



Solas Wellbeing Support Programme May – June 2025

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.

Ear Acupuncture

We offer two types of sessions:

Anxiety Management with Ear Acupuncture as an aid, learn new techniques using breathwork and visualisation, to help manage anxiety.

Ear Acupuncture Session where participants benefit from the soothing effects of ear acupuncture while resting in a warm and comfortable environment. This practice helps with stress, anxiety, sleeplessness & migraines.

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.

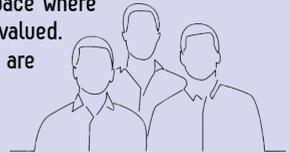
Slow Flow Yoga with Katrina

Slow flow yoga is a mindful, gentle, and meditative form of vinyasa yoga that emphasises slow, deliberate movements and longer holds in each pose, allowing for a deeper connection to the body and breath. Our classes are designed for complete beginners so no prior experience or fitness level is necessary.



Men at Solas

Join a group of like-minded men who come together to connect, share, and support one another—no pressure, no judgment. Come as you are and be part of a space where everyone is heard and valued. Our friendly volunteers are here to welcome and support you.



We are closed on Monday 5th May & 26th May for Bank Holidays.

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

www.solaswellbeing.org.uk

facebook.com/solaswellbeingballycastle

Instagram: [@solaswellbeingballycastle](https://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



	ACTIVITY	TIME	DATES	VENUE
Monday	Open House	10.00 - 12.30	28 th April - 30 th June	Solas House
	Ear Acupuncture	10.30 - 11.15	28 th April, 12 th & 19 th May 02 nd June - 30 th June	Solas House
	Knitting & Crochet (New Members)	10.30 - 11.30	28 th April - 30 th June	Solas Studio
	Knitting & Crochet	12.00 - 13.30	28 th April - 30 th June	Solas Studio
	Restorative Yoga with Majella	19.00 - 20.00	02 nd June - 30 th June	Online via Zoom
Tuesday	Open House	10.00 - 12.30	29 th April - 01 st July	Solas House
	Lino Printing	10.00 - 12.00	13 th May - 27 th May	Solas Studio
	Watercolour Painting	10.00 - 12.00	03 rd June - 01 st July	Solas Studio
	Ear Acupuncture	11.00 - 11.45	29 th April - 27 th May 03 rd June - 01 st July	Solas House
	Feldenkrais (Awareness Through Movement)	13.00 - 14.00	20 th & 27 th May 03 rd & 10 th June	Solas Studio
Wednesday	Open House	10.00 - 12.30	30 th April - 02 nd July	Solas House
	Meditation	11.00 - 11.30	30 th April - 28 th May 04 th June - 02 nd July	Solas House & Zoom
	Anxiety Management	12.00 - 12.45	30 th April - 28 th May 04 th June - 02 nd July	Solas House
Thursday	Slow Flow Yoga with Katrina	11.00 - 12.00	01 st May - 29 th May	Solas Studio
	Men at Solas	14.00 - 15.30	01 st May - 03 rd July	Solas House
	Evening Ear Acupuncture	19.00 - 20.30	01 st May - 29 th May 05 th June - 03 rd July	Solas House
Friday	Open House	10.00 - 12.00	02 nd May - 04 th July	Solas House

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.

Or alternatively you can fill out a short survey online here or scan the QR Code.
<https://bit.ly/solas-feedback>



As a charity, we rely on the incredible support of volunteers to deliver our programme. We are always working to strengthen our team, so if you would like to volunteer and help us deliver support and activities, please contact volunteers@solaswellbeing.org.uk or call 07708 107234.