



SPRING 2023

“... in the service of healing, peace and holistic well-being.”



*Thank you to Adam McCance for providing the
“Bonny and Shawn” cover image*



Tara Centre

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Vision Statement

We believe that, in essence, there is a quintessential unity to the whole of life.

Our Mission at Tara is to develop an awareness of this truth and support the practice of living life, in all its aspects, from this perspective.

Coming from this perspective, the multi-disciplinary range of services offered at Tara focusses principally on:

- * healing and transcending pain and trauma;
- * bringing hope to those in despair;
- * building an inclusive community of peace and reconciliation;
- * supporting those who seek to free themselves from the poverty trap and its negative consequences;
- * educating beyond narrow, divisive, tribal loyalties;
- * encouraging a deepening awareness of this amazing universe -manifest and unmanifest- which sustains and embraces the whole community of life and within which, we, humans, discover and cherish our true identity and our life's purpose.

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ABOUT TARA

The founding vision of the Tara Centre, opened in Omagh in 1996, was inspired by a holistic philosophy which cherishes a sense of the sacred in all aspects of life and seeks to build a society where diversity can be experienced as enrichment and pain can be engaged with as the raw material of deep personal transformation.

More than all else, at the Tara Centre there is a deep and genuine commitment to supporting, in an appropriate manner, those who come through its doors to grow in an awareness of their personal, intrinsic worth as human beings and encouraging them to live their lives from this solid base.

Throughout the past 26 years, practical expression has been given to the aspirations of the Vision Statement by developing and delivering a wide range of healing and life-enhancing initiatives such as those identified in this brochure, all of which are experienced in the caring environment of a healing community and a warm welcoming building where the entire ethos breathes respect.

Testimonials abound to the fact that at the Tara Centre, people often find a new direction for their lives. They come in touch with deep inner resources, and are reminded that there are others who share their values about life and its meaning, thus finding inspiration in a communal quest.

“... in the service of healing, peace and holistic well-being.”

A Message from the Chairperson

On behalf of the Directors/Trustees of the Tara Centre I wish to take the opportunity to wish you all a belated peaceful and healthy 2023.

Last year in my New Year message I referred to the on-going impact of the Covid pandemic and our desire to continue to support those in need of our multi-disciplinary holistic, healing and life enhancing services. Thanks to the dedication of our management team and staff we managed to deliver our Counselling/Psychotherapy and Art Therapy services throughout the year with our complementary service and workshops/seminars gradually coming on stream during the year. We were especially pleased to be able to once again open our front door at Tara.

In 2023 we can again look forward to all of our services and programmes being available supported by some additional funding from the Mental Health Support Fund which in the second half of 2022 enabled us to recruit additional counsellors/psychotherapists and an Art Therapist. This year also sees the Tara Centre with a new General Manager, Katrina Deas, and a new Co-ordinator of Operational Services, Diane Coyle. They and all of our new staff are most welcome to the Tara family and I wish them well in their new roles. I am confident that Katrina and Diane along with John Friel our Co-ordinator of Therapeutic Services will lead the Tara staff into a positive 2023. This will be an important year for Tara as we will also see the production of a new 3-year business plan. Work has just commenced in terms of undertaking a strategic review which will inform the business plan.



“No-one else can see the world the way you see it

No-one else can feel your life the way you feel it.”

I would like to take the opportunity to say a word of thanks to Niamh Murnaghan who took over the role of chairperson of the Tara Board of Directors/Trustees in July 2022. Niamh remained as chairperson until December when I again resumed the role of chairperson and at the end of December she resigned from her role as a Director due to work commitments.

On behalf of all of the Directors and staff I wish to thank her for the enormous contribution she made to the Tara Centre and to wish her well in the future. I should also like to sincerely thank all of our funders and the many friends of Tara who continue to provide much needed financial support to help sustain our services and maintain the welcoming environment which is the Tara Centre.

