



OMAGH SUPPORT AND SELF HELP GROUP

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Newsletter January 2009

Arts Course



An arts course will start on Wednesday **28th January 2009** from 7pm to 9pm at the offices of Omagh Support and Self Help Group. The course will run for approximately 10 weeks, but will cater for peoples needs. The course will include :

- ◇ Introduction to Glass Painting (Picture Frame and Mirror)
- ◇ Card Art and Gift Box
- ◇ Interior Design

Please call Donna or Fionna on **028 8225 9877** to book your place.

Taking Charge of Your Life! (Stress Interpersonal Relations)



This one day course will take place on **Monday 9th March 2009** in the office of Omagh Support and Self Help Group.

This will look at :

- ◇ Basic Communication techniques
- ◇ Dealing with Conflict
- ◇ Identify the difference between passive, aggressive and assertive behaviour
- ◇ Understand Stress
- ◇ Develop personal strategies for dealing with stress

Please call Donna or Fionna on **028 8225 9877** if you want to take part in this course.

Volunteers Required



Omagh Support and Self Help require volunteers to work our Charity Shop, carry out Befriending etc. If you have a few hours to spare, why not give us a call. 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 or Fionna on **028 8225 9877**.

Welfare Advice

- ◇ **Has the credit crunch affected your life and you need debt / financial management advice?**
- ◇ **Do you receive all the benefits you are entitled to?**
- ◇ **Do you need help completing a form?**

Omagh Support and Self Help Group now have a Welfare Advice Worker in the office on a Friday or by appointment. This service can provide :

- ◇ Benefit Checks and Advice
- ◇ Money / Debt Advice
- ◇ Help with form filling

Call **028 8225 9877** to make an appointment or for further information

Youth Group

A Youth Group Sub Committee meeting will take place on **Thursday 29th January 2009** at 7 pm in the new offices of Omagh Support and Self Help Group. The purpose of the meeting is to identify needs and plan for the year ahead. Please confirm your attendance to Donna.

Charity Shop

We are still taking donations of clothes, china, brick-a-brack, in fact anything in good condition that we can sell. All funds raised will go towards activities and events organised by the Group.



Congratulations to Sylvia Kemps who won a lovely hamper of Christmas goodies in our raffle. We would like to thank all those who purchased tickets. The money raised will go towards activities organised by Omagh Support and Self Help Group.

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