

Oak Healthy Living Centre Programme of Activities

January – March 2023



The LITE House

179 Cross Street, Lisnaskea

Co Fermanagh, BT92 0JE

028 677 23843

Email: info@oakhlc.com

Meet The Staff



Micheál Mowen
Manager



Davina Coulter
Health Promotion Coordinator



Patricia Flanagan
Health Promotion Coordinator



Grainne McCusker
Business Support Administrator



Geraldine Morgan
Social Prescribing Officer



Julie Batternay
Social Prescribing Officer



Paul Dolan
Mens Shed Coordinator

Oak Healthy Living Centre Health & Well-Being Programmes

Physical Activity

JOIN OUR WALKING GROUP

THE OAK HEALTHY LIVING CENTRE WALKING GROUP

**NEW YEAR
RESOLUTIONS !!
WANT TO IMPROVE YOUR
HEALTH & WELL-BEING
GET WALKING
1ST FEBRUARY
EVERY WEDNESDAY
@10.30AM - 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 028 677 23843

DAVINA OR PATRICIA

Stepping ON

Over 65 Falls Prevention Programme
**9 WEEK BALANCE &
STRENGTHEN PROGRAMME**

Venue:

**The OAK Healthy Living Centre
Lisnaskea**

OPEN FOR REGISTRATION



age 65+



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

age 80+



1/2 of all over 85's will
fall in a 1 year period
(DoH, 2009)

HSC Public Health
Agency
Project supported by the PHA

Contact : Davina
028 677 23843
07593446201

Davina.coulter@oakhlc.com



Ladies Armchair Exercise 10 Week programme

**Commencing Monday 23rd January
2023**

11.00am – 12.00pm

**Open to all ages
everyone welcome**

LIVING WELL WITH DEMENTIA

MOVEMENT TO DANCE PROGRAMME

Come along for a bit of fun experimenting with dance movement & relaxation sessions. Develop creativity, new skills, and confidence! This gentle dance programme has been developed by *Arts Care N.I.*, delivered by Carmel Garvey and will run for 6 sessions over 6 weeks in the Oak Healthy Living Centre

COMMENCING Tuesday 10th January @1.30pm



Don't miss out on the fun! Open registration. To book a place, contact Davina on 028 677 23843

Or email davinacoulter@oakhlc.com



THE Otago Exercise Programme FALL PREVENTION



**Commencing Wednesday 11 January
2023**

10.30am – 11.30am

Weekly programme x 10 weeks

Gentle Falls Prevention Exercise for
Balance & Strength

To Register Contact:

Davina.Coulter@oakhlc.com

Or Telephone: 02867723843/
07593446201 to register

BEGINNERS YOGA

LUNCHTIME CLASS 1-2PM

Starts 30th January 2023

6 Week programme



WITH LUCY LYNCH

In Oak Healthy Living Centre

BOOKING IS ESSENTIAL

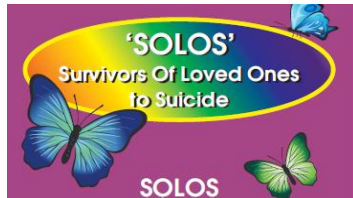
Tel 028 67723843

Email: admin@oakhlc.com



Project supported by the PHA
"Supported by the Public Health Agency through the C
Project"

Oak Healthy Living Centre Health & well-being Programmes



SOLOS – Survivors of loved one to Suicide
MEET on **2nd Monday of the month @8pm**

In the Oak HLC, Lisnaskea. We are here to support you on this unique journey called suicide grief. It is our goal for survivors to be able to come together in a safe, non-judgmental, peaceful environment to support one another on our journey.

Next Meetings: 9th January, 13th February & 13th March 2023

Contact Patricia 075 93446202/ or Davina 07593446201

Mental Health & Wellbeing



WELL-BEING HOUR



Retore, Calm your mind and Meditate

Every Thursday

11am – 12 noon

OAK Healthy Living Centre

With

Frances McHugh

*Managing stress can help you lead a more balanced, healthier life.
Classes Will include self-help techniques, Colour breathing,
Emotional Freedom Techniques (EFT), Tia Chi & Relaxation.*

To register contact Oak HLC @info@oakhlc.com or Tel: 028 677 23843



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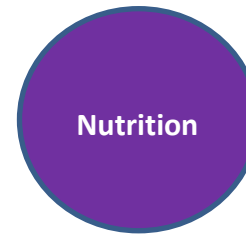
Co-Dependents Anonymous is a twelve-step program for people who share a common desire to develop functional and healthy relationships.

Meet every Monday at 7.30pm



Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience strength and hope with each other that they may solve their common problem and help others recover from alcoholism.

Meeting in centre Tuesday & Friday evenings at 8pm



Drop Inn Centre



**Connect with
others, get support with your
addiction and emotional wellbeing**

Every Tuesday

10am – 12 noon

OAK Healthy Living Centre

A Centre 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, speak with likeminded people, have some fun and receive a range of services appropriate to your needs.

