



SUMMER 2025

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

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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“Finish each day and be done with it. You have done what you could; some blunders and absurdities no doubt crept in; forget them as soon as you can.”

Ralph Waldo Emerson

A warm thank you to Áine McCaffrey for the use of her photos on the front cover, page 15 and the back cover.

ABOUT TARA



The founding vision of the Tara Centre, opened in Omagh Town in 1996, now almost 30 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 29 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”

FROM THE DESK OF THE GENERAL MANAGER

As the seasons shift and the days stretch toward summer, there is a quiet invitation to begin again – to reconnect with ourselves, with each other, and with the possibilities ahead, an inside-out movement. This time of year brings a certain energy – not loud, but full of life – and it’s in that spirit that we offer you two meaningful events at the Tara Centre.



Both come in response to the voices we hear regularly – those who walk through our doors, attend our programmes, and share with us what matters in their lives.

First, we are delighted to welcome back **Kathleen Duffy**, whose **workshop on dreams** responds directly to the interest many of you have expressed. Kathleen brings decades of insight and sensitivity to this powerful area of personal exploration. Dreams are windows into the deeper and higher self – carrying meaning, healing, and guidance when we learn how to listen.

In June, we are also honoured to host **Dr. Lollie Mancey**, a globally recognised anthropologist and futurist, for a special talk titled “*Future Human: Who Are We Becoming?*”. Dr. Mancey is known for her remarkable ability to explain complex technological trends – particularly Artificial Intelligence – in ways that are deeply human and relatable. Her work is grounded, ethical, and focused on creating a more inclusive, compassionate future. This event will offer insight, challenge and inspiration for all of us – whether we feel confident with technology or find it overwhelming. It is a talk for every generation, and we hope to attract a wide range of people with this theme.

As always, our intention is to deliver something that reaches beyond the ordinary – something you can trust. At Tara, we remain committed to creating space for reflection, learning and connection in a world that needs all three.

With warmest wishes,

Katrina Deas
General Manager



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, IACP, BAAT, HCPC, BISS/ISST

APPLICATION PROCEDURE

Persons who seek counselling/psychotherapy or art therapy services 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 COTS 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

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 60 min complementary therapy treatments:

- ◆ **Aromatherapy and Swedish Massage:** a classic therapeutic massage to promote relaxation by realising muscle tension & increase blood circulation, using a bespoke blend of essential oils in massage treatment.
- ◆ **Reflexology:** a complementary therapy that uses pressure applied to specific points on the feet, hands, or face to stimulate and balance the body's natural healing abilities, promote relaxation and well-being.
- ◆ **Reflexology for Menopause:** focuses on key reflexes in hands, feet and face to assist relief for common menopausal symptoms.
- ◆ **Lymph Drainage (RLD)** is a technique which focuses on stimulating the lymphatic reflexes on the feet.
- ◆ **Oncology Reflexology:** the application of reflexology techniques to help manage symptoms and improve well-being in individuals with cancer.
- ◆ **Indian Head Massage:** is a massage technique focusing on the head, neck, and shoulders to relieve tension, stress, and promote overall well-being.

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

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

JUNE

FUTURE HUMAN: WHO ARE WE BECOMING?

Dr. Lollie Mancey



In this timely and thought-provoking talk, Dr. Lollie Mancey explores how artificial intelligence is transforming our world – and what it means to be human in the midst of such change. From identity and ethics to power, bias, and the future of work, Lollie invites us to consider both the risks and the possibilities of emerging technologies.

Structured around key themes – including AI’s influence on behaviour, new relationships between humans and machines, and who gets included in the “future human” – this session blends insight, reflection and practical hope. It is designed for people of all ages and backgrounds, especially those who may feel uncertain or overwhelmed by fast-paced technological shifts. Participants are encouraged to think critically, act consciously, and imagine a future shaped not just by machines – but by human values, creativity, and care.

ABOUT DR. LOLLIE MANCEY

Dr. Lollie Mancey is an award-winning anthropologist, futurist and innovation advocate. As Programme Director at University College Dublin’s Innovation Academy, she works at the cutting edge of education, entrepreneurship and ethical technology.

