



# SPRING 2024

*"...in the service of healing, peace and holistic wellbeing"*

# 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 28 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”***

# 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.

# TABLE OF CONTENTS

<b>ABOUT TARA .....</b>	<b>2</b>
<b>FROM THE DESK OF THE GENERAL MANAGER.....</b>	<b>5</b>
<b>THERAPEUTIC SERVICES .....</b>	<b>6</b>
COUNSELLING / PSYCHOTHERAPY & ART THERAPY .....	6
COMPLEMENTARY THERAPIES .....	7
<b>APPLICATION PROCEDURE .....</b>	<b>8</b>
COUNSELLING/PSYCHOTHERAPY & ART THERAPY.....	8
COMPLEMENTARY THERAPIES .....	9
<b>WORKSHOPS AND SEMINARS .....</b>	<b>10</b>
AN INTRODUCTION TO AYURVEDA.....	10
BIO-ENERGY HEALING	
TRIPLE 8. A NEW MODEL OF LIVING.....	12
<b>ONGOING PROGRAMMES .....</b>	<b>14</b>
YOGA.....	14
MEDITATING TOGETHER.....	15
THE SOUL OF HEALING.....	15
<b>SUPPORT GROUPS AT TARA .....</b>	<b>17</b>
LIVING WITH GRIEF AFTER SUICIDE (PATHS).....	17
OMAGH MEN'S SUPPORT GROUP.....	17
<b>GENERAL INFORMATION .....</b>	<b>19</b>
LENDING LIBRARY.....	19
<b>SOURCES OF FUNDING .....</b>	<b>20</b>
<b>STANDING ORDER &amp; GIFT AID .....</b>	<b>21</b>
YOU CAN MAKE A DIFFERENCE .....	21

*There is nothing permanent  
except change.*

Heraclitus



## FROM THE DESK OF THE GENERAL MANAGER

We ended 2023 in full splendour with the Tara Centre's **anniversary event** on the 18th November 2023. The Great Hall was at its maximum capacity, and as it was impossible to accommodate all of you who are part of this community we decided to live stream the celebration - a first! I encourage you to view the event (link on our website, news section) and you will be taken onto a journey



***We can't understand Tara and its power without understanding what's happening in the wider society. And you can't understand that wider world without understanding the lessons that Tara teaches us every day here.***

Tim O'Connor, Tara Centre, November 2023

remembering the beginnings, a focus on peace and reconciliation by our keynote speaker Tim O'Connor, some extraordinary music, as well as deeply moving personal contributions by individuals who have benefited from the services at the Tara Centre.

**What will the future bring?** 2024 will continue to be a year of consolidating those forces (and systems) that have

held the Centre's structure and mission in place for the past 27 years. A group consisting of a mixture of Members, Board and Management are working on a five year strategy plan so that we can look forward to our 50 year anniversary in 2046!

Perfect for the start of the year, **our spring programme focuses on health and well-being.** We will learn that there is no better teacher than our own body. Dr Aileen O'Kane's *Introduction to Ayurveda* will help us discover our unique constitution type and empower us to take charge of our own health by building healthy habits. Michael Doherty's *Bioenergy: A New Model of Living* seminar will reveal that the 'unseen world is a field of energy and information' that influences all of us. He will introduce strategies that will 'flip' our stress responses.

May 2024 bring you inner peace, growth and self-care, a deep awareness of the symbiosis between human and nature, and the courage to live out of your own sacred truth.

