

R.A.F.T.

The Need...

Over thirty years of conflict have left three damaged generations – people who were children during the Troubles and shared the traumas of their parents, and a generation who were teenagers then and are parents now.

Those living in and around **Armagh** suffered greatly, and continue to do so because of the self-perpetuating cycle of low self esteem, poor educational achievement and the learned response of violent reaction – prejudice and defensiveness.

Armagh has large pockets of deprivation and high rates of suicide, drug and alcohol abuse.



The Response...

R.A.F.T. aims to tackle the residue of the trauma of the Troubles, focusing on rehabilitation and emotional recovery, targeting especially the most deprived and vulnerable.

The project seeks to equip people with the skills needed to regain their place in society and help to rebuild that same society – and is available to those in the most disadvantaged areas, irrespective of religion and politics.

The Action...

Participants benefit from individual counselling, courses and workshops in the management of stress, trauma, panic, anger and conflict, enabling them to develop confidence and personal/social responsibility within their own community.

These courses are complemented by creative art, music, dance, drama and alternative therapies.

The Organisation...

The R.A.F.T. management committee and advisory panel liaises with voluntary and statutory organisations, monitors the programmes, and deals with transport and childcare issues.

The Outcome...

Given time, the R.A.F.T. programmes will result in the emergence of a core of people with the skills to further not only their own positive development, but also the ability to awaken a more developed social sense in their peers and society generally – skills particularly beneficial to those currently struggling with depression and the inherited results of deprivation.

The courses run by R.A.F.T. will holistically deal with the tide of problems left in the wake of thirty years of sectarian conflict, which, sadly, often found a focus in marginalised areas of Armagh.



For further information contact the **R.A.F.T. Centre, 4B Callan Crescent, Armagh.**
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