With a gift for making complex ideas clear and engaging, Lollie helps audiences understand how AI and other emerging technologies are reshaping everyday life – from leadership and relationships to cultural rituals and civic agency. She has appeared on the *Tommy Tiernan Show*, RTÉ’s *Futureville*, and at leading global conferences, including the Pendulum Summit and the FT’s CFO Summit. Her work empowers people to meet the future with confidence, creativity and compassion.

Subjects:

Thresholds & Turning Points

What Is AI Doing to Us?

Designed Intelligence, Designed Society

Human + Machine: New Relationships

The Divide: Who Gets to Be Future Human?

The Beautiful Possibility

The Call to Action

Q&A / Dialogue (Optional)

Focus:

Introducing the concept of the “future human” and the power of cultural change

Impact of AI on identity, behaviour, and decision-making

Power, bias, and consequence mapping in AI systems

The rise of agentic AI and co-creative human-machine futures

AI literacy, digital divides, and civic agency

AI for good, stories from Futureville, and examples of hope

Personal agency, leadership, and shaping the future together

Audience-led reflection

Date: Friday 6th June 2025

Time: 7–8.30pm, registration starting at 6.30pm

Cost: Donations welcome, see below

Refreshments Post-event ‘cuppa’

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.

 ***A Gift Towards the Future***

This event is being offered **as a fundraiser**, with heartfelt thanks to **Dr. Lollie Mancey**, who is kindly donating her time to support the Tara Centre’s work.

If you find inspiration in the evening, we warmly invite you to consider making a **small monthly donation** – even **£3 a month** can make a lasting difference. Imagine the power of 50 people saying yes to that!

Regular giving helps us plant seeds for the long term – sustaining healing, learning and hope in the heart of our community.

Tara Centre standing order forms are at the back of this brochure.

Alternatively, scan this code to access our online platform:

Thank you for being part of this journey.



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

Dates: Saturday 14th June 2025

Time: 10.00am – 4.00pm (registration from 9.15am to 9.55am)

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: 11 – 11.30 tea/coffee & scones
1 – 2pm 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

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 6th May 2025.



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 interested in joining the group, please contact reception and a meeting with the group leader can be arranged.

Dates: Tuesday mornings, **6th May – 10th June 2025** incl.

Time: **11am – 12.30pm**

Cost: **Contributions welcome on the day**

Refreshments: Provided post meditation

“The purpose of meditation is to make our mind calm and peaceful. If our mind is peaceful, we will be free from worries and mental discomfort, and so we will experience true happiness. But if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions”.

Kelsang Gyatso

NEW: CHAIR YOGA

Teresa Sexton



“I recognise the place in you that is your inner light, your peace, your inner Truth”

Teresa Sexton

Teresa is delighted to offer a Chair Yoga class here at the Tara Centre. **This class is suitable for everyone.** Class will be one hour of gentle movement, light & laughter - and the rest will follow.



About Teresa

Teresa is an Advanced Yoga Alliance Teacher with over 20 years practical experience and teaching in Ireland since 2010. Teresa teaches many Hatha Yoga styles; Ashtanga, Iyengar, Yin, Restorative, Pregnancy and Somatic moves. These coupled with Breathwork, Mindfulness and Meditation practices.

Meditation always felt natural for her and, on joining the Mindfulness and Meditation group at the Tara centre in 2011, she began to recognise where home is; the very heart of awareness. This growth in Awareness continues to blossom. Every class she teaches is an opportunity for us to Connect, Move, Learn, Be Still at Peace...in Awareness. This is the essence of her Yoga sharing.

Dates: Mondays, starting **2nd June until 7th July 2025**

Times: 11.30am – 12.30pm

Cost: The cost for this six-week block is **£40**

What you need: Wear comfortable clothing

Notes **Prior booking is essential.** Book your place by contacting Reception on 028 8225 0024. First time? Make sure to fill in the Tara Centre Health Form prior to commencing classes.



“Peace and happiness are the nature of our being and we share our being with everyone and everything.”