The Tara Centre spring programme has now been launched and as you will see the Tara vision remains as relevant today as it did when its co-founders Maura Twohig and Mary Daly

established Tara almost 27 years ago. The ethos of the Tara Centre remains one of reverence and respect for life, compassion for pain and suffering and a conviction that what hurts can heal. Let us once again go forward in 2023 recognising the need to take care of ourselves, our family, friends, neighbours and the world around us.

Godfrey Young
Chairperson Tara Board of Directors/Trustees

From the Desk of the General Manager

In late spring last year I appeared for my job interview at the Tara Centre. I arrived well on time, parked in front of the building where a warm welcome by the receptionist allowed me drop some of that anxiety I had managed to build up during the night. Walking through the corridors of the maze of Tara I sensed what you might be familiar with yourselves: the calming energy of the place, a sense of safety. The interview took place in the Conference Hall. In front of me sat a row of five individuals at a long row of tables, pen and paper in hand, warm smiles on their faces. It was the longest interview I have ever had -three hours - with a mix of questions, presentations, and number exercises. Leaving the building I felt strangely elated, in spite of the insecurity of the outcome. The interview had stirred something in me; I thought to myself: "... well, if this one doesn't work out, something else will."

So here we are, a parking ticket and a few months later I feel that the Tara Centre and I are getting to know each other. She has so much to give, the profoundness of her reach is immeasurable. I feel honoured working with the Tara Family and all of the network that hold and support it. The sense I got after the interview, that something had shifted, remains. And with this feeling of renewal, an eagerness to grow and learn, the joy of being surrounded by an inspiring group of colleagues, and the comfort that the Tara Centre is a sanctuary for all of us, I send you warm greetings for the year 2023. May it be an exceptionally good one.

Katrina Deas
General Manager

***"Springtime is the land awakening.
The March winds are the morning yawn."***

Lewis Grizzard

DEATH OF DR ÉAMON PHOENIX – IN APPRECIATION

By Maura Twohig and Mary Daly



The abiding gift Éamon leaves with us here at the Tara Centre is the cherished memory of the life-giving quality of his presence among us as he unveiled for us some of the darkest corners of the troubled story of our shared history in Northern Ireland in the context of the broader story of the Island of Ireland and of the British Isles. Without fear or favour on his part, Dr Éamon empowered us all to embrace the full spectrum of facts and feelings stirred by visiting this, our so-often turbulent story in a manner consistent with the Centre’s commitment to being “... in the service of healing,

peace and holistic wellbeing” at the heart of the community.

Under the umbrella of the title of one of the series of seminars presented year-on-year at the Centre namely, “*Pathways from a Troubled Past*”, Éamon’s profound scholarship, so lightly carried, provided a safe space in the Centre’s Conference Hall for so many of us from so many different backgrounds and historical perspectives to come together, banish fear of the unknown and together, under the gentle and enlightened guidance of Dr Éamon, gain an understanding of and respect for the multiple strands of our complex history.

We recall with gratitude how those seminars evolved into educational trips north and south of the border and never-to-be-forgotten days of cross-community inter-cultural celebration in song, dance and story-telling here at the Centre as well as some cherished occasions of personal contact with Éamon by some of us in the in-between times.

For those of us who believe that in death “life is changed, not taken away”, we are comforted in the knowledge that Éamon’s gentle soul, which shone so brightly through his vivacious and enthusiastic personality in this life, remains with us as we continue our journey towards becoming a community of ever-greater mutual understanding and

respect built on the solid foundations of justice and forgiveness, the bedrocks of true and lasting peace.

**Beirmíd buíochas ó's ár gcroíthe amach duit, a Éamon.
Is dóigh linn nách mbeidh do leithéad ann arís.
Ar dheis Dé go raibh d'anam uasal dílis.***

*(Translation)

We offer you our deepest, most sincere and heartfelt gratitude, Éamon.
We believe that the likes of you will never walk among us again.
May your noble faithful soul reside at the right hand of God.



Financial Considerations Must Not Keep Anyone Away From Here.

