



Aisling
centre
Hope Healing Growth

Ripples of Hope
HOPE, HEALING, GROWTH
Day of Inspiration

Saturday 6th January 2024
9.30am – 4.00pm

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

Attendance In-Person or Virtually

Register via Eventbrite <https://bit.ly/HHG2024>



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 7th Annual

HOPE, HEALING, GROWTH

Day of Inspiration

‘Ripples of Hope’

“I was thoroughly impressed, inspired and got encouragement from the fantastic workshop”

(Hope, Healing, Growth 2023)

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.

Event Schedule

9.30am	Registration – Tea/Coffee & Scones
10.00am – 10.15am	Welcome & Introduction ADRIAN DUNBAR - <i>Sharing Hope</i> AIDEEN McGINLEY - <i>Convenor</i>
Resilience	
10.15am – 10.50am	CATHERINE MURNIN - <i>The Wisdom of Well-being – It begins with you</i>
10.50am – 11.25am	SHANNON HOLLYWOOD - <i>The Four Secrets of being a happier parent</i>
11.25 am – 11.35am	Comfort Break
11.35am – 12.00pm	CIARA & BILLY NICHOLL – <i>Ellie’s Retreat – A Living Legacy</i>
12.00pm – 12.30pm	NIAMH BROWNLEE – <i>Struggling to Breathe</i>
12.30pm – 1.15pm	Lunch
Realising our potential	
1.15pm – 1.45pm	JAMES MARTIN – <i>Living your Dream</i>
1.45pm – 2.15pm	MAEVE MONAGHAN – <i>Finding your Wings</i>
2.15pm – 2.45pm	MARGARET & VICTORIA GEELAN, with Noelle McAlinden – <i>Creativity and Compassion in a Time of Conflict</i>
2.45pm – 3.15pm	FRANK LIDDY – <i>Ripples of Hope</i>
3.15pm – 3.30pm	DEIRDRE KANE , <i>Vice-Chairperson, Aisling Centre</i> – <i>Closing Remarks</i>

&

Song of Hope

Meet The Speakers



Catherine Murnin

Catherine is the Founder of 'The Wellbeing Pathway' and is passionate about health and wellbeing. Catherine brings 20 years' experience in health and wellbeing practice from her work with patients, carers, communities and businesses.

During this time, Catherine was the lead on setting up a pilot self-management programme for people living with Parkinson's disease, and a health and wellbeing programme for people living with cancer. She has developed training and support materials for community organisations and workplace wellbeing programmes for the statutory and corporate sectors through her experience in Senior Leadership roles.

A Business graduate from Ulster University, Catherine also has a Diploma in Coaching and Mentoring with the Institute of Leadership and Management and holds a Health Promotion qualification from the Open University. She has undertaken a wide range of CPD (continuous professional development) in psychology, leadership, mindfulness, and community development and is trained in ASIST, Suicide Awareness and Mental Health First Aid.

Catherine is an Associate Consultant with the Health & Social Care Leadership Centre and has mentored in Women in Business, supporting other women to develop their skills and confidence in setting up new businesses, returning to work and creating new support networks.

She lives in rural County Down with her husband. She has three grown-up children, and has written her first book, 'Wisdom of Wellbeing', which goes hand in hand with her podcast of the same name.



Shannon Hollywood

Shannon is a qualified social worker and has worked in the voluntary sector with Action for Children for over 12 years, supporting children, young people and their families at an early intervention level. Her passion lies in understanding children's behaviour, understanding our behaviour as adults and parents, and how behaviour is shaped by our early life experiences. *"This is quite literally how I spend my free time, reading and researching."*

She and her husband have three amazing children, who are now seven, five and three, and Shannon says, *"while I eat, sleep and breathe everything that is parenting, we still have challenges and we still get overwhelmed because that is the nature of being human."* On giving birth to her first little girl, she was amazed that no professional she encountered, gave her information, (that she already knew but many parents would not), on how her baby's brain was developing, the importance of connection, her emotional needs and how this all relates to behaviour and that's *"still the case"*, even since having her last little girl.

