

SUMMARY OF ACTIVITY

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. 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 always made a conscious decision 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. In October of this year we sadly experienced the untimely death of one of our members: this has been a difficult experience for group members to process although ironically it has also proved an event which has strengthened relationships within the group and we were able to mark the event in an appropriate manner.

FINANCIAL OVERVIEW

OMSG operates on a very modest budget, we are gifted the use of our regular Monday night meeting space. Whilst OMSG, as evidenced below, operates on an almost nil budget we have continued to seek some longer term, more secure sources of funding primarily to finance our residential weekend program, at least one such event annually: these weekends not only provide group members with an opportunity to spend some time away from the demands and stresses of daily living in a peaceful setting but are also very successful in helping group members bond at several levels and allow members to return to their daily lives with a renewed sense of perspective and resilience. Unfortunately, for various reasons including the current economic climate, our efforts in this regard have proved unsuccessful and going forward, we intend to direct our energies to focus more on smaller, local fundraising initiatives aimed at financing particular initiatives we may be planning, such as the weekend programme just described above.

The summary of financial details is as follows:

Opening bank balance	£20.50
Cash to hand	£14.25
Total income	£00.00 (NIL)
Total expenses	£16.50
SURPLUS	£18.25

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

JANUARY 2026