



Aisling
centre
Hope Healing Growth

Hope for the Future

HOPE, HEALING, GROWTH *Day of Inspiration*

Saturday 7th January 2023
10.00am – 3.00pm

The Crest Centre
South West College, Killyhevlin, Enniskillen,
BT74 4EJ.

Attend In-Person or Virtually
Tickets available on Eventbrite
<https://tinyurl.com/28897tmy>

Aisling Centre

37 Darling Street, Enniskillen, Co. Fermanagh, BT74 7DP.

www.theaislingcentre.com info@theaislingcentre.com t: 0044 28 66 325811



Registered with the Charity Commission for NI: NIC101096

Welcome

to the 6th Annual

HOPE, HEALING, GROWTH

Day of Inspiration

‘Hope for the Future’

*“A real tonic - a summer’s day in the heart of winter
.... just what was needed at the start of the
New Year for many.”*

(Hope, Healing, Growth 2022)

Aisling Centre

*Supporting Positive Mental Health
in a Safe and Welcoming and Confidential Space*

Adrian Dunbar - Patron, Aisling Centre



Despite a very successful career and a busy life in London with many charitable and personal commitments, Adrian has never forgotten his Fermanagh roots and is a dedicated supporter of Aisling Centre, and of arts and sport locally. Born and raised in Enniskillen, actor Adrian enjoys a very successful career in film, television, theatre, and music, most recently in the lead role in a new drama series 'Ridley'. We are delighted to have Adrian as our Patron to, once again, open our 6th annual Hope, Healing and Growth, Day of Inspiration.

Give Hope

Thank you for your donations.

All donations received by Aisling Centre are used to support our counselling, psychotherapy, and play therapy services, giving the gift of hope to people who are struggling with challenging times in their lives.

Hope, Healing, Growth - Day of Inspiration

Hope for the Future

Saturday 7th January 2023, 10.00 am – 3.00 pm

Event Schedule

- 10.00am – 10.15am** Welcome – **ADRIAN DUNBAR**, *Patron, Aisling Centre*
Introduction - **AIDEEN McGINLEY**, *Convenor*
- 10.15am – 10.55am** **SHANE MARTIN** -*Your Precious Life - How to Live It Well*
- 10.55am – 11.10am** Interval
- 11.10am – 12.00pm** Panel Discussion - *There is Hope After ...* with panellists
- **EMMA SPENCE**
- **CONNOR McBARRON**
- **UNA LEONARD**
Panel chaired by – **NOELLE McALINDEN**
- 12.00pm – 12.40pm** **Dr LORNA GOLD** – *Climate Generation – Awakening to our Children's Future*
- 12.45pm – 1.15pm** Lunch
- 1.15pm – 1.30pm** **NATHALIE TRUELOVE and AMY BOGUE**
THE FIND CENTRE – *Holding on to Hope*
- 1.30pm – 2.10pm** **RICHARD MOORE** - *Children in Cross Fire*
- 2.10pm – 2.50pm** **JANET DEVLIN** - *Young, Female, Addicted*
- 2.50pm – 3.00pm** **ALISON ANNAN** – *Chairperson, Aisling Centre – Closing Remarks*

Booking Information

Attendance In-Person or Virtually
Tickets available on Eventbrite
<https://tinyurl.com/28897tmy>

TICKET OPTIONS

- **In Person £25.00**
In person ticket price includes refreshments & a light lunch
- **Virtual Attendance Via Zoom - FREE**
- **Virtual Attendance Via Zoom - Voluntary Donation**

