

COVID19 Update

We hope you are keeping safe and well. Currently the Armagh Centre is closed due to Covid19 Government restrictions and all staff are working from home. Outreach, Health and Wellbeing, Welfare and Counselling services are all running as usual via telephone. We are contactable during usual working hours 9am-5pm Monday-Thursday and 9am-4.30pm on a Friday (voicemail over lunchtime between 1-2pm).

We are facilitating monthly Zoom Workshops that you can participate in for free (all courses advertised in this newsletter). Please be mindful that all places on the courses are limited, if you would like to participate in any of the Zoom workshops contact us as soon as possible to book your place on **02837511599**.

We look forward to you returning to the Centre after Covid19 restrictions are lifted. Do not hesitate to contact the Centre if you feel you need support or have any enquiries on **02837511599**.



Upcoming Zoom Workshops

Resiliency after Trauma



Resilience after Trauma Zoom Course – starting on Tuesday 23rd February 10:30-12:30pm for 4 weeks.

Join us virtually to learn how our brains respond to trauma and how we can build our resilience. Resilience is a quality which allows us to adapt and overcome challenging circumstances. It's not just a personality trait but something we can all take steps to achieve. Over the four weeks we will learn:

- What is resilience?
- Relaxation Techniques
- Types of Trauma
- Trauma and the Brain
- Self-Care Plans

The course is relaxed and there is no pressure to speak about anything you do not wish to. If you wish to, you can hand in your workbook at the end to receive an OCN level 2 certificate. Please contact the centre on **02837511599** if you are interested in participating in this course.



Easter Bunting Zoom Workshop

Spring is approaching and Easter is close. Why not participate in our Easter Bunting Zoom Workshop on Friday the 26th of February from 11am-1pm.

This workshop involves working with a variety of Easter/Spring patterned fabrics to make colourful little bunny bunting. It involves some cutting, sewing and finally using the technique of making pompoms with wool for tails. The perfect pastel Easter decor!

All materials will be sent to your address prior to the workshop. Call the Centre to reserve your place on 02837511599.



Easter Wreaths Zoom Workshop



We are running a Easter Wreath making Zoom Workshop on Wednesday the 24th of March 11am-1pm.

This workshop involves working with a variety of Easter/ Spring patterned fabrics to make colourful Spring time wreaths to hang on your door. The technique can be very therapeutic and lets each person get creative. It does not involve any sewing. Another beautiful piece of Spring time decor!

Material packs will be sent to your address prior to the workshop. Call the Centre to reserve your place on 02837511599.



Little House of Calm Zoom Workshop

Little House of Calm Zoom Workshop by Roisin Cairns

This workshop enables you to learn techniques to manage stress and anxiety and to enhance your own empowerment. Roisin has a true vocation as a health professional and is a passionate and committed practitioner with 15 years extensive training and experience in complementary & holistic therapies plus Life Coaching.



The workshop with Roisin includes body-based practices that empower people to use their inner wisdom to heal and transform themselves. These self-regulation techniques come from both ancient cultures and current research. Emotional and physical sensations that were imprinted by trauma are not just as memories but physical reactions such as gut wrenching, heart pounding, breathing fast and shallow etc. These proven techniques are easy to use and they put us in touch with our inner world helping relive the physical burdens of trauma.



These workshops with Roisin empower self-management through visualisation and breath work, emotional freedom tapping, hand massage, aromatherapy an introduction to 3 high quality essential oils that promotes health and a sense of wellbeing. Each person will receive 3 samples of top quality oils to use on themselves and in their homes prior to the workshop. Health, wellbeing and caring for others is not just a job for Roisin, it's a way of life.

This Zoom workshop is on Thursday the 11th of March 11am-1pm. If you are interested in reserving a place on this workshop please call the Centre on **02837511599**.

Database and Mailing Updates

We are currently updating our database. If any of your details have changed since you registered please notify us. Also if you no longer wish to receive a newsletter contact us and we will update our system. You can do this by calling **02837511599**.



WAVE Services

OUTREACH BEFRIENDING

For those of you who appreciate having someone to talk to and listen to any problems or concerns you may have, we offer a **FREE** Outreach service. Our Outreach Workers Betty, Cathy and Margaret, are trained in many aspects of trauma and its impact on the individual. This service is for those who would appreciate regular phone call to check in and offer support. Our Outreach workers will be your point of contact within WAVE and will assist you to access other services.

WELFARE ADVICE

WAVE delivers a Welfare Advice service to help and assist clients on a wide range of issues. Our Advice Workers have extensive knowledge, training and experience of delivering specialist welfare advice and are also trained on the effects of grief and trauma which helps them to understand the unique needs of those who have been directly affected by the 'Troubles' in Northern Ireland. Advice and information can be provided on a wide range of welfare issues including, but not limited to—Benefits, Tax Credits, Employment issues etc. **For more information Contact Annette/Paul on (028) 3751 1599 .**

HEALTH & WELLBEING

This service is funded by VSS which focuses on improving peoples' quality of life by helping them to achieve a positive lifestyle, set achievable goals, learn to manage ongoing health conditions, and access the VSS 'Individual Needs Programme' frameworks. The caseworker Carolyn can support you to access support/services which may not be available within WAVE, and assist you to apply for additional services/support available through the VSS Individual Needs Programme. Please contact Carolyn on 02837 511599, for more information and the eligibility criteria to receive support available through this new scheme.

COUNSELLING



WAVE endeavours to support those who have been bereaved, injured or traumatised as a result of the 'Troubles' in Northern Ireland. The effects of trauma on an individual's life can be devastating. The security and stability of one's life can be shattered, leaving both the present and future out of focus. WAVE recognises that some individuals may benefit from the help and support offered by our highly professional trauma counsellors and counselling services are available in the Centre Tuesday and Wednesday. To avail of this service please speak to your Outreach Worker or contact the Centre.

COMPLEMENTARY THERAPIES— *CURRENTLY SUSPENDED DUE TO COVID19 RESTRICTIONS*

WAVE offers a selection of Complementary Therapies to our clients that are delivered by highly trained professionals in the Armagh WAVE Centre. There are a number of therapies available to meet the needs of the client ranging from Reflexology to Indian Head Massage. Complementary Therapies are an excellent way to help cope with stress, tension or even pain, so if you think you could benefit from this service please contact the Centre or speak to your Outreach Worker for more information.

