

The Oak Healthy Living Centre

January – March 2022



The LITE House

Cross Street

Lisnaskea

Tel: 028 677 23843

Email: info@oakhlc.com



The last 22 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 22 months we have delivered lots of courses and support online , via telephone and social media platforms but we were delighted in August to be able to re open the centre and resume face to face delivery.

We were delighted to welcome 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. Our staff as always are on hand to help and support you in making this process as easy 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. We hope to get back closer to normality in 2022 and wish you the best of health and happiness throughout the year.

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



Spring Social Prescribing

One hour of Self Care With Dr Anne Monaghan

(Including Meditation, Breathing, Restorative Yoga, & Hand and Facial Reflexology)

Delivered by Zoom
Tuesday 11th January
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



SOLOS– Survivors of Loved one to Suicide
Support Group

We hold a support group for families and friends bereaved by suicide. The group will meet on:

Monday 14th February 2021 @ 8pm

Monday 14th March 2021 @ 8pm

Monday 11th April 2021 @8pm

Wednesday 9th May 2021 @8pm

Monday 13th June 2021 @8pm

The group meet in the Oak Healthy Living Centre, Lisnaskea

The Support Group is an opportunity to listen, to share, to ask questions and to connect with others. 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.

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
2nd February 2022
@ 12 - 1pm
Join Weekly classes
for 8 weeks**

**Gentle Exercise for
balance & Strength.**

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



Oak Healthy Living Centre DEMENTIA CARER SUPPORT AND INFORMATION GROUP (on Zoom).

MEETING ON 4 CONSECUTIVE WEDNESDAYS

FEB 2nd, 9th, 16th, 23rd

AT

10.30AM TO 12.30PM

WEEK 1- UNDERSTANDING DEMENTIA

WEEK 2- PROVIDING SUPPORT AND CARE.

WEEK3- LEGAL ISSUES AND MONEY.

WEEK4- COPING DAY TO DAY/SELF CARE.

Please sign up for all 4 sessions

To register contact Geraldine

geraldine.morgan@oakhlc.com or ring the office



LivingWELL with Dementia

THIS IS A **NEW PROJECT** BEGINNING IN NOVEMBER 2021 RUNNING TO JUNE 2022

1: 10 weeks of Creative Writing Art Therapy

2: 10 weeks of Gentle Movement to Dance & Song

Come along and have fun & relax as we journey down memory lane creating stories & memories, and learn to move with dance & song. These activities will be transposed into a lasting memory through an E-Book video and showcased at the end to your families and friends.

The project is open to anyone living in the community with mild to moderate dementia and aims to Improve Lives, giving a voice to articulate stories by learning new creative and communicative skills. Carers also welcome.

If you would like to be considered to attend this programme, please complete and return:

Name:
Address:
Tel No: Email:

SUBMIT FORM

Or if you would like further details please contact:

Davina Coulter - Health Promotion Coordinator

The Oak Healthy Living Centre

179 Cross Street, Lisnaskea, BT92 0JE

Tel: 028 677 23843 | Mobile: 07593446201 | Davina.Coulter@oakhlc.com



**The Baring
Foundation**

Arts Care



**HSC Public Health
Agency**
Project supported by the PHA

Supported by the Arts & Older People Programme.

Gentle Movement to Dance & Song: Tuesday 25th January to 22nd February 2022 from 1.30pm-3.00pm

Creative Writing – Art Therapy: Friday 11th March to 8th April 2022 from 11.30am-1.00pm

Gentle Movement to Dance & Song: Tuesday 26th April to 24th May 2022 from 11.30am-1.00pm

Stepping ON

Over 65 Falls Prevention Programme



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

 HSC Public Health
Agency
Project supported by the PHA



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, Lisnaskea |
Davina.Coulter@oakhlc.com | 07593446201
Enrolling Now | starting 2nd Feb 2022 | In Centre+ via Zoom

