



Cúnamh is a Health & Conflict Resolution project. It is a model for personal, community support and development.

Main Office

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**Counselling
& Support**

Bloody Sunday Centre
39 Shipquay Street
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T (028) 71 360 880
F (028) 71 360 881
Listening Ear:
(028) 71 279 997

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Cúnamh
a Lifeline for Change



Information Leaflet

Background Information



Cúnamh is a community based and led project established by the Bogside & Brandywell Initiative (BBI) in 1997 and funded through the Peace and Reconciliation Programme. It is designed to address the lack of support currently available to victims/survivors of political conflict.

The broad aims of the Cúnamh project are based on the conviction that the conflict in Ireland has effected people's sense of 'well being.'

Therefore it will:

- ▶ Provide individuals with a safe place to explore and understand their feelings in relation to past traumatic experiences as they enter into the healing process.
- ▶ Provide individuals with a supportive and friendly environment in which they can actively negotiate various routes for change on their personal development and the development of their communities.
- ▶ Establish a durable community-led support system.
- ▶ Document the process as a dynamic model of progressive community support for implementation elsewhere.



Cúnamh's Listening Ear: (028) 71 279 997

A listening ear service is available over the telephone offering confidential support, advice and information.

Bloody Sunday Centre Counselling and Support Services



Cúnamh was specifically asked by the family and relatives of those killed and wounded during Bloody Sunday to assist in addressing the emotional traumas that the Saville Inquiry into Bloody Sunday brings.

The counselling and support service acts as a base for all the city-wide community to come together for support and share on their experiences of Bloody Sunday.

A Safe Place

To come and meet others sharing a similar experience.

Drop-in Centre

Drop in to the centre to see the exhibition and stay for a chat with any of our staff.

Listening Ear Service

A listening ear service is available over the telephone offering confidential support, advice and information.

Counselling Service

Within the Centre trained councillors or support workers are available with practical & emotional support on issues of bereavement and other stress related issues.

Home Visit Service

If you are not comfortable with visiting the centre then a home visit from a support worker is available on request.

Relaxation Activities

Regular relaxation and de-stressing activities are available for the benefit of all counselling and support users.