

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**

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.

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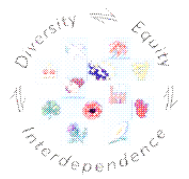
OMAGH SUPPORT AND SELF HELP GROUP

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Monthly Update
October 2008



Up coming events..

1st November 2008: Coors Belfast Giants vs Hull Stingrays Odyssey Arena, Belfast

Enjoy a superb night's entertainment and fun for the whole family as the Coors Belfast Giants launch their attack on their Elite League rivals for the Championship title. With high-speed crosschecks, clashing sticks and goals galore the on ice action is a plenty!



Refreshments will be provided before the game which starts at 7.00pm. Please contact Fionna/Donna ASAP to ensure a place and to be informed of travel arrangements.

Wednesday 17th December 2008: Christmas Shopping Trip to Belfast and Mother Goose Pantomime in Grand Opera House.

An enchanting story for all ages, this classic tale follows the adventures of **Mother Goose** who is struggling to pay the rent until a chance encounter with a magical goose that lays golden eggs!

Further details of this trip will be in the November Newsletter, but please ring Fionna/Donna ASAP to reserve your place.

For both trips call: (028) 8225 9877 / (048) 8225 9877

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.

FIRST AID COURSE FOR THE AUTUMN !!!!

Have you got First Aid?

Do you need to RENEW your training?

There will be an Emergency first aid course commencing on October 2008 in the Silver birch Hotel, Omagh. This vital qualification will last for two years.

The course will run for two evenings over two weeks. It will begin on **Wednesday 22nd October 2008 and completes on Wednesday 29th October 2008.**

It will be from 7.30pm to 9.30 pm

The dates are flexible, therefore if you are interested in completing first aid but cannot make the suggested dates please contact Donna / Fionna.

Please confirm your interest by phoning **(028) 8225 9877**

Discussion Workshops: New Victim/Survivor

Strategy

In response to the recent publication of a consultative document by the Victims Unit at OFMDFM outlining proposals for a ten-year strategy for victims and survivors, please be advised that the Commission for Victims & Survivors has organised a series of short workshops to:

1. discuss the strategy and reflect on its implications
2. brief attendees on the Commission's emergent thinking about the strategy and
3. inform attendees on the Commission's plans for developing a Forum

The workshops have taken place on

* Wednesday 8 October 2008 at 7:00p.m. in The Gasyard, Derry/Londonderry

* Thursday 9 October 2008 at 7:00p.m. in The Strule Arts Centre, Omagh, OSSHG was in attendance.

The last workshop is on **Thursday 16 October 2008 at 10:00a.m. in the Grosvenor Hall, 5 Glengall Street, Belfast**

Those wishing to attend should contact the **Commission Office directly on 90256694** on or before the date of the workshop.