

# WAVE

## NEWSLETTER

Vol 2

Issue 5



# Befriending in WAVE

**Question** What is Befriending?

**Answer** *Befriending entails visiting people in their own homes who, for whatever reasons, cannot or do not come to any of the Centres.*

**Question** How do I make contact?

**Answer** *Contact can be made by telephoning your local Centre and requesting a visit. A visit will be arranged as soon as it is convenient for you.*

**Question** What do they offer?

**Answer** *Befriending was initially developed by Marie McNeice and Rosemary Young in 1992 in response to the need identified for a listening ear service.*



*WAVE Befrienders*

*The **Befriending Service** i.e. regular visiting/contact by members is our most used service. It promotes the inclusion of many people who feel isolated, forgotten or unable to visit the Centre or leave their homes. It is seen by many as a tangible sign that they have not been forgotten.*

***Befriending** opens the way to other services, such as group support, individual counselling or advice and welfare work or services for children and young people.*

## ATTENTION!

### Competition . . .

*Turn to the back page to see our Befrienders like you have never seen them before.*

### NOTICE OF MEETING

At an Extraordinary General Meeting of WAVE held on 10th January 2000 a resolution to change the legal incorporation of WAVE to a company limited by guarantee was unanimously passed subject to Inland Revenue approval. The meeting was adjourned to obtain approval. The Inland Revenue have now approved the proposed change and confirmed that charity status will be retained.

Notice is hereby given that the Extraordinary General Meeting of WAVE that was adjourned on 10th January 2000 will be reconvened on Monday 2nd October 2000 at 7.00pm at 5 Chichester Park South, Belfast to transact the following business:-

1. To sign the Memorandum and Articles of Association and complete all other documentation to allow registration to take place.
2. To transact any other relevant business to allow registration to take place.

All members are entitled to attend.

# What's available from WAVE

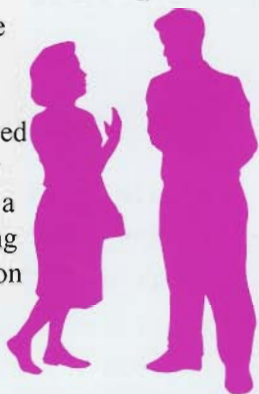
## Befriending

(see front page)



## Support Groups

WAVE offers the opportunity for those bereaved/traumatised to meet for peer group support as a means of lessening feelings of isolation and alienation within the community.



## Training

WAVE offers various training opportunities for members and also the general public.



## Youth

WAVE works with young people and children through appropriate activities and programmes.



*See Centre Updates  
for further information*

WAVE Trauma Centre  
5 Chichester Park South  
BELFAST BT15 5DW  
Tel: (028) 9077 9922  
Fax: (028) 9078 1165

WAVE Trauma Centre  
9 Dobbin Street  
ARMAGH BT61 7QQ  
Tel: (028) 3751 1599  
Fax: (028) 3751 1599

WAVE Trauma Centre  
Unit 4  
Old Market Building  
Market Place

OMAGH BT78 1BT  
Tel: (028) 8225 2522  
Fax: (028) 8225 9979

WAVE Trauma Centre  
14 Castlecroft  
Main Street  
Ballymoney  
BT53 6TD

Tel: (028) 2766 9900  
Fax: (028) 2766 9900

9.00am-5.00pm

Monday-Friday

OUTSIDE HOURS –

BY ARRANGEMENT

24 hour answer

machine service

## Individual Counselling and Psychotherapy

WAVE recognises that some people may need a little more individual support. This is open to adults, young people and children.



## Advice/Welfare

WAVE offers practical assistance in relation to benefits, advice, compensation and social welfare issues.



## Complementary Therapies

WAVE offers Aromatherapy / Reflexology / Massage and other alternative therapies.



## Drop-Ins

Wednesday drop-ins usually take place in each of

the centres from 1.00pm to 4.00pm.

Sample good food and friendly chat. A range of programmes are currently running.



# What's coming up

## Training & Courses

### *Trauma and the Helping Relationship*

This course will run again in September. It continues to be aimed at those working or intending to work with people bereaved/traumatised through the troubles. The course runs over 10 weeks for 3 hourly sessions. The main elements are self-awareness, theory of trauma/bereavement and group work. For further details and a pack please contact Angela Donnelly or Tracey McDowell on Belfast 028 9077 9922.

