

The Oak Healthy Living Centre

Programme of Activities



THE OAK
HEALTHY
LIVING
CENTRE



@centre_oak

What's On?

Sept - Dec 2025

The LITE House

179 Cross Street, Lisnaskea

Co Fermanagh, BT92 0JE

Tel: + 44 28 677 23843

Email: info@oakhlc.com

Website: www.oakhealthylivingcentre.com

Registered Charity: NIC100296





The Film Awards Fundraiser for The Erne East Community! Thank you!

14th June 2025

What a night for the Erne East Community!

The Film Awards took place on Saturday 14th June 2025 in the Hillgrove Hotel Monaghan. The Success of the event and night itself and the legacy it leaves us has been overwhelming.

We thank everyone who supported this event and brought it to fruition – our wonderful 80 Volunteer Actors for their unwavering commitment and fundraising, the businesses local and further afield who sponsored & supported the event so generously, the local community who supported many fundraising events & who got behind the film awards.

Recording of the night will be available soon.

We thank you all.





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

9th Sept - Stay & Play

16th Sept - Relax Kids

23rd Sept - Jo Jingles

30th Sept - Clayful Minds

7th Oct - Relax Kids

14th Oct - Clayful Minds

21st Oct - Jo Jingles

5th Nov - Relax Kids

11th Nov - Clayful Minds

18th Nov - Stay & Play

25th Nov - Jo Jingles

2nd Dec - Relax Kids

9th Dec - Jo Jingles

Northern Ireland Chest Heart & Stroke

Heart Strong Programme



A free 6 week cardiac education programme for those living with a heart condition.

Commences Friday 5th September 11am - 12.30pm

Oak Healthy Living Centre, 179 Cross Street, Lisnaskea.
Refreshments are provided.

Contact

Linzi - **07825 702 201** or ldavidson@nichs.org.uk
Or Davina - **028 6772 3843**



FIRST HOUSING
Aid & Support Services

First Housing will attend the Oak Healthy Living centre on a fortnightly basis starting Tuesday 19th August 2025

First Housing Aid & Support Services (FHASS) is a Northern Ireland-based organization that provides a range of housing support services, including floating support for individuals and families, particularly those who are homeless or at risk of homelessness. They also offer services related to mental health support and resettlement for individuals with complex needs.

If you wish to speak to them, it's a walk in service

You are welcome to pop in & speak to one of the team or call 077 64689471 to arrange



Ladies Armchair Exercises

Resuming on Monday 8th September

11am – 12pm

X 8 weeks



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



Art in our Hands

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



Starting 8th
September
Monday
8pm - 10pm

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



Over 65 Falls Prevention Programme 9 WEEK BALANCE & STRENGTHEN PROGRAMME

The Oak Healthy Living Centre, Lisnaskea

LOCATION : WESTEND
COMMUNITY CENTRE
ENNISKILLEN.

NEXT PROGRAMME STARTING
WEDNESDAY 24TH SEPTEMBER 2025.
10AM - 1PM
REGISTER NOW



age 65+



1/3 of all over 65's will
fall in a 1 year period
(DoH, 2009)

age 80+



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

Davina Coulter Regional
Co-ordinator
07593446201



Davina.coulter@oakhlc.com

THE Otago

Exercise Programme
FALL PREVENTION



Oak Healthy Living Centre , Lisnaskea

Recomences wednesday 15th
October 2025

@ 11 am - 12 NOON
Join Weekly classes
for 8 weeks

Gentle Exercise for
balance & Strength.

Contact
Davina.coulter@oakhlc.com
or
028 677 23843
07593446201
To Register



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 9th October 2025 Enrolling Now

HSC Public Health
Agency
Project supported by the PHA



HSC Health and Social
Care Board



Better Days
Pain Support Programme

Topics include:

Take 5 Steps to Wellbeing

Sleep

Pain Toolkit

Self Care

Understanding Pain

Pharmacist Session

Relaxation & Breathing

Gentle Movement & Exercise

Nutrition

Peer Led Session

For more information please contact us.

Details overleaf

HSC Public Health
Agency
Project supported by the PHA



HSC Health and Social
Care Board



Fermanagh & Omagh
District Council
Comhairle Ceantair
Fhear Manach agus na hOmaí



co-operationireland
working for a future together



THE OAK
HEALTHY
LIVING
CENTRE

Art in our Hands

JOIN

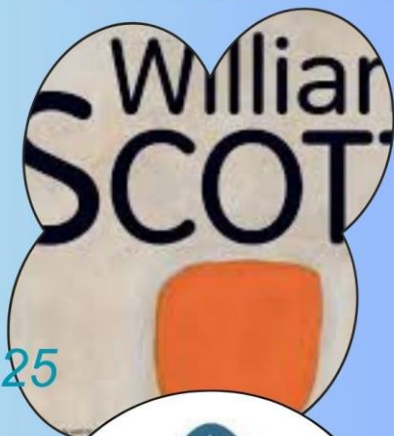
Bereavement &
Trauma Art
Sessions
using
Watercolours

*A calming & supportive
8-week programme*

*Starting
Monday 6th October 2025
at 10am*

Reimagines how Fermanagh County
Museum collections are enjoyed
through creative activities.