A Timeless Sacred Place...a Sanctuary for All



At Tara we have a strong, principled commitment to making all the Centre's services available to anyone who can benefit from them, **irrespective of a person's ability to pay the stated cost.**

We are a registered charity committed to providing services to the highest professional standards. All our costs are pitched at a minimum rate relative to the quality of the service on offer and the overall cost to us of providing that service.

Some, but not all of the services on offer, are subsidised by grants. We also receive donations/contributions from generous people who share Tara's conviction that the services on offer here make a worthwhile contribution to individual lives and to the community at large and whose financial circumstances at any given time permit them to support the work in this practical and much valued way.

***"Not what we have
But what we enjoy,
constitutes our abundance."***

Epicurus

The foregoing combined considerations influence the setting of fees for services on offer.

We are well aware however, that the fee set may be an obstacle to availing of the services for some people who could benefit from them and to whom we wish to extend a warm welcome.

In order to give expression to that warm welcome to such persons, we have a few options which we trust are fit for purpose, namely:

- payment by instalment cards are available on request at Reception;
- the £10.00 booking fee attached to certain services is usually paid in full in advance of the start date for the relevant programme; an instalment card may however be used for this purpose;
- if of neither of the arrangements detailed above meeting your needs at a given time, you are cordially invited to make this known to the Receptionist who will arrange for you to discuss an alternative option.

A warm welcome, genuine respect and the utmost confidentiality is guaranteed to all.



SERVICES & EVENTS

1. ON-GOING SERVICES

COUNSELLING/PSYCHOTHERAPY AND ART THERAPY

Theoretical orientations include:

- Art Therapy;
- Jungian Approach;
- Humanistic & Integrative;
- Rogerian Person Centred;
- Psychodynamic;
- Psychosynthesis.



The approach at Tara is holistic and addresses a wide range of issues which include:

- abuse in all its forms: emotional, physical, psychological, sexual;
- bereavement: death, loss of any kind;
- relationship issues: early childhood issues, family of origin issues, partnership issues, social and occupational relationships;
- depression;
- trauma of all kinds;
- phobias;
- N.I. conflict related issues;
- spiritual crisis;
- crisis of any kind.

All Tara Centre Counsellors/Psychotherapists and Art Therapists are professionally trained, accredited by a recognised professional body*, and are committed to on-going professional development and supervision.

The therapists frequently exercise an eclectic approach to their work by drawing on additional modalities in which they have received specific training and which complement their basic orientation. These include Dream Work, Interactive Guided Imagery and others.

**BACP, BABCP, IACP, BAAT, HCPC, BISS/ISST*

To make an appointment for Counselling/Psychotherapy or Art Therapy, please contact Reception on (028) 82 250024. See page 20 of this Brochure for further details.

COMPLEMENTARY THERAPIES



Complementary Therapy Treatments are a very significant dimension of the multi-disciplinary approach taken at the Tara Centre **in support of holistic health, healing and general well-being.**

In keeping with the Centre's strongly held belief that 'one size does not fit all', Tara currently offers the following complementary therapy treatments:

- **Aromatherapy Massage**
 - **Indian Head Massage**
 - **Reflexology**
- Only **professionally qualified practitioners** are engaged at the Centre.
 - Some treatments are **fully funded by Victims & Survivors Service**. Contact reception for more information.
 - For **information regarding fee-paying** for a complementary therapy treatment, please contact reception.



We are currently working on extending our range of treatments at the Centre including Bi-Aura (Bio-Energy Healing), HECT (Human Energy Chelation Therapy), Hopi Ear Candle Therapy, Kinesiology, Thought Field Therapy, and more. **Please check our website or ask at reception for updates.**

To make arrangements for Complementary Therapy treatments, please contact reception on (028) 82 250024. See page 21 of this Brochure for further details.

A special Complementary Therapy Booklet is available on request at Reception.