Warm regards,  
*Katrina Deas, January 2024*

# THERAPEUTIC SERVICES

## COUNSELLING / PSYCHOTHERAPY & 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.



***If you wish to inquire about Counselling/Psychotherapy,  
Art Therapy or Complementary Therapies please  
call reception***

***Tel: (028) 8225 0024***

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

# APPLICATION PROCEDURE

## COUNSELLING/PSYCHOTHERAPY & 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. He 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 or 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 with the COTS.**





# COMPLEMENTARY THERAPIES

## *Grant Aided Appointments*

The Tara Centre is grateful to the Victims & Survivors Service (VSS) for **grant aid that enables us to deliver fully funded Complementary Therapies to those who meet the relevant criteria.** Contact the Tara Centre on **028 8225 0024** and the receptionist will pass your details on to the Co-ordinator of Therapeutic Services who will contact you to discuss this option further.

## *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 of **£35 per session.** In the event of the price as advertised being prohibitive in individual cases, a reduced fee will be considered (see info box below).



## *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.

# WORKSHOPS AND SEMINARS

FEBRUARY

## AN INTRODUCTION TO AYURVEDA

A WORKSHOP IN TWO PARTS

*Dr. Aileen O'Kane*



Ayurveda is the ancient system of healing which originated in India more than 3,000 years ago. **It is rooted in the principle that spirit, mind and body are inextricably linked.** According to Ayurveda, each of us has a unique psycho/physiological body type, our constitution, which determines our individual traits and tendencies.

Many factors, internal and external - our thoughts and emotions, our lifestyles and our diets, our relationships, the weather and the seasons etc. - create balance or imbalance in our constitutions leading to symptoms and disease.

In these 2 days we will

- ... study the **3 basic Ayurvedic constitutions** and help you to recognize yours
- ... explain the **effects of foods, environment and life experiences** on mind and body depending on one's constitution
- ... help you to **recognise the symptoms** that are created when each ... constitution becomes imbalanced
- ... offer appropriate food and lifestyle **changes** for each constitution to attain **balance**. What is appropriate for each of us is different
- ... look at a core belief of Ayurveda "**All illness begins in the Gut**", a core belief now backed by scientific research. Understanding this link, the concept of Agni (the digestive fire), leaky gut, the

***When diet is wrong,  
medicine is of no use.  
When diet is correct,  
medicine is of no need.***

Ayurvedic proverb

microbiome, the gut/brain axis etc. helps us understand a root cause of modern inflammatory illnesses and the need for promoting digestion and detoxification.

- **Ayurveda and the Mind** - we will look specifically at Mental and Spiritual dispositions as related to our different Constitutional types

The knowledge of Ayurveda is profound but simple. It puts a system on knowledge you already have. It empowers you to make sound decisions for your health and well-being.

***This workshop has given me increased motivation and information for improving my health.***

(participant, November 2021)

**Part 1: Saturday 3rd Feb 2024**

**Part 2: Saturday 10th Feb 2024**

**Times: 10.00am - 4.00pm** (registration 9.15-9.45am)

**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.

**Refreshments:** 9.15-10.00am tea & coffee  
12.30-1.30pm lunch

**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.



## 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

<https://michaelodoherty.ie/family-training-online-programme/>  
on which the content of this seminar will be based.

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 23rd and Sunday 24th March 2024

**Times:** Saturday - 10am to 5pm (registration 9.15-9.45am)  
Sunday - 9.30am to 4.30pm

**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.

**Refreshments:** Lunch provided on both days.  
Saturday: tea and coffee upon arrival  
Sunday: mid-morning tea and coffee break

**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.

## **MICHAEL O'DOHERTY'S INDEPENDENT CLINIC AT THE TARA CENTRE** **ONE-TO-ONE ENERGY HEALING TREATMENT**

Illness begins in your body when your Bio-Energy system gets blocked or becomes imbalanced. The first step is to get your energy system balanced and flowing correctly and this in turn triggers the process of healing in your body.

Michael O'Doherty and his practitioners will take great time and effort to ensure



the cause of your health issues and will identify the correct strategies to put in to place. Emotional stress, chronic fatigue, digestive disorders, children's health issues including colic, asthma, obesity, diabetes, eczema, etc. just to name a few of the conditions that people attend his clinic with.

