

History

Established in 1990, the Aisling Centre is dedicated to the promotion of positive mental health and emotional well-being.

Aisling is an Irish word meaning 'dream' or 'vision' and the dream is realised through the provision of a safe space where people can find hope and healing at difficult times in their lives.

The Centre is a registered charity and a company limited by guarantee. It is managed by a voluntary Board of Directors drawn from across the community who are supported by a dedicated team of staff and volunteers.

Our Mission

To provide opportunities for hope, healing and growth in a welcoming and supportive environment

Our Commitment

To offer all our services to the highest ethical and professional standards possible

Our Ethos

*Non-judgemental, Inclusive & Respectful of All
Providing a Safe, Welcoming & Confidential
Environment
Sensitive to Current & Emerging Needs*

Find out more

To find out more about any of the information on this leaflet contact the Aisling Centre or visit our website (details below). You can also register to receive e-updates.

Where can you find us?

Aisling Centre
37, Darling Street
Enniskillen
Co Fermanagh
BT74 7DP

How can you contact us?

Drop in

Telephone:
028 66 325811

Email:
info@theaislingcentre.com

Website:
www.theaislingcentre.com

Patron

Adrian Dunbar

Registered with the Charity Commission for NI - NIC101096
Limited Company Registration No – NI 27011
BACP Registration No - 101666

Emergency contact telephone numbers:

Lifeline: 0808 808 8000

Emergency Services: 999

GP Out of Hours Services: 028 7186 5195

Samaritans: 08457 90 90 90

Childline: 0800 1111



**When you need someone to talk to...
We are here to listen**

General Information

Counselling & Psychotherapy & support services for:-

- The difficult times in your lives
- Victims/survivors of sexual abuse
- Victims/survivors of the troubles
- Children coping with loss

Complimentary Therapies

Mindfulness Meditation

Support Groups

Stress Management

Personal Development

Confidence Building

**Your local Counselling, Psychotherapy
and Well-Being Service**

www.theaislingcentre.com

Counselling/Psychotherapy Service

The Aisling Centre counselling service is available to men and women aged 17+. Counselling offers a safe, non-judgemental and confidential space where you can speak about your life and those things that may be uncomfortable, confusing or painful.

Talking about your concerns with a professionally trained person can help you make sense of how you are feeling. Our counselling service can offer support to:-

- Survivors of sexual abuse and victims of sexual violence
- Victims/Survivors of the Northern Ireland troubles (also available to children and young people)
- People struggling with life issues - eg family stresses; relationship difficulties; physical/emotional abuse; trauma; bereavement; work situations; violence in the home; stress; panic attacks; anxiety; depression; suicidal thoughts; addiction related issues; bullying; low self-esteem, lack of confidence etc

The Aisling Centre adheres to the BACP (British Association of Counselling and Psychotherapy) ethical framework for good practice in counselling and psychotherapy.

Play Therapy Service

The Children Coping with Loss Programme offers counselling through Play Therapy for Children (aged 5-11) coping with loss through bereavement, family breakdown or long-term illness.

Well-Being and Life Learning Programmes and Services

Journeying Together - A support group for people (aged 17+) who live/have lived with a loved one's addiction. The group offers emotional and social support, education and a wee bit of fun and relaxation. The Group meets twice monthly.

Mindfulness Meditation - is suitable for anyone living with stress, anxiety, depression, pain or illness. Research has shown that incorporating 'Mindfulness' into a busy lifestyle can lead to improved health and well-being. Drop-in/Taster Sessions - are held monthly and dedicated MBSR and MCBT Programmes are offered at scheduled times throughout the year.

Complimentary Therapies - Many people find that massage and reflexology help reduce stress and aid relaxation and healing. Complementary Therapy can be a standalone treatment/therapy or applied alongside and in support of other interventions eg counselling, medical treatments etc.

Workshops – A range of personal development and stress management workshops are offered on an ad-hoc basis.

Funding

Availability of services at the Centre is reliant on funds available. The main source of income for the Aisling Centre is generated through grants and contracts awarded from a variety of funding sources. Many of our funders have made a long-term investment in the work of the Centre and we value their commitment. A list of funders is displayed on our website.

Room Hire

Room Hire generates a source of income which is used to support the delivery of services at the Aisling Centre. Small meeting/consulting rooms, office space and larger conference rooms are available for hire at reasonable rates. By using the Centre as a venue for your event you are helping us deliver ever more services.

Help us to Help Others

Resources available do not meet demand for services. We are always in need of and grateful for support received from the local community. There are many ways in which you can help us offer this much needed local service eg:- a one off donation; a bequest; nominate us as your work place charity; undertake a challenge eg the Enniskillen 10K; make a regular contribution - as little as 50p per day can really help! Together we are helping people transform their lives.

Friends of the Aisling Centre

The Aisling Centre is indebted to our committed team of volunteers and friends whose invaluable support enables us to offer our wide range of services. If you would like to find out more about becoming a friend of the Aisling Centre please contact the Centre Co-ordinator.

Working in Partnership

Partnership and networking is central to the ethos of the Aisling Centre and we work with many organisations to enhance the services we can offer locally. The Aisling Centre is represented on a number of local and regional partnerships and networks which enable us to contribute to the development of services that promote good mental health and emotional well-being.