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14th July 2024



15th Sunday in Ordinary Time

St Vincent De Paul Helpline: Tel:07927900310

Low Cost

Counselling and Psychotherapy

This Autumn psychotherapy students from the long established Dublin Counselling and Therapy Centre (www.dctc.ie) will be available to meet clients face to face in the Maghera area. Working under the auspices of Derry

Psychotherapy (www.derrypsychotherapy.co.uk) - a professional psychotherapy and supervision practice, - the students will be available to work with a range of issues with adult clients. (Depression, Anxiety, Bereavement, Fear, Relationship issues, etc. A waiting list is being opened in July and people will be offered a place on a first come basis.

For more information and to put your name on the waiting list please contact:

Bernadette 078 87398765 or Seamus 07989 936 344



Just giving everyone a wee heads-up. New dates for your diary!

(O) Our MORNING YOGA will Kate will resume on TUESDAY September 24th for a bloc of 6 weeks; Our MORNING PILATES will Elaine will resume on THURSDAY September 26th also for a bloc of 6 weeks;

Our EVENING YOGA with Angela resumes

THURSDAY SEPTEMBER 26th for a bloc of <u>5</u> weeks. At that point it will be almost Hallowe'en! More info next week on our online Self-care Hour sessions with Dr Anne Monaghan!

Swatragh in Bloom

We are delighted to announce that we have been successful in our bid for a national lottery grant, being awarded £18,218!

This will go towards an insulated shed, solar panels, raised beds and much more, which will help develop a permanent base for Swatragh in bloom on our community site behind Friels terrace.

If you can help in any way by putting out flowers, lifting rubbish or deadheading plants as you walk past or have any ideas or suggestions or are interested in joining the team contact Lucy on 07841615212, Dermot at Friels Bar or the group via our Facebook page- Swatragh in Bloom







Playground Games Hot Food/Coffee Hut

> Weekly Collection: £1,423

Many thanks for your support.