Shannon highlights how so many parents struggle with behaviour, not because they are 'bad' parents or because they have 'bad' children, but simply because they don't have the information they need to help them better understand and support their children. *"Even the best of intentions can fall short if they are based on outdated research."* She wants to change this.

“Today we have a LOT of research available that drastically changes the way we think about children and the needs of these amazing little people, and I want to make sure that EVERYONE could access this information.”

She developed a series of training workshops for parents and professionals, completed her Certificate in Education and Training and launched her first 'Understanding and Responding to Children's Behaviour' workshop in May 2022. Since then, she has facilitated over 40 parenting workshops and delivered training to teachers, day care staff and youth leaders.

“I have loved every minute of it and the feedback has been truly amazing. The world we find ourselves in today can often be overwhelming and the principles that applied when we were children no longer serve us or our little ones. Change is needed and that change must start with us, the adults.”



Ciara and Billy Nicholl

Ciara and Billy tragically lost their beloved daughter Ellie in 2016, after a long battle with H – ABC Syndrome. They are determined to help others, and in doing so, to keep her memory alive in the best possible way.

When Ellie was born, she showed no symptoms of any neurological condition. However, as time progressed there were subtle signs that something was not quite right, and at the time of her diagnosis, March 2012, she was only the 22nd person in the world identified with H – ABC. Thus started a long and difficult journey and despite all the best efforts, on the 9th of March 2016, Ellie lost her long and heroic battle. She was just eight years old.

Ciara and Billy explain that there are no words to describe the depth of grief after the death of your child. *“The pain and heartache felt is immense. Numbness and severe anxiety become part of everyday life.”*

The idea of ‘Ellie’s Retreat’ was formed after the Nicholl family experienced a short break at ‘Alice’s Escapes’ in Cumbria. Their charity, founded in 2016, now provides free respite breaks, exclusively for families who have suffered the loss of a child. ‘Ellie’s Retreat’, based in Castle Archdale, has become a reality, with significant help from families and friends and with invaluable support from the local community and businesses.

The couple and their son Arran are also fully committed to Fundraising for H – ABC research, as unfortunately there is currently no cure. By supporting the exploration of gene therapy, their hope is that other families don’t have to suffer the loss they have. *“We were very privileged to be Ellie’s family and we now have the privilege of helping others in Ellie’s name.”* Ciara was awarded an MBE in 2020, and considers this to be a recognition of the legacy that the family and all their supporters have created for the benefit of others.



Niamh Brownlee

After achieving high academic success, Niamh became a primary school teacher, first in Kent and then back home in Belfast. But all was not well. Niamh gradually became more and more depressed until reaching the point where she just wanted to die.

At the age of 24, she was admitted to hospital. Although at rock bottom mentally, she had the presence of mind to keep a diary of the 31 days she spent in two psychiatric hospitals in Northern Ireland. This helped her survive and begin the tentative process of recovery.

Five years later, Niamh has decided to share her diary of those days, in the hope that others will feel less alone and realise that recovery is possible, that help is out there.

Her diary is also instructive for those who provide mental health services. It gives a rare insight into psychiatric in-patient experience and is a plea to improve the quality of care. Niamh's diary is a raw account of feeling utterly worthless, but ultimately it is a diary of discovery and hope.

"Niamh's brave account of her depression and time in hospital will be an inspiration to others. It is a painful story, but it is also an important one. Niamh's story brings hope, and her testimony demonstrates how, with good support and appropriate mental health services, recovery is possible."

Professor Siobhan O'Neill, Mental Health Champion for Northern Ireland



James Martin

When James was born, his parents were told he would probably never speak. He has now made Oscar history and an entry in the Guinness World Records by becoming the first leading man with Down Syndrome in an Oscar-winning film.

