

Support Services for Members

WAVE offers support to members in a variety of ways to suit each individual member.

One of the main structures we offer is our outreach befriending scheme. WAVE members are supported by an outreach worker who will either meet the member in their own home or in the 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 the 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 a 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 members can have an hour out and relax and de-stress in the safe hands of our fully qualified therapists. We offer WAVE members ten complimentary therapy sessions each at the discounted rate of £5 per session.

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

And not forgetting our amazing youth services for 5 to 25 year olds, there is something for everyone at WAVE.

WAVE's 20th Anniversary Gala Ball

Our gala ball to celebrate 20 years of our work was held on Friday 18 November in the Hilton Hotel, Templepatrick. Everyone in attendance enjoyed a 3 course meal, grand prize draw, art auction and stand up from Tim McGarry, followed by dancing into the wee hours.

We would like to thank everyone who bought tickets, donated money or prizes and helped in any way. 167 members, staff, volunteers and supporters attended the event, which was enjoyed by all – and we raised over £3000, which exceeded our expectations.

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 within families affected by the Troubles. The objectives of the study are:

- To record and archive personal experiences of individuals, who as children experienced 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 are interested in taking part in this study or would like more information about the study please contact Sandra Peake at WAVE Belfast 02890779922 or ceo@wavebelfast.co.uk



A Project funded under the Strategic Support Fund for Groups Working with Victims and Survivors of the 'Troubles', which is administered by NICRC on behalf of the Office of the First and Deputy First Minister.



WAVE Update

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We would like to wish all our members a

Peaceful Christmas and A Prosperous New Year

From Sandra and all the staff at WAVE

Merry Christmas

Complementary Therapies are available!!!!

At present Linda Molloy our resident Complementary Therapist works on a Tuesday only. In the New Year our aim is to run other full days and evenings on a temporary basis until March 2012.

If you would like to avail of complementary therapies please contact Sinead on 028 90779922.



Research into the needs of those injured as a result of the Northern Ireland 'Troubles'

An important new survey of people seriously physically injured in the Troubles has been commissioned by the WAVE Trauma Centre's and is being conducted by a team from the University of Surrey. This ground breaking research examines the experience of people who were serious physically injured in the 'Troubles' in Northern Ireland and the extent of their needs. The research aims to inform government legislators and policymakers about future services.

Researchers are particularly keen to encourage people who have been severely injured to participate in this short survey which will soon be available. Victims or disability groups who wish to have copies of the questionnaire or injured people who are not in touch with victims groups or other services should contact the research team, and electronic or hard copies will be made available. The team can be contacted by email Dr Roz Goldie at rozgoldie@btinternet.com; Professor Marie Breen-Smyth at m.breen-smyth@surrey.ac.uk; and Dr Maria Deiana at mdeiana@qub.ac.uk; or you can call the project mobile number 07591136820. Hard copies will also be available from all WAVE trauma centres.

Annual Volunteer Appreciation Evening & Members Christmas Information Evening!!

Its that time of year again, our annual Volunteer Appreciation Evening and Members Christmas Information Evening will take place on Tuesday 6th December 2011 in WAVE House, Belfast.

We would be delighted if you could attend this event and join us in an evening of appreciation for the invaluable commitment that our volunteers offer to WAVE throughout the year.

On the night, there will be lovely food, entertainment and a 'special guest'. Please R.S.V.P to Sinead at the WAVE Centre on 028 9077 9922.

We look forward to seeing you!



Men's Group

The WAVE Men's Group meets every Wednesday from 1pm-4pm in the WAVE House, Belfast. The last session this year will take place on 7th December with a farewell Christmas lunch at WAVE to say goodbyes for the festive season.

After the Christmas break we will recommence on Wednesday 11th January with the group meeting at 1pm for lunch. There is timetable packed full of activities in the new year for the men to engage and enjoy with each other. And of course, any newcomers are always welcome!

Merry Christmas & Happy New Year!

Contact Martine at WAVE for more information.

Ladies' Group

The WAVE Ladies Group meets every Thursday from 1pm -4pm in the WAVE House, Belfast. The last session this year will take place on 15th December with a farewell lunch in the Chester and gathering back at WAVE to say goodbyes for the Christmas season.

After the Christmas break we will recommence on Thursday 12th January. Usually we start off with lunch at 1pm, followed by different activities such as Arts & Crafts workshops, discussions or talks.

Until the end of March 2012 the programme will focus on Health and Wellbeing, including a day trip and a residential.

Contact Sonja at WAVE for more information.



Both groups are always open to newcomers, if you would like to come along to either group contact the centre for more information

