

# Oak Healthy Living Centre Programme of Activities

Sept – Dec 2023



*The LITE House*

*179 Cross Street, Lisnaskea*

*Co Fermanagh, BT92 0JE*

*028 677 23843*

*Email: [info@oakhlc.com](mailto:info@oakhlc.com)*

# Key Dates

Please note the following Key Dates between September to December 2023



- **10th September is World Suicide Prevention Day.**

SOLOS – Survivors of Loved Ones to Suicide support group on Monday 11<sup>th</sup> September @8pm in the centre.

- **10th October is World Mental health day.**

‘Coffee & Connect’ open coffee morning from 10am - 12 noon in the centre.



- **12th December is the Oak Healthy Living Centre Christmas Party**  
From 10am -12 noon - Everyone is welcome for some festive celebrations.

# The Oak Healthy Living Centre Health & Well-Being Programmes



## Physical Activity

### JOIN OUR WALKING GROUP

Commencing Wednesday 6<sup>th</sup> September @10.30am

**WANT TO IMPROVE YOUR  
HEALTH & WELL-BEING**

**GET WALKING  
EVERY WEDNESDAY  
@10.30AM - 11.30AM**

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

**THE OAK  
HEALTHY  
LIVING CENTRE  
WALKING  
GROUP**

**ROUTE IS SUITABLE FOR  
BEGINNERS**

**TO INTERMEDIATE &  
ADVANCE WALKERS**

**TO REGISTER  
EMAIL :  
INFO@OAKHLC.COM  
TEL 028 677 23843  
DAVINA OR PATRICIA**



### Ladies Armchair Exercise

**8 Week programme**

*Commencing Monday 4<sup>th</sup> September 2023*

*11.00am – 12.00noon*

**Open to all ages & everyone welcome**

**To register, contact the centre on  
[info@oakhlc.com](mailto:info@oakhlc.com) or [admin@oakhlc.com](mailto:admin@oakhlc.com) or call  
the centre on 028 67723843.**





## Stepping ON

Over 65 Falls Prevention Programme  
9 WEEK BALANCE & STRENGTHEN PROGRAMME

Venue:  
The OAK Healthy Living Centre  
Lisnaskea



Starting 25th September 2023 @10am for  
9 weeks  
ring to Register and further details



1/3 of all over 65's will  
fall in a 1 year period  
(DoH, 2009)



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

HSC Public Health  
Agency

Project supported by the PHA

Contact : Davina  
028 677 23843  
07593446201

[Davina.coulter@oakhlc.com](mailto:Davina.coulter@oakhlc.com)

## THE Otago

Exercise Programme  
FALL PREVENTION



**Oak Healthy Living Centre , Lisnaskea**

Starting Thursday  
12th October - 30th  
November  
@ 10.30 am - 11.30am  
Join Weekly classes  
for 8 weeks

Gentle Exercise for  
balance & Strength.

Contact  
[Davina.coulter@oakhlc.com](mailto:Davina.coulter@oakhlc.com)  
or  
028 677 23843  
07593446201  
To Register



**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  
Coming Soon Enrolling Now !! | In Centre+ via Zoom

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



**HSC** Health and Social  
Care Board



**7-week Health Improvement Programme  
delivered by Cancer Focus**

for those living with a cancer diagnosis  
or have previously had a cancer diagnosis.

**Starting Friday 6<sup>th</sup> October**

**10 am – 12 noon**

**Oak Healthy Living Centre**



This course will be user led but can cover a range of topics  
such as welfare advice, nutritional and physical activity  
information, counselling support & signposting.

