



Solas Wellbeing Support Programme

Oct - Dec 2024

Solas is a charity based in Ballycastle, providing support to promote positive mental health and emotional wellbeing. We aim to provide a safe and welcoming space for anyone in our community. We want to help people who are finding things difficult so that they can feel listened to and supported.

	ACTIVITY	TIME	DATES	VENUE
Monday	Open House	09.30 - 13.00	30 th Sept - 16 th Dec	Solas House
	Ear Acupuncture	10.30 - 11.15	30 th Sept - 16 th Dec	Solas House
	Knitting & Crochet (New Members)	10.30 - 11.30	30 th Sept - 16 th Dec	Solas Studio
	Knitting & Crochet	12.00 - 13.30	30 th Sept - 16 th Dec	Solas Studio
	Reading room	12.00 - 13.00	30 th Sept - 16 th Dec	Solas House
	Sound Bath	19.00 - 20.00	14 th Oct, 11 th Nov, 9 th Dec	Solas Studio
Tuesday	Open House	09.30 - 13.00	01 st Oct - 17 th Dec	Solas House
	Reading Room	09.30 - 10.30	01 st Oct - 17 th Dec	Solas House
	Ear Acupuncture	11.00 - 11.45	01 st Oct - 17 th Dec	Solas House
	Watercolour Painting	10.00 - 12.00	01 st Oct - 22 nd Oct	Solas Studio
	Mosaic Workshop	10.00 - 12.00	05 th Nov - 17 th Dec	Solas Studio
	Feldenkrais (Awareness Through Movement)	13.00 - 14.00	01 st , 08 th , 22 nd , 29 th Oct 05 th , 19 th , 26 th Nov 10 th , 17 th Dec	Solas Studio
Wednesday	Open House	09.30 - 13.00	02 nd Oct - 18 th Dec	Solas House
	Reading Room	09.30 - 10.30	02 nd Oct - 18 th Dec	Solas House
	Anxiety Management	09.45 - 10.30	02 nd Oct - 18 th Dec	Solas House
	Meditation	11.00 - 11.45	02 nd Oct - 18 th Dec	Solas & Zoom
	Anxiety Management	12.00 - 12.45	02 nd Oct - 18 th Dec	Solas House
	Gentle Yoga & Breath work	13.00 - 14.00	06 th Nov - 18 th Dec	Solas Studio
Thursday	Open House	09.30 - 13.00	03 rd Oct - 19 th Dec	Solas House
	Men at Solas	09.30 - 11.30	03 rd Oct - 19 th Dec	Solas House
	Ear Acupuncture	09.45 - 10.30	03 rd Oct - 19 th Dec	Solas House
	Chair Yoga	10.30 - 11.30	03 rd Oct - 24 th Oct	Solas Studio
	Reading Room	12.00 - 13.00	03 rd Oct - 19 th Dec	Solas House
	Accessible Open House at the Studio	12.30 - 13.30	10 th Oct, 14 th Nov, 12 th Dec	Solas Studio
	Evening Ear Acupuncture	19.00 - 20.30	03 rd Oct - 19 th Dec	Solas House
	Evening Our Path	19.15 - 20.30	03 rd Oct - 19 th Dec	Solas House
Friday	Harp Workshop	10.30 - 11.30	04 th Oct - 25 th Oct	Solas Studio
	Grief & Loss Listening Ear	10.30 - 11.15 11.30 - 12.15	04 th Oct - 20 th Dec	Solas House
	Our Path	12.30 - 13.30	04 th Oct - 20 th Dec	Solas House

We are kindly funded by The National Lottery People and Communities Fund.

Feedback Phone Number



07935753242

We have a dedicated phone number where you can now leave anonymous feedback. You can leave a message, send a text, WhatsApp message or a voice note. Your thoughts and feedback are very important in helping us to understand the impact of our work.

Chair Yoga

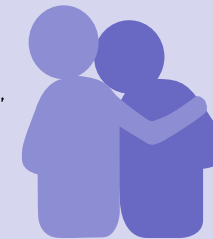
Chair Yoga is a gentle form of yoga that's done while seated or using a chair for balance, making the practice more accessible and suitable for individuals at all levels of experience.

Feel a sense of ease and relaxation flow through your body as you feel the benefits such as increased circulation, feelings of well-being, and decreases in blood pressure, anxiety, inflammation, and chronic pain.



