



# WAVE NEWSLETTER

Autumn/Winter 2019

18 HOLMVIEW AVENUE  
OMAGH  
CO. TYRONE  
BT79 0AQ

## COOK IT PROGRAMME



**Superstars, Cooksktown**

**Thursday 7th November 2019**

**10am–4pm**

We are hosting a one day Cook It workshop. This programme is based on enhancing your cooking skills and healthy eating, particularly in a cost effective way.

The programme offers hands-on, practical experience of cooking and preparing food, as well as improving knowledge of healthy eating and food safety.

We will be preparing lunch to eat on the day. Copies of recipes utilised on the day will also be available. Come along for some food and fun.

**Contact 028 82252522 for further details and to book your place**

## DECOUPAGE WORKSHOP WITH CHARLENE ADAMS

**Wave Trauma Centre, Omagh**

**Wednesday 20th November 2019**

**10am–4pm.**

**Light Lunch Provided**

Decoupage is the art of decorating an object by gluing coloured paper cut-outs onto it in combination with special paint effects, gold leaf and so on. Commonly an object like a small box or an item of furniture is covered by cut-outs from magazines or from purpose-manufactured papers.

Items could include jars, frames, Christmas baubles etc.

So if anyone has any small items they desire decoupaging feel free to bring them along too!!! Just small items though. Or if anyone wants to bring along particular cut-outs or designs from magazines to use feel free.

Charlene will have things with her but this is just incase anyone has their heart set on something in particular.



**Contact 028 82252522 for further details and to book your place**

## DECOUPAGE WORKSHOP WITH CHARLENE ADAMS

Superstars, Cooksktown  
Thursday 21st November 2019  
10am–4pm.  
Light Lunch Provided



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## COOK IT PROGRAMME



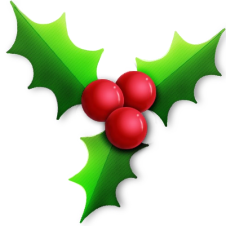
### OMAGH VENUE AND DATE TO BE CONFIRMED EARLY 2020

We are hosting a one day Cook It workshop. This programme is based on enhancing your cooking skills and healthy eating, particularly in a cost effective way.

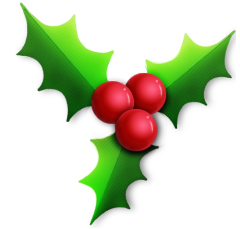
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## CHRISTMAS BUS TRIP TO BELFAST WEDNESDAY 4TH DECEMBER 2019



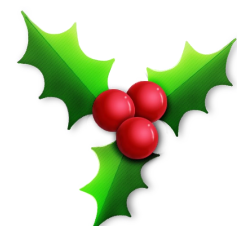
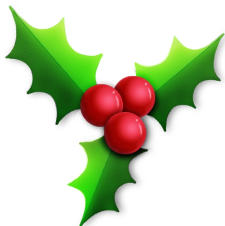
Leaving Crevenagh Road Park and Ride Car Park Omagh at 9am Sharp.

Pick up point and parking available at Dungannon Swifts Car Park at 9.40am Sharp.

First stop will be at Dobbies Garden Centre for breakfast. We will then travel to Belfast where you can enjoy the Christmas Markets at the City Hall and shop at Castle Court or Victoria Square.

Leaving Belfast at 3.45pm. Returning to Dungannon Swifts and on to Crevenagh Road Park and Ride Car Park, Omagh for journey's end.

**Please note the pick up point at Omagh! Please ensure you are at pickup points at the times stated!**



# WAVE TRAUMA CENTRE

## Annual Community Carol Service



Wednesday 11th December 2019 at 7.00 p.m.

WAVE Trauma Centre,  
18 Holmview Avenue, Omagh  
Carol Service and  
Light Buffet  
Everyone welcome

For Catering Purposes Please Contact WAVE Omagh Centre on  
028 82252522 to confirm numbers attending.



# WAVE Trauma Centre, Omagh CHRISTMAS DRAW

**Star Prize: 32" Colour TV  
Plus Various Prizes**

Tickets:

Donation of £1.00 Each or Book of 6 for £5.00

Tickets available at WAVE Trauma Centre, Omagh. Thank you to those who have donated prizes for this event. Proceeds of ticket sales will help to provide support and services to those bereaved, injured or traumatised by the troubles in Northern Ireland.

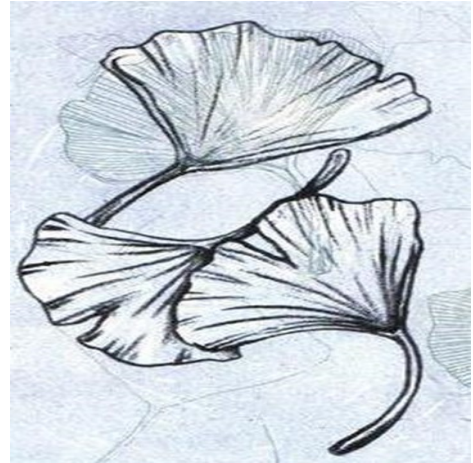
**Draw will take place on Wednesday 18th December 2019 at 10.30 am  
at  
WAVE Trauma Centre Omagh.**

*Charity Ref No. NIC100204*



## **DRY POINT PRINTMAKING WORKSHOP WITH JULIE MURPHY**

**Superstars, Cookstown  
Thursday 16th January 2020  
10am-4pm  
Light Lunch Provided**



Drypoint printmaking is a fun and accessible way to begin to make your own prints which can be framed or made into cards.

