



Solas Wellbeing Support Programme April – June 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.

Solas House Opening hours are 10.30am – 1.00pm Monday – Wednesday

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 self-regulation.



Donations

From 1 April 2026, Solas will no longer receive Big Lottery funding. To keep Solas here for those who need us most, we need your help. We've launched a new fundraising platform where you can donate or "Pay It Forward" by funding a counselling session for someone in need. Every donation, no matter the size, truly makes a difference.

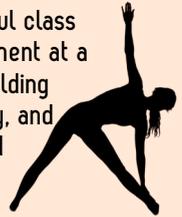
Coffee Morning Fundraiser

Join us Friday 24th April 10am – 1pm in Solas House, 62 Ann Street, for a morning of coffee, cake and connection. Everyone is welcome, bring a friend and enjoy a relaxed morning with us. All proceeds go to Solas, supporting the emotional wellbeing of our community.



Slow Flow Yoga with Suzanne

Slow Flow is a gentle, mindful class that links breath with movement at a relaxed pace. Perfect for building strength, improving flexibility, and leaving you feeling grounded and calm. Mats blocks and equipment all supplied.



We are closed on 04th & 25th May for the Bank Holiday

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 | Ear Acupuncture with Meditation | 10.30 - 11.15 | 13 th April - 29 th June | Solas House |
| | Knitting & Crochet (New Members) | 10.30 - 12.00 | 13 th April - 29 th June | Solas Studio |
| | Anxiety Management with Ear Acupuncture | 11.30 - 12.15 | 13 th April - 29 th June | Solas House |
| | Knitting & Crochet | 12.00 - 13.30 | 13 th April - 29 th June | Solas Studio |
| Tuesday | Stress Reduction Ear Acupuncture | 10.30 - 11.15 | 14 th April - 30 th June | Solas House |
| | Mindfulness Photography | 10.00 - 12.00 | 05 th May - 02 nd June | |
| | Embroidery | 10.00 - 12.00 | 09 th June - 30 th June | Solas Studio |
| | Feldenkrais (Awareness Through Movement) | 13.00 - 14.00 | 28 th April, 05 th May, 12 th May, 19 th May, 02 nd June, 09 th June | Solas Studio |
| Wednesday | Meditation | 11.00 - 11.45 | 15 th April - 01 st July | Solas House |
| | Gentle Yoga & Breathwork | 19.00 - 20.00 | 15 th April - 20 th May | Solas Studio |
| | Evening Unwind with Ear Acupuncture | 19.00 - 20.00 | 15 th April - 01 st July | Solas House |
| Thursday | Men at Solas | 10.00 - 12.30 | 16 th April - 02 nd July | Solas Studio |
| | Evening Unwind with Ear Acupuncture | 19.00 - 20.00 | 16 th April - 02 nd July | Solas House |
| Friday | Coffee Morning Fundraiser | 10.00 - 13.00 | 24 th April | Solas House |
| Saturday | Slow Flow Yoga with Suzanne | 10.00 - 11.00 | 06 th June - 27 th June | Solas Studio |
| Sunday | Sound Bath Fundraiser | 19.00 - 20.00 | 24 th May | YARN |

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 and post it in the feedback box.



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 07821 275239.