To register contact Oak HLC @info@oakhlc.com or Tel: 028 677 23843



"Supported by the Public Health Agency through the Clear Project"



safeTALK

Suicide alertness workshops for everyone
In- house 3-hour workshops available for your community

Telephone 028 677 23843
to enquire



ASIST Training Workshop (2 Day) **ASIST (Applied Suicide Intervention Skills Training)**

This training is aimed at professionals and individuals who work in an area where they are likely to come into contact with someone who is at risk of suicide

**Contact the Oak Healthy Living Centre for an
application form on 028 677 23843**

Expression of interest list been taken

action
mental
health

Managing the Challenge

of living with a long term condition

What is the Managing the Challenge programme?

An innovative self-management programme that empowers participants to successfully manage all aspects of living with a long term health condition and pain. It has been designed with the help of healthcare professionals from the WHSCT with proven experience of providing support to those in pain.

Delivery Dates

Beginning Wednesday 25th January 2023 11.45am to 2.15pm and continuing on the 1st, 8th, 15th and 22nd February and 1st March.

Location

Oak Healthy Living Centre, LITE House, 179 Cross Street, Lisnaskea BT82 OJE



For more details and to register email Davina.coulter@oakhlc.com
or call 02867723843/07593446201

@amhNI
www.amh.org.uk

Western Health
and Social Care Trust



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 Tel: 028 677 23843
Enrolling Now !! Commencing Monday 6th Feb 2023 @12pm x 8 weeks | In
Centre+ via Zoom |

Public Health
Agency
Project supported by the PHA



Health and Social
Care Board

STAY & PLAY



Project supported by the PHA



Oak HLC Connecting Parents 2023

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

17th Jan – Stay & Play Home Safety

24th Jan – Yoga

31st Jan – Relax Kids

7th Feb – Valentines Art Session

14th Feb – Jo Jingles

21st Feb – Jumping Clay

28th Feb – Little Mess

7th March – Yoga

14th March – Story time

21st March – Stay & Play

28th March – Little Mess

4th April – Jo Jingles

18th April – Yoga

25th April – Stay & Play

9th May – Little Mess

16th May – Relax Kids

23rd May – Stay & Play

30th May – Yoga

6th June – Jo Jingles

13th June – Jumping Clay

20th June – Relax Kids

27th June – Teddy Bear picnic/face painting

Want to Stop Smoking!!!!

**Every year
2,700–3,000
people die from
tobacco use in
Northern
Ireland.
Receive
Support
From the Oak
Healthy Living
Centre.**

**Call
028 677 23843**





Northern Ireland
Housing
Executive

Lisnaskea Men's Shed

Lisnaskea Men's Shed & Lisnaskea Women's Group

TECHNE, Through Engaging with Crafts/Arts Help Nurture Enhanced Well Being

The Men's Shed is cross – community a resource for men who may have a self - managed health condition and/or are at risk of becoming isolated or lonely. Lisnaskea Women's Group works towards improving the quality of life for older people in the area.

The TECHNE project is funded by the Community Arts Council for NI Rural Engagement Arts Programme. It aims to address issues of *loneliness and isolation* experienced during/post Covid 19 lockdown.

A new *Woodcraft and Arts programme* will commence in the new year, January & February 2023 respectively. Relationships will be built upon to promote mental health and wellbeing minimize the effects of loneliness and isolation. A celebratory event will be held on 31/05/23 to acknowledge the efforts of participants.

Further information is available by contacting the Project Coordinator, **Paul** at **028 6772 3843** or **07497 188117** or visit the **Oak Healthy Living Centre Facebook page** if you would like more information.



The only thing more
exhausting than being
depressed is pretending
that you're not.

Let's Talk

VOLUNTEERS NEEDED!

AWARE, The Depression Charity for Northern Ireland, is looking for volunteers to facilitate our peer support groups in the Lisnaskea area.

The groups welcome people living with depression, anxiety and bipolar as well as their families and carers.

**Help us overcome depression and change lives.
Email info@aware-ni.org to register your interest.**



AWARE, The Depression Charity for Northern Ireland, runs peer-support groups for people experiencing depression, bipolar and anxiety.

The support groups are free-to-attend, and open to anyone over the age of 18.

AWARE is pleased to announce the launch of its newest support group in the Oak Health Living Centre, Lisnaskea, County Fermanagh. If anyone would like to attend the support group, or has any queries, please contact info@aware-ni.org

Living Life to the Full

This 6 week life skills programme teaches the Understanding and application of Cognitive Behavioural Therapy (CBT).

Learn to:

- Sleep Better and have more energy
- Feel happier and gain confidence
- How to overcome low mood
- Get out more and enjoy better relationships
- 10 things you can do to feel happier straight away.



Starting Thursday 9th February
10:30 – 12 noon

Telephone the centre on 028 67723843 or email patricia.flanagan@oakhlc.com to book your place.



