

# Update Winter 2021



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## Healthy Eating and Cooking



Healthy Eating and Cooking is a 6 week programme aimed at improving knowledge on nutrition and improving meal planning and cooking.

This programme is delivered via Zoom where participants can cook along at home. At the end of each session everyone sits down together and enjoys lunch as a group and discuss what is on the menu the following week. If you would like to join the group contact on 07591189963 or [g.gallagher@wavetrauma.org](mailto:g.gallagher@wavetrauma.org)

## Building Resiliency After Trauma



This is a 6 week programme exploring the concept of resiliency on how to build resiliency and practice good self-care. It is delivered via Zoom in small groups. If you wish to join, please contact Georgina on 07591189963 or [g.gallagher@wavetrauma.org](mailto:g.gallagher@wavetrauma.org)

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## Creative Writing



In December 2020, we offered a Creative writing course to clients via

Zoom with the local author Bernie McGill, her novel *The Watch House* was nominated in 2019 for the Ireland/European Union Prize for Literature and *The Butterfly Cabinet* was named in 2012 by Downton Abbey creator, Julian Fellowes as novel of the year. Bernie presented an accessible, fun and personal beginners course to creative writing which was received incredibly well by those who took part.

Due to the success and interest in further Creative writing courses, Bernie and WAVE are investigating a further partnership through the Royal Literary Fund via their social-care educational framework, thus providing a no cost service to WAVE and further courses for our clients.

If you would like to be part of this group, then please register your name with our office on 028 71266655.

## Comfort book programme



*This class was facilitated by Leona Devine via zoom and commenced mid-November and ran until 21st December 2020.*

*The first week was an introduction and starter session which lasted 3 hours as was the last session on the 21<sup>st</sup> December. The other sessions were 2 hours long. Clients received art packs containing their books, and all materials for the project.*

*Each of the clients designed their own bright and motivational Comfort book in letting their imaginations run wild! They used motivational quotes, noted their achievement's, recorded what they were grateful for and what made them happy.*

*Not only did the project let their creative side flourish but they had a wonderful time in the company of others who they have missed, and haven't seen face to face due to Covid-19.*

*There will be a further art course run shortly, so please ensure that you link in with your Outreach Worker by contacting our office on 028 71266655 to register your name.*

## Chair based Yoga



*This took place for a period of 6 weeks for 1 hour each week during November and December 2020. It was carried out over Zoom from the comfort of a chair in your home.*

*This type of yoga exercise greatly improves flexibility, concentration and strength, as well as boosting your mood, in reducing stress and joint strain. It can be done while seated in a chair.*

*If you are interested in registering for any further same like sessions, please contact our office on 028 71266655.*

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## Support for Carers

*Are you a carer for someone who was affected by a Troubles related incident?*

*Is the person you care for in receipt of PIP/DLA due to an injury they sustained related to a Troubles related incident and registered with VSS?*

*Are you in receipt of Carers award from Dept. for Communities and/or registered with The Victims and Survivors Service (VSS) as a carer?*

*There may be help available to you to support you as a carer. The VSS have recently launched a service under Health and Wellbeing. If you feel you or someone who cares for you may*

*benefit please contact Georgina our Health and Wellbeing Caseworker at Wave Trauma Centre Derry Londonderry on 07591189963 or [g.gallagher@wavetrauma.org](mailto:g.gallagher@wavetrauma.org)*

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## Small Items support



*Are you finding the pandemic has increased your social isolation?*

*Do you feel cut off from your community?*

*Do you struggle with daily tasks due to illness/disability as your usual support network has reduced due to the pandemic?*

*If you would like support to take up a hobby or activity or avail of some support with regards to small social mobility aids that may help decrease your social isolation, your local Wave Centre may be able to assist. Please contact Georgina our Health and Wellbeing Caseworker on 07591189963 or [g.gallagher@wavetrauma.org](mailto:g.gallagher@wavetrauma.org)*

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***During the Covid 19 Epidemic we are operating our full service office hours, however face to face sessions are not possible at present but are operating remotely as we continue to follow government guidance.***

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