### *Trauma Training 2000/2001*

This is a comprehensive training programme to inform and equip community leaders/workers, clergy, CPN's and Social Services etc to work with people bereaved/traumatised through the 'Troubles'. This training aims to recognise and build on the experience and insight of community workers who have largely provided whatever containment was available to the communities badly affected by the Northern

Ireland situation. The course will run one day per week from 10.00 am to 4.00 pm for a period of 24 weeks. There will also be two residentials involved giving a total of 26 working days. For further details and a pack please contact Tracey McDowell on Belfast 028 9077 9922.

### *Free Educational and Training Opportunities*

If you have been bereaved, severely traumatised, injured or caring for someone injured as a result of the 'Troubles', we can provide help with training opportunities such as practical, childcare, career incentive training and information technology. For further information please contact your nearest Centre.

Funding is limited and therefore not all applications will be successful. The final closing date is 30th November 2000 (so get cracking).

## Attention All Men!

My name is Hedley Abernethy. A few months ago I had the pleasure of meeting some WAVE members and together we documented their stories. Several of the men spoke about how they would like a greater range of support services.

If you would be interested in contributing some ideas, take part in meeting others who have been affected by the troubles, please contact me on **028 9266 7317** or at the WAVE Centre on **028 9077 9922**.

# Advice and Welfare

## Introduction

WAVE has 2 Advice Workers who prior to joining WAVE, both trained and worked with the Citizens Advice Bureau. If you have any queries on welfare issues or would like help to complete forms you can contact them at the telephone numbers below. They can help you with a wide range of issues such as social security benefits, housing, community care, education, debt, Northern Ireland Memorial Fund or compensation. If you are not sure if they can help, please don't hesitate to contact them.

<b>Dermot Maguire</b>	<b>9077 9922</b>	<i>in Belfast</i>
<b>Maria Rogers</b>	<b>3751 1599</b>	<i>in Armagh</i>

## Northern Ireland Memorial Fund - Update

The Memorial Fund is an independent charitable fund which has been set up to assist those who have been bereaved or injured in the 'Troubles' in Northern Ireland. To date 3 schemes have been launched:- the Small Grants Scheme, the Respite Break (Holiday) Scheme and the Pain Relief Scheme. Further schemes are planned but it is likely to be next year before any more are launched.

There are 2 schemes which you can apply to at present:- the Small Grants Scheme and the Chronic Pain Management Scheme.

## Small Grants Scheme

This was launched in December 1999 and is aimed at those who are in financial difficulty. The grant awarded can be up to £500 (although the amount awarded is usually less) to allow the purchase of an essential item or service such as household and domestic appliances, minor household maintenance or other personal items. Individuals who have lost either a parent, partner or child through the 'Troubles' can apply to the Fund. People who have been injured, or care for someone who has been injured are also eligible to apply. This scheme is ongoing but is restricted to one award per household in any 12 month period.

## Chronic Pain Management Scheme

The Chronic Pain Management Scheme has been introduced by the Memorial Fund to provide grant assistance towards private medical consultation and treatment with a medically qualified specialist in chronic pain management. The scheme is open to those who as a result of the 'Troubles' have suffered physical injuries resulting in persistent chronic physical pain which does not respond completely to simple pain killing medications.

Individuals who meet the above criteria can apply for a grant to cover the costs of an initial private consultation with a medically qualified specialist in chronic pain management, subsequent consultations and treatments/therapies up to a total maximum of £500. Grants are restricted to one award per individual in any 12 month period.

## Past Schemes - Respite Break Pilot Scheme (Holiday Scheme)

This scheme was launched as a pilot scheme on 2 May to assess the need and to determine the future benefits of a holiday scheme. Although the scheme finished on 12 June, the Fund hopes to run the scheme in the future, subject to available funds. Individuals who were eligible to apply were those who had lost a child or partner, or had been injured, or care for someone injured in the 'Troubles'. The scheme aims to give short holidays within Britain and Ireland to applicants and also funds residential/nursing care for the injured if the carer wanted a short break.

## Social Security Benefits News

### Severe Disablement Allowance (SDA) - Claim Now!

SDA is a benefit for people who have been incapable of work for at least 28 weeks but who do not have enough National Insurance contributions to qualify for incapacity benefit. This benefit is being abolished in April 2001 for new claimants, so if you are not sure if you are entitled then contact Dermot or Maria in WAVE to enquire. There are different ways to qualify but for most people this benefit can be quite difficult to get because of the disablement test, so it is important to obtain advice.

## Bereavement Benefits for Men – Claim Now!

From April 2001 the government plans to widen the scope of the widow's benefits scheme and pay 'bereavement benefits' to men as well as women.

