

Oak Healthy Living Centre Programme of Activities



THE OAK
HEALTHY
LIVING
CENTRE



What's On?

Apr - June 2025

The LITE House

179 Cross Street, Lisnaskea

Co Fermanagh, BT92 0JE

028 677 23843

Email: info@oakhlc.com







THE OAK

HEALTHY LIVING CENTRE



Announcing our new Development

Erne East Community Health & Well-Being Hub, Lisnaskea




The design for our new facility on Main Street, Lisnaskea, is complete and the planning application has been submitted. We are now seeking funding to support the acquisition, design, and development phases of this strategic project.



This new contemporary Health & Wellbeing Hub will serve as a major investment in the future health and well-being of the people in Erne East & wider Fermanagh.



Offering a wide and comprehensive range of preventative health services, facilities & Programmes will utilise a community development approach, supporting mental health and well-being for adults, families, and childcare initiatives.

The organisation will seek funds to provide:

- A Community Health & Well-being Hub for Erne East Area incorporating The Oak Healthy Living Centre.
- A social economy scheme incorporating :
 - community creche childcare facility
 - 9 tourism pods
 - 5 apartments for homelessness -
 - a social café for training apprenticeships.

This will support our charity and sustain us for future generations.

If anyone is planning to stay in the Hillgrove on 14th June, there is a discounted rate. Call the Hotel on 00353 4781288 & quote Event10 (for rate of €189 per double room)



Hillgrove

- Hotel & Spa -



HILLGROVE

QUOTE: EVENT10

EURO 189

PER DOUBLE ROOM

SAVE THE DATE

" A Night at the FILM AWARDS" 🏆🎬🎭

🎬🌟Get Ready for a Night of Glitz, Glamour and Giving!🌟🎬

📅 **Date: 14th June 2025**

📍 **Location: Hillgrove Hotel, Monaghan**

The Film Awards is a massive community event that needs all corners of Erne East to support and get behind.

We are delighted to have our 80 Actors signed up. Training and rehearsals are well underway, and filming is about to start. The excitement is high.

We are very grateful to the Actors who have signed up to Volunteer in this massive event. Not only are they volunteering as Actors, but they are also fundraising too.

Please support the many brilliant and creative fundraisers that are ongoing. Already, we've had fantastic support from the Community, and we are very grateful.

This is more than a fundraising event – it's a celebration of community, creativity and compassion.

TICKETS ON SALE NOW. £30.

Tickets are available from The Oak Healthy Living Centre, McBriens Newsagents, and on Eventbrite [Film Awards with The Oak Healthy Living Centre Tickets. Sat, Jun 14, 2025 at 8:00 PM | Eventbrite](#)

See you at the Film Awards! 🌟🎬

Exciting News for the Erne East

Over 80 incredible individuals stepped support the creation of a new Community

Main Street, Lisnaskea. When we first PEACEPLUS was still under review and by

Today, we are absolutely thrilled to successful!



Community!

forward as actors and fundraisers to Health Hub on

sought your support, our application to no means guaranteed.

announce that our application has been

Alongside our cross-border partners, collectively we have been awarded an incredible €5,722,571, including €3.8 million in capital funding to construct the new centre.

Our Film Awards fundraiser is to pay for the building we have purchased. The PEACE 4.2 grant will now allow us to get it built.

This is a fantastic breakthrough, bringing us closer to breaking ground—hopefully before the end of the year!

This project will include new mental health and older people's services in Erne East and neighbouring areas.

This could not have happened without your support.

Let's re-double our efforts and make our fundraiser a huge success—because together, we are building a brighter, healthier future for our community!



WELL-BEING HOUR



Restore & calm your mind and meditate.

Every Thursday 11.00am – 12.00 pm

In the Oak Healthy Living Centre

With Frances McHugh



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

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

or Tel: 028 67723843

Drop Inn Centre



Connect with others, get support with your addiction and emotional well-being.

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, social interaction, meet other people, speak with like minded people, have some fun and receive a range of services appropriate to your needs.

To register contact oak HLC at info@oakhlc.com or telephone: 028 67723843



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

STAY & PLAY



Oak Healthy Living Centre Connecting Parents

Every Tuesday 10:30—11:30 in the Oak Healthy Living Centre

Contact Patricia on 07593446202 for information

Voluntary Donation of £2.50 per adult

1st April– Stay & Play

8th April – Relax Kids

15th April – Mindful Clay

29th April – Jo Jingles

6th May – Mindful Clay

13th May – Stay & Play

20th May – Relax Kids

27th May – Jo Jingles

3rd June – Stay & Play

10th June— Relax Kids

17th June—Mindful Clay

24th June—Jo Jingles

BETTER DAYS PAIN SUPPORT PROGRAMME



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

The Oak Healthy Living Centre, Lisnaskea | 028 677 23843
Davina.Coulter@oakhlc.com | 07593446201
10 week programme starting 30th January @ 12 - 130pm Enrolling Now !

