

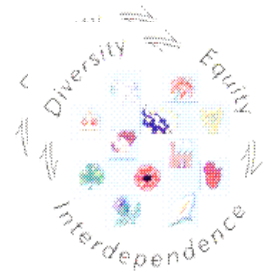


OMAGH SUPPORT AND SELF HELP GROUP

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*Monthly Newsletter
March/April 2011*

Management Committee

At the recently held AGM, all Management Committee members were available for re-election, and all were voted back in to serve another term on the committee.

Heartstart Course

We have held one of the Heartstart Courses and will be holding our second on **Tuesday 3rd May in our offices from 7.15 to 9.15**. This seminar provides participants with the skills and knowledge to save lives. If you have not already expressed an interest, please contact **Fionna on (028/048) 8225 9877**, as soon as possible.



Coffee Morning

We are holding one of our popular coffee mornings on **Thursday 21st April at 11.00 am** in our office. We are asking everyone to bring along a plate of something edible as a contribution toward this coffee morning. 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. The draw for Easter Basket raffle will also be held at the Coffee Morning.



Journey to Healing

The Group is organising a 'journey to healing' information evening for its members. This is a one hour discussion seminar which aims to introduce members to this approach to trauma healing. If you are interested please contact **Fionna on (028/048) 8225 9877** or e-mail her on fionna_omaghsupport@hotmail.co.uk.

Health Checks

Depending on the numbers of people interested, we will be organising health checks for our members. This will include ECG, heart rates, glucose testing etc. If you are interested please contact **Fionna on (028/048) 8225 9877** or via e-mail.

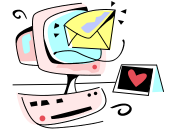


E-Mail Addresses

If you wish to contact us via e-mail, here are the addresses :

Paul Hamilton
Fionna Henry
Patsy Gallagher

paul_omaghsupport@hotmail.co.uk
fionna_omaghsupport@hotmail.co.uk
patsy_omaghsupport@hotmail.co.uk



Spring Gardening



For all of you with green fingers, we will shortly, be holding our Spring Gardening Part 2, at our offices. Please contact the office and leave a message for **Angela Gallagher**, the course tutor, who will be glad to answer your questions.

New Website

Omagh Support and Self Help Group have created a new website, which will be going live shortly. Please visit www.omaghbomb.co.uk and let **Paul Hamilton** have your comments.



Omagh Support and Self Help Brochure

We have had new brochures printed, promoting what the Group do for our members. An electronic version is available on the website, or call in to the office for a hard copy. Please e-mail your comments to us on one of the addresses above.

Active Participation From You

We are introducing an initiative to encourage active participation, and increase the numbers of members who participate in Group activities. How could you be encouraged? Please let us have your comments

Equestrian/Horse Riding



We are intending to organise a visit to a local equestrian centre, and access equestrian skills for our members. If you are interested please contact **Fionna on (028/048) 8225 9877**

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