*What happens in the case of men who are widowers or widowed before April 2001?*

If you are a widower or are widowed before April 2001 you should make a claim for widowers benefits now. Although currently you would be turned down for this benefit, this may change if the case, which is going before the European Court of Human Rights, on discrimination against men is successful.

NB *This case will only help those widowers who have made claims for Widows' Benefits and will only be backdated 3 months from when the date of claim.* If you have not made a claim for the Widow's Payment within 3 months of the death of your spouse, it cannot be paid at all. It is important to seek advice on this matter quickly.

## Bereavement benefits for unmarried partners

Another case is already with the European Court to test the question of whether the surviving partner of a long-standing relationship is entitled to widow's or widower's benefits. We will keep you informed on these matters.

## Medicals for Incapacity Benefit and Disability Living Allowance

The Medical Support Service (MSS) is a unit within the Social Security Agency which carries out medicals for benefits. If you have attended a medical recently and have any complaint about the whole process, the MSS have a complaints procedure which you can apply to. If you would like to do this or are not sure then contact Maria or Dermot for advice.

## Disability Living Allowance and Physical Health

Disability Living Allowance is non-means tested, tax free benefit payable to people with physical or mental disabilities, who have difficulty looking after themselves or getting around. If you have a physical health problem then read on. (If you have a mental health problem see previous newsletter or contact us for further information).

Many people with conditions such as arthritis, chest/heart complaints, spinal problems, sensory impairment, epilepsy, malignant diseases and other ailments who have successfully claimed Disability Living Allowance. *It is not the disability itself which qualifies someone for DLA, but the effect of the disability on your mobility and care needs.*

**Mobility component** is for people with walking difficulties. It is payable at either low or high rate. The high rate is for people who are either unable to walk or for those whose walking is very restricted by a physical condition. This might be because someone suffers pain

or severe discomfort when walking. It could also be because someone becomes very breathless when walking or suffers extreme fatigue. If you find that because of your physical disability you can only walk very short distances before suffering severe discomfort or you can only walk very slowly you may qualify. There are other ways to qualify which is not covered here, so contact us for further information if your condition impairs your ability to walk. If you get awarded High rate mobility you also receive an orange badge for parking and road tax exemption. You may also be able to benefit from the Motability scheme which allows you to hire or buy a car using your High rate Mobility.

**Low rate.** The low rate may be payable if you have difficulty going out to places alone. If you have falls, fits or attacks (eg epilepsy, blackouts) and need someone to supervise you, reassure you or help you in the event of an attack, that may qualify. Someone with a significant visual or hearing impairment is very likely to need someone to accompany them when outdoors. It should be stressed that the test for low rate concentrates on your ability to walk in areas which are unfamiliar to you, so not being able to go to the local shop is not counted.

**Care component** for help with personal care or supervision needs, paid at low, middle and high rate. If you have a physical health problem and because of this you are unable to cook a main meal for yourself you may qualify for the low rate. This considers tasks such as being able to peel/chop vegetables, cope safely with hot pans, stand for reasonable periods and drain/serve vegetables from hot pans. If you have difficulty with any of the above it may help you to qualify.

If you have difficulty with, or need help or supervision with day to day personal care tasks, then you may qualify for the care component. Personal care includes things like getting in/out of bed, getting dressed/undressed, using the bath/shower, help going to the toilet, help with medications, help getting about the house, help at mealtimes or supervision to avoid danger. If you need help in some of these areas say, because carrying it out causes significant pain, breathlessness or fatigue or is likely to aggravate your condition then this counts and can help you qualify for DLA. *Remember you don't have to be getting the help to qualify for disability living allowance, you should qualify if you can show that you reasonably require it.*

If you need a lot of help during the day and/or at night you are likely to qualify for the middle or highest rates of the care component. Unfortunately however DLA cannot take into account help you need with domestic/household tasks such as Hoovering, dusting, cleaning or gardening.

**These are just some examples of how a physical health problem can affect you but there are other factors which are taken into account. Please do not hesitate to contact either Maria or Dermot to discuss this further.**

## **Review of the Criminal Injuries Compensation Scheme – Government publishes its response**

The Secretary of State, Peter Mandelson MP, announced in Parliament on 26 July the Government's response to the report of the Review of the Criminal Injuries Compensation Scheme. Further details are outlined below, but unfortunately for WAVE members the proposed new scheme will not help those inadequately compensated in the past, and the new scheme may not be put in place for another 2 years.

