



WAVE Omagh NEWSLETTER

Autumn/Winter 2020

18 Holmview Avenue,
Omagh
BT79 0AQ
028 82252522

Healthy Eating & Eat well Guide

When: **Tuesday 17th November 2020 11am – 12pm**

Where: Zoom – Hosted by *Claire Hamilton* – Registered Nutritionist

Join us for an informative guide on eating well, information on nutrition and more...

Please register your interest by emailing adminomagh@wavetrauma.org or alternatively call 028 82252522.



Make your own Bird Box

When: **Thursday 19th November 2020 10am – 12pm**

Where: Zoom – Hosted by *Joy McFarland & Natasha Galbraith*

Join us virtually for some creative instructions on bird box building. Wave will provide Kits and send them to you prior to the workshop, please book early to allow us time to get the materials to you!!

Please register your interest by 6th November to allow time for the ordering of kits. Please email adminomagh@wavetrauma.org or alternatively call 028 82252522. (Spaces are Limited).

Christmas Craft Workshop

When: **Wednesday 25th November 2020 10am – 12pm**

Where: Zoom – Hosted by *Charlene Adams*

Let's get creative!! Join us in creating hand stitched Christmas tree bunting. Kits will be provided.

Book early, to avoid disappointment!! Please register your interest by 9th November to allow time for ordering of kits and sending them to you in time for the workshop! Please email adminomagh@wavetrauma.org or alternatively call 028 82252522. (Spaces are limited)





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Busting Nutrition Myths



When: **Tuesday 1st December 2020 2pm – 3pm**

Where: Zoom – Hosted by *Claire Hamilton* – Registered Nutritionist

This workshop will bust 10 of the most common nutrition myths and give you trustworthy nutrition information.

Please register your interest by emailing adminomagh@wavetrauma.org or alternatively call 028 82252522.



Annual Carol Service

When: **Tuesday 15th December 2020 at 7.30pm**

Where: Zoom – Hosted by *the team at Wave Omagh!*



Join us for our annual Carol service with a difference! We will be conducting the service virtually.

We would love it, if you would send us photos of your Christmas lights or lights from surrounding areas prior to the Carol Service. This will allow us to put them all together and share a special compilation of lights at the Carol Service accompanied by music or song! Please register your interest and send pictures of your Christmas lights by emailing adminomagh@wavetrauma.org or alternatively call 028 82252522.

Cook It!!

When: **Thursday 17th December 2020 at 10am**

Where: Zoom – Hosted by *Joy McFarland*

'Cook it' in our own new way!! We will be doing a virtual cook along. Come join us

To make fudge which may be used as a homemade Christmas gift or simply for you

And your family to enjoy a 'Sticky Delight.' Please register your interest by emailing adminomagh@wavetrauma.org

or alternatively call 028 82252522 in plenty of time to allow us to send materials for the workshop to you in time for the workshop! (Spaces are Limited)





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Knit and Natter

When: **Every Tuesday morning at 11am**

Where: Zoom – Hosted by *Joy McFarland & Natasha Galbraith*

Join us for a morning of creative knitting/Crocheting and joyous nattering!!

Please register your interest by emailing adminomagh@wavetrauma.org

or alternatively call 028 82252522.



We're Open!!!

Just to let you know that WAVE trauma Centres remain open for the provision of support and services to you, our clients. In these strange times. Our services are provided by appointment and in different ways under comprehensive Covid-19 protocols to ensure your safety at our centres. Services can also be offered by telephone or online. WE are here for you! Just call us should you need services, support or a chat. Ring us on **02882 252522**.