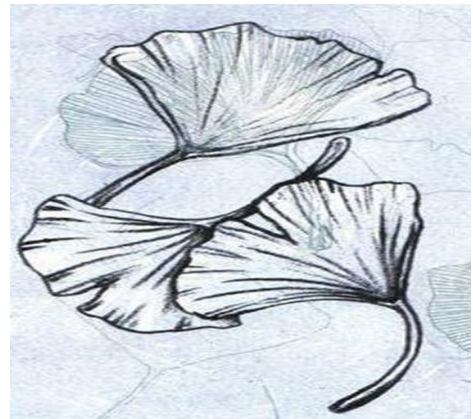
During the workshop you will make a drypoint plate by working different mark making tools into plastic, before experimenting with inking and wiping methods to create unique prints.

You do not need to have skill in drawing as the plastic plate can be laid over a photograph or image from a magazine as a guide. Just bring an image to work from (A5 size or less) which has quite strong lines to follow. Plants and flowers work well or you might want to create a print of your pet!

Contact 028 82252522 for further details and to book your place

## **DRY POINT PRINTMAKING WORKSHOP WITH JULIE MURPHY**

**Wave Trauma Centre Omagh  
Thursday 23rd January 2020  
10am-4pm  
Light Lunch Provided**



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During the workshop you will make a drypoint plate by working different mark making tools into plastic, before experimenting with inking and wiping methods to create unique prints.

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# STRICTLY ACTIVE DANCE

Come along and join in the fun at our Strictly Active Dance Class. Through this class you will learn various dance moves as a group. You will gain experience and learn about the benefits that dance and movement can bring to your life.

No previous dance experience required. Come along and throw some shapes and bust some moves!!!!



**For an expression of interest in this fun and exciting Programme due to take place in January please contact the Omagh office on 028 8225 2522.**

## OUR NEW ADVOCACY WORKER

My name is Wendy Stewart and I have recently taken up the role of Advocacy Support Worker in WAVE. Although I am based in the Omagh WAVE Centre, my role is a regional one, so I will be covering a large geographical area.

My working life began in the Advice Sector where I worked in Advice Centres in Fermanagh and Tyrone. I have also spent many years working in the Victims' Sector advocating on behalf of victims of the "Troubles," and victims of other violent crimes. As an Advocacy Support Worker in WAVE, I will be assisting victims and survivors of the "Troubles" who seek information about the murder of a loved one, or about the incident in which they were physically and/or psychologically injured. This will involve carrying out research into the incident, reviewing documents relating to your case, writing letters on your behalf, preparing you for meetings with outside agencies who may hold relevant information, and providing you with support at those meetings. I will be working on your behalf with many outside agencies including the PSNI, Legacy Investigation Branch, Police Ombudsman NI, Public Records Office NI, Coroner's Office, An Garda Síochána, Solicitors, etc.

To find out more about the Advocacy Service, please contact me on **028 8225 2522** or on my mobile number **0773 871 4915**. Alternatively, you can email me on **w.stewart@wavetrauma.org**. I'm delighted to be joining the WAVE team, and I look forward to working with you.

# **MEN'S HEALTH EVENT**

Wave Trauma Centre Omagh  
Wednesday 4th March 2020  
9.30am-4pm



We are hosting a Men's Health Day which will consist of appointments throughout the day for those interested to attend for a 20 minute well check.

This service will be provided by Northern Ireland Chest, Heart and Stroke.

The well check includes a brief assessment of your lifestyle and general health, such as:

- Blood pressure
- Cholesterol
- BMI
- Metabolic age

Also an opportunity to speak to Outreach staff, welfare and advocacy Advisor and taster sessions in Complementary therapies available.

Light refreshments will be provided.  
on the day.



**Booking is essential as  
limited spaces are  
available!!  
Please contact centre to  
book appointment.**

Contact 028 82252522 for further details and to book your place



# INFORMATION SESSIONS

**Wave Centre, Omagh**  
**Wednesday 6th November 2019**  
**10am-12pm**



Catherine Mullin from Drink Wise Age Well will be attending the office to provide an information session for those who are working with or know someone who is over 50 and struggling with their alcohol use.

Topics covered include:

- Life transitions
- The affects of alcohol and how this accelerates aging
- Unit guidelines and tools to calculate these
- Myth busters
- Info/guidance on how to broach the conversation with someone you have concerns about.

Contact 028 82252522 for further details and to book your place

**Omagh Leisure Complex**  
**Wave Centre, Omagh**  
**Wednesday 13th November 2019**  
**10am-12pm**



Come along and hear from an Omagh Leisure Centre staff member all that our local Leisure Complex has to offer. Information provided on the day will include:

- Information on memberships
- What classes are available
- Information on concession rates including child/youth (under 18), Senior citizen (over 60) and disabled users.
- Payment options

Contact 028 82252522 for further details and to book your place

## Knit & Knatter

### Craft Class at Wave Centre, Omagh

### EVERY THURSDAY 10.30 am ~12.30 pm



WAVE clients can meet together for tea/coffee to make crocheted throws for nursing homes in the area or baby clothes for babies in premature baby units.

A request is being made for any wool which you might have stashed away and aren't going to use. This could be put to good use by the craft class members. All donations gratefully received!

Come along and learn to crochet or improve your current skills.

Open to all WAVE clients. Come along and join in!

#### COMPLEMENTARY THERAPIES

<b>Omagh</b>	<b>WAVE Centre ~ Monday and Thursday</b>
<b>Enniskillen</b>	<b>St McCartans Cathedral Hall - Friday</b>
<b>Cookstown</b>	<b>Superstars Centre ~ Tuesday and Wednesday</b>
<b>Cookstown</b>	<b>Gortalowry House ~ Monday</b>



#### COUNSELLING



Counselling available 4 days per week in WAVE Centre Omagh and in a Centre in Cookstown by appointment