### *Background to the Review*

The review of the Criminal Injuries Compensation Scheme in Northern Ireland was carried out by Sir Kenneth Bloomfield assisted by a small team. The review was established in September 1998 and the report of this review was published in July 1999. The review looked at how the scheme could be improved in the future and made 64 recommendations in total, the government has accepted two thirds of these.

### *Payment of up to £10,000 to the families of the 'disappeared'*

The government has accepted that a special payment should be paid to the families of the 'disappeared'. However the government has rejected the recommendation to help those who were bereaved and inadequately compensated before the 1988 legislation. Instead the Northern Ireland Memorial Fund has been put forward as a means of addressing the financial hardship some may be suffering. This will be very disappointing for many people.

The government plans to publish the proposed scheme next year in the form of a draft Order in Council and it is planned to introduce a new scheme in 2002.

If you would like to obtain a copy of the government's response you should contact the CPU at the address or telephone number below.

Compensation Policy Unit, Criminal Justice Services Division, Northern Ireland Office, Room G4, Massey House, Stoney Road, Belfast BT4 3SX. Tel: 9052 3660.

*NB This review only applies to the future, and does not apply to those inadequately compensated in the past.*

If you have any comments on the government's response, then please contact Maria or Dermot in WAVE to discuss it further.

## **WAVE's Welfare Advice Service – Information Evenings**

Have you ever wondered if the advice service could help you with something, or have you difficulty getting to the office during the day? Well WAVE would like to invite you to an Information Evening in your local centre on WAVE's Welfare Advice Service.

This service covers financial matters such as social security benefits, debt, compensation and the Northern Ireland Memorial Fund. The service also deals with areas such as housing, community care and education. WAVE has 2 Advice Workers who have both trained and worked with the Citizens Advice Bureau before joining WAVE. They can offer you advice and information and also provide practical help with completing forms and writing letters.

The Information Evenings will commence at 7.30 pm with a talk on what the welfare service offers and then highlight one or two social security benefits which may be of interest to you. The Advice Worker will then be available to talk to you in confidence on welfare matters after the talk and refreshments will be available at this stage. The Evening will finish at 9.00pm.

If you would like to attend any of the evenings please confirm your attendance with your local Centre.

**Monday 9th October, 2000**

**Ballymoney 7.30pm-9.00pm**

**Monday 9th October, 2000**

**Omagh 7.30pm-9.00pm**

**Wednesday 11th October, 2000**

**Belfast 7.30pm-9.00pm**

**Thursday 12th October, 2000**

**Armagh 7.30pm-9.00pm**

### **Advice queries:**

**Ballymoney and  
Belfast members**

**Dermot Maguire  
028 90 779922**

**Armagh and  
Omagh members**

**Maria Rogers  
028 37 511599**

# Information Series

In all future editions of the Newsletter we hope to include articles specifically related to trauma.

Margaret Riddels, Chairperson of the Management Committee kicks off the information series with an article on Alcohol and Trauma.

## Alcohol and Trauma

Many of you reading this will have experienced at some point in your life a traumatic event which turned your world upside down. You will have experienced or are still experiencing loss in some shape or form, be it the loss of a loved one, the loss of a limb, the loss of part of yourself or the loss of a former way of life. Someone close to you may have been injured.

Experiences like these and circumstances surrounding them will evoke many intense feelings. Feelings at a level never before experienced. There may be feelings of isolation, grief, sadness, anger, and guilt to name but a few. However, gradually many people learn to come to terms at some level with their feelings and the circumstances that surround their particular trauma.

Unfortunately not everyone learns to cope and some people may turn to alcohol to help him or her through the stresses and strains of everyday living. They may be former social drinkers whose drinking has increased to harmful amounts because of the circumstances they now find themselves in, or non-regular drinkers who are consuming large amounts of alcohol to help them deal with their situations.

Here in Northern Ireland we freely advocate the use of alcohol to help up “relax”, “push down feelings”, “drown our sorrows”, or to “seek oblivion”.

Alcohol is not however an innocuous substance. It is a drug (although a legally sanctioned one). Alcohol can be safe when taken in small amounts but is often misused through heavy and binge drinking – this can lead to addiction.

Alcohol is a depressant which effects that part of the brain which controls our feelings and emotions. While alcohol may appear to bring relief from these feelings, it is only temporary. Nothing has really changed, the feelings are still there. Continuous heavy drinking can



Margaret Riddels, Chairperson of the Management Committee

have a detrimental effect on health. It can lead to high blood pressure, cause strokes, heart, stomach and liver problems. There can also be short-term memory loss. Accidents are more likely to happen to the person who has been drinking too much.

The Government has set down guidelines for “safe drinking” – these are 2-3 units a day for women or 3-4 units a day for males spread throughout the week.

