



SUMMER 2024

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

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

ABOUT TARA	2
FROM THE DESK OF THE GENERAL MANAGER	5
THERAPEUTIC SERVICES	6
COUNSELLING / PSYCHOTHERAPY & ART THERAPY	6
COMPLEMENTARY THERAPIES	7
APPLICATION PROCEDURE	8
COUNSELLING/PSYCHOTHERAPY & ART THERAPY.....	8
COMPLEMENTARY THERAPIES	9
WORKSHOPS AND SEMINARS	10
REFLECTION AND HEALING DAY FOR INDIVIDUALS AND FAMILIES BEREAVED BY SUICIDE.....	10
FINDING FREEDOM FROM PERSONAL AND ANCESTRAL ISSUES...	12
ONGOING PROGRAMMES	14
YOGA.....	14
MEDITATING TOGETHER.....	15
THE SOUL OF HEALING.....	15
SUPPORT GROUPS AT TARA	17
LIVING WITH GRIEF AFTER SUICIDE (PATHS).....	17
OMAGH MEN'S SUPPORT GROUP.....	17
GENERAL INFORMATION	19
LENDING LIBRARY.....	19
SOURCES OF FUNDING	20
STANDING ORDER & GIFT AID	21
YOU CAN MAKE A DIFFERENCE	21

*Nothing can make our life, or the
lives of other people, more beautiful
than perpetual kindness.*

Tolstoy

FROM THE DESK OF THE GENERAL MANAGER

As I was sending an email to staff just after St Patrick's Day, I stumbled upon the following quotation by St Patrick Himself:



I only seek in my old age to perfect that which I had not before thoroughly learned in my youth, because my sins were a hindrance to me.

St Patrick

I love the humility of this quote. It is also the first time that I read the word 'sin' without a sense of punishment or judgement. Instead, there is an acceptance that sin is part of life, as something that can be worked on and overcome.

Many of us seek a higher level of consciousness; that place of wisdom and calm where all problems dissolve because you are able to see the bigger picture. Indeed, we are born with a body to move in the physical world, senses that connect us with our surroundings and that make us feel alive, a mind for knowledge and to engage the will, and a soul that connects us with our higher, eternal and perfect self. We seem to have a unique disposition to lead a life embracing Oneness. But we are surrounded by temptations and distractions. Life itself gets in the way of our spiritual growth. St Patrick kindly removes the 'spiritual growth stress' element and reminds us that insight will come when we are ready. He seems to be saying '*grow with the flow*' which is a lovely message to start the summer with, isn't it?

As for the Tara Centre programme, the summer will bring a day event organised by PATHS Omagh with Brendan Harding, Sand Play therapist, followed by an afternoon to explore complementary therapies (p10). The event is open to anyone bereaved by suicide. In June, our friend Jim Cogley, priest and psychotherapist, will be returning to integrate Spirituality and Psychology through the medium of hand crafted wood symbols, giving us the opportunity to transform transgenerational trauma through profound wisdom and life changing insights (p12).

I wish you a joyful summer with plenty of sun from the inside and outside alike.

Warm regards,
Katrina Deas, April 2024

THERAPEUTIC SERVICES

COUNSELLING / PSYCHOTHERAPY & ART THERAPY

Theoretical orientations used here in Tara include:

- Art Therapy
- Arts Counselling
- 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* (or are actively engaged in the accreditation process), 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

MAY

REFLECTION AND HEALING DAY FOR INDIVIDUALS AND FAMILIES BEREAVED BY SUICIDE

PATHS Omagh

This event will split into morning and afternoon sessions. In the morning, guest speaker Dr Brendan Harding will focus on 'The Inner Journey' theme and how meditation, mindfulness and Jungian Sandplay are helpful tools to live with loss.

“It’s so much darker when a light goes out than it would have been if it had never shone”

John Steinbeck

After lunch you will have the opportunity to sign up for alternative therapy taster sessions. For more details on this event please visit our website.

IMPORTANT NOTE: The event is open to individuals or families bereaved by suicide.

ABOUT DR BRENDAN HARDING

Brendan is a retired Doctor and Surgeon who runs his Psychotherapy Practice in his hometown Ballinasloe and online. He is a founding member of the Canadian International Society for Sandplay Therapy (ISST), a teaching member of the ISST since 1995, and has presented his work on international level. He is also a graduate of the School of Awakening (Eckhart Tolle) and was a Sandplay Therapist at the Tara Centre between 1999 and 2005. He hosts meditation for the School of Philosophy and Economic Science and has his own online meditation group. Find more information about Brendan's work on YouTube @symbolsofthesoul2935 and www.sandplayireland.com.



ABOUT PATHS

Founded in 1998, PATHS (**P**ositive **A**ction **T**owards **H**elping those bereaved by **S**uicide) is an inter-denominational voluntary group formed to support families and individuals bereaved by suicide. Since 2005, PATHS has been holding regular

meetings at the Tara Centre (see page 17 or visit pathsomagh.com and facebook.com/PATHSomagh for more information).



EVENT DETAILS

Date: Sunday 12th May 2024

Programme: 9.30am Registration
9.45 - 10.45 Dr Brendan Harding
10.45 -11.15 Tea Break
11.15-1pm Dr Brendan Harding
1-2pm Lunch
2-4pm Alternative Therapies taster sessions

Cost: Funded by PATHS Omagh

Booking: Contact **Jimmy Carrigan 07879 414385** to confirm attendance and dietary requirement. Thank you.

