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# WAVE Update



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## Festive

### Card Making

In the hustle and bustle of the

Christmas period why not take some time out from your busy schedule and relax with friends and make your very own unique Christmas Cards.

Come and join us on Friday 9th December from 10am to 12noon as we get in the festive groove.

The talented Paddy McNicholl from Kilcranny house will facilitate this card making session and will be on hand to



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## Christmas at WAVE Ballymoney

It 's the time of year for tinsel clad trees beside cosy log fires, cinnamon candles burning bright while twinkling lights sparkle and shimmer and the world is bedecked with glitter and gold. Christmas means different things to everyone but one of the main reasons to celebrate the season is to say a special thank you to all the people who have meant so much to us throughout the year.

With this in mind, the management and staff from WAVE would like to invite you all to a very special evening to be held in Magherabuoy Hotel Portrush on Wednesday 7th December 2011. This event is our opportunity to say thank you to our volunteers and members who have participated in any way over the past twelve months.

# 'Minding Me'

This is a personal development programme in conjunction with the Northern Health and Social Care Trust and Community Direct.

The training is primarily about an approach to mental health that enables individuals to explore ways of making realistic changes, it raises awareness and is essentially a guide to personal development.

The training will encourage individuals to:

- ◆ Know more about yourself.
- ◆ Value yourself and others.
- ◆ Gain more confidence and control of your life.
- ◆ Know your limits and, if and when those limits are reached, honestly communicate with someone who can help such as a relative, friend or a professional.

The course will cover areas such as what is mental health and myths surrounding mental illness. There will also be an opportunity to look at factors influencing mental health and symptoms of stress. The course will then move on to look at ideas for change and encourages participants to make positive changes to their personal situations to move towards better mental health and emotional wellbeing.

If you would like to participate in this six week course, please contact Colin at the Ballymoney centre for more information.



## So what exactly is friendship Friday's about?

One of the good things about being connected to WAVE is the opportunity to meet others who have experienced similar traumatic events. Other members who understand your fears and anxieties and the isolation they can cause.

The centre is open each Friday morning for members to come and join us. Some days we will have lunch or perhaps participate in an activity together.

In the run up to Christmas we hope to spend some time making goodies such as shortbread, caramel squares truffles and cupcakes. The best part, over a cup of tea or coffee we get to eat what we make and enjoy time together.

Please feel free to join us at the Ballymoney centre from 10.30 to 12.30 Friday's.

## Sign Language Course

Following a great response from the article we posted in our last update from those wishing to participate in a sign language course, we have finally managed to get the plans put in place for a class to begin on Monday evenings early in the New Year.

'Hands that Talk' based in Dungiven have agreed to facilitate a British Sign Language course for us and this will comprise of the first unit from the introductory course. There are three units in each level and so this course will guide you through the basics and give you a chance to learn new skills.

This course offers accredited training and we would ask those participating to provide payment of the additional £20 for the accreditation. If you would like to participate, please contact the centre for more details.

## Support Services for Members

WAVE offers support to members in a variety of ways to suit each individual and their needs.

One of the main structures we recommend is our outreach befriending scheme. WAVE members are supported by an outreach worker who will either meet the individual in their own home or in the WAVE centre.

Outreach befriending is vital for many members as this provides an opportunity for the individual to express their fears and concerns in a safe environment whilst having the support of outreach staff.

We can also arrange for members to see our professional counsellor if this is appropriate. Counselling is a great opportunity for one to one support on deeper level, helping the individual to reflect on their lives and put positive steps in place to create a better future.

Some of our members also enjoy our complementary therapy services, where you can have an hour to relax and de-stress in the safe hands of our fully qualified therapists. We offer WAVE members ten complementary therapy sessions each at the discounted rate of £5.00 per session.

We also offer a host of other services from informal drop in sessions, to OCN accredited trauma training ranging from basic listening and communication skills through to an undergraduate degree with Queens University Belfast.

I'm sure you'll agree there is something for everyone at WAVE.

## Research Study

In the next few months WAVE will undertake an internal pilot study into the extent to which the impact of the 'Troubles' in Northern Ireland is passed on through families. The overall purpose of the pilot study is to investigate the existence and possible impacts of intergenerational trauma on families affected by the 'Troubles'. The objectives of the study are:

- To record and archive personal experiences of individuals, who as children experienced the bereavement of a close family member or lived with a close family member who was seriously injured as a result of the 'Troubles' in Northern Ireland.
- To examine the physical, emotional and psychological effects of bereavement and injury on families.
- To identify the coping mechanisms used by these individuals and their families.
- To examine service provision and sources of support for individuals and their families.

If you would like to participate in this study or would like more information about the study, please contact us at the Ballymoney Centre.

## Have you been injured as a result of the 'Troubles' in Northern Ireland?

An important new study of people seriously physically injured in the 'Troubles' has been commissioned by WAVE and is being conducted by a team from the University of Surrey. This groundbreaking research examines the experience of people who were seriously physically injured and will look at the needs of this group and the research aims to inform government legislators and policymakers about future services.

Researchers are particularly keen to encourage people who have been severely affected to participate in this short survey. Victims or disability groups who wish to have a copy of the questionnaire should contact the research team, electronic or hard copies will be made available. The team can be contacted via email at the following addresses, [rozgoldie@btinternet.com](mailto:rozgoldie@btinternet.com) or [m.breen-smyth@surrey.ac.uk](mailto:m.breen-smyth@surrey.ac.uk) you can also call the project mobile number on 07591136820.

## Spring Day Trip

We have secured additional funding to take our members on a spring day trip to Derry/Londonderry on Wednesday 7th March 2012.

This will be a memorable day out and members are encouraged to come along and join us as we have a walking tour of the City's Historic Walls.

You will then enjoy some free time to discover the shopping delights of the city or just take in the many beautiful sights on offer.

We will leave the city around 5.30pm and then stop off for our evening meal at a hotel on the way home.

Please contact the centre to book your place.

**We plan to have a collection for WAVE at Tesco in Ballymoney Thursday 23rd December 2011.**

## Online Story Telling Project

Over the past few months a few of our members had the opportunity to participate in a unique online storytelling project facilitated by Laura Hayden.

Laura says, 'As our society continues to make the transition from violent conflict to peace, the telling of these stories become very important as they help us all to remember the hurt and pain that was inflicted on families, whilst at the same time serving as a reminder that we should never allow these atrocities to happen again.'

We are pleased to be able to tell you that we have successfully secured further funding for this project and we are now able to offer this unique opportunity to more of our members. If you would like to participate in this particular story telling project, please contact Alan McBride or Velma Irvine at the Ballymoney Centre for more details of this storytelling project.



## Whatever You Say, Say Something!



Saying something about the past can help to create a more peaceful future, while saying nothing can help to maintain divisions. Dealing with the past is about addressing what occurred in relation to the conflict in and about Northern Ireland.

Individuals and communities have survived the conflict in a context of 'whatever you say, say nothing'. The challenge is to find ways to discuss these both political and personal issues that are safe for individuals and communities.

The Whatever You Say, Say Something programme offers opportunities for conversations considering a wide range of issues around dealing with the past. We are planning a residential where we hope to discuss these issues surrounding the conflict and how we move forward for the next generation. Ideally we would encourage new members who have not been on a residential with us in the past to participate in this event.

As yet the dates and venue have not been finalised for the residential but we are expecting this event will be held during March 2012. If you would like to join us for this residential, please contact the centre for more details.

**Please note the Centre will be closing on Friday 23rd December 2011 and will reopen on Tuesday 3rd January 2012.**