1 unit = ½ pint of ordinary beer and cider

1 unit = small glass of wine, sherry or vermouth

1½ units = pub measure of spirits

If you feel you have developed a problem with your level of drinking or feel you are at risk of doing so, then help is available. One such source is NICAS (Northern Ireland Community Addiction Service). They can offer you advice and support and help you cut down or avoid the use of alcohol altogether. Their service is confidential and free of charge. They also provide support for family and friends. They have 3 centres in Belfast.

40 Elmwood Avenue  
Tel: (028) 9066 4464

461 Falls Road  
Tel: (028) 9033 0499

219 Albertbridge Road  
Tel: (028) 9073 1602

There is a 24 Hour Answering Service.

A home visit can be arranged for anyone who cannot attend a centre because of age or disability.

*WAVE can arrange for help in this area, please contact Tracey on 028 90 779922.*



# update



*Member Margaret and friend demonstrating Aloe Vera products*



*WAVE Armagh Fundraising Night in Drumsill  
Therapists: Sonia and Geraldine*



*Ready for the Garden Party*



*WAVE Armagh staff at the Fundraising Ladies Night at the Drumsill  
in May. Spot the odd one out!*

The WAVE Trauma Centre in Armagh held a very successful 'Ladies Night' in Drumsill House Hotel as part of the Apple Blossom Festival activities.

The ladies were given talks on alternative therapies such as Yoga, Reiki, Reflexology and Aromatherapy and then had the chance to have a treatment themselves.

A member of WAVE who is an agent for Aloe Vera talked of its healing properties and displayed the products.

Jewellery, Ceramics and Beauty products were also shown on the night. Those who attended were delighted with the evening and we hope our next one will be bigger and better.



# *on* Armagh



*Michael McDonald, disabled New York Police Officer, visits WAVE Armagh.  
Michael talked to WAVE members and staff*

## Continuing Programmes

- Befriending
- Counselling
- Youth Programmes
- Advice & Welfare

## *Dates for Diaries*

### CURRENTLY RUNNING

#### PERSONAL IMAGE DEVELOPMENT COURSE

#### YOGA

Course also starting soon – again please contact the centre if you are interested. Details will be confirmed if sufficient interest is expressed.

#### Thursday 28th and Friday 29th September

#### RESIDENTIAL AT KNOCKLAYD

(With the Omagh Centre) 6 places are available. Contact us for further details.

#### Thursday 7th December

#### SHOPPING TRIP TO BELFAST

Stopping off at Rathvarna for tea/coffee to give Armagh members the opportunity to see 'headquarters' and meet the staff there.

#### Drop-in's

Wed 11 Oct – Alternative medicine

Wed 8 Nov – Demonstration on decorating plant pots/making jewellery

Wed 29 Nov – Xmas decorations

As always these commence at 1.00pm with lunch, followed by the talk or demonstration on that day's topic.

If you would like any information on the above, please don't hesitate to contact the staff at Armagh on 028 3751 1599.



# update

## WAVE Training

After two major Northern Ireland 'troubles' incidents in my life it has been so encouraging to have an organisation like WAVE to take an interest in me, as an individual. I have attained a National Diploma in Management, which was sponsored by WAVE. The course has helped me handle my concentration and to some extent improved my short-term memory.

For anyone thinking of further education 'go for it'. It will help and change your outlook on life.

*Many thanks*

*Roy*

*Member and Volunteer WAVE, Ballymoney*

*Official Launch of  
WAVE, Ballymoney  
25 September 2000, 6.30pm*

*Special Guest:—*

*Sir Kenneth Bloomfield*

*Everyone Welcome*

## The Fun of Fundraising!

Waking up to a rainy Saturday morning knowing that I had to spend the whole day outside at a stall was less than pleasant. Yet the rain didn't matter in the end – the day at Ballymoney Fair with Darlene and myself was a real success (£128.11 raised) and great fun!



*Una, Roisin, Frances (volunteers) manning WAVE stand at Ballymoney Agricultural Show in June 2000*

The bric-a-brac stall went down a treat and the face painting – well what can I say, there was a never-ending queue.

I became a volunteer with WAVE when it first opened in

Ballymoney (16 months ago) and am also a member of the Steering Group and Friends of WAVE.

When I think back to painting the window last year I don't think I realised how much progress WAVE would make. All the groundwork that was done to get WAVE recognised, as an organisation has been hard work but well worth it.

