

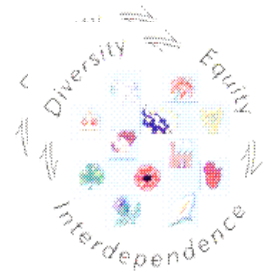


## OMAGH SUPPORT AND SELF HELP GROUP

53 Market Street  
Omagh BT78 1EL

Tel: 028 8225 9877 Fax: 0288225 9877

E-mail: [osshg@hotmail.co.uk](mailto:osshg@hotmail.co.uk)



### *Monthly Newsletter January 2011*

As we enter 2011, we look forward to another successful year with outings and courses planned to meet the needs of our members. Our Project Co-Ordinator, Paul Hamilton, is working tirelessly to bring you all new and exciting projects. So watch this space!!



### Heartstart Course

As you all know the heart is so important. We need to look after it. We are organising a heartstart course of 2 hours duration one evening in January in our offices. This initiative teaches people what to do in a life-threatening emergency - simple skills that save lives. If anyone is interested in attending please contact **Fionna on 028 8225 9877**, as soon as possible to avoid disappointment as we expect this to prove very popular.

### Coffee Morning

We are holding one of our popular coffee mornings on **Wednesday February 2nd at 11.00 am** in our office. Come along, have a cuppa and a chat. Bring along a friend, catch up with friends and make new ones. We look forward to seeing you.



### Welfare Advice

We would like to remind our members that we have the services of a Welfare Advice Worker, who is available in our offices by appointment. The service can provide Benefit Checks and Advice; Money/Debt Advice and help with form filling.

## Counselling Service

We are now offering a counselling service in our offices on Mondays between 11.00 am and 3.00 pm. This is completely confidential and is person centered. Contact **Jacqui on (028) 8225 9877** to arrange an appointment.

## Christmas Raffle

We wish to congratulate Harold Livingston and Myra McCobb who both won a hamper full of Christmas goodies in our Christmas Raffle held on 13th December 2010.

## Courses

We are looking at holding the following courses :

First Aid	Healthy Living — Cooking, Exercise etc
Child Protection	Drug Awareness
Spring Gardening	

If you are interested in any of these courses then please contact **Fionna or Paul on 028 (8225 9877)**. We need to know we have the numbers before we go ahead and organise any of these.

## Paddy McCrystal

It is with extreme sadness that we inform our members of the passing of Paddy McCrystal, who died suddenly on the 7th January. Our deepest sympathy is extended to his family circle. Paddy will be sadly missed by all who knew him.

## Booking for Events

Once again we would like to remind our members that bookings for any outings/courses etc are on a first come first served basis. So you really need to contact the office on **(028/048) 8225 9877**, quickly to avoid disappointment, when you are interested in attending a particular event.



## Office Opening Hours

Please note that the office of Omagh Support and Self Help Group, is open every day Monday to Friday 9 am to 5 pm. The charity shop at the front of the building is open everyday from 10 am to 5 pm.

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