 Public Health Agency
Project supported by the PHA

 Healthy Living Centre Alliance

 HSC Health and Social Care Board

Stress Management Classes



Stress management

Calm your mind and meditate with

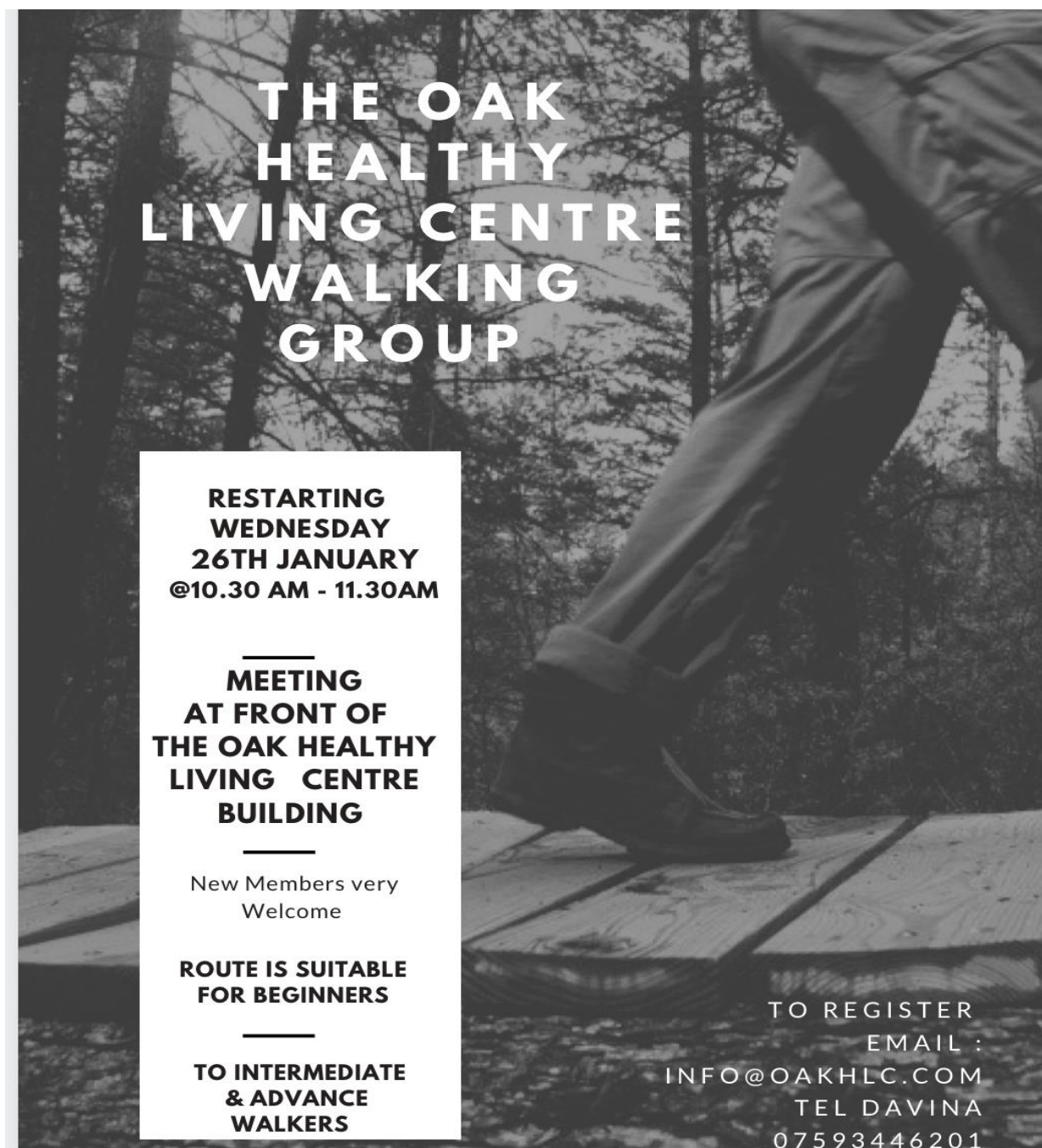
Frances McHugh

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

Weekly classes will continue every
Thursday both online and in person
11:00am to 12:00pm

To register contact Geraldine @
Geraldine.morgan@oakhlc.com or ring the office
on 028 677 23843