2. SEMINARS AND WORKSHOPS

BIO-ENERGY HEALING: TRIPLE 8. A NEW MODEL OF LIVING

Michael O'Doherty

Regardless of whether you are healthy, want to prevent illness or have an existing condition Michael O'Doherty will show that we have many options to positively influence how we live and have a life without illness.

At this two-day training programme, you will be given a basic understanding of tried and tested Bio-Energy techniques and an opportunity to learn these skills to help you and your family cope with stress and difficulties in life. Practice of the techniques will take place in pairs to facilitate experiential learning. For more information, visit michaeldomoherty.ie/family-training-online-programme/, which demonstrates the basis of this seminar..



Michael O'Doherty is a pioneer in the field of healthcare with over 28 years' experience in guiding many people back to health. He believes the time has come for change and family healthcare needs to become the central focus. **Please note:** This is not a training programme for healthcare professionals.

- Dates:** Saturday 11th & Sunday 12th February 2023
Time: Saturday 10.00am sharp – 4.30/ Sunday 10am sharp – 4.30pm
Registration: 9.15am–10.00am on Saturday 11th February
Refreshments: Refreshments mid-morning / Lunch provided
Cost: The cost is £10 for those who meet VSS Grant criteria
£60 otherwise (also please see page 8)
Note: Attendance throughout the full two-day programme is essential. Please wear comfortable clothing.

“You have to create your own Bubble as a family and live in that space, otherwise you run the risk of becoming overwhelmed with all the negativity”

Michael O'Doherty

LOSS AND RECOVERY

Jim Cogley

This Seminar will explore loss in its many facets and how it is also an invitation to Wholeness. While so many experience loss so few achieve full recovery but remain stuck with an existence rather than a life.

Fr Jim Cogley is a psychotherapist and wood turner with nearly thirty years' experience. He was one of the early leaders in the Charismatic Renewal Movement and is currently Director of Pilgrimage at Our Lady's Island Wexford. His particular interest is that of Healing, both personal and intergenerational, and how the past that is unacknowledged can influence our present and create our future. As an artist with wood he presents the age old truths in the form of symbols.



Regarded as an inspirational speaker he is constantly in demand for seminars, retreats and conferences. He is the author of nine books in the Wood You Believe series including: The Unfolding Self, The Ancestral Self, The Twinless Self and The Spiritual Self. The Grieving Self, Vol-8, is considered an outstanding contribution to our understanding of grief and will be available for purchase at the seminar.

- Date:** Friday, 10th March 2023
Time: 6.30pm sharp – 9.00pm
Registration: 5.45pm-6.30pm
Refreshments: Mid-session snack included
Cost: Your place is secured by payment of £10 Registration Fee.
The workshop is part-funded by VSS (also please see page 8)

"If your compassion does not include yourself, it is incomplete."

Jack Kornfield

GETTING THE PAST OUT OF THE PRESENT FINDING FREEDOM FROM PERSONAL AND ANCESTRAL ISSUES MOVING BEYOND LOSS, TRAUMA AND VICTIMHOOD

Jim Cogley

We are products of both our personal and ancestral history and we can be trapped in either. This workshop will explore how we can be freed from our past in order to have hope for the future and live an enjoyable fulfilling life.

He is a psychotherapist whose special interest is exploring how the past that is unacknowledged can still influence the present both at personal and ancestral level. Jim uses his amazing wood carvings to explore core

human issues – if you have not yet experienced his unique workshops, do not miss this opportunity. Regarded as an inspirational speaker Jim is constantly in demand for seminars, retreats and conferences. He is the author of several books and inspirational cards in the Wood You Believe Series including: The Unfolding Self, The Ancestral Self, The Twinless Self and The Spiritual Self. He has also published The Grieving Self, Volume 8, an outstanding contribution to our understanding of grief recovery.



