



Solas Wellbeing Support Programme Feb – March 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.

T'ai Chi & QiGong

Step into a calm and welcoming space with Philip for a gentle, flowing exercise that combines movement, balance, and mindfulness. It's perfect for improving flexibility, reducing stress, and enhancing overall well-being. Our classes are designed for complete beginners so no prior experience or fitness level is necessary.



Watercolour Painting

Tap into your creativity with our beginner-friendly watercolour painting class. No experience is needed! Discover the joy of creating art in a relaxed, supportive environment. Join Louie who will guide you step by step, teaching you a variety of watercolour painting techniques. These sessions will also help to reduce anxiety & encourage relaxation.



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.

Ear Acupuncture

We offer two types of sessions:
Anxiety Management combines ear acupuncture with calming breathwork & meditation. Suitable for people with chronic or longer term 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.

We are closed on Monday 17th March 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	Open House	10.00 - 12.00	03 rd Feb - 24 th March	Solas House
	Anxiety Management	10.30 - 11.15	03 rd Feb - 24 th March	Solas House
	Knitting & Crochet (New Members)	10.30 - 11.30	03 rd Feb - 24 th March	Solas Studio
	Knitting & Crochet	12.00 - 13.30	03 rd Feb - 24 th March	Solas Studio
Tuesday	Open House	10.00 - 12.30	04 th Feb - 25 th March	Solas House
	Watercolour Painting	10.00 - 12.00	04 th Feb - 11 th March	Solas Studio
	Listening Ear	10.30 - 11.15 11.30 - 12.15	04 th Feb - 25 th March	Solas House
	Ear Acupuncture	11.00 - 11.45	04 th Feb - 25 th March	Solas House
	Feldenkrais (Awareness Through Movement)	13.00 - 14.00	04 th Feb - 25 th Feb	Solas Studio
Wednesday	Open House	10.00 - 13.00	05 th Feb - 26 th March	Solas House
	Anxiety Management	09.45 - 10.30	05th Feb - 26th March	Solas House
	Meditation	11.00 - 11.30	05 th Feb - 26 th March	Solas & Zoom
	Anxiety Management	11.45 - 12.30	05 th Feb - 26 th March	Solas House
Thursday	Open House	11.00 - 13.00	06 th Feb - 27 th March	Solas House
	T'ai Chi & QiGong	13.00 - 14.00	06 th Feb - 13 th March	Solas Studio
	Evening Ear Acupuncture	19.00 - 20.30	06 th Feb - 27 th March	Solas House
Friday	Grief & Loss Listening Ear	10.30 - 11.15 11.30 - 12.15	7 th Feb - 28 th March	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.