Note: **Prior booking is essential.** Places will be offered on a first come first serve basis.

“Should you shield the valleys from the windstorms, you would never see the beauty of their canyons.”

Elisabeth Kübler-Ross

FINDING FREEDOM FROM PERSONAL AND ANCESTRAL ISSUES

Jim Cogley

We are delighted to welcome Fr Jim Cogley back to the Tara Centre to facilitate another powerful workshop, focusing on how pain and loss can be an invitation to wholeness. Over the course of the one and a half days, Jim will explore in his own unique and insightful way our ancestral/family tree and childhood issues of which we may not be fully aware but which inhibit personal healing, with a view to finding healing and integration for a more fulfilling future.



Fr Jim is a psychotherapist and wood-turner with over thirty years' experience in the field of healing, both personal and intergenerational. His innovative self-taught woodworking skills provide a unique opportunity to present the age-old truths of life and spirituality in the form of wooden symbols that speak to the soul. Jim's focus is on "getting the past out of the

present" in order to lead a fuller, freer and more fulfilled life. He offers a much needed wisdom for the spiritual landscape we find ourselves in at this time.

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.

Books are for sale at the Tara Centre and during the event.



Symbol of different faiths emanating from source of perennial wisdom by Jim Cogley

“Traumas and unhappiness don’t just die with those who were the original victims; they remain to reverberate down through the family tree. In general it may be said that it is those traumas that have never been faced which tend to recur again and again... Ancestral healing is an opportunity to recognize and bring healing to family influences from the past in a way which has implications for the future.”

Jim Cogley



Family Tree Bowl by Jim Cogley

Dates: Friday 21st June and Saturday 22nd June 2024

Times: Friday 7pm - 9.30pm (registration 6.20-6.55pm)
Saturday 10am to 4.15pm

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 £45 for those who do not qualify for VSS.

Refreshments: Tea and coffee breaks on both days
Saturday: lunch provided

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 Kempes

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 Kempes 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 eight weeks.

Cost: The cost for each 8-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 April- 12th June 2024
10.30am - 12pm

Thursday Evenings: 25th April- 13th June 2024
6pm- 7.30pm

YOGA FOR INTERMEDIATES

Thursday Evenings: 25th April - 13th June 2024
7.30pm-9pm

MEDITATING TOGETHER

Mary Daly & Maura Twohig



The established Tara Centre Meditation Group meet on Tuesday mornings, led by Mary and Maura.

Anyone who has followed the Meditation and 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 interested in joining the group, please contact reception and a brief induction meeting with the group leaders can be arranged for 10am on the first morning you plan to attend.

Dates: Tuesday mornings, starting **9th April 2024**

Time: 10.30am- 12pm

Cost: Voluntary Contributions

Refreshments: Provided post meditation

THE SOUL OF HEALING

Maura Twohig & Mary Daly

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 April & 8th June 2024

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

Cost: Voluntary Contributions

Refreshments: on arrival at 11.00am, lunch provided

Booking: Contacting Reception on 028 82250024 no later than 5pm on the Thursday before event.

A photograph of a green boat docked at a concrete pier. The boat is on the left, and the pier extends towards the right. In the foreground, there are several red flowers on thin branches, some in bloom and some as buds. The background shows a body of water and a hilly landscape under a clear sky.

*“How, in our
modern world, can
we find our way to
understand the earth
as a gift again, to
make our relations
with the world
sacred again?”*

ELISABETH GILBERT
in her book "Braiding Sweetgrass"

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 or to join the group 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 held Mondays 7.30pm - 9.30pm. For further information or to join the group **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.

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.*



“... Poetry and Hums aren't things which you get, they're things which get you. And all you can do is go where they can find you.”

- A.A. Milne through Winnie the Pooh
(or is it the other way around?)

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)

WHST



Department of
Health



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 / 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.

Online donations/standing orders

Vist our website taraomagh.com and click on **"Make a Donation"** to access our easy to use **online fundraising platform** for one-off or monthly donations.

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).



A promotional poster for a day retreat and mini festival. The background is a scenic landscape of rolling green hills under a blue sky with white clouds. The text is centered and includes the event title, a list of activities, a date and time box, and contact information. There are decorative white icons: a van with a person inside, a person in a yoga pose, and a group of people holding hands.

Nurtured Living
Day Retreat & Mini Festival

Ear Seeding Yoga Pilates Nutrition Crystals
Sound Bowls Reflexology Emotion Code
Crafting & much more!

SAT 1ST JUNE
10AM ONWARDS

DEMOS STALLS WORKSHOPS
KIDS ACTIVITIES FOOD TRUCKS

Park and Ride

Sixmilecross, Co. Tyrone
For More Info Contact Gemma Donnelly 07375054702

A day retreat and mini festival organised by Nurtured Living

Full adult day pass (£75) 9am-6pm includes welcome breakfast, all workshops, lunch and entrance fee

Visit facebook.com/nurturedlivingNI to view the full programme, information on ticket options and to book

**Proceeds from the raffle and any donations
will go to the Tara Centre**

THANK YOU to Kristina Birney [@kristinabirneyphotography](https://twitter.com/kristinabirneyphotography)

for giving us permission to use her photos

Cover image: Roundstone Connemara

p16: Connemara

Back page: Claggan Island



🏠 11 Holmview Terrace, Omagh, Co Tyrone BT79 0AH

☎ 028 82250024

✉ info@taraomagh.com

🌐 www.taraomagh.com

📱 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