



SUMMER 2023

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

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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.

FROM THE DESK OF THE GENERAL MANAGER



It all starts with awareness.

As Spring has sprung, Summer is on the doorstep, energies are surging, ideas are bubbling, warmth enters the earth and heart, I find myself having to pull those brakes over and over again, many times a day. Working at the Tara Centre in the service of healing, peace and holistic well-being we all find ourselves challenged with the task to practice what we preach. This is far more difficult than it sounds, because there is just so much to do, to help, to develop. Still new in the job and experiencing the Centre as such a kind, calm and safe place the most important thing I feel is taking one step at a time, which means saying no to many wonderful suggestions and ideas. I am learning that setting boundaries is a positive thing. That saying 'no' actually translates into creating a space of calm. It is from here that real transformation can happen.

A few updates from the Tara Centre: We are now open Monday to Friday! We sadly say good-bye to Kathleen who is retiring at Easter. Kathleen, you have been an absolute rock for the centre. Warm hearted, dedicated, generous, with such an incredible eye for detail (and a super-natural memory) to name only a few of your many qualities. We will all miss you terribly and wish you all the best for this next big step in your life. Another good-bye is extended to Diane and Laura, who have both enriched the centre with their respective wisdom, you have been wonderful. A warm welcome is extended to our new receptionist, and we will also welcome a new Co-ordinator of Operational Services later this month.

Within all the movement around us there is only one thing to do: Stop, check-in, adjust - and carry on, with a smile.

Warm greetings to all.

Katrina Deas, April 2023

ABOUT TARA



The founding vision of the Tara Centre, opened in Omagh Town in 1996, now more than 25 years in existence, 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 27 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”

FINANCIAL CONSIDERATIONS MUST NOT KEEP ANYONE AWAY

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 persons 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

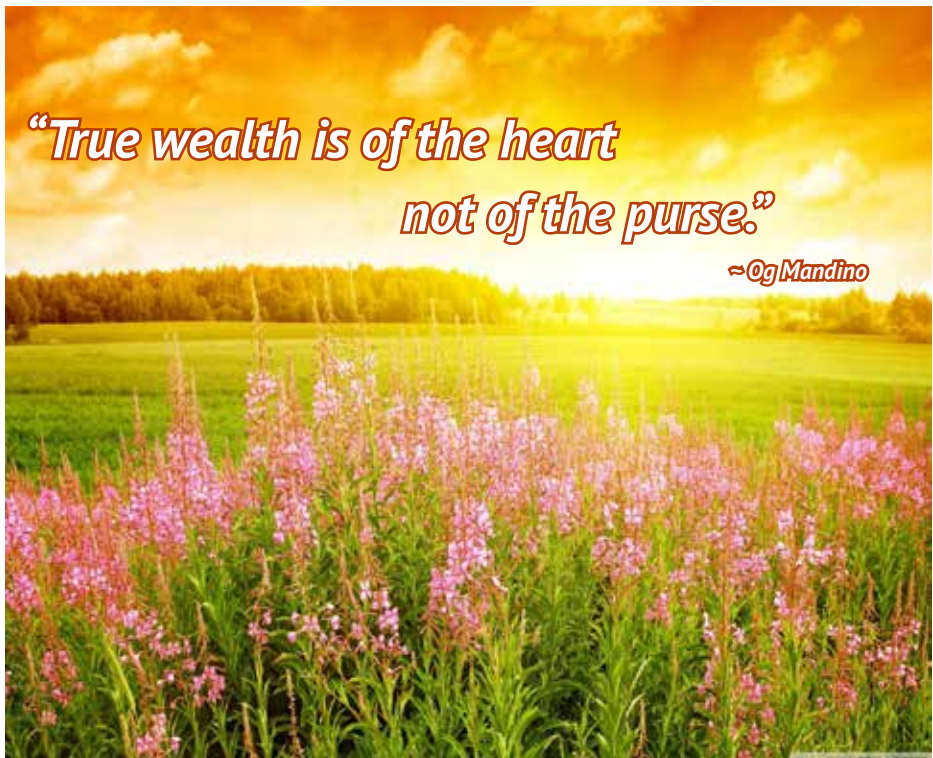
The foregoing combined considerations influence the setting of fees for services on offer.

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.
- In the event of neither of the arrangements detailed above meeting your need 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



*“True wealth is of the heart
not of the purse.”*

~Og Mandino

THERAPEUTIC SERVICES

COUNSELLING / PSYCHOTHERAPY AND ART THERAPY

Theoretical orientations used here in Tara include:

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



The approach in 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

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.** Only **professionally qualified practitioners** are engaged at the Centre.



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**

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.

Some treatments are **fully funded by Victims & Survivors Service.** Call reception for more information.



To make an appointment for Counselling/Psychotherapy, Art Therapy or Complementary Therapies please contact reception on (028) 8225 0024.

See next page for details on booking, costs, funding and more

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: 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 for Complementary Therapies

A minimum of 24 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 FOR ALL THERAPIES

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.

Payment by **instalments** is facilitated at reception, upon 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.

SEMINARS AND WORKSHOPS

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 27th May and Saturday 1st July 2023

Time: 11.30am sharp - 5.30pm (registration at 11.00am)

Cost: Contributions welcome on the day

Refreshments: on arrival at 11.00am/lunch provided

Booking: by contacting reception on 028 8225 0024 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

THE GREEN PLATFORM

Declan Coyle

Declan Coyle returns once more to the Centre by popular demand to present his inspirational “The Green Platform” workshop, now acclaimed worldwide.