Take 5 - Be Active



**THE OAK
HEALTHY
LIVING CENTRE
WALKING
GROUP**

**RESTARTING
WEDNESDAY
26TH JANUARY
@10.30 AM - 11.30AM**

**MEETING
AT FRONT OF
THE OAK HEALTHY
LIVING CENTRE
BUILDING**

New Members very
Welcome

**ROUTE IS SUITABLE
FOR BEGINNERS**

**TO INTERMEDIATE
& ADVANCE
WALKERS**

**TO REGISTER
EMAIL :
INFO@OAKHLC.COM
TEL DAVINA
07593446201**

It is essential that you book prior to attendance and you can get in touch via telephone or email: 028677 23843 and info@oakhlc.com.

AWARE

OVERCOMING DEPRESSION.
CHANGING LIVES.

FREE ONLINE MINDFULNESS COURSE

Open to
anyone over
18 years old!



Course
delivered
via Zoom by
certified
trainers

A six-week course exploring what mindfulness is and how it can support and help you in everyday life.

Each session will introduce a different practice and touch on various aspects of mindfulness, such as the body scan and mindful eating.

Wednesday Mornings: 26th Jan - 2nd March
10am - 12noon

Oak Healthy Living Centre, Lisnaskea
To book a place, email Davina.coulter@oakhlc.com
or call 07593446201

Supported by the Public Health Agency through the Clear Project



Oak HLC Connecting Parents

Every Tuesday 10:30—11:30 in the Oak Healthy Living Centre
Contact Patricia on 07593446202 to book



your place



1st Feb– Jo Jingles

8th Feb-Jo Jingles

22nd Feb – Jumping Clay

1st March– Home Safety

8th March– Jumping Clay

15th March– Stay & Play

22nd March–Pharmacist Visit

29th March—Jo Jingles

26th April– Dentist Visit

3rd May-Jo Jingles

10th May-Jumping Clay

17th May– Stay & Play

24th May - Jo Jingles

31st May– Stay & Play

7th June - Stay & Play

14th June - Jo Jingles

5th April—Home Safe-

21st June - Jumping

Clay

12th April—Jo Jingles

28th June– Jo Jingles

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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 23843/07497188117



Men's Shed

What's been happening

Since the Shed reopened last August 2020, the Men have continued to work on a range of activities primarily heritage-based farm implements of the past but also other products:

- Heritage products – Hay Rakes, Flails made from light hazel wood for the shaft and hard wood holly for the threshing stick itself. This was secured by using Lough Erne Eel skin to tie the two shafts together and was used manually for threshing corn. Some of these products were donated to representatives of Magheravee Development Association.
- Heritage products – a traditional 'Slip' or Slide Car (without wheels) used to transport 'top dressing' (Cattle manure) to the fields and usually towed by Horse or Donkey.
- Seasonal production of a Christmas Santa Sleigh for donation to a local family with children whom have disabilities.
- Seasonal production of a Crib which was donated to the Polish Saturday School based in Derrylin.
- Commencement of a Fly-Tying Course in the Oak HLC Lite House building attended by men from the shed.

Some of the men have welcomed the opportunity to return to workshop-based activities to rekindle friendships and participate in activities. Some of the men have said it is a life saviour for them.

Forthcoming Activities

The Fly-Tying Course recommences on Thursday 20th January from 2-4pm for 5 weeks and is delivered by a trained Tutor. The shed activities will focus for the next period on making traditional willow woven hurdles for allotment/garden use as wind breaks/dividers and possibly Bird hides for Bird watching enthusiasts.

Joining the Shed

Referrals are accepted to the Shed from traditional routes such as GP referral or social workers however the Shed's ethos is inclusive and self-referral is also welcomed subject to completion of a membership form and compliance with Covid and other routine policies and procedures.



THE DROP INN CENTRE

A drop-in facility where those whose 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, and have some fun and receive a range of services appropriate to your needs. We are happy to confirm that this facility has now been reopened and is available every Tuesday morning from 10.00am to 1.00pm.

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



Our Funders and Partners