Rupert Spira

DRU YOGA

Mandy Currans

ALL peoples / ages / abilities can do Dru Yoga with their easy isotonic flowing sequences. Dru Yoga postures are the same Hatha Yoga postures, but done in flowing manner for energy block release and energy flow. A typical class includes activations, targeting of spine/muscle groups to be used in class, Energy Block release sequence, deep relaxation and affirmation focus.

No previous experience or ability level is necessary as the exercises cater for all abilities and levels.

QI GONG FOR SELF-HEALING

Mandy Currans

We are excited to introduce Qi Gong (pronounced Chi Kung) to the Tara Centre, for all abilities, ages, and levels of fitness/disability/injury. Qi Gong has many easy flowing sequences and exercises to open energy pathways for the energy flow that brings health and vitality. A typical class includes warm up /activation, joint opening exercises, spinal movement focus, deep inner flow awareness using mindful conscious awareness, standing meditation (chair if unable), deep relaxation lying down.

Dates: Wednesdays, **30th April – 4th June 2025** (6-week block)
11th June – 2nd July 2025 (final summer 4-week drop-in block)

Times: DRU YOGA: **10 – 11.30am**

QI GONG FOR SELF-HEALING: 11.45am – 1.15pm

Cost: six-week block **£40**, or £70 for both classes
four-week block **£25** or £10 for single drop-in class

What you need: Wear comfortable clothing, bring yoga mat, and something warm for relaxation

Notes: **Prior booking is essential.** Book your place by contacting Reception on 028 8225 0024.
First time? Make sure to fill in the Tara Centre Health Form prior to commencing classes.

YOGA FOR SELF-CARE

Josephine Rafferty

Take time to simplify your practice. When we move efficiently more becomes possible and we feel better in the process; we become more aware of ourselves and those around us; we reduce the noise so we can hear more, feel more and have more space. Yoga for Self-Care is a wellness programme to boost your immune system, increase your energy levels and improve your sleep.



Dates: Thursdays, **5th June – 3rd July 2025** (5-week block)

Time: **6.30 – 8pm**

Cost: five-week block **£35**

What you need: Wear comfortable clothing, bring yoga mat, and something warm for relaxation

Notes: **Prior booking is essential.** Book your place by contacting Reception on 028 8225 0024. First time? Make sure to fill in the Tara Centre Health Form prior to commencing classes.

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 414385.**

There will be no meetings held in July and August.

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 every Monday at 7.30pm to 9.30pm. For further information, **contact Gerry on 07799 472968.**

There will be no meetings held in July and August.

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.

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.*



BOOKS FOR SALE

While reviving our Bookshop is not on our current to-do list we do invite you to browse the shelves and purchase books from the existing carefully selected titles.

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.

“We have to dare to be ourselves, however frightening or strange that self may prove to be.”

May Sarton

***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



People & Communities Fund

We acknowledge with gratitude the funding that we received from the Department of Health/Community Foundation NI which helped with the delivery of our counselling/psychotherapy and art therapy services from January 2022 - December 2024.



Philanthropic Donations (large and small)

Personal Donations are made from time to time to the Centre. They are occasionally accompanied by a request from these generous benefactors to desist from publishing their details. Their contributions are recorded, responsibly used and most gratefully received.

Standing Orders & Gift Aid, online and offline, are hugely appreciated (detailed records held at the Centre). This reliable, consistent and steady stream of personal donations helps us plan for the future.

We acknowledge, with sincere gratitude, the most recent and current **Fundraising Contributions from the following organisations:**

- * **The Nature Trail**
- * **Nurtured Living - Gemma Donnelly**
- * **Omagh Craft Collective Gift Shop**

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. 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

This option is particularly interesting if you would like to do something amazing, such as raising funds for us. On our website taraomagh.com the "Donate" link on the top right of the page will lead you to our **online fundraising platform** where you can register your fundraiser for the Tara Centre. The page also gives the option to donate once or monthly, and to gift aid.

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).



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 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.





*“Not to know certain things
is a great part of wisdom..”*


Hugo Grotius



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