The star of 'An Irish Goodbye' said it is a *"big honour and I hope this opens doors for not only other people with Down Syndrome but for anyone with any disabilities. Follow Your Dreams."*

It comes after the movie was named best short film at the Academy Awards 2023 and also won Best British short film at the BAFTAs. He has previously been awarded the Best Actor award at the Hollywood International Diversity Film Festival for his lead role in the BBC NI drama series, 'Ups and Downs', his first film role. James hopes these achievements will help encourage others with disabilities to consider a career in the film and TV industry. He has been acting since he was a teenager and is a real champion and role model for fair representation in the sector, for talented individuals.

"I am over the moon to be given this recent award and so grateful for the opportunity. My character really wants his voice to be heard and to live an independent life, which I can relate to. I've never let my disability hold me back and I hope I can help other people in similar positions know they can achieve anything."

James, who also works as a barista at Starbucks and a chef in an Italian restaurant in Belfast, has addressed the European Parliament and the Northern Ireland Assembly about growing up with a learning disability. He was made an ambassador for Belfast for *"bringing honour to the city"* and recently received an honorary doctorate from the University of Ulster with the following message to his fellow graduates:

"I have worked very hard to achieve the things I do in life never judge a book by its cover, everyone should have a voice, follow your dreams, have fun with your family and friends, and laugh lots."



Maeve Monaghan

Maeve was appointed to NOW Group in 2001 and has been responsible for the development of the organisation over the past 21 years. She has been Chief Executive for 13 years and believes passionately in the rights of people with learning difficulties and autism to have equal access to high quality training and employment.

NOW Group, a limited company with charitable status, is an award-winning social enterprise that supports people with barriers to employment and learning, including all levels of learning difficulties and Autistic Spectrum Condition. They help them identify their unique career path, find the job they want and keep it.

The organisation also operates three successful social enterprise businesses called Loaf Catering, Gauge Impact and JAM Card, the profits from which go back into NOW Group's work.

Loaf Catering is a social enterprise operating five cafés and an outside catering business. Gauge Impact supports organisations across the third, private, public and philanthropy sectors in the UK and the Republic of Ireland to measure, evaluate and communicate their social impact. JAM Card is a social innovation developed by NOW Group participants. It offers a simple and discreet way of communicating that someone needs '*Just a Minute*' in social or business settings. There are now 110,000 people using either a physical JAM Card or the app on their smartphone. Over 500 businesses are JAM Card friendly, thus displaying their commitment to providing better customer service.

Maeve has an Advanced Diploma in Management Practices and a Masters in Executive Leadership from the University of Ulster. She was named Outstanding Leadership and Management Leader 2018 Women in Business. Maeve is Chair of Clanmil Housing and was formerly Chair of the Community Foundation Northern Ireland for six years and was Chair of Give Inc, Ireland's first Giving Circle, for four years.

Maeve was awarded an MBE in March 2022 for services to people with learning difficulties and was included in the 2018, 2019 and 2020 WISE100 UK (Women in Social Enterprise Top 100) and highly commended in Nat West's WISE100 2022 Social Business Leader of the Year.



Margaret and Victoria Geelan

Margaret Geelan

Margaret lived through the worst of the troubles and worked creatively to empower women and young people in the building of peace locally and internationally.

She was a teacher of Drama, English and Music in Omagh when she met her future husband, Denis; being from different religious backgrounds led her to a lifelong commitment to building better relationships with people of diverse cultures and nationalities.

As Omagh Youth Drama Tutor with NI Arts Council, she did workshops on a cross-community basis locally and regionally in Northern Ireland from 1978 -1994. She has been passionately engaged in Arts programmes and festivals since joining Omagh Arts Committee in 1979 and is still involved in directing the

annual Literary Festival. Her love of music is reflected in her performances and direction of musicals and membership of Omagh Music Society.

In 1983 her husband changed careers to join the RUC which personally amplified sectarianism for her and made her even more determined to dispel prejudice and community division. In 1988 she was seconded as field officer for Education for Mutual Understanding (EMU) with the Western Education and Library Board and played a leading role in the development of Integrated Education in Omagh. She was a foundation governor of the Integrated Primary and Nursery school which opened in 1990 with 43 pupils and her daughters no longer needed to be secretive about religion or their father being a policeman.