Meet The Speakers

Your Precious Life - How to Live It Well



Shane Martin C. Psychol. Ps.S.I - Shane is a Chartered Psychologist of the Psychological Society of Ireland dedicated to teaching the very best evidence-based psychology to help people protect their mental health and enhance the quality of their lives. He has been a keynote speaker at numerous conferences on a range of topics around wellbeing, positive mental health, recovery, and happiness. As a leader within the area of education, he has visited hundreds of educational institutions nationwide working with management teams, teachers/lecturers, students, and parents. In February 2017, Shane addressed the Oireachtas (Irish parliament) Joint Committee on Education and Skills on the important topic of Positive Mental Health in Schools. His focus was on how schools can cultivate a culture of resilience. As a former teacher he promotes realistic, evidence-based interventions that can foster better mental health within whole school communities. He has been engaged by the Professional Development Service for Teachers (PDST) and the Irish Primary Principals' Network - the Centre for School Leadership and he has been a guest lecturer at several universities in Ireland. Shane has also provided mental health training to hundreds of public servants from numerous Government departments and delivered CPD options to health professionals in hospitals throughout Ireland. He has worked closely with many of Ireland's largest companies bringing his wellbeing and resilience seminars successfully into the corporate area. Shane is a published poet nationally and internationally of three collections – The Dark Room, Stilling the Dance of Time, and Thin Lines. He is the author of the bestselling self-help psychology book 'Your Precious Life - How to Live it Well' published by Orpen Press.

DISCUSSION PANEL

There is Hope After ...



Emma Spence - Emma comes from a proud farming family and background and faced the ultimate tragedy when her father Noel and brothers Nevin and Graham died after entering a slurry tank to rescue their dog on their farm in September 2012. Emma was also involved in the incident and was treated at the Royal Victoria Hospital. Subsequently when the coroner, John Leckey, asked how her health was, she replied, "I have a few pains but as my dad would say, 'It's far from my heart'". The BBC documentary 'Emma Spence - the Art of Surviving (2021)' tells the story of Emma's journey since that fateful day and how as an artist she has been on a road to recovery finding release in capturing the beauty of the landscapes and hedgerows around her home which has connected her to those she has lost. She teaches us all in saying, "The DNA of joy is thankfulness."



Connor Mc Barron – Connor, was a well-respected Technology & Design teacher for over 24 years before having to step away from his job at St. Michael’s College, Enniskillen due to long-term effects of Sarcoma. “In December 2018, all of 43 years old, my family and I received devastating news that I had a very rare form of bone cancer that was not responsive to either chemotherapy or radiotherapy. The only option was to undergo extensive surgery that required the removal of three ribs and a chest reconstruction.”

“This was and has been a life changing experience to me, my wife and family of four children, who at the time were 5, 8, 10 and 12 years old. Since then, many organisations in particular, Cancer Fund for Children Ireland, have been there supporting and helping us along this journey through respite and their many support programmes for children. These have enabled our children to deal with the reality of their father having to since manage and live with the new physical wreckage left from having had sarcoma cancer.” He talks powerfully about the impact of his illness, “Presently, I’m really like a young man in an old man's body but I’m always trying to remain positive as other people have been less fortunate than me. I’m lucky to be still alive for my wife and children and that is the main thing. My new life now requires constant medication and pain treatment to manage the aftermath since December 2018.”



Una Leonard - Una, as co-founder of a perinatal mental health charity and mental health coach along with her sister Brenda, started a charity called Support2gether over 13 years ago. The ‘grassroots’ charity grew with lived and learnt experience and works throughout Fermanagh and Tyrone. Una highlights how she lived with ‘an illness that took away the joy at a time when my first born came into this world’. She states, “I suffered postnatal depression and due to the lack of education this illness overstayed its welcome.” Support2gether is a charity that provides support and education delivering training to health professionals,

schools, baby clubs, Surestarts, and Homestarts, and runs support gatherings for mums and dads along with an antenatal support group. Una wants to ensure that people are aware that ‘tuning into self is a must because as we enter the HOOD that is parenthood, we often lose self.’

