from the British, Irish and Spanish Governments.



The short inter-denominational service was designed to provide support and comfort to bereaved, injured and traumatised and families. The overall aim was to '**Honour and remember all those who died and all those who are still suffering.**'

#### AGM

The Annual General meeting will be on Tuesday 28th October 2008 at 7.30pm in the Silverbirch Hotel.

Group members are welcome to attend the AGM. If anyone would like more information about the AGM, would like to become involved please contact Donna on (028) 8225 9877.

## REIKI

We are very fortunate to have a fully qualified Reiki therapist offer her services to our group members every **Saturday**.

If you wish to make an appointment or require any further information please telephone **Donna/Fionna on 8225 9877**.



## 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.

## COFFEE MORNING

After the success of our first coffee morning there will be another Coffee morning on **Thursday 2nd October at 11.00 am**



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. Anyone incurs costs when organising the morning will be reimbursed by the group.

## **FIRST AID COURSES FOR THE AUTUMN !!!!**

**Have you got First Aid?**

**Do you need to RENEW your training?**

There will be a first aid course commencing in October 2008. The venue and starting date 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**.



Northern Ireland Memorial Fund

The Northern Ireland Memorial fund is an independent charitable fund that seeks to promote Peace and Reconciliation by ensuring that those families that have suffered as a result of the 'Troubles in Northern Ireland are remembered by providing them with help and practical support in a meaningful way.

### **Details of schemes are below:**

**Over 60's Scheme:** Applicants can apply for a grant of £200.00 for general costs.

**Back to school Scheme:** Will close at the 30th September 2008

**Home Repairs Scheme:** Over 60's for minor Household Repairs.

**Short Break Scheme:** If you have only had one short break you can re-apply.

**Education and Training:** Submit application prior to embarking on any courses.

**Discretionary Scheme:** Means tested scheme for those on low income.

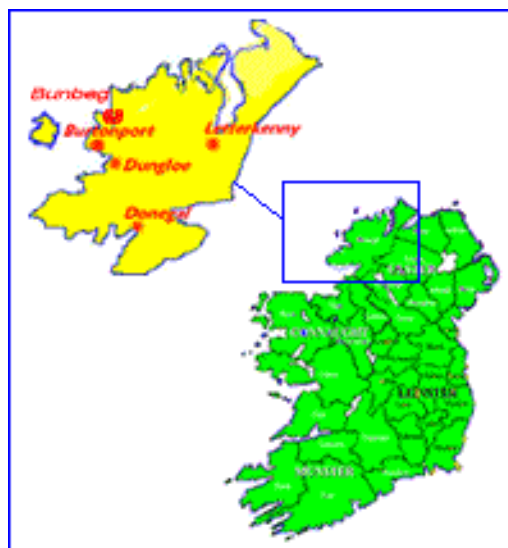
For a leaflet, application forms and further information on the Northern Ireland Memorial Fund contact **Donna 8225 9877**

## FISHING TRIP

A fishing trip has been organised for **Saturday 4th October 2008** with Donegal Sea and Angling. The chartered boat will leave from **Burtonport Co. Donegal**.

Transport and further fishing trips will be organised depending on the demand from our members.

If you would like to take part in the fishing trip please contact Donna/Fionna ASAP on **028 8225 9877/ 048 82259877**



## 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**

## 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!**

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