

The Oak Healthy Living Centre

August -December 2021



The LITE House

Cross Street

Lisnaskea

Tel: 028 677 23843

Email: info@oakhlc.com



The last 18 months have been a challenging time for us all and we cannot underestimate the impact Covid-19 has had on the wellbeing of our community but there are hopes of better days to come.

We have all adapted to a new way of connecting and engaging and for the last 18 months we have delivered lots of courses and support online , via telephone and social media platforms but we are now delighted to be able to re open the centre and start our face to face delivery.

We look forward to welcoming you all back but of course there are restrictions which are in place to ensure safety for you and our staff. Please be aware that booking is essential for all our courses along with complying with covid safety guidelines, track and trace etc and our staff as always are on hand to help and support you in making this process as easy to use as possible.

We have responded to the growing need in our community for additional mental health and well being supports and have been able to provide therapies and other initiatives due to the kindness and generosity generated from local fundraising events. We are extremely grateful for this support.

Micheál Mowen, Manager.



Follow us on Oak Healthy Living Centre

Contact us on 028 677 23843

E-mail: info@oakhlc.com

Spring Social Prescribing



SPRING Social Prescribing helps people aged 18+ to address; **social, emotional and practical needs**, by connecting them to sources of comfort within their community to improve their **health & wellbeing**.



How it all works : GP's, Primary Care health professionals and pharmacists* refer patients to **SPRING Social Prescribing**, who are suffering from: social isolation, low mood, mild depression, long term conditions or physical inactivity.

SPRING Social Prescribing has adapted to continue offering community supports to people throughout the Coronavirus pandemic.

Supports offered include:

- One to one contact (telephone, text, video link or social distance visits)
- Online wellbeing workshops
- Counselling
- Physical activities
- Small or virtual peer support groups for those with long term conditions
- Small or virtual arts and horticultural groups
- Financial advice and guidance

**Pharmacists should contact the social prescriber to discuss referral pathways.*

Accessing Social Prescribing Services

If you feel you could benefit from a Social Prescription, contact your local Social Prescriber for more information on the referral process. www.springsp.org

Julie Baternay

Social Prescriber
Oak Healthy Living Centre

Geraldine Morgan

Social Prescriber
Oak Healthy Living Centre

E: Julie.Baternay@oakhlc.com
T: 07593446207

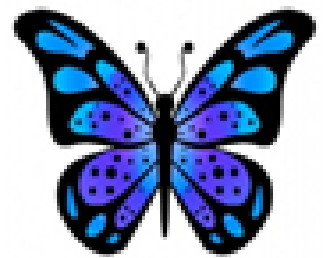
E: Geraldine.Morgan@oakhlc.com
T: 07593446209

SOLOS– Survivors of Loved one to Suicide Support Group

The Support Group is an opportunity to listen, to share, to ask questions and to connect with others who have been bereaved by suicide. We know it takes courage to come to a group. You won't have to talk if you don't want to – many people don't, particularly the first time they come.

You don't have to come again – you don't even have to stay for the whole session if you decide it's not for you. But most people return after their first meeting and find that over time, they gain confidence to speak and open up.

On 13th September @8pm we will hold a Special Welcoming evening with high tea & Guest speaker – This is to welcome back our members and to extend a welcome for new families and friends who have been bereaved by suicide. For further information please feel free to contact Patricia or Davina .



**SOLOS continues to meet on 2nd Monday of every month at 8pm
in the Oak HLC.**

For more information contact:

Davina – Davina.Coulter@oakhlc.com or 07593446201

Patricia – Patricia.Flanagan@oakhlc.com or 07593446202

Alternatively contact The Oak Healthy Living Centre on 028 67723843

Take 5 - Be Active

THE Otago
Exercise Programme
FALL PREVENTION



**Starting Wednesday
27th October 2021.
@ 12 – 1pm**

**Gentle Exercise for
balance & Strength.**

**Contact
Davina.coulter@oakhlc.com
or
07593446201
To Register**



Over 65 Falls Prevention Programme



Commencing the 20th September 2021

To register :

Contact Davina 07593446201

Email davina.Coulter@oakhlc.com



age 65+



1/3 of all over 65's will
fall in a 1 year period

(DoH,2009)

age 80+



1/2 of all over 85's will
fall in a 1 year period





Coming Out of Covid

Outline of Course:

Covid has impacted our mental health and well being – learn some tools you can put into place to support your well being.

Why not take 30 mins out to log on and see how you can look after your health and wellbeing.

TIME:

7:30 – 8:00pm

WHEN:

Thursday 9th September 2021

For more information, Contact Patricia Flanagan on 07593446202 or email patricia.flanagan@oakhlc.com

Get in touch and register today:

**FREE
ONLINE
COURSE**



Contact: Patricia on: **07593446202**
or patricia.flanagan@oakhlc.com



Better Days
Pain Support Programme

**Social, physical
and mental health
support programme
for people living
with pain**

Delivered on **zoom**
Video Communications

Do you live with chronic pain?



My pain had overwhelmed me
and I had lost my confidence
and drive.

This course has built my confidence and
improved my motivation and self-worth.

I am now more confident in being able
to manage my own pain and I
have a more positive outlook

Carole, 53, Belfast



To register contact your local Healthy Living Centre

Davina Coulter, Oak Healthy Living Centre email :07593446201
davina.coulter@oakhlc.com next programme commences
8th September 2021

Stress Management Classes



Stress management

Calm your mind and meditate with

Frances McHugh

These classes are aimed at promoting relaxation and wellbeing. If you find it difficult to switch off, stop worrying, get a good nights sleep, suffer with anxiety then these sessions may help you.