- Date:** Saturday, 11th March 2023
Time: 10am sharp – 4pm
Registration: 9.30am–10am
Refreshments: Refreshments mid-morning / Lunch provided
Cost: The cost is £10 for those who meet VSS Grant criteria
£30 otherwise (also please see page 8)

***“Our greatest glory is not in never falling,
but in rising every time we fall.”***

Confucius

3. ON-GOING PROGRAMMES

YOGA

*Heather Kemp*s



Yoga is a very old tradition which has much to offer in today's lifestyle, helping us to feel more peaceful in a chaotic world. It helps to harmonize and balance the mind, body and emotions through using postures, breath and relaxation techniques. Yoga is for everyone. The practice of yoga is a tool to help individuals develop self-awareness, thus enabling them to live a more balanced and fulfilling life.

Heather is an excellent teacher. Also, gives us time to do the poses and stretches. Never rushed and always feel comfortable in the class. (Yoga Student, 2022)

Heather Kemp has been delivering Yoga Courses at the Tara Centre since the beginning. Her approach stays true to the Indian tradition of Yoga in its original form with a view to healing of both mind and body. It includes a strong focus on exercises to help with not only stress and anxiety but also digestive health.

Those who practice yoga at Tara are advised to wear loose clothing and bring a blanket or sleeping bag. It is advisable that expectant mothers wait until after the 12th week of pregnancy before attending Yoga sessions.

YOGA FOR BEGINNERS

There are two options (morning and evening):

Dates: Wed 25th Jan. – Wed 29th Mar.

Times: 10.30am–11.45am

Cost: £50 (10 weeks)

Thurs 26th Jan. – Thu. 30th Mar.

6.15pm–7.30pm

£50 (10 weeks)

YOGA FOR INTERMEDIATES

Dates: Thurs 26th Jan. – Thu. 30th Mar.

Times: 7.45pm–9.00pm

Cost: £50 (10 weeks)

***“Yoga does not transform the way we see things,
It transforms the person who sees.”***

B.K.S. Iyengar

MEDITATION – A WAY OF LIFE

THE SOUL OF HEALING

Mary Daly & Maura Twohig

For over 25 years, the Tara Centre Co-Founders have hosted these soul-nourishing one day gatherings at the Centre. They have become cherished occasions of “...*healing, peace and holistic well-being*” for the many seasoned meditators who attend, creating and sharing the ethos which enriches the quality of life at truly transformational levels.



Attendance at these one day intensives is open to anyone who has ever followed the Meditation and Mindfulness course at this Centre.

- Dates:** Saturday 28th January, 25th February and 25th March 2023
Time: 11.30am sharp – 5.30pm (Registration at 11.00am)
Refreshments: Refreshments on arrival at 11.00am / Lunch provided
Cost: Contributions
Booking: Book your place by contacting Reception no later than 5.00pm on the Thursday before the published date.

“The goal of Meditation is not to get rid of thoughts or emotions. The goal is to become more aware of your thoughts and emotions and learn how to move through them without getting stuck.”

Dr. P Goldin

4. SUPPORT GROUPS WHO MEET AT TARA

LIVING WITH GRIEF AFTER SUICIDE (PATHS)

PATHS is an inter-denominational voluntary group formed to support families and individuals bereaved by suicide. Members of the group form an emotional bond of friendship arising from their shared experience of having suffered similar shock, confusion and loss in their lives. It is within this safe and confidential environment that PATHS members share their pain and grief.



Meetings are normally held on the **first Tuesday of each month, 8.00 – 9.30pm.**

(First Meeting – Tuesday 7th February 2023)

For further information, contact Jimmy on 07879 414385.

OMAGH MEN'S SUPPORT GROUP



The group offers men a safe and secure space where they can talk about their emotions, find help in managing the stress in their lives and explore possible solutions to life's problems. Issues raised can include relationships, raising children, work, feelings of failure and ambition, loss, health and money worries.

Meetings are normally held on **Monday nights, 7.30 - 9.30pm.**

For further information, contact Gerry on 07799 472968

Disclaimer: While management genuinely appreciates the value of the services offered at the Tara Centre by both PATHS and The Omagh Men's Support Group, we wish to point out that **both groups are self-governed and as such function entirely independently of the Tara Centre governance system. Accordingly, the Centre carries no responsibility for any aspect of the life and activities of these groups.**

This disclaimer also extends to all other persons or groups who use the Centre on an independent basis from time to time.