Listening Ear

A space to talk to someone who will listen, support & understand. Book once for an initial appointment & further sessions will be made for you.



Specialist Support

Solas can offer a wide range of specialist support, including counselling, complementary therapies, listening ear and focused group support. These are tailored to individual needs and therefore require a short assessment. This can be done via telephone or in person, please contact us to arrange a suitable time.

We are closed on 28th Oct - 1st Nov & 23rd Dec - 3rd Jan.

To reserve your place, book directly at www.bookwhen.com/solaswellbeing

www.solaswellbeing.org.uk

facebook.com/solaswellbeingballycastle

Instagram: [@solaswellbeingballycastle](https://www.instagram.com/solaswellbeingballycastle)

Solas House, 62 Ann Street, Ballycastle - Charity NIC103485

Tel: 028 2024 8088 Email: info@solaswellbeing.org.uk



Solas Studio, Unit 13, Moyle Enterprise Centre, Leyland Rd, Ballycastle



Caring for Carers Programme

Unpaid Carers often do not have time to prioritise their own mental health and wellbeing. If you are someone who looks after a loved one with an illness or disability, we can offer you support.

Our Carers programme is specifically for people who care for family members. We aim to help relieve the stress of those with caring duties through a variety of different workshops.

In addition, we also may be able to offer carers our individual support including counselling, complementary therapies and listening ear. These are tailored to your individual needs and therefore require a short assessment. This can be done via telephone or in person.

Please get in touch with us on 028 2024 8088 or activities@solaswellbeing.org.uk

We understand how difficult it can be to find time for your own self care, so we understand it may not be possible to commit to all weeks of our workshops or you may have to cancel your place at short notice.

	ACTIVITY	TIME	DATES	VENUE
Tuesday	Listening Ear	10.30 - 11.15 11.30 - 12.15	01 st Oct - 17 th Dec	Solas House
	Feldenkrais (Awareness Through Movement)	14.30 - 15.30	01 st Oct - 22 nd Oct	Solas Studio
Thursday	Joyful Singing with Peter	18.30 - 19.30	03 rd Oct - 24 th Oct	Solas Studio
Friday	Harp Workshop	12.00 - 13.00	04 th Oct - 25 th Oct	Solas Studio
	Restorative Yoga	18.30 - 19.30	08 th Nov - 13 th Dec	Online

Restorative Yoga is a very gentle and restful practice which will relax your body and mind. This class is online and we can offer help to get connected if you are not familiar with Zoom.

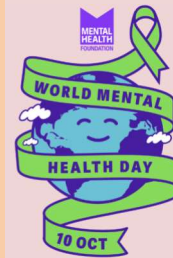
This project was funded through the Department of Health's Carer Support Fund, which is managed by the Community Foundation for NI.



Men at Solas

Men are welcome at our drop-in every Thursday, where you can make some new friendships and connect with like-minded men.

We will have monthly events with local musicians and a winter cookery demonstration. Come along and try an Ear Acupuncture session with a small group of your peers.



Join us in our Studio for World Mental Health Day on Thursday 10th October at 12.30. This will also be the first of a series of monthly accessible drop-ins at the Studio.

Want to get involved?



Volunteers are the heart of our wellbeing charity. Join us in providing a listening ear, a helping hand, and a supportive environment for those in need.

We are appealing to community minded people, who have a few hours to spare. If you are keen to Volunteer but don't know where to start, contact our Volunteer Co-ordinator Estelle for a friendly chat about our service and the role of the volunteer within it.

Call 07708 107234 or email volunteers@solaswellbeing.org.uk if you would like to find out more.

Our Path - Bereavement Support

Supporting each other on our individual journeys following the death of a partner or spouse.

Are you grieving the death of your spouse or partner?

Solas invites you to make personal connections with others who have experienced this life changing loss, in a safe and welcoming space.

We host both daytime and evening gatherings. Thursdays at 19.15 - 20.30 & Fridays at 12.30 - 13.30

Call 028 2024 8088 to arrange an informal chat and receive information about individual and group support.

For those who have experienced the death of another family member or loved one, we offer grief & loss listening ear, counselling and complementary therapy. Please call to arrange an appointment to discuss the best way we can help and support you.