She then joined the 'Women Together for Peace' organisation, becoming regional coordinator and the last chairperson in 2001. She was also a member of the Women's Coalition and completed a Masters in Peace Studies in 1998, with her dissertation on 'Women's contribution as Peacemakers in N.I.' In 2003 she was appointed to the Omagh Community PSNI Board, serving two terms, one as Independent Vice Chair.

She has worked on educational programmes with Denmark and Israel and facilitated workshops and plays, with children and adults with impaired sight, including 'Voice for Vision'. She was president of Omagh Lions Club and continues to work with a number of charities such as NSPCC and Inner Wheel.

Victoria Geelan - Born in Omagh, Victoria is an accomplished vocalist of jazz and blues and committed peacemaker. Her commitment and her contributions to and experience in peacebuilding, and love of music is well respected regionally and internationally, and across generations. Her drive and passion for the power of Arts & Education was inherited from her mother Margaret.

Victoria has been working professionally as a singer across Northern Ireland for over a decade. She has played multiple venues and Festivals including Derry/Londonderry City of Culture Venue 2013 and Belfast's Baby Grand at The Opera House, Fermanagh Live Arts Festival and City of Derry Jazz Festival. She released her eclectic debut album 'Unfit the Picture' in 2013, which included covers of Prince and Jacques Brel songs, as well as her own original compositions. The 8-track album featured harpist Ursula Burns and was produced by Cormac O'Kane of RedBox Recordings, winning wide acclaim. Victoria followed it up with 2020's 'Sophisticated Lady', a straight-ahead vocal jazz album recorded with some of the top musicians working in Ireland today. Both showcase her diverse musical tastes and vocal versatility. Victoria says, "*I sing songs: jazz, blues, folk, pop, original, electronic, classical, funk and anything else I feel moved to wrap my lungs around.*"

Also, a talented songwriter, she explains that she is a singer "*who writes songs without chords - I use the melodies in my head, the rhythm of the words and emotion they elicit to find where it goes.*"

Victoria is involved in 'The Theatre of Witness', bringing ordinary and extraordinary people together through testimonial performances, sharing personal stories of resilience and transformation, and recognising the healing power of storytelling to peacebuilding and reconciliation. She contributed to a performance 'We carried your secrets' in 2009 and this year featured in Teya Sepinuck's book 'We are the Ripple effect' on the impact of this work and finding the "medicine in stories" She is a dedicated member of 'Music Kin', a music outreach organisation committed to using song and music to improve people's mental and physical well-being, as well as developing deeper social bonds within the groups and communities they work with.

Frank Liddy



Frank is a compassionate and dedicated mental health worker and mindfulness teacher, who has made it his life's work to help others find healing and inner peace through the power of mindfulness and compassion. He is a Zen student who has studied under various teachers and is committed to using his knowledge based on his own journey to recovery which has played a significant role in shaping his approach to mental health.

Frank has been in recovery for almost thirty years and has experienced first-hand the transformative power of mindfulness and compassion in his own life. He has a special interest in the intersection between mindfulness and mental health. He is a qualified compassion teacher from Stanford University and has worked with many individuals struggling with mental health issues. Through his work, he has developed a unique approach to healing that integrates mindfulness practices with compassion-focused therapy.

In 1998 Frank was the visionary and co-founding Director of the Belfast Mindfulness Centre and was the driving force behind bringing mindfulness to Northern Ireland. He is chair of Compassionate City Belfast and sits on the UK Task Force. He has a special and long-term interest in raising awareness of how compassion-focused eastern contemplative practices can be applied to understand the causes, and alleviate the suffering of common mental health conditions, addictive behaviours and societal divisions. Frank is the Mindfulness expert in residence for Stormont and a former Zen Chaplain to Belfast City and is well networked, with close and collaborative working relationships with mindfulness and compassion leaders and experts globally.

