



Aisling
centre
Hope Healing Growth

NEWSLETTER

Tips for Surviving Christmas

Many people have mixed feelings about Christmas ranging from loving it to detesting it. However, love it or hate it, it's a time of the year that can be challenging for everyone's emotional health at some point or another. So, while around us the music, lights, adverts, shops and tv programmes will all try to tell us that we are supposed to be feeling upbeat and happy, this is an important time to pay attention to how you do really feel and make sure to look after yourself.

Why not take a few tips from Christmas itself?

The tradition of meeting up with family and friends reminds us of the importance of being with those we care about and those who care about us.

As health tips go;

Spending time in the company of the right people is good for us all.

Gift Giving is a way of telling someone that they matter, that they are worth it. While there is a cost, it doesn't have to be financial.

Giving a little of your time (by helping, visiting, or phoning) particularly to someone who might not get that gift from anyone, is sure to make a difference to them and to you.

For many, Christmas has a religious/spiritual dimension. Looking after our spiritual health is just as important as looking after our physical and mental health.

So time spent getting in touch with the values, principles and beliefs that give meaning and purpose to your life is time well spent.



New Aisling Centre Greeting Cards On Sale Now

These beautiful cards are reasonably priced at £4.50 for a pack of 10.

100% of proceeds from the sale of the cards will be used to support mental health services here in Aisling Centre.

The artwork on this year's card was beautifully designed by local artist Patricia Martinelli.



New Aisling Centre Gift Cards On Sale Now



Aisling Centre is delighted to launch it's first ever charity gift card. When you purchase an Aisling Centre Gift Card you are Giving the Gift of Hope this Christmas. Your gift will be used to provide counselling to a local person who is dealing with difficult times.

You can purchase cards online from our website <https://theaislingcentre.com/shop/> or directly from the Centre via:

Tel: 028 6632 5811

Email: info@theaislingcentre.com

Or in person by visiting the Centre: 37 Darling Street, Enniskillen

Dates for the diary



National Grief Awareness Day 2nd - 8th December 2023

National Grief Awareness Week is an annual event that aims to create a safe space for individuals to openly discuss their experiences with grief and loss. It encourages empathy, compassion, and support for those who are grieving, emphasising that grief is a universal and often challenging part of the human experience.

Grief can be a difficult, distressing and lonely experience at any time of year. However, with the emphasis on happiness and excitement, the build-up to Christmas can make us feel even worse.

Everyone grieves differently – you need to do it your own way. Equally there is no right or wrong way to celebrate Christmas when grieving.

Firstly, we need to be realistic about what is possible. Christmas probably feels very different without your loved one and it can be hard accepting this.

We can feel overwhelmed at the thought of Christmas and the best way to deal with this is to talk to someone, a friend or family member, and tell them how you're feeling. It can be helpful to try to figure out a rough idea of what you would like to do, or you may decide not to make any plans and see how you feel. Talking this through with someone who cares about you can take away some of the worry and stress. If possible, talk to them about how you might remember your loved one in a way that is meaningful for you. Asking for help and taking help that is offered can also make it a little easier. It is also a good idea to stick to normal day-to-day routines around sleep, eating, exercise and connecting with others. Take it day by day.

Being kind to yourself and others who are struggling is a big step in finding your way through the festive season.

Resources:

Cruse - 0808 808 1677

Lifeline - 0808 808 8000

Samaritans - 116 123

Mindfulness Meditation

Still Moments

Christmas Drop in

12th December, 7pm - 8pm

For adults and young people aged 17+

Sessions Free / Donations Welcome

Facilitated by Siobhan Conlon

Siobhan will invite you to join with her in a series of short and relaxing guided mindful meditations to help savour the quiet and peace of this special time which is often lost in the run up to Christmas.

Mindfulness Meditation

Monthly Drop in Sessions

Starts 31st January 2024

Then the last Tuesday of every month

Excludes July & August

For adults and young people aged 17+

Sessions Free / Donations Welcome

Facilitated by Siobhan Conlon

Self-Care Sessions

Quality Care comes from

Quality Attention

Dates TBC

Care for tired bodies and busy minds, with practical tips, and guided relaxation sessions on an exciting 5-week programme. This programme will have a particular focus on managing anxiety.

Designed & facilitated by Aisling Centre Therapist Holly Reid.

Numbers Limited - Registration of interest essential

To register for any of these classes or for further information please contact Aisling Centre.

Email: info@theaislingcentre.com

Tel: 028 6632 5811

Or call into reception 37 Darling Street, Enniskillen.

← hope →



HOPE, HEALING GROWTH EVENT

Ripples of Hope

6th JANUARY 2024

9.30am – 3.30pm

CREST CENTRE,

South West College, Lough Yoan Rd,
Killyhevlin, Enniskillen BT74 4EJ



Limited no of tickets available £25
Virtual attendance free/voluntary
donation



Tickets for in person and online are
available via Eventbrite here:
<https://bit.ly/HHG2024>



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Book of the month

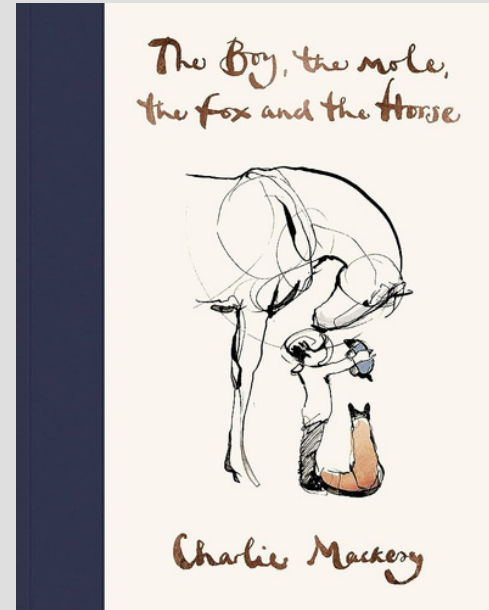
The Boy, The Mole, The Fox and The Horse

Four unusual friends, a boy, a mole, a fox and a horse, share truths about life as they search for a home. However, the boy learns that home is not always a fixed place.

There are beautiful illustrations and thoughtful quotes throughout the whole book which makes it a joyful read. Even though it does appear as a children's book this book really could resonate with any age.

The central message is about the importance of kindness, and that love exists in unexpected places if one is brave enough to let it in. Mention is made of friendship and its importance, and that good friends may be found outside the human race.

The book was released as a film on Christmas Eve 2022. The film was shown on BBC and can be viewed on BBC iPlayer.



" Being kind to yourself
is one of the greatest kindnesses."
said the mole.