Weekly classes will continue every

Thursday online

11:00am to 12:00pm

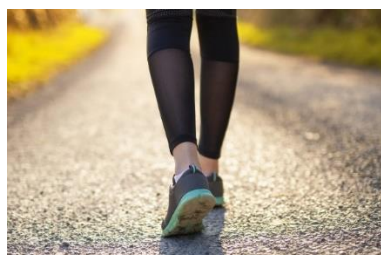
To register contact Patricia @

Patricia.flanagan@oakhlc.com or ring the office

Take 5 - Be Active

Walking group

Continues every Wednesday @10:30am – meet outside the centre



Open to all levels and abilities.

Booking essential by contacting Geraldine on
07593446209 or Julie on 07593446207



Spring Social Prescribing

Free Restorative Yoga Workshop With Dr Anne Monaghan

Delivered by Zoom
Tuesday 7th September
8.30pm - 9.30pm
For 6 weeks



To sign up contact
Geraldine on 07593446209 or
Julie on 07593446207

Email geraldine.morgan@oakhlc.com
or julie.baternay@oakhlc.com

**FREE
WORKSHOPS**

Click here to register today

jaime
07486511438
jaimelee@theverbal.co

Patricia
07593446202
patricia.flanagan@oakhlc.com

Visual Storyteller @ Oak Healthy Living Centre, Lisnakea

6 weeks of workshops using & creating art to
promote positive mental wellbeing.

No previous experience necessary!

Starting 16th
September



The Oak Healthy Living Centre



HSC Public Health Agency
Project supported by the PHA

Oak HLC—Connecting Parents





Tuesday 14th Sept — Stay & Play session
Tuesday 21st Sept —Jo Jingles
Tuesday 28th Sept —Jumping Clay
Tuesday 5th Oct —Stay & Play
Tuesday 12th Oct— Jo Jingles
Tuesday 19th Oct - Jumping Clay
Tuesday 26th Oct —Halloween Dress up
Tuesday 9th Nov—Jo Jingles
Tuesday 16th Nov —Stay & Play—Free Play
Tuesday 23rd Nov —Jumping Clay
Tuesday 30th Nov —Jo Jingles
Tuesday 7th Dec —Jumping Clay
Tuesday 14th Dec —Christmas Party





Places will be limited and booking is essential for these sessions – you can do so by contacting Patricia on 07593446202.

Suggested donation £2.50 per adult- children Free



Lisnaskea Men's Shed operates an open door policy and is a Self-Help Group where men can come together to socialise with other men and take part in a variety of activities. This year we will be working on activities including fly fishing and making traditional farm implements in wood but other activities will also take place.

Located at Unit 18, Lisnaskea Business Complex

You can learn new skills, share your knowledge with others and take on new projects.

For more information or to book a place call us on 028 677 23843



THE DROP INN CENTRE

A drop in facility where those who's lives have been impacted by alcohol or mental health can receive support in a non-judgemental environment while enjoying light refreshments (soup, sandwiches, tea, & coffee), social interaction, meet other people, speak with like minded people and have some fun and receive a range of services appropriate to your needs. We hope to re-open in September and will keep you informed.

If you need any information regarding this service please ring the centre on 028 677 23843.



As we all have different needs, we are delighted to be able to offer 5 types of talking/relaxation therapies:

1. Open Focus Relaxation



Open Focus is a practical and effective method for reducing stress-related symptoms and enhancing well-being. Delivered on a one-on-one basis Via Zoom, it delivers techniques that will help you relieve stress, manage physical pain and regulate emotions. **Spaces are limited.**

Four sessions can be provided.

If interested, please contact Geraldine@
Geraldine.morgan@oakhlc.com or ring
07593446209

2. Colour Breathing



Colour breathing is one of many simple breathing techniques that can be used to reduce stress, improve our oxygen intake and manage anxiety. It is believed that certain colours are associated with specific moods and emotions. When we picture certain colours, it is believed that we can significantly improve the way we feel. Delivered on a one-on-one basis Via Zoom, **Spaces are limited.**

Four sessions can be provided.

If interested, please contact:
Geraldine.morgan@oakhlc.com or ring
07593446209

3. Emotional Freedom Technique (EFT Tapping)



Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It is also referred to as tapping or psychological acupressure.

People who use this technique believe tapping the body can create a balance in your energy system and treat pain. Delivered on a one-on-one basis Via Zoom. **Spaces are limited.**

Four sessions can be provided.

If interested, please contact:

Geraldine.morgan@oakhlc.com or ring
07593446209

4. Cognitive Behaviour Therapy (CBT)



CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle.

CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts. It will be delivered via telephone or Zoom.

Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past. **Spaces are limited.**

Six sessions can be provided.

If interested, please contact:

Geraldine.morgan@oakhlc.com or ring
07593446209

5. Counselling Therapy



The aim of **counselling** is to help you talk about and explore the worries/troubles that are causing you pain or distress or making you feel uncomfortable, upset or sad.

Counselling via telephone or Zoom offers a safe, non-judgemental and confidential space where you can speak about your life and those things that may be confusing, uncomfortable or painful. Talking about your concerns with a professionally trained person can help you make sense of how you are feeling. **Spaces are limited.**

Six sessions can be provided.

If interested, please contact:

Geraldine.morgan@oakhlc.com or ring
07593446209

Our Funders and Partners

