



# FRIENDS

*of* TARA



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A timeless  
sacred place,  
a sanctuary for all.

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“ This is your personal invitation to help us ensure the future of this special place now and for generations to come. ”

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## WHAT IS TARA OMAGH?

*The Tara Centre Omagh is a safe, nurturing space in which support is offered to persons who wish to:*

- heal life's hurts and pain;
- find hope in the midst of despair;
- explore life's meaning and purpose;
- heal and transcend trauma;
- find comfort and solace when bereaved;
- learn how to deal with the stresses and strains of life and be enabled to live with more peace, purpose and wisdom.

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“This place was and is a sanctuary for me and my children. They gave me what I needed in my disturbed state of life.”

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## WHAT TARA OMAGH OFFERS

*Tara Omagh provides a wide range of healing and life-enhancing initiatives:*

- counselling/psychotherapy;
- art therapy;
- complementary therapies;
- meditation/mindfulness programme;
- life-enhancing workshops/seminars;
- support groups;
- yoga.

These are experienced in the caring environment of a healing community and a warm welcoming building where the entire ethos breathes respect and where confidentiality is held sacred. Everyone is welcome at Tara, the young and the not so young, without distinction of colour, class, creed, no creed, or whatever else might signify discrimination on any grounds.

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“I was referred to the Tara Centre for counselling following a deeply traumatic family bereavement. Cannot adequately express in words how invaluable this caring connection has been for me.”

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## WHERE IS THE TARA CENTRE?

The Tara Centre is a spacious beautifully furnished building, (just opposite the Star Service Station, Campsie), on the side of one of Omagh's busiest streets, at 11 Holmview Terrace.

*Since its foundation in 1996 it has grown in a planned organic way and by the late 2000's had:*

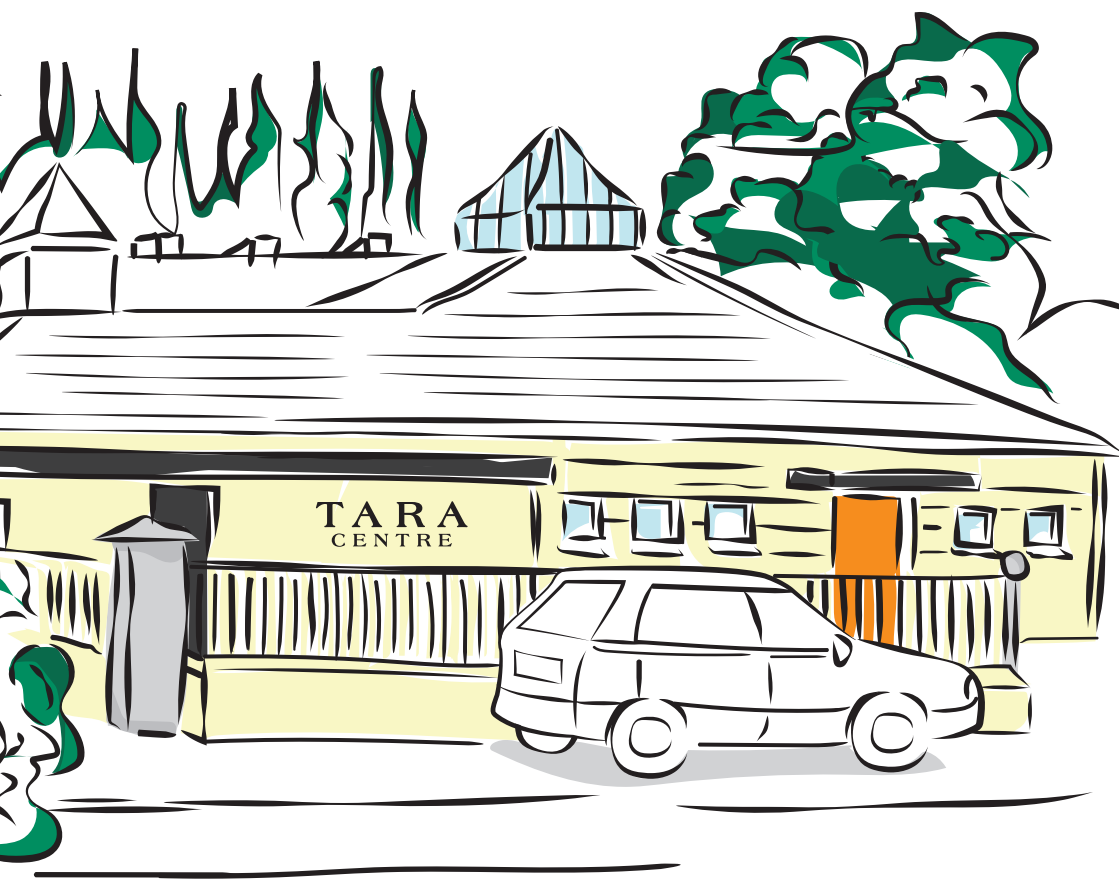
- successfully acquired funding and implemented a £2.5m capital development programme which resulted in providing a modern, fit-for-purpose premises;
- created and developed a reputation for providing healing and life enhancing – sometimes life-saving - initiatives from a multi-disciplinary perspective in a variety of well-founded professional and complementary ways;
- responded to major crises in the community such as the Omagh bombing in 1998 and to more personal crises in people's lives on a daily basis;
- welcomed over 20,000 service users per year through its doors.