**Please contact the centre on 028 67723843 for  
more information or to register.**

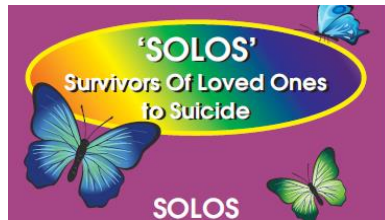
Long Term  
Conditions

Nutrition

## Mental Health & Wellbeing

Alcohol

Smoking  
Cessation  
support



**SOLOS**

*Survivors of loved one to Suicide*

**MEET on the 2nd Monday of the month  
@8pm**

In the Oak Healthy Living Centre,  
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: 11<sup>th</sup> Sept, 9<sup>th</sup> Oct, 13<sup>th</sup>  
Nov & 11<sup>th</sup> Dec 2023**

Contact Patricia 075 93446202/ or  
Davina 07593446201



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**



# 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

**For more information on Training  
Tel: 028 7186 5127 or Email:  
[health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)**



# The Oak Healthy Living Centre Health & Well-Being Programmes



## 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](mailto:info@oakhlc.com) or Tel: 028 677 23843



Project supported by the PHA



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



## WELL-BEING HOUR



**Restore & calm your mind and Meditate**

**Every Thursday 11am – 12 noon**

**In the 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 Technique (EFT), Tai Chi & Relaxation.

To register, contact Oak Healthy Living Centre at [info@oakhlc.com](mailto:info@oakhlc.com) or Tel: 028 67723843



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# Oak Healthy Living Centre Health & Well-Being Programmes

**DO YOU WANT TO IMPROVE YOUR  
MENTAL HEALTH & WELL BEING BY  
SPENDING TIME IN THE NATURAL  
ENVIRONMENT AND LEARNING  
ABOUT YOUR LOCAL HERITAGE??**

*10 week  
Heritage 4 Health*

**Starting on Wed 4th October 10:00am**

**Sessions include :**

**Boat Trip on Lough Erne,  
Guided Walking Trail, Castle Balfour,  
Aghalurcher Graveyard,  
Tai Chi, Bushcraft, Health & Well being  
sessions & Lots more**

**Places are limited - Booking is essential-  
Please Telephone 028 67723843**



Oak Healthy Living Centre

Northern Ireland  
environment  
link



Healthy Living Centre Alliance



LOTTERY FUND

## Living Life to the Full

***Dates to be confirmed/ Registration is Now Open***

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.



**Telephone the centre on 028 67723843 or email  
[patricia.flanagan@oakhlc.com](mailto:patricia.flanagan@oakhlc.com) to book your  
place.**



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



Would you like to get tips on how to

- Make savings on your weekly groceries ?
- Make budget healthy meals ?
- Improve your overall health ?



Why not join our 6 week Programme |

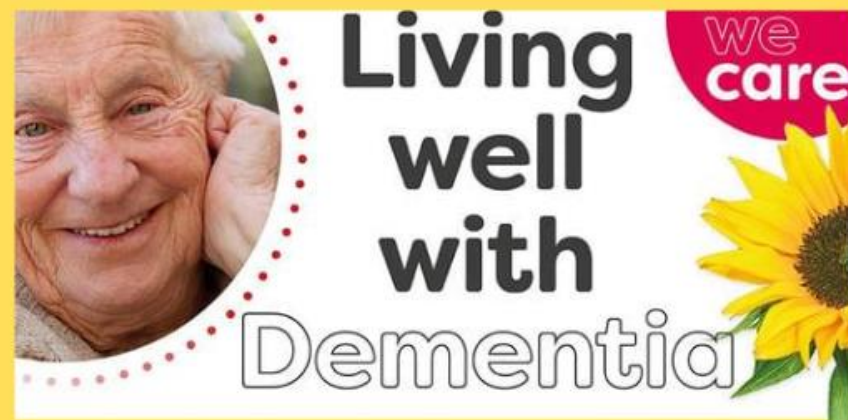
### ***Transform Your Trolley Programme***

**Commencing 13<sup>th</sup> October, 10am-12pm**

If you would like more  
information or to register  
please contact  
Patricia on 07593446202 or  
patricia.flanagan@oakhlc.com



Healthy Living Centre Alliance



Living with Dementia , why not Come along to this 6 weeks club at the Oak Healthy Living Centre and have Fun & Relax as we journey down memory lane creating stories , memories , song and dance .

