

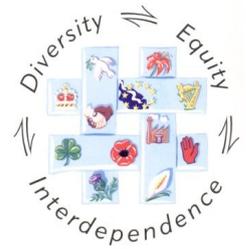


OMAGH SUPPORT AND SELF HELP GROUP

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Quarterly Newsletter November 2008

WE HAVE MOVED

Omagh Support and Self Help Group have moved into larger, brighter premises at 53 Market Street, Omagh. Our telephone number remains unchanged.



At the front of our new premises, we will shortly be opening a Charity Shop, and are looking for donations of shop fittings, furniture, clothing, brick-a-brack. In fact anything in good condition, that you no longer require and that we can sell. All funds raised will go towards activities and events organised by the Group.

Arts and Crafts Course

We are in the process of organising a craft course. This will be held very shortly in our new premises. We need the names of those interested. Please call Donna or Fionna on **028 8225 9877** to book your place.



Welfare Advice

- Do you need your benefits checked?
- Are you receiving all benefits you are entitled to?
- Do you need help completing forms?
- Do you need financial advice?
- Have you any queries that you need help with?

Omagh Support and Self Help Group now have a fully trained Welfare Advice worker based in our new premises every Friday. The Advisor can also do home visits for those unable to travel.

Contact the office to arrange a suitable time to call in and discuss your needs.

Complementary Therapy

Once again our Complementary Therapy programme has proved very popular, and is now almost complete for this round of funding. We will of course apply for funding for 2009. Anyone who feels they need therapy in the new round of funding should contact **Fionna on 8225 9877** to put their name on the waiting list.



Reiki

We have had to postpone Reiki for the time being, but it will hopefully resume again in the New Year, at our new premises

Christmas Raffle

Following on the success of the Christmas hamper Raffle last year, OSSHG will be having another one this year. Prize will be a Christmas hamper full of Christmas goodies, such as wine, chocolates etc. So come on in to the office to get your tickets. £2.00 for a row of 5 tickets. Will be drawn on **Friday 19th December 2008**. All money raised will go towards activities organised by the Group.



Coffee Morning



Our next coffee morning will be held on **Thursday 15th January 2009**. So mark the date into your diary, and come along and enjoy a chat and a cup of tea.

Christmas Holidays

Please note that Omagh Support and Self Help Group Office will be closed from 24th December 2008 and will re-open on the 5th January 2009



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