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“I came here in pure despair,  
with no wish to continue to  
be in this world. The Tara  
Centre has given me hope for  
the future. Without Tara,  
I cannot imagine where or  
if I would still be here.”

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“The dream of peace is realised through the awakening, healing and integration of all the dimensions of the human heart. The Tara Centre is at the frontier of this exciting transformation.”

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(JOHN O'DONOHUE)

## TARA'S CHALLENGE TODAY

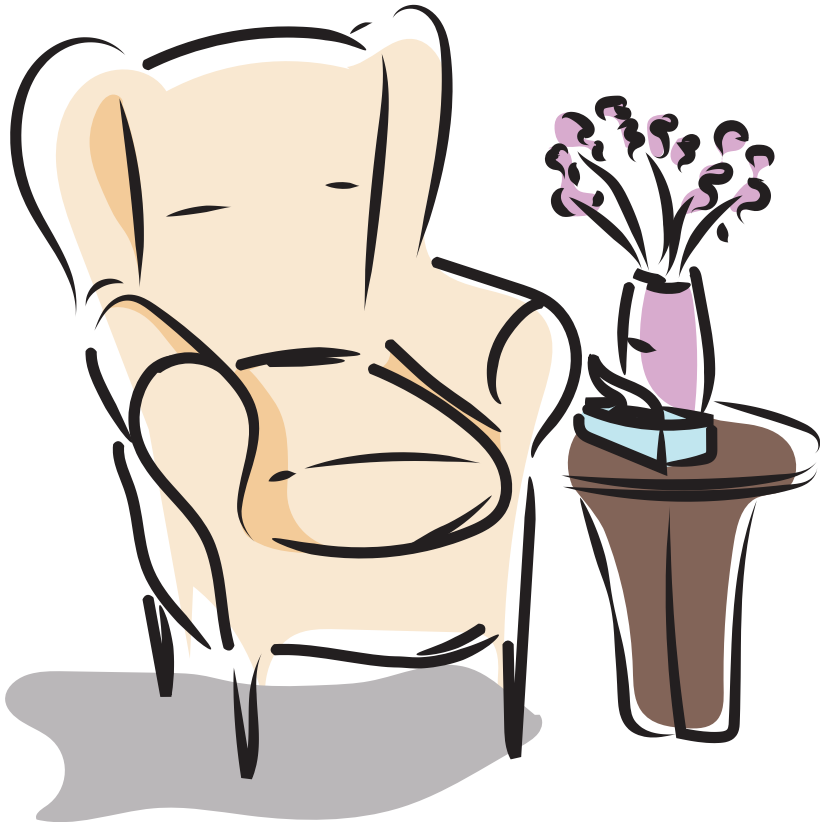
It is our privilege and duty to hold the ethos, values and services of this Centre in trust so that it can continue to be a sanctuary for all now and for generations to come.

In 2013 a funding deficit forced us to face the possibility of closure. Thanks to the determination and generosity of people like you, local, throughout the UK, throughout the island of Ireland and much further afield, we have been able to fully restore and enhance service provision ... for now!

We have set ourselves a target of welcoming on board 1,000 Standing Orders/Gift Aid patrons to consolidate progress made to date. We have reached 10% of that target.

*We invite you to join us now on our journey to continue this vital work in the local community and far beyond...*

*"...in the service of healing, peace and holistic well-being."*



# STANDING ORDER MANDATE

## CLIENT BANK

The Manager: .....

Address: .....

Town: .....

Postcode: .....

Date:     /     /     (DD/MM/YYYY)

Dear Sir/Madam

I/We hereby authorise you to debit my/our account detailed below:

SORT CODE

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ACCOUNT NUMBER

--	--	--	--	--	--	--	--

With the sum of :

On:

£ .....

..... of every month

With effect from:     /     /     (DD/MM/YYYY)

Please write amount in block capitals: .....

PAYEE: Tara Centre The COP Account  
BANK: First Trust Bank, 8 High Street, Omagh  
SORT CODE: 93-81-30  
ACCOUNT NUMBER: 15828-183

Yours faithfully,

SIGNED .....  
(DONOR)

NAME .....

*giftaid it*

Please tick this box if you wish The Tara Centre to receive Gift Aid from your donation.  
(Gift Aid enables us to reclaim tax on your payment).

☐

You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in the appropriate tax year (currently 25p for each £1 you give).







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“ We are only truly grateful people when we can say thank you to all that has brought us to the present moment. ”

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(HENRI NOUWEN)



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