Starting Tuesday 7th November at  
2pm - 3.30pm

To register telephone Davina  
028 677 23843



# STAY & PLAY



## 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.*

### ***Autumn Calendar***

<b><i>12<sup>th</sup> Sept -</i></b>	<b><i>Stay &amp; Play</i></b>	<b><i>7<sup>th</sup> Nov - Road Safety Week</i></b>
<b><i>19<sup>th</sup> Sept -</i></b>	<b><i>Relax Kids</i></b>	<b><i>14<sup>th</sup> Nov - Jo Jingles</i></b>
<b><i>26<sup>th</sup> Sept -</i></b>	<b><i>Clayful Minds</i></b>	<b><i>21<sup>st</sup> Nov - Clayful Minds</i></b>
<b><i>3<sup>rd</sup> Oct -</i></b>	<b><i>Stay &amp; Play</i></b>	<b><i>28<sup>th</sup> Nov - Relax Kids</i></b>
<b><i>10<sup>th</sup> Oct -</i></b>	<b><i>Jo Jingles</i></b>	<b><i>5<sup>th</sup> Dec - Jo Jingles</i></b>
<b><i>17<sup>th</sup> Oct -</i></b>	<b><i>Relax Kids</i></b>	<b><i>12<sup>th</sup> Dec - Christmas Party</i></b>
<b><i>24<sup>th</sup> Oct -</i></b>	<b><i>Halloween Dress up</i></b>	



## Ranganna Gaeilge Fómhar 2023 / Irish Classes Autumn 2023

Tá áthas ar choiste Tús Nua - Gaelphobal na hEirne go mbeidh ranganna Gaeilge ag toiseacht san Fhómhar 2023.

**Beidh oíche chlárúcháin 19 Meán Fómhar 2023 @ 8pm san Ionad Oak Healthy Living** agus cuirfear tús leis na ranganna ó 26 Meán Fómhair ar aghaidh.

Dhá leibhéal bunleibhéal agus meánleibhéal san áireamh.

Tuilleadh eolais ó [tusnuafearmanach@hotmail.com](mailto:tusnuafearmanach@hotmail.com)

The Committee of Tús Nua are delighted to announce that our **Irish classes will begin in Autumn 2023.**

If you have any questions, **our registration night will take place on 19 September at 8pm in the Oak Healthy Living Centre.**

Two levels of classes, beginner and intermediate will then **start on 26 September until Christmas.**

**Everyone is welcome!**

For Further information, please email [tusnuafearmanach@hotmail.com](mailto:tusnuafearmanach@hotmail.com)

## FIRST AID FOR PARENTS



**On THURSDAY 5<sup>TH</sup> OCTOBER 2023**

**EVENING COURSE from 7 – 9PM**

**in the Oak Healthy Living Centre**

**Learn the skills that could save your child or babies life!**

**Nobody likes to think of their child being in an emergency situation, but learning first aid will give you the confidence to be able to help should you need to.**

***Places are limited to a maximum of 12.***

**Telephone the centre on 028 67723843 or email [info@oakhlc.com](mailto:info@oakhlc.com) or [admin@oakhlc.com](mailto:admin@oakhlc.com) to book your place.**





Supported by  
THE ROYAL  
COUNTRYSIDE  
FUND

## Lisnaskea Men's Shed



The Men's Shed is a cross – community resource for men who may have a self - managed health condition and/or are at risk of becoming isolated or lonely. The Shed opens twice weekly from 5pm – 7pm on Tuesdays and Thursdays. Current and planned programmes:

- **RIISER project, (Reducing Isolation & Improving Social Engagement & Resilience)** commenced on 20<sup>th</sup> June and runs until the end of May 2024. Work will include making traditional agricultural implements and biodiversity products.

Relationships will be built upon to promote mental health and wellbeing, minimizing the effects of loneliness and isolation. Celebratory events will be held to acknowledge and recognise the efforts of participants.

**Further information** is available by contacting the Project Coordinator, **Paul** at **028 677 23843** or **074 97188117** or visit the **Oak Healthy Living Centre Website** or **Facebook page** if you would like more information.



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.

**Applications for new Volunteers are welcome.  
Please contact the centre on 028 677 23843 for  
more information**



### **HOME SAFETY FIRE CHECK**

You are eligible for a home Fire Check if:

- you are over 50.
- you 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*

### **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.

### **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, Women's Aid & more.

***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***



## *Our funders & Partners*



**Lifeline 0808 808 8000**

**Samaritans 116 123**

**Childline 0800 1111**