“I find television very educating. Every time somebody turns on the set, I go into the other room and read a book.”

Groucho Marx

5. GENERAL INFORMATION

BOOKSHOP AND LENDING LIBRARY

**The Lending Library is open during the Centre's opening hours;
Monday, Tuesday, Wednesday & Thursday,
9.00am – 5.00pm (excluding lunch time 1-2pm).**

As our Bookshop had to close its doors to the public since COVID, it is still “on ice”. **It would be interesting to hear from you if this is an activity the Tara Centre should try and revive.** Use our new “have your say” letterbox in the entrance to share your thoughts!

In the meantime, the lending library still provides the reader with a range of resources that encourage “...healing, peace and holistic wellbeing”. The holistic approach to health and well-being, which is a hallmark of life at the Tara Centre, is reflected in the material in stock at any given time in the Bookshop.

The range of authors and themes represents a great diversity of perspectives on topics addressed.*

Customer Orders are welcome and acted upon without delay.

**Disclaimer: Management does not necessarily subscribe to views/opinions expressed in all material in stock in the Bookshop and/or the Lending Library.*



GIFT VOUCHERS

Our popular Gift Vouchers are available at Reception for Complementary Therapies, attendance at Tara Centre Programmes, and the purchase of books and items for sale, making them perfect to give at any time of the year and for any occasion.

APPLICATION PROCEDURE

COUNSELLING/PSYCHOTHERAPY AND ART THERAPY

Persons who seek a Counselling /Psychotherapy or Art Therapy appointment are asked to leave their name, (first name if preferable), and telephone number with the Receptionist for the attention of the Co-ordinator of Therapeutic Services, (COTS). No details regarding the applicant's issue(s) should be given at this stage.



The Co-ordinator of Therapeutic Services will return the applicant's call as soon as possible. They will give an indication, based on current demand for services and therapist availability, of the length of time the applicant may have to wait for an appointment. An available relevant counsellor/psychotherapist or art therapist, as the case may be, will be assigned to each applicant. The assigned counsellor/psychotherapist or art therapist will contact the applicant/client to arrange the first appointment.

Cancellation Policy: The Centre's cancellation policy will be communicated to each client by their assigned therapist.

Emergency/Crisis Situations

In Emergency/Crisis situations every effort will be made that applicants in these circumstances will be contacted by the Co-ordinator of Therapeutic Services within 24 hours and appropriate support provided in accordance with the Centre's resources.

Cost: A sliding scale is in operation for payment for Counselling/Psychotherapy and Art Therapy. Fully funded places or places at a reduced cost are offered to persons who qualify under the conditions of relevant available grants. Each case is dealt with individually through a process of consultation between the client and the assigned counsellor/psychotherapist or art therapist.

Note: A certain number of Counselling/Psychotherapy sessions are currently funded by VSS grant for persons who qualify. For further details, contact the Co-ordinator of Therapeutic Services for details on 028 8225 0024.

COMPLEMENTARY THERAPIES

Grant Aided Appointments

The Tara Centre is grateful to the Victims & Survivors Service, (Victims and Survivors Programme, VSS), for grant aid that enables us to deliver fully funded Complementary Therapies to those who meet the relevant criteria. Contact the Receptionist who will assist you in making an application. The completed form will be passed onto the Co-ordinator of Therapeutic Services whose responsibility it is to approve the application. The Co-ordinator will assign a relevant available therapist to persons whose application has been approved. The assigned therapist will make direct contact with the applicant and arrangements will be made for her/him to receive the agreed therapy as soon as a place becomes available.

Appointments on a Fee-Paying Basis

Where a grant is not available, or in the case of persons who do not meet the grant aid criteria, appointments can be arranged on a fee paying basis. In the event of the price as advertised being prohibitive in individual cases, a reduced fee will be considered by the Co-ordinator of Therapeutic Services on request.