“Transformative and life-affirming. A real awakening.”

For those of you attending for the first time, “The Green Platform” is a practical, user friendly system developed to help you identify and implement more positive choices in your personal, working, sporting and home life.

Over the course of two days you will learn to apply Declan’s life transforming techniques to understand how the mind works, inspiring you to make the best possible choices to create and reach your goals.

Using the imagery of the ‘Red Platform’ (negative thinking) and a ‘Green Platform’ (positive thinking), Declan illustrates how “miracles happen” whenever one steps out of the little boat of fears which dominate the ‘Red Platform’, and chooses instead the ‘Green Platform’ – a positive energy zone of freedom, joy and unconditional love – as the springboard from which to live life to the full.

Dates: **Saturday 13th May and Sunday 14th May 2023.** Attendance throughout the full two day programme is essential.

Times: **10.00am- 4.00pm** (registration on Saturday 9.00am - 9.45am)

Cost: **Your place is secured by a £10 booking fee. VSS subsidises the rest of the cost for participants who meet the criteria.** The cost is £60 for those who do not qualify for VSS.

Note: **Prior booking is essential.** Places will be offered on a first come first serve basis. Book your place by contacting reception on 028 8225 0024.

WORKING WITH THE WISDOM OF OUR DREAMS

Kathleen Duffy

An experiential workshop with Kathleen Duffy. This workshop invites us to **experience the amazing wisdom of dreams as a powerful source of guidance from the soul**. It allows us to explore the irrational nature of the dream as a way of bringing unconscious content to consciousness.



Kathleen Duffy is an accredited Humanistic and Integrative Psychotherapist with a passion for working with dreams in a practice spanning over 30 years. She is the author of the book “Awaken to the Wisdom of your Dreams - Mirrors in the River”.

Course content will include -

- Introduction to the language of the dream
- Discern when to take the dream literally or symbolically
- Exploring some of the major archetypes of the psyche
- Ask why we have recurring dreams and nightmares
- Examine the difference between personal and universal symbols
- Demonstrate how to befriend the unconscious and to listen, record and work with dream wisdom in order to benefit from this guidance in our everyday lives

Date: Saturday 10th June

Time: 10.00am- 4.00pm (registration from 9.00am to 9.45am)

Cost: Your place is secured by a **£10 booking fee. VSS subsidises the rest of the cost** for participants who meet the criteria. The cost is £30 for those who do not qualify for VSS.

Note: **Prior booking is essential. Places will be offered on a first come first serve basis. Book your place by contacting reception on 028 8225 0024.**

ONGOING 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 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.

All yoga sessions run for ten weeks.

YOGA FOR BEGINNERS

Wednesday Mornings: 26th April – 28th June
10.30am - 12pm

Thursday Evenings: 27th April – 29th June
6pm- 7.30pm

YOGA FOR INTERMEDIATES

Thursday Evenings: 27th April – 29th June
7.30pm-9pm

Cost: The cost for each 10 week block is **£50.**

Booking: Book your place by contacting reception on 028 8225 0024.

MEDITATING TOGETHER

Mary Daly and Maura Twohig

The established Tara Centre Meditation Group will resume meeting on Tuesday mornings, led by Mary and Maura, commencing on Tuesday 25th April 2023.

Anyone who has followed the Meditation / Mindfulness Course for Beginners at the Tara Centre is welcome to join this group at anytime.

However, if you haven't completed this course and are still interesting in joining the group, please contact reception and a meeting with the group leader can be arranged.

Dates: Tuesday mornings starting 25th April 2023

Time: 10.30am- 12pm (registration from 9.00am to 9.45am)

Cost: Contributions welcome on the day

Refreshments provided post meditation.



“Meditation practice isn’t about trying to throw ourselves away and become something better. It’s about befriending who we are already.”

Pema Chödrön

SUPPORT GROUPS AT TARA

LIVING WITH GRIEF AFTER SUICIDE (PATHS)

Jimmy Carrigan

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.



ATTENTION: Meetings are now held on the **second Tuesday of each month, 8pm – 9.30pm.** Meetings will commence from Tuesday 9th May 2023. For further information, please **contact Jimmy on 07879 41485.**

OMAGH MEN'S SUPPORT GROUP

Gerry Madden

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 every Monday at 7.30pm to 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.

***“There are many little ways to enlarge your world.
Love of books is the best of all.”***

– Jacqueline Kennedy



GENERAL INFORMATION

BOOKSHOP AND LENDING LIBRARY

The Lending Library is open during the Centre's opening hours; Monday-Friday, 9.00am – 5.00pm (excluding lunch time 12:45-1:45pm).

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 well-being". 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.

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.

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

SOURCES OF FUNDING

Victims & Survivors Service (VSS)



WHSC (Contract for Service)



Mental Health Support Fund



Department of
Health

The
Community
Foundation
Northern Ireland

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:

- * **The Nature Trail**
- * **Nurtured Living - Gemma Donnelly**

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

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 of. 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

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

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 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).





Special thanks to Áine McCaffrey for providing our lovely
cover image of a beautiful bumblebee





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