

### INTRODUCTION

At Omagh Mens Support Group our aim is to provide 'a safe place where men can talk about their emotions and find help in managing the stress in their lives.' Over the past year, we have continued the provision of weekly gatherings for men offering this safe and secure space for open discussion, support and personal growth. Additionally, through collective effort and small fundraising initiatives, we were also able to organize our much anticipated annual weekend away which allowed us to deepen group relationships, facilitate an opportunity for further sharing and offer a brief period of respite for our members away from stresses of daily living.

### WEEKLY MEETINGS

As just indicated, our core activity remains our Monday night meetings. There is normally an attendance of 12-14 men, our numbers have remained consistent and whilst the majority of men come along every week, we have also endeavoured to make space for new men, trying never to turn away any man in distress. There is no set agenda for our meetings other than the issues raised by the men themselves, these topics ranging from everyday challenges to more profound life issues. All our conversations bring new insights, a sense of shared experience and a reminder that none of us as men are alone in our journey. Beyond the weekly meetings, and through the use of social media, the group offers a support network for members with many of

the men staying in touch outside the sessions ,offering mutual support as needed.

## ANNUAL WEEKEND

One of the highlights of the year for OMSG members is our weekend away and this year 11 men took part in a peaceful setting away from the demands of daily living. There were plenty of opportunities for group discussions both formal and informal as well as space for individual personal reflection and relaxation. We engaged in outdoor activities such as long beach walks and in overall terms the weekend was very successful in helping group bonding at several levels as well as allowing group members to return to their daily lives with a renewed sense of perspective and resilience.

## FINANCIAL OVERVIEW

OMSG operates on a very modest budget, we are gifted the use of our regular Monday night meeting space, whilst, as already stated our annual weekend away is financed through collective effort and small fundraising initiatives. Summary of details as follows:

Opening balance .....	£181.83
Cash to hand .....	£14.25
Total income .....	£285.00
Total expenses .....	£446.33
SURPLUS .....	£34.75

## CONCLUSION / LOOKING AHEAD

Looking to next year we will continue with our weekly meetings for both regular attendees whilst always being open to welcoming new men.OMSG has been in existence for some twenty plus years now and the view is 'if it is not broken, then there is no need to fix it'! Our annual weekend will remain a priority and dependent upon our financial resources, we will always look at being possibly more creative in its structure and location.Finally, this annual report is an opportunity to express a heartfelt thanks to all men who are / have been members of OMSG and who, through their sharing of themselves, have contributed richly to the life of the group.Thanks also to all who in any way supported the activities of OMSG, your help is very much appreciated and here's to another year of connection, sharing and mutual support!

GERARD J. MADDEN,

CHAIRPERSON /TRUSTEE OMAGH MENS SUPPORT GROUP

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