Project supported by the PHA



"Supported by the Public Health Agency through the Clear Project"

DRY WIT COMEDY EVENING

BOOKING IS ESSENTIAL BY TELEPHONING THE OFFICE ON 028 67723846

LIMITED PLACES





Social Car Scheme

Do you have a disability, restricted mobility, unable to drive or live in an isolated area not served by public transport?



We have resumed our **Social Car Scheme** with Community Volunteer drivers who can provide transport for health appointments, shopping and social activities. (A small contribution of 45p per mile is required for the running of the scheme towards volunteer expenses)

Areas Served are Newtownbutler, Donagh, Lisnaskea, Brookeborough, Roslea & Maguiresbridge
(Subject to volunteer availability)

For more information, please Contact the Oak Healthy Living Centre on 028 677 23843



time to talk

At **The Oak Healthy Living Centre** we can arrange a weekly call from one of our Friendly **Telephone Befrienders** .
If you or someone you know would benefit from a chat give us a call



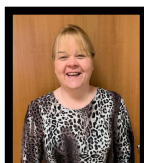
Contact: Davina

028 677 23843 or 07593446201 davina.coulter@oakhlc.com



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

Contact our Social Prescribers, Julie Baternay or Geraldine Morgan on 028 677 23843 for more information on the referral. They will be delighted to have a chat with you and help you engage in a wide range of help & support activities & services to enhance your Health & Well-being .



GETTING A GOOD NIGHTS SLEEP?

Do you get a good nights sleep?

Would you like information on how to get a good nights sleep?

**Information session on Thursday 23rd February 2023
at 7.30pm**

Telephone the centre on 028 67723843 to register!



Northern Ireland Ambulance Service
Health and Social Care Trust



A BIG THANKYOU TO ALL OUR VOLUNTEERS ON ERNE EAST COMMUNITY FIRST RESPONDERS SCHEME

Community First Responders are volunteers who give their time freely to help care for people and save lives in their community. Very often the role they play is one of reassurance in instances where someone has chest pains but in more extreme cases, they can perform CPR or use a defibrillator to restart someone's heart.

First responders provide support to regular Ambulance Service by attending serious life threatening 999 calls in and around their community to provide the earliest possible intervention for patients until the arrival of an ambulance.

Big Lottery invests in Lifesaving Volunteers (First Responders) for Rural Fermanagh.

New Volunteers Welcome



In 2022, Big Lottery 'Awards for All' made a significant £10,000 investment in two volunteer community first responder schemes in Fermanagh. Erne East Community First Responder teamed up with Lower Erne Community First Responders. Both local community schemes are affiliated to Northern Ireland Ambulance Service and respond to their callouts.

Lower Erne Community First Responders have members in Irvinestown and North Fermanagh while Erne East Community First Responders cover 5 wards in South East Fermanagh. The assistance from the Big Lottery Fund has been crucial in resurrecting the schemes after Covid 19.

Funding was provided for 7 defibrillators, a training defibrillator and provision of reflective clothing and branding for both schemes. The support of N.I.A.S. is key informs Stephen Mulligan Chair of the Erne East Scheme. He mentioned that NIAS resuscitation training evolved during COVID and the professionalism that they bring to the scheme is key. We respond to NIAS callouts and because of the remote nature of the areas where we live we are on occasion the first people on the scene of a cardiac incident.

The first ten minutes after an attack are crucial for both survival and quality of life. That is why the additional defibrillators provided by Big Lottery are so important. Often teams have to go to central locations to get a machine but this investment by the Lottery means more volunteers will now carry the machines with them improving precious response times.

The Oak Healthy Living Centre, who administered the grant praised the work of the volunteers on the responder teams. During the Covid pandemic, we lost some of our volunteers on the responder scheme and are keen to recruit new members. **If you are interested in becoming a volunteer in the locality, training is scheduled for Summer 2023. You can get an application pack by contacting the centre on info@oakhlc.com or telephoning 028 67723843.**



HOME SAFETY FIRE CHECK

You are eligible for a home Fire Check if:

- you are over 50
 - suffer with disability or impaired mobility
- Fitted 10 year fire alarm included!

Ring Oak HLC to find out how to get your Home Safety Fire Check Today!!

Signposting & Referrals

DO YOU NEED SUPPORT & DON'T KNOW WHO TO TURN TO?

We work with a host of support organisations to signpost and refer people to other agencies for support such as The Aisling Centre, Cruse Bereavement, Nexus, and Women's Aid, etc.

Volunteer Opportunities

If you would like to volunteer to support any of our work such as Befriending, Social Car drivers, Crèche facility, Drop-In Centre, please contact any of our team in the Centre on **028 677 23843** to find out more information.



PLEASE SAVE THE DATE

DARKNESS INTO LIGHT 2023 – 6TH MAY 2023

Our funders & Partners

