



## OMAGH SUPPORT AND SELF HELP GROUP

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## **NEWSLETTER**

### MARCH SOCIAL ACTIVITY : “INFORMATION EVENING ON COPING WITH STRESS”

With our busy lives and troublesome past, we all experience stress in some shape or form. The effects of stress are of course detrimental to our health and wellbeing so therefore OSSHG are hosting a Special Information evening which will provide you with techniques to help you recognise the symptoms of stress and help to generate coping mechanisms managing your stress levels.

This information evening will be held on :

**Monday 27th March 2006**  
**From**  
**7.30—9.30 pm**  
**In the Silverbirch Hotel, Omagh**

The evening will be hosted by Ms Judith Loder. Judith is an experienced counsellor who runs her own business entitled—New Beginnings. Judith has vast experience in working in the field of stress management.

To help catering arrangements please contact Sharon/Fionna on (028) 82 259877 to confirm your attendance. Please note you are welcome to bring a friend along.

### **BEYOND CARING PROJECT**

Beyond Caring is an organisation aimed at overcoming barriers to learning and employment for those with a disability or a caring responsibility. Participants can gain help in identifying his/her interests and aspirations and help in preparing an individual action plan to help reach his/her goals. This may involve personal development courses, recreational courses, vocational training and work experience.

**For further information please contact:**  
**Ann Marie Donaghy at Omagh College on 028 8224 5433,**

### **OSSHG WEBSITE!**

**Don't forget to log  
onto:**

**[www.omaghbomb.com](http://www.omaghbomb.com)**

**To view pictures from  
recent meetings and to  
view our latest news**

## ***NEWS FROM N.I. MEMORIAL FUND !!!!!***

Some of you may have recently received your winter Newsletter from the Memorial Fund - in case you haven't please see below for a brief description of its content and information regarding schemes currently open.

- ***WINTER ASSISTANCE GRANT***

This grant offers £100 for those people over 60 years of age who are bereaved (lost a parent, partner, child or sibling) or who were seriously injured or are a primary carer. In order to receive your £100 all you need to do is contact Sharon with your Name, Address and Date of Birth and copy of your birth certificate and we can post it off to the Memorial Fund on your behalf.

- ***SHORT BREAK SCHEMES***

This scheme provides individuals and families with a short break away from their usual surroundings, responsibilities and commitments. Short breaks are available throughout the British Isles and are available for those who are bereaved (lost a parent, partner or child) or who themselves have been injured or who have become the primary carer for an immediate family member who have been injured).

- ***EDUCATION AND TRAINING***

This grant provides grant assistance to children and adults whose education or vocation has been affected by their experiences. This grant assistance enables them to access the educational and training opportunities available to help them realise their ambitions and improve their employment prospects.

This grant is open to individuals who have lost a grandparent, parent, partner, child, brother or sister or who themselves have been physically injured, or become the registered primary carer for an immediate family member who have been Injured

- ***CHRONIC PAIN MANAGEMENT SCHEME***

This scheme provides grant assistance towards private medical consultation and treatment with a medically qualified specialist in Chronic Pain Management. Please note the scheme used to offer up to a maximum of £2,000 in any 12 month period, but this has recently reduced to only £500 of the grant being allowed to be spent on complimentary treatments.

- ***DISCRETIONARY HARDSHIP FUND***

The Discretionary Hardship Fund can help towards the cost of essential household items or services. This scheme is the only means tested scheme and is specifically aimed at low income households.

### ***Grants Which are Currently Closed :-***

- Amputee Assessment Scheme
- Wheelchair Assessment Scheme
- Small Grants Scheme

Cont. on Page 3.....

## **OTHER MEMORIAL FUND PROJECTS :**

### **CROSS COMMUNITY 2006 !!!**

Over the past 3 years the Fund has embarked on reconciliation projects in conjunction with Habitat for Humanity, a cross community Christian housing association. Teams of adults worked together on building sites to help build houses for families living in poverty. Two further projects have been arranged for 2006.

*If you would like any further information or help with applying to any of the NIMF Schemes please call Sharon on 82259877 and she would be happy to help.*

### **FREE REIKI SESSIONS !!!**

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

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.

### ***FREE COPY OF OMAGH FILM***

Following on from our previous Newsletter we can now confirm that a **free** copy of the Omagh Film will be available with the News of the World (Irish and English Editions) on:

**Sunday 12th March 2006!!!**

### **ATTENTION MEMBERS: OSSHG NEEDS ANALYSIS QUESTIONNAIRES!!!**

If you have not returned your questionnaires which you received in the post please do so ASAP. If you have already returned it, many thanks for your participation. We need your feedback to help us plan future activities.

Thanking you in anticipation!!!

### **TRIP TO GLENVEAGH CASTLE AND PARK**



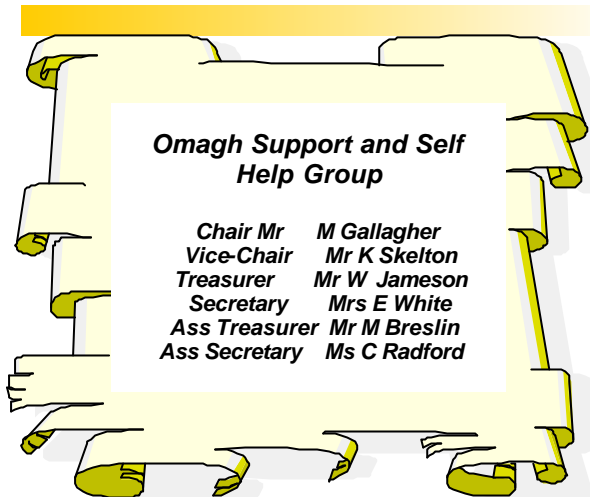
There are a limited number of places left on our day trip to Glenveagh Castle and National Park on:

**Saturday 11th March 2006**

Bus Leaving Omagh Leisure Centre Car Park at **10.00 am**

Lunch provided at Glenveagh  
**FREE to Members**

If interested give **Sharon/Fionna a call on 8225 9877**



*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**.

### ***FREE COURSES OFFERED BY WEA (Workers’ Educational Association)***

WEA is a community-based training organisation which has been delivering adult education across the North of Ireland for almost 100 years.

The following is a list of accredited courses which WEA offer **FREE** to community/voluntary groups. If OSSHG can confirm **10-12 participants** on any course WEA will carry out the Course in Omagh. Alternatively, if you are interested in any of the courses outlined and we do not have enough participants to run the course we may be able to link up with another local group and run the course together.

#### ***Sample Courses:***

Drug Awareness (10 Hours)	Employment Skills (20 Hours)
British or Irish Sign Language (60Hours)	Women’s Studies (24 Hours)
Women & Leadership (20 Hours)	E-Citizen (Internet Use) (20 Hours)
ECDL (30 Hours)	Interior Design for the Home (20 Hrs)
Microsoft Office (Word, Excel, Access & PowerPoint (30 Hours)	Basic Bridal Work (Floral Displays - 20 hours)
Black & White Photography (20 Hours)	

*“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”.*