



Solas Wellbeing Support Programme July - August 2026

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.

Summer Programme

We have activities on Tuesdays, Wednesdays and Thursdays, operating under reduced opening hours to allow our wonderful volunteers to have a well earned break.

	ACTIVITY	TIME	DATES	VENUE
Tuesday	Solas House Opening Hours 10.30 - 13.00			
	Ear Acupuncture	11.00 - 11.45	21 st July - 18 th August	Solas House
Wednesday	Solas House Opening Hours 10.30 - 13.00			
	Ear Acupuncture with Meditation	11.00 - 11.45	22 nd July - 19 th August	Solas House
	Anxiety Management	12.00 - 12.45	22 nd July - 19 th August	Solas House
	Walk and Sketch	13.30 - 15.30	29 th July	Sea Front
	Mindful Art	13.30 - 15.30	05 th August - 19 th August	Solas Studio
Thursday	Men at Solas	10.00 - 12.30	23 rd July - 20 th August	Solas Studio
	Stroll with Solas	11.00 - 12.00	23 rd July - 20 th August	Solas House
	Evening Ear Acupuncture	19.00 - 20.30	23 rd July - 20 th August	Solas House

We are closed on 06th - 17th July & 24th August - 04th Sept for 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



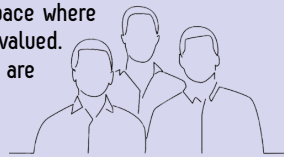
Anxiety Management

Anxiety Management sessions are suited to those who experience longer term or chronic anxiety & depression, or panic attacks. Using ear acupuncture as an aid, participants are taught techniques in breathwork and mindfulness meditation to help with self-regulation.



Men at Solas

Join a group of like-minded men who come together to connect, share, and support one another – no pressure, no judgement. 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.



Mindful Art

Join our creative & welcoming group where you can explore different art techniques, including sketching, painting, & still life subjects. You can work independently, inspired by your own photographs, memories, or subjects of choice. Enjoy the calming & mindful benefits of art in a supportive group setting. No experience necessary.



Stroll with Solas

Join our friendly community walking group, a Walking for All Initiative, which helps people of all ages and abilities enjoy short, regular walks in local community spaces. Led by our trained walk leaders, our relaxed pace walks are free, welcoming, and suitable for all abilities. Whether you're looking to meet new people, improve your wellbeing or simply spend more time outdoors, this is a great opportunity to get moving and be part of your local community.

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.

Feedback

Please help us improve by telling us what you think. Your thoughts and feedback are very important in helping us to understand the impact of our work. You can give feedback by filling out a short survey online here or scan the QR Code.

<https://bit.ly/solas-feedback>

Alternatively, you can write your feedback on the back of the Feedback postcards in Solas house.



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.