

Youth Group

SAVER/NAVER has always had the desire to reach older teenagers in the community, and provide a safe haven for them to meet and "chill out". To this end, we have established a Youth Club which meets on a Friday night at Bingham House.

We are also working closely with Youth Action, and are planning to introduce an awards scheme which will reward the young people for their efforts, and give them ownership.

Men's Group

Our men's group meets on a monthly basis for a traditional cooked breakfast. Followed by a speaker. This allows the men to interact with each other through discussion and group activities.

We hope that this will empower our men, as well as encourage dialogue, and develop new friendships.

Dads And Lads

This initiative has been set up to encourage communication between fathers and sons. Fun activities and outings are set up on a regular basis and we hope that this group will become very popular in our community.

The Wednesday Club

The newest addition to our programme, this group meets on the first Wednesday of each month to learn techniques and ways to cope with stress. This group is very popular with men and women as well as young and old.

Events

SAVER/NAVER runs a programme of events throughout the year which gives our members opportunities to interact, both with each other and with other groups/communities in the North and South of Ireland. Below are some examples of events we have held:

- Christmas Carol Service
- Remembrance Service
- Members' Christmas Dinner and Dance
- Outings to Grand Opera House
- Various trips around the province and abroad
- BBQ's
- St Patrick's Night extravaganza
- Halloween Dance
- Guest Teas
- Community Awareness meetings
- Ladies nights
- To name but a few.....



S.A.V.E.R./N.A.V.E.R.



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SAVER/NAVER was established in 2000 to bring relief to victims of the troubles in South and North Armagh and Mid-Ulster, who are suffering from hardship or distress.

The group is managed by a committee who meet on a regular basis to offer help and support to each other, to remove fear and restore confidence in members.

Counselling

Counselling helps members look at their problems, and talk about their feelings about themselves and past experiences. Those who have availed of this service have found it to be of great benefit both personally and professionally.

Our counselling service follows a strict professional code of ethics, and client confidentiality is of paramount importance.

Alternative Therapies

Ki Massage - this is particularly suitable for relieving stress-related and muscular tension problems, it stimulates healing of recurring injuries. It can also help to reduce blood pressure, soothe the nerves and reduce tension and anxiety, producing a feeling of well-being.

Indian Head Massage - this massage technique relieves tension in the neck, shoulders and head. It also helps to reduce stress, headaches and combats the effects of ageing.

Stone massage - this involves the use of warm aromatic stones in conjunction with massage to alleviate stress. This particular method has a profound effect on the mind and body.

Reflexology - this can be used to restore and maintain the body's natural balance and encourage healing.

Bio Detox - is especially beneficial for people who are feeling lethargic, bloated or who suffer from sluggish digestive systems.

We are in a position to offer mobile therapy to members who are unable to come into the treatment room at Bingham House.

Cinderella

A second hand shop with a difference has opened its doors at Bingham House. All helpers are volunteers and all proceeds will help us build our Memorial Garden. Cinderella is fast becoming a meeting place in the town and a great encouragement for all of us involved.

Training and Education

At SAVER/NAVER we offer our members the following classes, both accredited and vocational:-

- Art
- Calligraphy
- CLAIT
- Community Development Courses
- Cookery
- Crafts
- Desktop Publishing
- ECDL
- Engraving
- First Aid
- Floral Art
- Gardening
- IT for the Terrified
- Patchwork
- Photography
- Picture Framing
- Sign Language
- Women's Health
- Word Processing I, II, and III



Alternative Therapy Suite



Bio Detox



Youth Chill Out Room



Youth IT Suite

We also offer to our members the following individual courses:

- Driving Instructors Course
- Driving Lessons
- Forklift Licence (Counterbalance and Telescopic)
- LGV/HGV
- Operator's Licences for Track Machines, Dump Trucks, JCB's etc

Plus many more.....

In addition, we will also consider other courses which members may wish to undertake at college level.

Women's Group

SAVER/NAVER offer befriending services which enables people to become more socially interactive and restores confidence. Our walking club meets twice a week and our health program is very popular with young and old. Our ladies nights are fast becoming known in the wider community.