Cancellation Policy

A minimum of 48 hours' notice is required for cancellation of an appointment. Failure to comply with this requirement will involve a cancellation fee of £15 for fee paying clients. Grant aided clients will forfeit one allocated treatment for failure to give adequate notice of cancellation. A "No-Show" practice on the part of the client will require a return to the waiting list for further appointments. The Centre's cancellation policy will be communicated to each client by their assigned therapist.

Special Rates of Payment

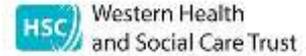
- At Tara we have a strong principled commitment to making the Centre's services available to anyone who can benefit from them, **irrespective of a person's ability to pay.**
- All costs, as published, are pitched at a minimum rate relative to the quality of service on offer.
- Payment by instalments is facilitated at Reception, on request, to ensure no one is excluded on grounds of cost.
- A personally affordable price **can be directly worked out on a one-to-one basis, on request, through consultation with the General Manager.**

6. CURRENT PRINCIPAL SOURCES OF FUNDING

- **Victims & Survivors Service (VSS)**



- **WHSCT (Contract for Service)**



- **Mental Health Support Fund**



- **Philanthropic Donations (large and small)**

- **Personal Donations** - Made from time to time to the Centre which are frequently accompanied by a request from these generous benefactors to desist from publishing their details. Their contributions are recorded, responsibly used and most gratefully received.

- **Personal Donations** - Through Standing Orders & Gift Aid (Detailed records held at the Centre)

- **Donations from Organisations** - Through other sources, locally and further afield, with our sincere gratitude, we acknowledge, in the last twelve months, the following;

- **JP Duddy & Sons Ltd.**
- **The Nature Trail**
- **Bumble and Blue Candles**
- **Johnston Car Transport Ltd.**
- **ProPhysio NI, Omagh**
- **Pieta House Darkness Into light, Dromore Committee**
- **Killyclogher GFC**



- **Smile.Amazon.co.uk**



Other Significant Support Towards Sustainability:

The most significant support provided to the Tara Centre by **the Sisters of Mercy and the Presentation Sisters** is the lease of the premises, jointly owned by them, free of charge.

A heartfelt THANK YOU for your ongoing support



7. TARA CENTRE STANDING ORDER (& GIFT AID)

YOU CAN MAKE A DIFFERENCE

This is one of Tara's very effective sustainability initiatives of which all of you can become a part.

Your Personal Invitation to do so.



A core group of dedicated fundraisers, led by Company Director and Treasurer, Marian Harte, promote and assist with the management of the Standing Orders and Gift Aid initiative, ensuring that your contributions realise the maximum benefit for the Centre, enabling us to do what we do. We are working towards a target of 1000 members for this source of funding.

We are deeply grateful to all who already contribute generously towards the Centre's financial sustainability through the Standing Order (& Gift Aid Initiative) and we look forward to welcoming many more of you on board in response to this, your Personal Invitation.

The Standing Order form is attached to the back of this page, containing all the relevant information you need to respond to your Personal Invitation, or you can contact Reception on 028 82 250024 or visit our website

WWW.TARAOMAGH.COM

STANDING ORDER MANDATE

CLIENT BANK

The Manager:

Address:

Town:

Postcode:

Date:/...../..... (DD/MM/YYYY)

CLIENT NAME & ADDRESS

Name:

Address:

Town:

Postcode:

Dear Sir/ Madam,

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

SORT CODE

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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: AIB, Enniskillen
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).



there is no better way
of
explaining the importance of
TARA
than by viewing it
as
A timeless sacred place...
A SANCTUARY for all



*A Light exists in Spring
Not present on the Year
At any other period –
When March is scarcely here*

*A Color stands abroad
On Solitary Fields
That Science cannot overtake
But Human Nature feels...*

Emily Dickinson

The Tara Centre, 11 Holmview Terrace, Omagh, Co Tyrone, BT79 0AH

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