Recently I have become involved in the WAVE Youth, which has brought memorable moments. Recently I attended a residential in Ballycastle, which was great fun. It was nice to meet and get to know the kids from the other centres and see all their different individual personalities.

Being part of WAVE has made my life more meaningful and has brought a lot of happiness with all the different events organised with the knowledge that I am helping others.

WAVE has come a long way since it began in Ballymoney and I would like to say that Rae is doing a great job – keep up the hard work!

If anyone is thinking about becoming a volunteer, my advice is 'go for it', you will find it both worthwhile and rewarding.

*Jayne McConaghy*

*WAVE Volunteer, Ballymoney*

# on Ballymoney

**WAVE Trauma Centre in Ballymoney, servicing the North Antrim area, has been open for 1 year, developing an extensive and highly successful programme which includes:–**

## **Youth Programme**

The Ballymoney Youth Programme has been in operation for the past eight months where young people meet fortnightly for after school events which include:– Personal and Social Development eg. Taking Care of Your Body, Young People Coping with Stress, Body Changes, Peer Pressure – (this means doing what you know is right for you and not being afraid of what friends think), Healthy Eating, The Fun of having a Penpal, What it's like growing up in Northern Ireland, Cross Community Programmes, Arts & Crafts, visits to Theatre and Residential.

These are just some activities within our youth work programme.

## **Befriending Service**

Many people in the North Antrim area who have been bereaved, injured or traumatised as a result of the 'troubles', have benefited from visits – both in their homes and in the WAVE centre.

## **Individual Counselling**

WAVE recognises that some people may need a little more individual support. The organisation addresses this by offering supportive counselling by professional counsellors. There has been a significant uptake for this service for WAVE members in Ballymoney.

## **Trips**

13 members of WAVE travelled by minibus to Omagh on their first Day Trip to the American Folk Park. These type of outings are essential to members to get away from their environment and feelings of isolation to share their stories and experiences of their suffering, working toward a process of healing, assisting them in the transition from 'victim to survivor'.

On Tuesday 13 June, 12 members and Project Manager, Rae Kirk travelled to Hillsborough Castle for a Garden Party hosted by Secretary of State, where two members met Prince Charles.

## **Alternative Therapies**

Reflexology and Reiki are available to members in the WAVE centre and there has been very positive feedback from those who have availed of this service. Each month 12 members receive Reflexology treatments and 7 attend Reiki. These therapies create deep relaxation and provide the facility to 'let go'. It is a continuous process, which will take time, therefore when



*Rae Kirk  
Project Manager, Ballymoney*

treatments are started it is important that they are fully completed. Many people have found it beneficial in relation to:– sleeplessness, pain, flashbacks, poor confidence, sense of wellbeing, stress and disorders associated with stress.

## **Training**

WAVE's aim is to offer a variety of training programmes to members in order to: equip them with more skills; increase their self esteem and personal development; empower members to be more motivated and; improve their quality of life. Eight WAVE members in Ballymoney have received training and achieved HGV licence, car driving licence, computer training and NEBSM Diploma.

## **Talks and Presentations**

The Project Manager has given various presentations to different clubs and groups such as Ballymoney Rotary Club, Coleraine Fibromyalgia Group, Ballymoney Partnership, Rasharkin Community Group, and the University of Ulster Coleraine Campus, etc

## **WAVE Courses**

Following the successful previous WAVE training courses, we are offering:

### **Listening Skills –**

**starting on Tuesday 12 September 2000 at 6.30pm**

This course runs for 2 weeks and is for anyone who wants to improve their Listening Skills not only in the helping relationship but also in our everyday interpersonal transactions.



### **Trauma and The Helping Relationship –**

**starting on Wednesday 13 September 2000, 6.30pm**



The course runs for 10 weeks. This course is for anyone who wants to understand the effects of trauma caused by the 'Troubles' in Northern Ireland.

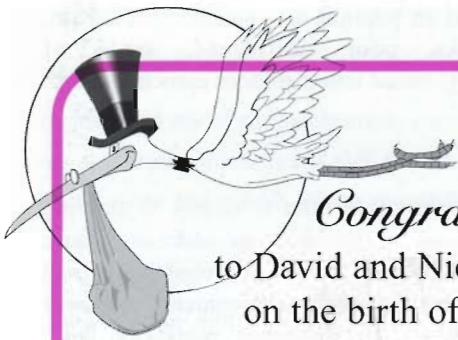
*For more details please contact:–*

**Rae Kirk, Project Manager, 14 Castlecroft, Main Street, Ballymoney BT53 5TD. Telephone: 028 2766 9900.**

# update on Belfast



## Meet the Belfast Staff



*Congratulations!!*  
to David and Nicky Clements  
on the birth of their son –  
Joshua William  
born on 4th May 2000