What is asked of you is commitment of your time and a willingness to make the necessary changes so you can live a life without illness.

**Dates:** Michael is planning on holding a clinic at the Tara Centre in the near future.

**Contact:** For more information or to arrange appointment email or phone Frances Cusack, Office Manager:  
**info@michaelodoherty.com**  
phone **+353 (0)876 721 888**

**IMPORTANT: THIS IS AN INDEPENDENT ACTIVITY OPERATED BY MICHAEL O'DOHERTY. THE TARA CENTRE CANNOT PROVIDE APPOINTMENTS OR INFORMATION ABOUT THE SERVICE.**



# ONGOING PROGRAMMES

## YOGA

*Heather Kemps*

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 Kemps 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.

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

**Booking:** **Book your place at reception/calling 028 8225 0024. Prior booking is essential.** Places will be offered on a first come first serve basis.

## YOGA FOR BEGINNERS

**Wednesday Mornings:** 24th January- 27th March  
**10.30am - 12pm**

**Thursday Evenings:** 25th January- 28th March  
**6pm- 7.30pm**

## YOGA FOR INTERMEDIATES

**Thursday Evenings:** 25th January - 28th March  
**7.30pm-9pm**

## MEDITATING TOGETHER

*Mary Daly & Maura Twohig*



The established Tara Centre Meditation Group will resume meeting on Tuesday mornings, led by Mary and Maura, commencing on 12th September 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, **16th January - 19th March**

**Time:** 10.30am- 12pm

**Cost:** Contributions welcome on the day

**Refreshments:** Provided post meditation

## 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.

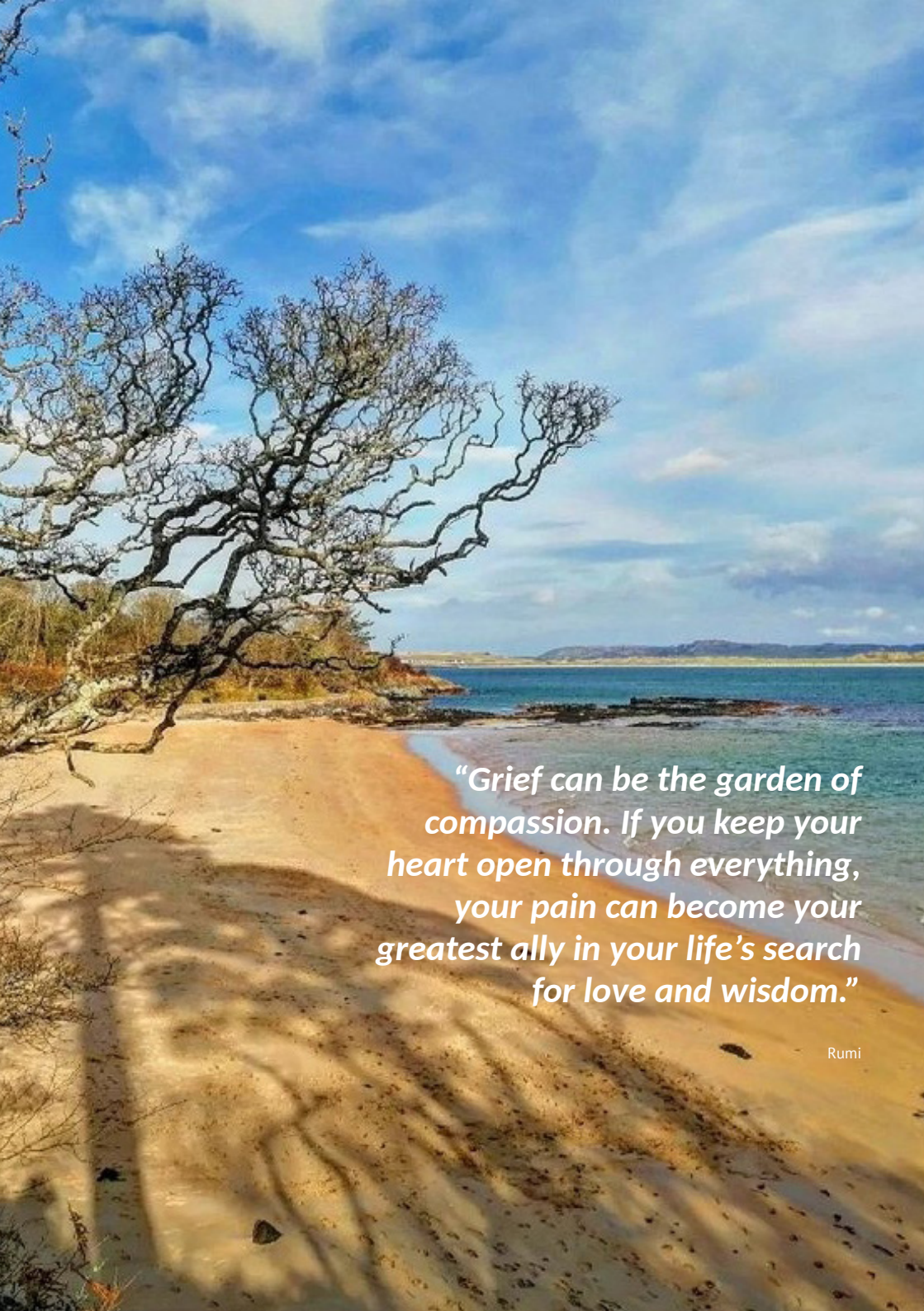
**Saturday Dates:** 27th January & 2nd March