Climate Generation - Awakening to our Children's Future



Dr Lorna Gold - Originally from Scotland, Lorna has had a passion for climate justice and sustainable development from an early age. After studying for a PhD in Economic Geography at Glasgow University - subsequently published as 'The Sharing Economy' - Lorna went on to study post-doctorally at the University of York, being the recipient of the Joseph Rowntree Millennial Fellowship and an ESRI Post-Doctoral Fellowship. In 2002, she moved to Ireland where she took up a role with Trócaire as Policy Analyst, editing the Trócaire Development Review – Ireland's only peer reviewed journal on international co-operation at the time. She then led Trócaire's Policy,

Research and Advocacy for almost two decades. One of her more significant projects was 'Feeling the Heat – How Climate Change is Driving Weather in the Developing World', produced in collaboration with ICARUS. This led to a major conference on Climate Justice in Maynooth University in 2015 and eventually to the decision of the Irish Government, the Irish Bishops' Conference, and many religious orders to divest from fossil fuels. She is now the Director of Movement Building with FaithInvest, where she leads efforts to mobilise faith communities to use their assets for people and planet. She chairs the Board of the Laudato Si Movement, the global movement set up to implement Pope Francis' teaching on the environment. She worked during the pandemic as a member of the Vatican Commission on the post-COVID world. Her most recent book, 'Climate Generation – Awakening to our Children's Future', seeks to present climate science and crisis in a non-technical, engaging way through her own personal story of waking up to the ecological emergency as a mother, an academic, and an activist.

Holding on to Hope – The Find Centre Enniskillen



To start the afternoon session, we are delighted to welcome Nathalie Truelove and Amy Bogue to present "Holding on to Hope", which is a piece of work created by young people who attend The FIND Centre in Enniskillen. They wanted to raise awareness of the issues surrounding suicide for other young people and this piece of work is the final element of The HOPE Project which ran between March and September 2022 and

culminated in the launch of the Holding on to Hope video highlighting World Suicide Prevention Day on 10th September.

Children in Cross Fire



Richard Moore - Richard is Founder and CEO of Children in Crossfire and his story is an example of where triumph overcomes tragedy. As a young boy Richard had a tragic experience which resulted in his life changing forever. However, he did not allow this experience to hold him back and has gone on to live an inspiring and fruitful life. He has been recognised globally for his charity work:

- May 2008, Recipient of the Harry McKillop ‘Irish Spirit Award’. It is awarded annually to a person of Irish or Irish-American descent in recognition of extraordinary acts of humanitarianism benefiting others and their local communities.
 - November 2008 - Recipient of the Beacon Special Prize for his work in founding and directing Children in Crossfire.
 - May 2010 - Recipient of the ‘Paul Harris Fellowship Award’, the highest honorary award given by the Rotary Association in recognition of his service to the community both locally and internationally.
 - July 2011 - Awarded an honorary degree of Doctor of Laws from the University of Ulster for his services to reconciliation and children’s rights.
 - 2012 Awarded the ‘Lifetime Achievement Award’ by The All-Party Group on International Development, Stormont in recognition of his tireless campaigning and work across the globe.
 - October 2012 - Named 'Person of the Year' at the iBAM Festival, Chicago.
 - May 2013 - Awarded the ‘Exemplar of Love and Forgiveness in Governance’ Award from the School for Conflict Analysis and Resolution, George Mason University, Virginia.
 - August 2015 - became a ‘Fellow’ of The Centre for Compassion, Integrity, and Secular Ethics at Life University, Atlanta GA.
 - August 2015 - Became an Honorary Fellow of the Dalai Lama Centre for Compassion, Oxford, UK.
 - October 201 - Received the Albert Schweitzer’s Leadership for Life Award from the Ireland Chamber of Commerce, USA.
 - September 2019 - Awarded the ‘Lifetime Achievement’ award at the Derry Journal People of the Year Awards.
 - 2009 - Published his autobiography ‘Can I Give Him My Eyes’.
- Richard is described by His Holiness the Dalai Lama as ‘*His Hero and Friend*’.