The Groups will design a piece of Art
together to be displayed in Enniskillen
Museum Exhibition



REGISTER NOW

Call Oak office on 028 677 23843
or to admin@oakhlc.com



LOUGH ERNE
PILGRIM WAY

MENOPAUSE INFORMATION EVENING

WITH DR ANDREA
LATIMER

MONDAY 6TH OCTOBER

7.30PM - 9PM

**IN THE OAK HEALTHY
LIVING CENTRE**

Lots of opportunity to ask
questions

Booking is essential

Please contact the centre on

028 67723843

or to admin@oakhlc.com



THE OAK
HEALTHY
LIVING
CENTRE

TRANSFORM YOUR TROLLEY

Would you like to make savings on your weekly groceries ?

Make Budget Healthy Meals?

Improve your overall Health ?

6 WEEK PROGRAMME - PRACTICAL HINTS & TIPS

STARTING FRIDAY 10TH
OCTOBER 10 - 12 NOON
OAK HEALTHY LIVING CENTRE

PLACES ARE LIMITED - BOOKING
ESSENTIAL -

028 - 67723843



Art in our Hands

JOIN

MEMORY LANE GROUP IN A CRAFT & REMINISCE CLASS

STARTING
WEDNESDAY 22ND OCTOBER
1PM - 3PM
X 6 WEEKS

REGISTER NOW

Call Oak office on 028 677 23843
or to admin@oakhlc.com

Reimagines how Fermanagh County Museum collections are enjoyed through creative activities.

The Group will design a piece of Art together to be displayed in Enniskillen Museum Exhibition





BY AWARE NI

Mood Matters for Adults is a free mental health awareness workshop suitable for anyone who would like to learn more about mental health and managing their mood.

The programme teaches techniques to:

Manage Stress & Anxiety
Identify Mental Ill-Health
Know Where to Get Help & Support

Thursday 23rd October

11am-1pm

**Oak Healthy Living Centre,
179 Cross Street, Lisnaskea**

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

Tel: (028) 67723843

Email: Davina.Coulter@oakhlc.com

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Registered with the Charity Commission for Northern Ireland with NIC100561



THE OAK
HEALTHY
LIVING
CENTRE

Mobile / Laptop Classes

In the Oak Healthy Living Centre

**3 Classes with
Mark Desborough in Oak on
Wed 1st Oct 10.30-11.30am
Wed 8th Oct 10.30-11.30am
Wed 15th 10.30-11.30am
LIMITED PLACES
5 places available**

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

Social Car Scheme



Do you live in the areas of.

**Brookeborough, Donagh, Roslea, Newtownbutler or
Lisnaskea?**

Do you have a Disability, restricted mobility, live in isolated
areas not served by public transport?

The Oak Healthy Living Centre is resuming a Social Car Scheme,
and has volunteers from our community willing to provide
transport to:

Programmes in the centre/ Health Appointments/ Shopping/
the Post Office/ Social Activities/ Doctor/ Dental/ Chemist etc

To use the social car scheme, you will need to register.

To do this please Contact the centre:

Davina (Co-ordinator)

028 677 23843



Social Car Scheme

Seeking New Volunteer Drivers

**We wish to resume our Social Car Scheme with Community
Volunteer drivers** who can provide transport to programmes
in the centre & to health appointments for those who have
restricted mobility, a disability or are unable to drive or live in
an isolated area not served by public transport



Areas Served are Newtownbutler, Donagh, Lisnaskea,
Brookeborough, Roslea & Maguiresbridge

*(The scheme is Subject to volunteer availability & a small contribution of
45p per mile from the recipient is required for the running of the scheme
towards volunteer expenses).*

**If you are interested in becoming a volunteer driver or want more
information, please Contact the Oak Healthy Living Centre on 028**

67723843 or to admin@oakhlc.com



Lisnaskea Men's Shed



An Roinn Gnóthai Eachtracha
Department of Foreign Affairs
RECONCILIATION FUND

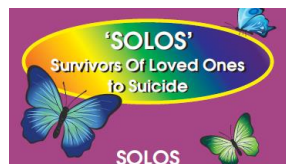
The Mens' Shed is a cross-community resource for men who may have a self-managed health condition or whom may be at risk of becoming isolated or lonely.

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)**

There is 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:
11th Aug, 8th Sept, 13th Oct,
10th Nov, & 8th Dec 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 the 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

NOTICES

Christmas Party for Service Users



Keep the Date Free!

Thursday 18th December 2025

10am – 12.30pm

In the Oak Healthy Living Centre

More details will follow ...



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

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.

Our funders & Partners



Lifeline 0808 808 8000

Samaritans 116 123

Childline 0800 1111