**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:** Contacting reception on 028 82250024 no later than 5pm on the Thursday before event.



*“Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally in your life’s search for love and wisdom.”*

Rumi

# 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.

**Meetings are held on the second Tuesday of each month, 8pm – 9.30pm.** For further information, please **contact Jimmy on 07879 41485.**

Meetings will resume **on Tuesday, 9th January 2024.**

## 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.**

Meetings resume in **January 2024.**

**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.



## **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.**



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

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.

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.



# GENERAL INFORMATION

## LENDING LIBRARY

The Lending Library is open during the Centre's opening hours.

While a few books remain on display for sale the lending library provides the reader with a range of resources that encourage "...healing, peace and holistic well-being". The holistic approach to health and well-being is a hallmark of life at the Tara Centre and reflected in the material in stock, with a range of authors and themes representing a great diversity of perspectives on topics addressed.\*



***“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”***

Dr Seuss

### ***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

**Victims & Survivors Service  
(VSS)**

WHST



Western Health  
and Social Care Trust



Department of  
**Health**



The  
Community  
Foundation  
Northern Ireland

**Mental Health Support Fund**

**Awards for All NI**



COMMUNITY  
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 / Fundraising through 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**
- \* **Todd's Leap**

## *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.

***NEW: Online donations/standing orders***

Have a look at our website [taraomagh.com](http://taraomagh.com) where you can now find a link which will lead you to our **online fundraising platform** (click on "Make a Donation"). Please let us know how you find this new service, we are eager to get your feedback!

# 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).



THANK YOU to Kristina Birney for sharing her beautiful work  
@kristinabirneyphotography (Instagram)






Cover image: Beach Dandelion, Donegal  
p16: Winter Sun, Ards Forest Park  
Back page: Reflections, Donegal







 11 Holmview Terrace, Omagh, Co Tyrone BT79 0AH

 028 82250024  [info@taraomagh.com](mailto:info@taraomagh.com)  [www.taraomagh.com](http://www.taraomagh.com)

 [facebook.com/taraomagh](https://facebook.com/taraomagh)

Tara Centre, Omagh, is a Company Limited by Guarantee, registered in Northern Ireland, Company No. NI37403  
Registered by The Charity Commission for Northern Ireland No. 103397