Young, Female and Addicted



Janet Devlin - Janet is the youngest of four and has three older brothers. She attended an Irish language pre-school and later attended Drumragh Integrated College, Omagh where she completed her GCSEs. In 2011, Janet auditioned for the eighth series of The X Factor, reached the quarter finals and took part in the X Factor Live Tour 2012, which took place in cities throughout the UK and Ireland. She performed at Croke Park, in front of a full capacity 82,300 crowd, as part of the half-time show for the 2012 All Ireland Gaelic Football Final and for the Dalai Lama in 2013. As a singer songwriter, she toured in the UK and USA and acted in an award-winning film in 2018. In 2020, Janet posted a video on YouTube explaining that she was a recovering alcoholic and had been sober since the age of twenty. She explained, "I hit many rock bottoms, to be honest, but I kept digging. I definitely displayed addictive behaviours from a young age. I would definitely say I was born an addict. It's not that I was ashamed, but I never found the right time to say it". She added that during her time on X Factor she felt a lot of "self-hatred" and cites loneliness as one of the causes for her alcoholism. She is bisexual and has been diagnosed with borderline personality disorder and bipolar disorder. In 2022, Janet appeared in the powerful documentary film, 'Janet Devlin: Young, Female, and Addicted', produced by Sharon Whittaker and directed by Ben O'Loan. In the documentary, she explores her own story of alcoholism and its effects on her life and on others around her, while exploring the stories of other young women suffering from the consequences of alcohol addiction in themselves or members of their family.

Meet The Team



Aideen McGinley - Aideen has been a member of Aisling Centre Board of Directors since 2013 and a founder of the Hope, Healing, Growth Day of inspiration. She has extensive experience of public service in local and central government in Northern Ireland as CEO of Fermanagh District Council and Permanent Secretary in the Department of Culture, Arts and Leisure, the Department of Employment and Learning, and CEO of Ilex. A former national trustee

for the BBC, and Chair of Fermanagh Trust, she is currently a trustee of the National Trust and Vice-Chair of The Carnegie UK Trust. Aideen is involved in a wide range of other charities nationally and locally and has a number of awards including an OBE and a Heart for Habitat for Humanity



Noelle McAlinden - Noelle is a long-term volunteer with Aisling Centre and one of the founder members of the Hope, Healing, Growth Event. With 38 years' experience in Arts & Culture as a creative adviser, artist, educator, curator, and arts and human rights activist, she is dedicated to celebrating life, the unlocking creativity agenda, and working with several organisations on suicide prevention. Noelle will chair the inspirational panel session on 'There is hope after...'



Alison Annan, Chairperson, Aisling Centre - Alison has been a Director with the Aisling Centre for over 20 years and currently holds the post of Chairperson. Alison worked in County Fermanagh for almost 30 years in a community support role which brought her into contact with many social and mental health issues at a time when rural people didn't ask for help. This contact enabled her to signpost people to the Aisling Centre, which was a lifeline to them for support and help. She has a fervour for helping people and is well known in the community. She identifies strongly with the values and ethos of Aisling and considers it a privilege to serve the community in this way.

Information & Support

Aisling Centre

Counselling, Psychotherapy Service

Self-Referral – download referral form [click here](#) – or contact the Centre

- For information on our counselling service – [click here](#)
- For further information or to talk to someone contact 028 66 325811

24/7 Crisis Support

- **LIFELINE** - 0808 808 8000
- **Samaritans** – 116 123
- **Out of hours GP Service** – 028 71 865195 / <https://www.nidirect.gov.uk/articles/gp-out-hours-service>

Helplines & Directory of Services

Northern Ireland

- <https://helplinesni.com/>
- <https://www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing>

ROI Helplines

- <https://www.mentalhealthireland.ie/get-support/>

UK Helplines

- <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Useful Websites & On-Line Resources

- <https://www.mindingyourhead.info/>
- <https://www.mindwisenv.org/>
- <https://westerntrust.hscni.net/healthy-living/looking-after-your-mental-health/>
- <https://www.recoverycollegeonline.co.uk/>
- <https://www.familysupportni.gov.uk/>

COVID-19 – Updates, Information & Support

- <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>
- <https://www.publichealth.hscni.net/covid-19-coronavirus/covid-19-information-public>
- **Connect Fermanagh** - Friendly phone call, local information, and signposting - [028 6632 0230 / www.connectfermanagh.org](https://www.connectfermanagh.org)