



OMAGH SUPPORT AND SELF HELP GROUP

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NEWSLETTER

WEBSITE AND ARCHIVE GO LIVE !!!!!!!!!!!!!!!!!!!!!!!

www.omaghbomb.co.uk

We are extremely pleased to announce that our website and accompanying on-line archive can be accessed as of the 6th January via the world-wide-web! You can view all the latest news, download publications as well as search our archive of newspaper articles, photographs and video clips! The creation of our website and archive is an effective tool in ensuring that Victims/Survivor issues and the work of the Group is kept to the forefront and available to all on a global scale.

Please note this represents Stage One of our on-line archive, we will be constantly adding and up-dating new articles and video clips as well as incorporating audio clips, language options and other relevant categories of material to our archive.

As a comment section is available on the site, we would gratefully appreciate any comments or suggestions you have to help us make our site most useful for you!

New Recreational Courses for 2006!

DIGITAL PHOTOGRAPHY

Got a new digital camera for Christmas? Not sure how to use it properly? Then this is the short course for you! Commencing on **Tuesday 10th January**, at 7.30pm in Omagh College. The tutor will be Martin McGlone.



CALLIGRAPHY



Calligraphy classes will be commencing in **mid January (date to be confirmed)** in OSSHG Office. Come along and learn the art of creative writing!

RECREATIONAL STONE WALLING - subject to interest recreational stone-walling will be commencing in February in Omagh College.

If you are interested in any of the above short courses and have not already contacted Sharon or Donna at the Office please phone 028 8225 9877.

The Staff and Committee of Omagh Support and Self Help Group would like to wish you and your family a very Happy, Peaceful and Prosperous 2006!

January's Social Activity!

Topic: Health and Wellbeing

“Taking Care of yourself during the Winter Months”

This month's Social Evening is in the form of a talk by Ms Roisin Gillheaney on Essential Healing and methods of taking care of yourself and building your immune system. Roisin will illustrate some techniques to help you ensure your health is tip top condition.

She will also explore the various vitamins and mineral supplements which are currently on the market and those which are most beneficial. Methods of dealing with the stress and strains we face in daily life will also be demonstrated.

Date: Wednesday 25th January 2006, at 7.30pm

Venue: Silverbirch Hotel, Omagh

Admission: FREE

Everyone Welcome, please feel free to bring a friend along. Refreshments provided.

FREE REIKI SESSIONS !!!

We are very fortunate to have a fully qualified reiki therapist offer her services to our group members.

Reiki channels energy in a particular pattern to heal and harmonise. It seeks to restore order to the body whose vital energy has become unbalanced.

Ms Connie Morrow will be in the Omagh Support and Self Help Group Office every **Thursday**

If you wish to make an appointment or require any further information please telephone **Sharon on 8225 9877.**

Please note this will operate on a first come first served basis so do phone early to avoid disappointment.

BE-FRIENDING SERVICE

If you are interested in availing of our be-friending service or you require some further information please contact Sharon on **8225 9877.**

Please note our be-frienders are fully qualified in this area and have been vetted through the appropriate procedures.

Total confidentiality will be ensured by our be-frienders at all times.



WAVE—Grief, Trauma and the Helping Relationship Course

This is a 10 week course which explores issues such as Trauma Recovery, Communication and Listening, Empathy and Empowerment and dealing with Grief and Bereavement.

Accreditation of OCN Level 2 will be awarded to participants.

Commencing Monday 30th January, from 6.30—9.30pm

Anyone interested in participating please contact Sharon on 028 8225 9877 or WAVE directly on 028 8225 2522.

Recent Meetings with Political Leaders !

On Monday 24th October, Members of OSSHG met with Irish Foreign Affairs Minister, Dermot Ahern, in Dundalk, Co. Louth. (see photo, right)

Members discussed with the Minister areas of concern for the Victims/Survivors of Omagh.

The meeting went very well and the Minister agreed to set up a personal liaison Officer from his Department to liaise with the Group on future matters of mutual concern.

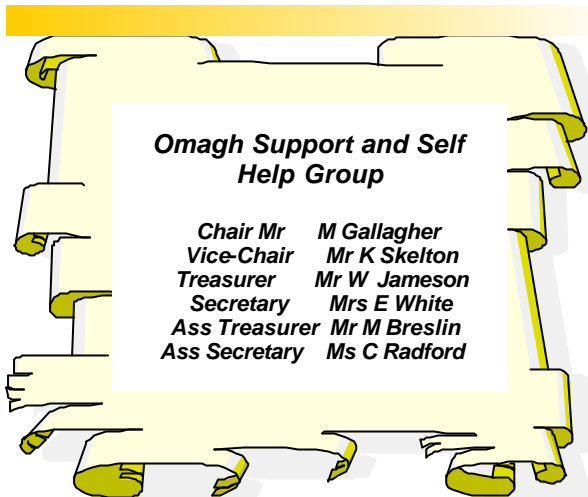


Meeting with British Prime Minister, Tony Blair !

On Tuesday 29th November, a delegation of 5 members of OSSHG and Group Co-ordinator Sharon Watters travelled to Number 10 Downing St to meet with Prime Minister Tony Blair. (see photo, right).

The Group held a very productive meeting with the Prime Minister and hope to continue discussions early in the new Year.





Mission Statement:: “to promote, advocate, and address where possible the needs of victims of the conflict in Ireland in order to achieve health, peace of mind, security and the foundations for personal growth. We are committed to addressing the real and practical needs of those bereaved and injured as a result of terrorist activity, and ensuring that victims are afforded the respect and consideration they deserve”.

Benefits Advice

Anyone who requires any advice or information regarding benefits such as Disability Living Allowance, Attendance Allowance, or Carer’s Allowance please do not hesitate to contact Sharon at the Support Group office on **028 8225 9877**.

TV Personality visits the Omagh Support and Self Help Group Office

Mr Paul Clarke from UTV called into OSSHG Office on a recent trip to Omagh. Paul continues to be an avid supporter of the important work of Victim/Survivor Groups and expressed Best Wishes to all Staff and Members Of Omagh Support and Self Help Group for 2006!



GET YOUR FREE COPY OF OMAGH FILM !!!!!!!!!!!!!!!

On **Sunday 22nd January 2006 The Sunday Tribune (Irish Edition)** are offering readers a FREE DVD of the popular Omagh Film. So if you haven't got a copy or would like a copy for family or friends look out on the 22nd for the free DVD!

“This publication has received support from the Northern Ireland Community Relations Council which promotes a pluralist society characterised by equity, respect for diversity and independence. The views expressed do not necessarily reflect those of the Community Relations Council”.