He has a wealth of practitioner experience delivering secular, evidence-based Mindfulness Based Stress Reduction (MBSR) programmes to a diversity of cross community groups, public and private sector as well as high-profile corporate organisations. For the last fifteen years he has been teaching mindfulness through the life-long learning programme at Queen's University Belfast, as well as teaching specialist postgraduate training programmes. Frank is a key contributor to the annual Global Summit on Mindfulness and Compassion.

Frank has worked in, and managed, residential therapeutic community psychiatric alternatives for individuals experiencing or recovering from serious and enduring mental health conditions. More recently he worked as a mindfulness practitioner for Aware Defeat Depression and was the Lead Mindfulness Practitioner for Inspire (2016 – 2023).

In 2023, under a scholarship with the Centre for Compassion and Altruism Research (CCARE) at Stanford University, he completed an applied compassionate skills training programme. He is also a qualified Mindfulness-Based Relapse Prevention (MBRP) practitioner, successfully supporting individuals in recovery from long-term and chronic addiction.

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 was appointed High Sheriff of Enniskillen for 2023. A long-term volunteer with Aisling Centre she is one of the founder members of the Hope, Healing, Growth Event. With 40 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 is also Chair NI Mental Health Arts Festival and a TEDx Speaker.



Deirdre Kane, Vice-Chairperson, Aisling Centre – Deirdre has been a Director with Aisling Centre since 2021 and took up the position of Vice-Chairperson in October 2023. Recently retired Deirdre had 30 years' experience of working for the Health Trust much of it spent in community mental health and as a social worker. She was Manager of the Recovery Mental Health Team at time of retirement. She is currently working with the Trust in a temporary role.” Deirdre is a former volunteer with both

Nexus and Extern. She worked as a counsellor with Nexus and was instrumental in getting them to set up in Fermanagh, initially operating from Aisling Centre. Deirdre was very familiar with work of Aisling Centre throughout her professional career and has a great “*affinity with its goals and its vision*”.

Booking Information

Attendance In-Person or Virtually

Tickets available on Eventbrite <https://bit.ly/HHG2024>

PLEASE TAKE CARE TO ENTER YOUR E-MAIL CORRECTLY WHEN BOOKING

TICKET OPTIONS

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

IMPORTANT INFORMATION PLEASE READ

In-Person Attendance

The event is being held at the Crest Centre, SW College.

Lough Yoan Rd, Killyhevlin, Enniskillen BT74 4EJ

<https://goo.gl/maps/Yn8GLxb8HAKqWAhH7>

Please note the Crest Centre is at the Killyhevlin Campus, Dublin Road, Enniskillen (beside Castle Coole NT Property), and NOT the main College building

PARKING IS AVAILABLE ON-SITE

Virtual Attendance

Zoom Link will be emailed 1-hour before event starts.

if you haven't received the link, check your junk mail before contacting the Centre on info@theaislingcentre.com

Participants will be admitted into the event from **9.20am** event starts 9.30am

Thank you for your donations

All donations received by Aisling Centre are used to support our counselling, and well-being services, giving the gift of hope to people who are struggling with challenging times in their live.

Fundraising Raffle

New-Year Well-Being Hamper

*filled with locally sourced and ethical gifts to the value of
£150.00*

Hand Crafted Cosmetics & Soy Candle - Enniskinn

Reflexology Voucher

Handmade, Fair Trade, Tree of Life leather Journal

Tea & Treats – Lakeland

Newgrange Mug Set

Link Frame - Belleek living

“I wish I Knew”

Collection of Poems by Donna Ashworth (Sunday Times Bestseller)

& more

Tickets £2 per strip or three strips for £5

**Tickets on sale on the day or in advance from
Aisling Centre**

*Draw will take place at Crest Centre on
Saturday 6th January*

*Thank you to everyone who sponsored items for the Hamper
Thanks also to South West College, Enniskillen, Belmore Court
Motel and Mahon’s Hotel for their support of this event*

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/>
- **Connect Fermanagh** - Friendly phone call, local information, and signposting - [028 6632 0230 / www.connectfermanagh.org](https://www.connectfermanagh.org)