Art in our Hands

**Classes coming
2025**

“Art In our Hands”
reimagines how Fermanagh
County Museum collections
are enjoyed through creative
activities

Four Exciting programmes Coming !

- Tutor-led Wood Workshops with Lisnaskea Men's Shed.
- Artist-led Bereavement and Trauma Art Therapy Class
- Artist-led Nature-based Art Therapy Classes with members of Solos
- Living Well with Dementia Artist-led Reminiscence and Art Workshops with people with early onset Dementia



REGISTER NOW

Art in our Hands

"Art In our Hands"
reimagines how Fermanagh County
Museum collections are enjoyed
through creative activities



**Starting Monday
10th March
8pm - 10pm
for 6 sessions**

Come & Join This Special
Art - Led Nature Based
Therapy Project
for **Survivors of loved one
lost to Suicide
(SOLOS)**

**will include an outing to
the Lough Erne Pilgrim
Way**

The Group will design a piece of
Art together to be displayed in
Enniskillen Museum Exhibition
focusing on Healing & mindfulness
& nature.



REGISTER NOW
028 677 23843 or admin@oakhlc.com

Art in our Hands

"Art In our Hands"
reimagines how Fermanagh County
Museum collections are enjoyed
through creative activities



**Starting
Wednesday 12th
March
1.00pm - 3.30pm
for 12 weeks**

**This Artist - Led
Reminiscence programme
and Art Workshop has
been special designed to
support people with the
early onset of memory loss**

**The Group will design a
piece of Art together to be
displayed in Enniskillen
Museum Exhibition
That will represent
collection Inspiring
Memories &
Reminiscences**



REGISTER NOW

WALKING GROUP MEET WEEKLY



**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**

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

New Members very
Welcome

**ROUTE IS SUITABLE FOR
BEGINNERS**

**TO INTERMEDIATE &
ADVANCE WALKERS**

Ladies Armchair Exercise

Dates:

7th & 14th April

12th & 19th May

2nd & 9th June



Ladies Armchair Exercise

Mondays

11.00am – 12.00noon

Open to all ages & everyone welcome

To register, contact the centre on info@oakhlc.com or

admin@oakhlc.com

or call the centre on 028 67723843.



Learn four basic steps to recognize people with thoughts of suicide and connect them with suicide helping resources.

This three-hour training can help you make a difference.

Why come to safe TALK?

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed, or avoided—leaving people more alone and at greater risk. safe TALK training prepares you to help by using.

TALK (Tell, Ask, Listen and Keep Safe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

Who should attend safe TALK?

safe TALK is for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, parents, youth, teachers, law enforcement, & anyone who wants to help prevent suicide.

**Safe TALK is for anyone age 15 and older.*

Next Training coming up on |

Monday 7th April 2025

6:30 – 9:30pm

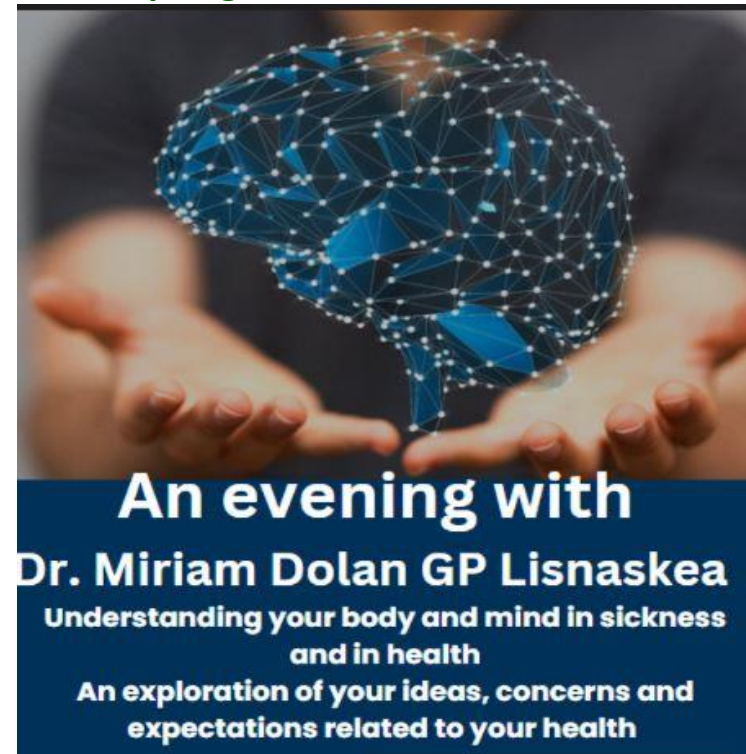
The Oak Healthy Living Centre, Lisnaskea

Book your place on <https://bookings.dhcnl.com/>

Or contact the office on 028 67723843.

BOOKING IS ESSENTIAL

Monthly Sessions Spring Dates to be confirmed



Monthly sessions resume in the Oak Healthy Living Centre to discuss health related ideas, concerns and expectations related to health

Meeting on a Tuesday 27th May 7pm – 8pm

To register or query, please call the centre on 028 67723843 or to admin@oakhlc.com



LIVING LIFE TO THE FULL

A free six-week mental health course using Cognitive Behavioural Therapy techniques brought to you by mental health charity AWARE NI.