Back left to right: Angela Donnelly, Myrtle Hamilton, Janet McConnell,  
Bronwyn O'Donnell & Tracey McDowell  
Front left to right: Alan McBride, Sandra Peake and Dermot Maguire  
Unfortunately Anne-Marie McQuade was missing on the day

Congratulations to Alan 'Once a Pig Butcher' McBride  
who has just recently graduated with a First Class  
Honours in Youth and Community Work.  
*Well done Alan!*

## Dates for Diaries

### CURRENTLY RUNNING

Painting Classes (running each Thursday Evening  
from 7.00pm to 9.00pm)

Person Image Classes ie. Flying Colours

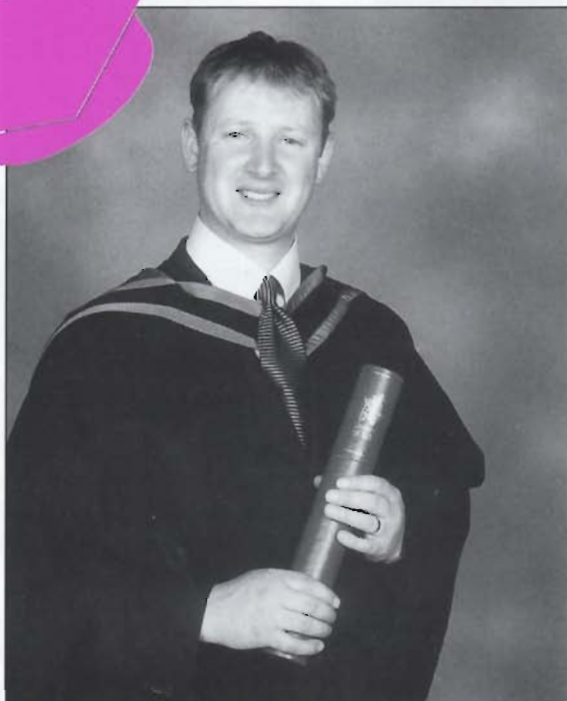
**29th November** Xmas Shopping Trip to Newry

**13th December** Members Xmas Dinner –  
Maginty's  
(£5.00 deposit required)

**Date to be arranged** Time for Me Course

**Date to be arranged** Anger/Stress Management

\* If interested in the above courses please contact  
Tracey for information on 028 9077 9922.



# update *on* Youth



WAVE Youth Circus Skills Group taking part at the Shankill Festival. See the Flower Waves bloom.

WAVE Youth has just finished it's Summer Scheme where a variety of programmes, visits, outings, residentials, picnics etc took place.



WAVE Youth's visit to Ballycastle from 24th to 28th July went extremely well. The young people came together



from all the Centres and this was facilitated by Youth Workers, Staff and Volunteers and Young people all had a ball!

The Summer Scheme was rounded off with WAVE's Annual BBQ at Kilkeel on Saturday 12th August 2000 and it was enjoyed by all. A big thank you to Hazel and Valerie for letting us visit their home.

*Annemarie McQuade*



## Grant available up to the sum of £500

If you are between the age of 16 and 25 years and would be interested in getting back into further education, The Ian Gow Memorial Trust offers those affected by the 'Troubles' a grant of up to £500.00.

If interested please contact:-

**Voluntary Service Belfast**

**70/72 Lisburn Road**

**Belfast BT9 6AF**

**Tel: 028 90 200850 or Tracey on 028 90 779922**





# update

*The Omagh WAVE Centre are planning their programme of events for the forth coming months, we are very interested in any ideas which members may have relating to activities or services which we can provide.*

