

What will happen when you contact NOVA?

NOVA staff will take some initial details from you.

A suitable time will be arranged to meet with you. This can be in your own home, and NOVA ask that as many family members as possible are present.

You will then have an opportunity to discuss your concerns with the NOVA staff, who will explain in more detail what the project can offer to support you and/or your family.

At all times you will be able to decide what work you will do with NOVA and for how long.

Barnardo's Northern Ireland

Barnardo's four purposes are:

- To provide services to children and young people in greatest need
- To demonstrate effective good practice and to promote developments in practice widely
- To influence social policy for the benefit of children
- To promote good childhood experiences for all children

In 1999 Barnardo's celebrates it's centenary in Northern Ireland.

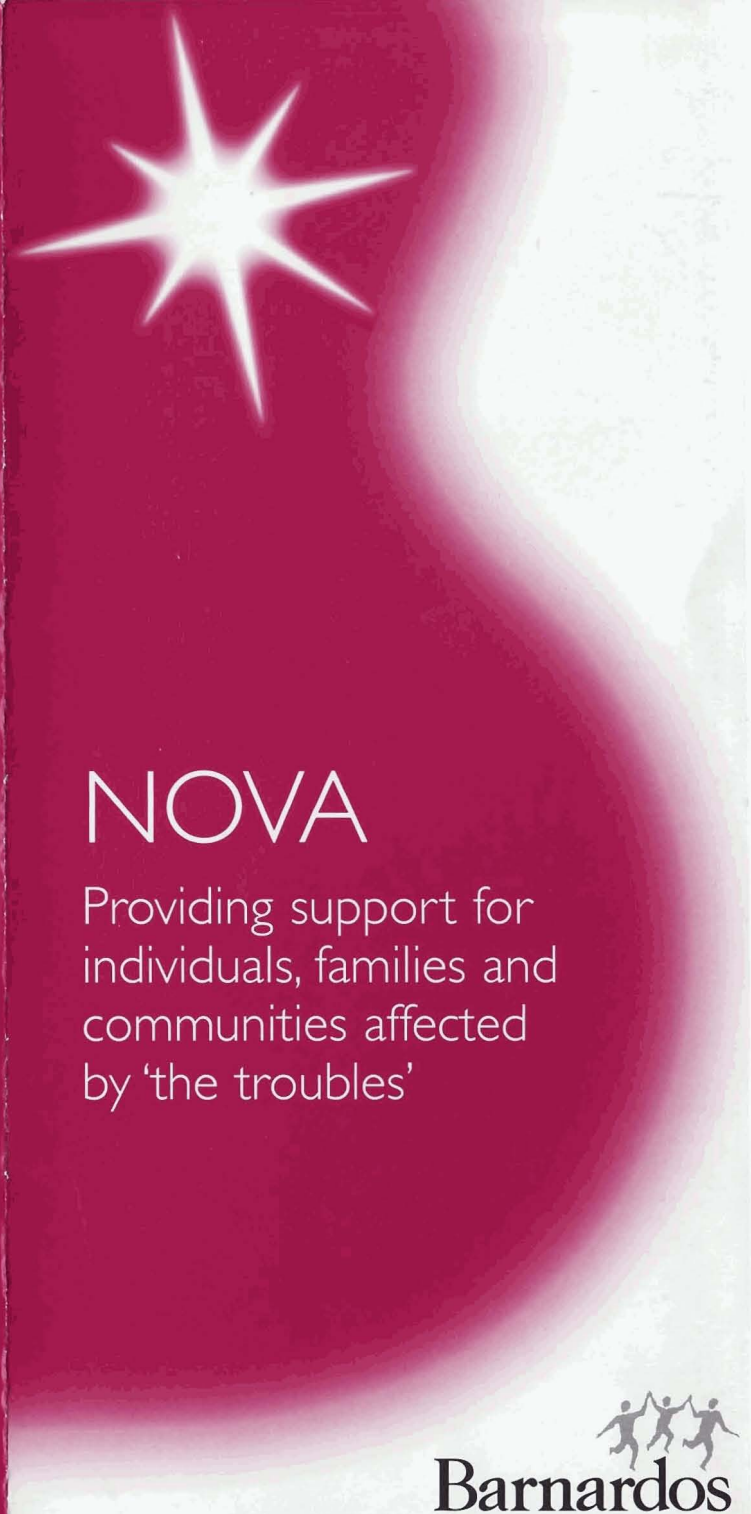
Celebrating 100 years
of helping children




Barnardos

NOVA

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NOVA

Providing support for
individuals, families and
communities affected
by 'the troubles'


Barnardos

What is NOVA?

NOVA is a pilot project managed by Barnardo's which seeks to provide support to individuals, families and communities who have been affected by the 'troubles' over the past 30 years.

The project is funded by the NI Voluntary Trust, under the EU Special Support Programme for Peace and Reconciliation, Barnardo's and The Southern Health & Social Services Board.

There are three workers in NOVA:-

- A Scheme Co-Ordinator/Family Systems Worker
- A Community Support Worker
- A Scheme Administrator

The project is supported by a Steering Group comprised of representatives of Barnardo's, The Southern Health & Social Services Board and a number of voluntary and community groups in the Craigavon area.

Initially the pilot project will focus on communities in the Lurgan, Brownlow and Portadown areas of Craigavon.



Why NOVA?

'The Troubles' have had a deep impact on all of us, in obvious ways and less obvious ways.

To manage this, and to get on with our everyday lives, we have had to make 'The Troubles' part of normal living. We have told ourselves "that's just the way it is," "no point making a fuss," "everyone is going through the same and putting up with it."

BUT 'The Troubles' have not been a normal everyday event. The reality is that they have interrupted, changed and often ruined our everyday lives.

We cannot change the events of the last 30 years. We can only try to heal the hurt caused. The best way to heal is to make use of our own strengths and resources, individually, as a family, as a community.

NOVA's aim is to assist people in realising their own strengths and resources, and help them make best use of these in their own healing process.



How can NOVA offer support?

NOVA will seek to assist people in determining their own needs, and the type of support required to meet those needs. Anticipated forms of support include:

- Individual work, eg counselling/trauma work
- Family work
- Group work
- Volunteer skills training
- Assisting groups to develop support systems within their own communities.

NOVA actively welcomes community involvement in helping to make its services as easily available as possible.

It aims to provide these services directly to people in a setting with which the user is comfortable; either within their own home/community or in a neutral venue, if preferred.

Referrals can be made directly to NOVA, and self-referrals are strongly encouraged. All work will be carried out on a confidential basis.

