for further information on Inspire Mental Health...

Rosewood Community Wellbeing Service

90 Tamlaght Road

Omagh

BT78 5BB

**Telephone:** (028) 8224 5571

**Email:** rosewood@inspirewellbeing.org

inspirewellbeing.org/mentalhealth
meet the team

Staff

Ciara Mc Goldrick - Manager
Mark Dodds - Project Worker
Shannon Lynch - Project Worker
Hanora Raflewski - Project Worker
Niamh McCay - Support Worker

Volunteers

Josephine - Thursdays

friday (10am - 4pm) Mens Group

Music Studies with South West College
(10:30am - 1pm)
A chance to examine wide range of musical genres alongside, as well as developing their creative, teamwork and communication skills. Facilitated by a tutor from South West College.

Creative Recreational Studies with South West College (2pm - 4pm)
Social history and the changing face of fashion, technology and humanity. Facilitated by a tutor from South West College.
Thursday (10am - 4pm)

Thursday Ladies (10:30am - 1pm)
This peer group provides support, fun and personal development opportunities.

Creative Writing with South West College
(10am - 12:30pm)
The art of making things up. It's writing done in a way that is not academic or technical but still attracts an audience. This includes; poetry, fiction, songs and personal essays. Facilitated by a tutor from South West College.

Arts & Crafts with South West College
(1:30pm - 4pm)
Creativity can improve your mental health and wellbeing—this is an opportunity to produce decorative design and handicraft. Facilitated by a tutor from South West College.

Walking Group (1:30pm - 3pm)
Get out and about, improve your wellbeing and meet new people while also getting healthy.

Welcome to Rosewood

I am delighted to welcome you to Rosewood Community Wellbeing Service in Omagh. We work in partnership with Western Health and Social Care Trust and Recovery Team.

Application to our service is simple—contact ourselves, speak to your key worker in the Recovery Team or your GP.

We run a variety of groups in our service and in local community centres. Looking at topics such as how to manage anxiety, arts and crafts, current affairs and social opportunities.

These is the activities we will be running throughout Autumn and we hope that they may be useful to you on your road to recovery.

Ciara Mc Goldrick
Manager
tuesdays (10am - 4pm)

Social session (10am - 1pm)
A chance to meet with others and challenge yourself with brain training, such word puzzles and board games. A wonderful way to reduce isolation and stress while making new connections.

Social Session (1 pm - 4pm)
Time to meet with others and have a cup of tea or coffee. A wonderful way to reduce isolation and stress while making new connections.

Relaxation (2pm)
A weekly chance to try unique coping methods, such as voice mindfulness and relaxation exercises, or relaxing music.

Football @ CKS (2pm - 3pm)
A weekly get together of like minded people to play football and a chance to get fit.

wednesday (10am - 4pm)

Ladies Recovery Group (10am - 1pm)
A personal development group who focus on building self-esteem through a range of activities, from breakfast at Rue to learning to manage anxiety and panic.

Group Active Lifestyle @ Omagh Leisure Complex (10am - 1pm)
A small group who engage in physical activity of an appropriate level, designed by a qualified exercise professional to aid the management of weight and improve mental wellbeing.

One to One (1:30pm - 4pm)
Support that is tailored to your individual needs on a one to one basis, with the aim of improving your ability to manage your mental wellbeing.

Cookery—Peer Led (2pm - 4pm)
Learn to cook basic meals for one, while having fun with others. A chance to develop cookery, budgeting and planning skills.