



ISSUE
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WAVE Update

We provide care and support for people affected by the 'Troubles' in Northern Ireland



Welfare Advice

Universal Credit has now been "rolled out" throughout Northern Ireland, replacing such benefits as Income Support, Income Related ESA and Housing Benefit. It may be of interest to some of our clients to note that War Pensions did count as income for these benefits but do not count as income for Universal Credit. Even though in the past you may have had a benefit check and had been told that you have no further entitlement to benefits, it may be beneficial for you to have a benefit check carried out now, in the face of this. As ever you can contact your Outreach Worker at WAVE Trauma Centre who can refer you to our WAVE Welfare Officer Ciaran to get an appointment for a benefit check or any other Welfare issues.



Content:

- Day Trip Belfast Christmas Market
- Christmas Glass Painting
- Leather Workshop & Yoga Class
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Christmas Glass Painting

Wednesday 4th & 11th December 10am until 4pm

This December we will have the artist Leona Devine back with us facilitating a Christmas glass painting workshop. This will be a wonderful couple of days meeting people and creating a piece you can take home, such as a beautiful lantern. In the previous year, Leona and a group of WAVE participants created a beautiful piece of ceramic tiles for our centre. Due to the positive experience and feedback throughout, we asked Leona to come back and facilitate another course at the Ballymoney centre. If you are interested in the workshop, please contact Geraldine on



02827669900 to book your place. Please note: There are limited spaces for this class so get in touch ASAP to make sure you do not miss out.

Fundraiser at TESCO

Every year, WAVE staff and volunteers raise money to support our work financially. This year, we are planning for a bucket collection at TESCO in Ballymoney on **Friday 6th December**. Let us know if you wish to help: 02827669900. **Thank you!**

WAVE Services

Call us if you need advice or support
WAVE offers outreach and health & wellbeing support, welfare advice, complementary therapy, counselling, advocacy, Trauma Training classes, creative and psycho-educational courses, day trips & other social events. If interested in the certain services or events, please let us know!





First Aid Course

**Wednesdays 4th & 11th March
10am to 1pm**

Learn the skills to potentially save lives and help others in emergencies. This First Aid training delivered by facilitator Paul McCormick covers the Level 2 CPR and safe use of a defibrillator. This is a very practical course helping participants to use the defibrillator competently and with confidence. It also visits some basic First Aid skills, including resuscitation and choking. All participants are offered a 3 year qualification, subject to assessment. The minimum contact hours for the course is 6 hours, so attendance on both days is crucial. If you wish to attend, please contact us on **02827669900**.

Leather Workshop

**Wednesdays 5th & 12th February
10am to 4pm**

Perfect for beginners, this Leatherwork course at the WAVE centre in Ballymoney gives you the opportunity to try your hand at using some of the essential leatherworkers' tools as well as developing your skills. Working in a small group of students, each participant can make one, or two, traditionally hand-made leather items suitable for beginners and will receive knowledgeable, professional tuition. The facilitator will encourage you to work at your own speed to ensure that you have a great experience of practicing this traditional skill. If you are interested, please contact Colin or the WAVE centre directly at **02827669900**.



Yoga Class

Have a great start into the New Year and join us at our yoga class on **Wednesdays 5th, 12th, 19th and 26th February from 5.30 to 7pm**, Yoga teacher Rebecca Elwood will teach beginners yoga and relaxation skills. If you are interested, please contact us on **02827669900**.

Attendance

Recently, we had some of our clients not attending agreed sessions for therapies, counselling or other services. We know life is busy and things can happen, but at late notice nobody else can be booked in instead, so a valuable session is wasted. Therefore, please make sure to attend your appointments. If you get offered sessions but it is not the right time for you, please let us know. **Thank You!**

Day Trip to Belfast International Market & Hillside Garden Centre

Tuesday 3rd December 10am until 5pm

Join us at our day trip to the Belfast International Market. Embrace the Christmas lights, the different stalls, and delicious food from a wide range of countries. On the way to Belfast, we will stop at Hillside Garden Centre to enjoy the festive atmosphere. If you have not been at any of our day trips before, please don't be shy. It's a fabulous opportunity to meet new people and to enjoy a great day out. You might even get some shopping done ... To register your interest for this pre-Christmas day trip please contact us on **02827669900**.