Where: Oak Healthy Living Centre,
179 Cross Street, Lisnaskea

When: Wednesdays: 14th, 21st & 28th May, 4th, 11th &
18th June 2025.

Time: 11am-1pm

**For more info and to register, please contact
Davina using the details below:**

Tel: (028) 67723843

Email: Davina.Coulter@oakhlc.com

*This programme can make a big
difference in your life!*

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

AWARE is the depression charity for Northern Ireland

T: 02890 357 820 (BELFAST) / 02871 260 602 (DERRY/LONDONDERRY)

Registered with the Charity Commission for Northern Ireland with NIC100561 Company No. NI. 30447



Over 65 Falls Prevention Programme
9 WEEK BALANCE &
STRENGTHEN PROGRAMME

The Oak Healthy Living Centre, Lisnaskea



**NEXT PROGRAMME STARTING
WEDNESDAY 23RD APRIL 2025
REGISTER NOW**



age 65+



1/3 of all over 65's will
fall in a 1 year period

age 80+



1/2 of all over 85's will
fall in a 1 year period
(DoH, 2009)

**Davina Coulter Regional
Co-ordinator
07593446201**



Project supported by the PHA



Davina.coulter@oakhlc.com



Managing the Challenge

of living with a long term condition

Free to anyone over 18 in the WHSCT area who want to manage their long term chronic pain condition.

Benefits of Managing the Challenge Training

- You will understand your conditions and symptoms better and learn new techniques to manage and improve your health.
- We can help turn down the volume of your pain so that you can live the best life you can in spite of having a health condition.
- It is an opportunity to share the ideas and experience of others in a friendly and supportive environment
- Self-management can help you to be actively involved in your recovery and develop skills empowering you to overcome your problems.
- It uses the latest research on pain management with active participation in the design and delivery from experienced Trust healthcare professionals.

Develop proven strategies and techniques on how to:

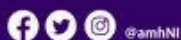
- Communicate better with healthcare professionals and family
- Review your medication
- Sleep more soundly
- Eat mindfully
- Manage your energy levels
- Relax easier, move better and problem solve



New Programme: Oak Healthy Living Centre, LITE House, 179 Cross Street, Lisnaskea BT82 OJE beginning Monday 2nd June continuing on the 9th, 16th, 23rd, and 30th June and the 7th July.



For more details and to register email Davina.coulter@oakhlc.com
or call 02867723843/07593446201



@amhNI

www.amh.org.uk

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This programme is funded by WHSCT



ERNE EAST COMMUNITY FIRST RESPONDERS

Congratulations to 10 NEW Community First Responders in Erne East who successfully passed their Community First Responder Training in February.

We wish the new CFR'S well in their future roles and thank them for their commitment to their local communities providing care and assistance to others.



A BIG THANKYOU TO ALL OUR VOLUNTEERS ON ERNE EAST COMMUNITY FIRST RESPONDERS SCHEME

Please contact the centre on 028 677 23843 for more information OR to admin@oakhlc.com

Lisnaskea Men's Shed



An Roinn Gnóthaí Eachtracha
Department of Foreign Affairs
RECONCILIATION FUND

The Mens' Shed is a cross-community resource for men who may have a self-managed health condition or whom may be at risk of becoming isolated or lonely. The shed employs a qualified tutor and opens twice weekly from **5pm – 7pm on Tuesdays and Thursdays (located at Water Street behind Connolly's old shop, main street, Lisnaskea)**

We are currently working on a project making wood carved figurines and battle gear, an arts mural and verbal arts input of the period based on the local history and heritage around the time of the plantation, the 9 years' war and the flight of the earls.

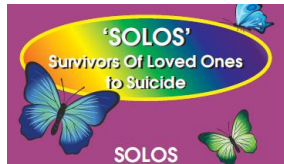
A trip is planned to Fermanagh County Museum, Enniskillen in February 2025 to view exhibits and stories from this time.

There is also plenty of scope for men to work on their own individual projects and have a chat with like - minded individuals in the kitchen/cafe. Connecting with other individuals helps to promote mental health and wellbeing and minimise 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 centre on **028 677 23843** or visit the **Oak Healthy Living Centre Website** or **Facebook page** if you would like more information.

Alcohol



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:
14th April, 12th May &
9th June 2025**

Contact Patricia 075 93446202/
or Davina 07593446201

Mental Health & Wellbeing



Co-Dependents Anonymous is a twelve-step program. The only requirement for membership is a desire for healthy and loving relationships.

Meet every Monday at 7.30pm - 8.30pm

In The Oak Healthy Living Centre

179 CROSS STREET, LISNASKEA, BT920JE



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**

Smoking
Cessation
support



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**

Volunteer Opportunities

If you would like to volunteer to support any of our work such as 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.



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

Our funders & Partners



Lifeline 0808 808 8000

Samaritans 116 123

Childline 0800 1111