

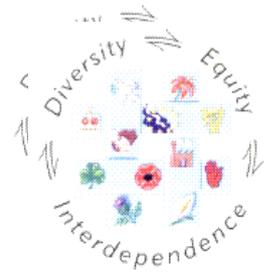


OMAGH SUPPORT AND SELF HELP GROUP

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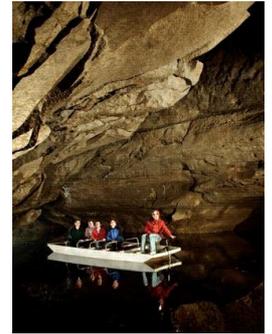
EU Programme
for Peace and Reconciliation



Quarterly Newsletter July 2009

TRIP TO MARBLE ARCH CAVES

We will be holding a trip to Marble Arch Caves on **Friday 31st July 2009**. Located at Florencecourt in Co. Fermanagh, Marble Arch Caves are one of the finest show cases allowing visitors to explore a fascinating natural underworld of rivers, waterfalls, winding passages and lofty chambers. Tours of the cave complex start with an underground boat trip, after which your trained guide will conduct you through a variety of cave formations. The bus will depart from Buncrana and travel to Omagh to pick up passengers. Lunch will be provided.



If you are interested, or would like further information, please call Donna or Fionna on (028) 8225 9877 or (048) 8225 9877 if you are calling from the Republic of Ireland.



Places are limited so book now to avoid disappointment.

11TH ANNIVERSARY

This year we will not be having the normal anniversary service in the memorial garden. The anniversary will be commemorated by the revelation of a stained glass window in the library at Dublin Road, Omagh, at **3 pm on Sunday 16th August 2009**. This will not be a religious ceremony, but will consist of poetry readings, music and song

This is a joint project between the Claudy and Omagh families. Members from both groups have been working on the planning of the stained glass window for some time now. In addition to the window in Omagh, stained glass windows will also be unveiled in Claudy, Buncrana and Madrid.

Before this event members of Omagh Support and Self Help Group will be laying a wreath in the memorial garden to remember the victims of the Omagh bomb, and all victims of international terrorism worldwide. Anyone who wishes to lay a wreath at this time is more than welcome to do so. Following the revelation of the window refreshments will be served in the Omagh Library Headquarters, Dublin Road.

COMPLEMENTARY THERAPY

Our Complementary Therapy programme has commenced again. If you feel you need complementary therapy please contact **Fionna on (028) 8225 9877** to make the necessary arrangements.



WELFARE ADVICE SERVICE



This is available in the offices of OSSHG on Fridays or by appointment.

Please do not hesitate to contact our Welfare Officer if you need help. This service is free of charge to members. We are dedicated to providing all our clients' with an efficient and effective service. Some of the services offered are :

 **Form Filling**

 **Debt Advice**

 **Housing Advice**

'STORYTELLING' REMEMBERING THE PAST LOOKING TO THE FUTURE

Over the next few months, Omagh Support and Self Help Group along with the Shared City Project (Jeanette Warke) will be taking part in a project that aims to gather private and public recollections of the Omagh and Claudy bombings, to enable people to learn and acknowledge the hurt and loss caused.

The project will involve a residential, social trip, collection of stories and will conclude with a conference. If you would like to be involved in this project, register your interest by calling Donna on (028) 8225 9877 or (048) 8225 9877 if you are calling from the Republic.

BEFRIENDING

If you feel you or someone in your family would benefit from having one of our volunteer befrienders calling to your home for a chat and a cuppa—feel free to contact Donna on (028) 8225 9877.



OPENING HOURS

We would like to remind members that the offices of OSSHG are open daily from 9 am to 5 pm Monday to Friday, and are closed between 1 pm and 2 pm for lunch. If you need assistance during the lunch hour please make a special appointment. If you just arrive you might find no one is there!

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