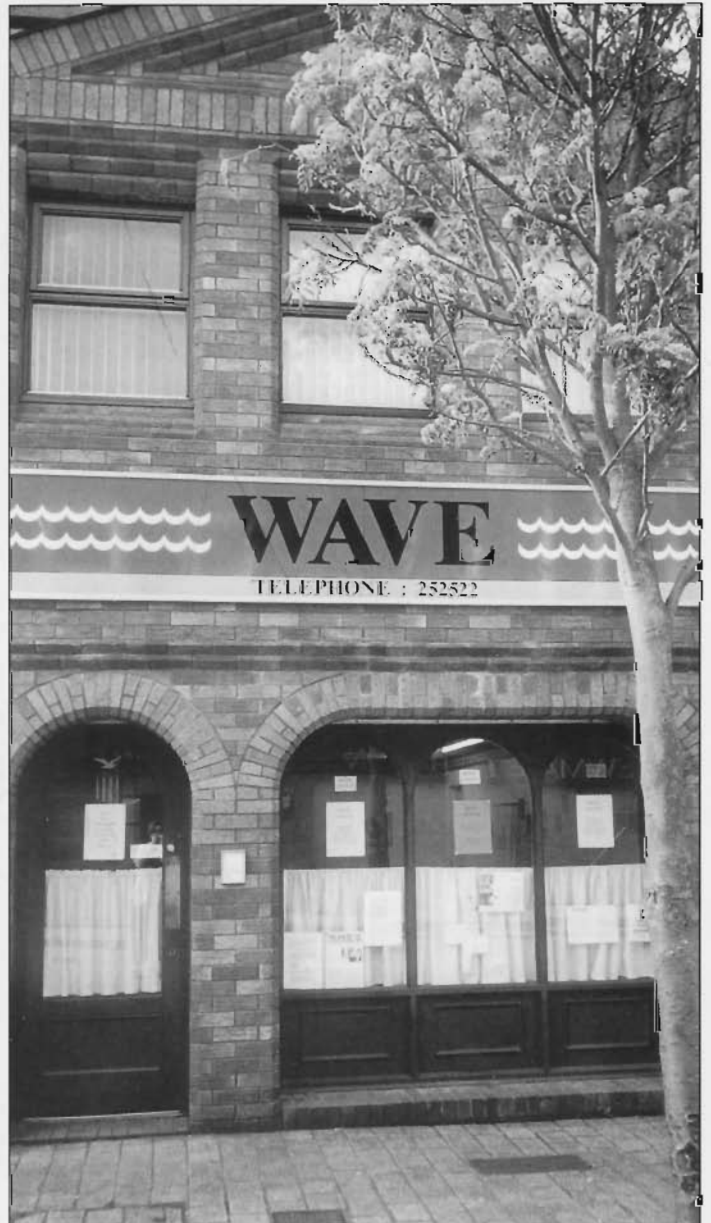
## *Dates for Diaries*

**28th and 29th September**  
**KNOCKLAYD WEEKEND**  
Cookstown/Armagh

**19th and 20th October**  
**TRAINING RESIDENTIAL**  
Tir Nivar – Derrygonnelly  
Reflexology/Reiki Training – places limited. Cost £10 per person

### **October**

Drop in Lunch Days will be commencing.  
Trauma and Helping Relationship Course will be commencing, for further details contact the Centre on 028 82 252522.



*“It feels so relaxed and calming in this centre”*

*(quote from an Omagh member)*

# on Omagh

## *Coffee Morning and Craft Sale at the Omagh WAVE Centre*

The month of June started with a lovely Coffee Morning, and Craft Sale at the Omagh Centre. The day was a great success, and the team were very pleased with the support we received from members and local contacts. To date around £150 has been raised. Tracey, Jean and Rosaleen would like to say a big thank you to everyone who supported the Centre, and to Diane Allen, and Mrs McSwiggan for their kind donation.



## *Reiki*

Julie-Ann Mullan has started Reiki sessions within the Centre. These are proving very therapeutic. There is also a great demand for these sessions. It is hoped we will provide this service on a regular basis within the Centre.

Gayle Hegarty has also started as a Counsellor for WAVE, and we are very pleased to welcome her to the Omagh Centre.

The Omagh Centre would like to say a big “thank you” to our two Youth Volunteers Fiona McSwiggan and Rosaleen McCullagh for their time, and dedication to the Youth Programme!!

## *The Day we went to Bangor*

Nine members from the Cookstown Support Group went to Bangor on the 8th June. The morning dawned bright and sunny, for the start of their trip. Our first port of call was Rathvarna where we had a tour of the new house, followed by a wee cuppa. Thanks to the Belfast Staff for their hospitality!

Our afternoon in Bangor was very relaxing and enjoyable, and the day was rounded off with a lovely meal at the Thatch Restaurant. Thanks to Jean and WAVE for organising a lovely day out!!



*Room of Tranquillity at the Omagh Centre  
Relaxation, Reflexology, Reiki –  
come along and join us!*

# Attention!

Let's play "Spot the Befriender" Can you tell who is who?  
Simply draw a line from each of the Baby Photographs up  
to the Befriender Group Photograph



The first person to send their correct entry to Tracey McDowell, WAVE Trauma Centre, 5 Chichester Park South, Belfast BT15 5DW will win a Mystery Prize. (So get drawing and good luck).