



Summer Activities at Solas



Small Group Acupuncture ****Appointment Only**** Wed mornings 9.30am

Adjustments have made to our popular acupuncture clinic to accommodate 6 people each morning, within two rooms. Appointments must be made by contacting Stephanie on 07729 700263 or emailing stephanie@solasmoyle.org.uk

Individual Support

- **Coping Strategies**: two individual chats with our CBT counsellors will be offered to anyone experiencing anxiety, personal coping strategies will then be developed, which can then be used at home to reduce anxiety & stress;
- **Counselling**: a counsellor can support & guide you to deal with difficult emotions or challenging life events or circumstances; this can be arranged over the telephone, video call or face to face
- **Complementary Therapies**: gentle body work, focussing initially on reflexology to reduce stress & tension in the body; these sessions are offered face to face, in a safe and quiet environment
- **Compassionate Enquiry**: this new therapy help people understand emotions, deal with difficulties and learn how to heal; this can be offered either video call, telephone call or face to face
- **Personalised Oils**, Our therapist can create a personal blend of essential oils or Bach Flowers to help you manage emotions
- **Ginny's meditation**, for those unable to join Ginny's on zoom, we can send a CD or audio file of the session for you to use at home

'Connect' Telephone support

Our telephone support continues each morning Mon to Friday between 10 & 11.30am. To receive a regular call from our volunteers, email stephanie@solasmoyle.org.uk or call 028 2039 0135 and leave a message

Zoom video group activities

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| * <i>Jonathan's Energising Yoga</i> | Resumes Tues 21st July at 10am |
| * <i>Ginny's Meditation</i> : | Resumes Wed 22nd July at 11am |
| * <i>Karen's Chair Yoga</i> : | Resumes Thur 23rd July at 12pm |
| * <i>Karen's Restorative Yoga</i> : | Resumes Thur 23rd July at 1.30pm |

To register for any of our activities, please call us on 028 2039 0135 & leave a message or email stephanie@solasmoyle.org.uk to arrange

Activities start from Mon 20th July after our 2 week break



Solas Moyle, 62 Ann Street, Ballycastle, BT54 6AD
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