



## OMAGH SUPPORT AND SELF HELP GROUP

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*Quarterly Newsletter*  
**JULY 2007**



### What has been happening in Omagh Support and Self Help Group??

#### **Project Co-ordinator:**

Donna McCauley was employed as the new Co-ordinator of Omagh Support and Self Help Group (OSSHG) in April 2007. Donna has worked with OSSHG as a Project Officer since August 2006 and is excited about her new position.

#### **Activities:**

OSSHG has organised many courses and activities for members. Members enjoyed day trips, a residential and attended musicals. Courses were well attended and members had the opportunity to develop many skills including stress management.



#### **Archive:**

The archive was officially launched in April. Deric Henderson (Press Association) and Paul Clark (UTV) helped launch the website. You can view the launch on our Archive at [www.omaghbomb.co.uk](http://www.omaghbomb.co.uk)

**(See pictures on right)**



### **Ninth Anniversary Service**

This years service will be held on **Sunday 12th August at 3.00pm** in the Memorial Garden. Refreshments will be served in the Library Headquarters immediately after the service.

**Anyone wishing to take part or offer ideas for the service please contact Donna.**

## Up coming courses!

Every year Omagh Support and Self Help Group organise courses for our members. Courses will run from September 2007, we hope to organise **courses for both Omagh and Buncrana members**. If you are interested in any of the courses below please contact Fionna/Donna on (028) 8225 9877.

**Personal Safety Awareness:** Do you know that if you are attacked, you should shout 'fire' instead of 'help'? If an attempt is made to snatch your bag, throw it as far away as possible from you. Always sit in the back of a taxi when you are on your own. This course covers areas in our lives where we are most vulnerable and shows us how to deal with both threatening and potentially threatening situations. Fear of crime, safety routines, reducing risk, handling conflict, and recording incidents are all addressed.

**Drug Awareness Level 2:** If you want to build on the knowledge and experience gained from Drug Awareness Level 1 this course will provide exactly that. The course addresses drug misuse, developing the more general theme of drug use presented in the Level 1 course. Again it is an ideal course for discussion and debate and presents information about drug misuse from the last century up to the present day.



**Introduction to Internet:** This course is a simple but detailed course on how to navigate through the World Wide Web.

**Introduction to Computers:** Are you scared of switching on a computer? Or maybe hesitant to press a button in case you make the computer crash. Tackle your fears with this introduction to computers and you will gain the knowledge and skills to have the confidence to use a computer.

(Please note this courses was cancelled last year, therefore those who were interested last year please forward your name.)

**Sign Language:** Last year members completed a Deaf Awareness course and gained knowledge of issues affecting deaf/deaf blind people. This sign language course will concentrate on learning Sign Language. This course is open to all members who are interested in the topic.



## Consolidating Positive Relations

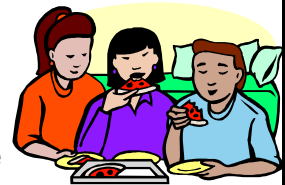
OSSHG are involved in a project which is part of a Consortium of 5 groups that include the Koram Centre, United Services Club, UDR Association and RFJ. Jim McLaughlin has recently been appointed to develop the project.

Through this project OSSHG members can avail of training, courses, social activities and much more. It is an exciting project that we hope will be a great success.

OSSHG welcome any ideas or suggestions people may have regarding activities or training that should be organised or what you are interested in as an individual. Feel free to contact **Donna on (028) 8225 9877** with your ideas or requests.

## Youth group

Events are being organised for the youth group, one of which is an overnight stay at an activity centre. New members aged between 11-18 are always welcome to the group from both Omagh and Buncrana. Contact **Donna on (028) 8225 9877** if you would like to be involved. Youth leaders are also welcome and all relevant training will be provided!



## Reiki

OSSHG would like to remind our members that Reiki is available in our premises every week on a Thursday and Friday. We would like to encourage those who have not used Reiki before to avail of it and those who have to continue attending.

Reiki supports the body's natural ability to heal itself and restores balance in one's life. Reiki will support all forms of treatment both orthodox and complementary. In addition, it will provide some "me" time and being afforded the opportunity to totally relax.

If you would like to receive Reiki or simply would like to try it please contact **Fionna on (028)8225 9877**. We can organise an appointment to meet your needs!

## Complementary Therapy

OSSHG offer complementary therapy and have recently been receiving names of those who wish to avail of this valuable service.

The therapy programme has changed slightly this year in order to cut the waiting list. Therefore it will be offered to those members who never had the opportunity to avail of therapy first, all those who have received therapy will have the opportunity to avail of the programme at a later date. Although the programme has changed, OSSHG aim to ensure that all members who require therapy will have the opportunity to benefit from it.

**Therapy is available in Omagh/District and Buncrana.**



## Social Activities

There are many events going to be organised throughout the year. There will be a Barbeque organised for our summer event! Lets just hope the weather improves. The venue and date will be confirmed soon...

## HELP US RAISE SOME MONEY!

In order to provide services to our members, OSSHG rely on funding. As funding is becoming harder to receive OSSHG are hoping to organise events that will help fundraise. Money that is raised will go towards the running of the group to provide more services for our members and overall help the sustainability of the organisation.

If you are interested in fundraising, have ideas or would like to help the group by becoming involved in a fundraising committee please contact **Donna on (028) 8225 9877.**



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