inspiring opportunities
...wellbeing for all
Welcome

We would like to welcome you to our community wellbeing service at Aspen.

We hope that you can find a course that supports your wellbeing and recovery.

We aim to offer a range of courses that we hope will help you to discover and realise your potential, focusing on the skills and strengths you have.

Our aim is for you to have autonomy in taking responsibility for your wellbeing and journey of recovery.

Our programmes run for 8 weeks at a time.

If you would like more information or would like to make a referral please contact Aspen.

Jojo Moran
Community wellbeing manager

Our Service

Contact Aspen

028 90611 513
aspen@inspirewellbeing.org
16 Finaghy Road South
Belfast
BT10 0DR

For more information about all our services visit:
www.inspirewellbeing.org/mentalhealth
Aspen staff team

Jojo Moran - Community wellbeing manager
Kathryn Neely - Full time project worker
Karen Davies - Full time project worker
Sonia Shields - Full time project worker
Siobhan Holmes - Clerical assistant

Current opening hours

Monday: 10am-4pm
Tuesday: 11am-4pm
Wednesday: 10am-4pm
Thursday: 1pm-8.30pm
Friday: 10am-3.30pm

Get Inspired...

Give
Helping, giving and sharing are associated with increased self-worth and positive feelings.

Be active
Exercise or physical activity can improve mood and make people feel better.

Connect
Building connections to support and enrich you every day.

Keep Learning
Learning can make you feel good about yourself.

Take Notice
Being aware of what is taking place in the present leads to a more positive state of mind.
### Member led Walking
Walking is a great form of exercise, helping both your mind and body. Our member led walking group allows you to get active and enjoy the outdoors exploring different locations. This is a chance to get a gentle bit of exercise and breathe in some fresh air.

### Explorer’s
This is a member led outreach history group. The group decide which historical sites/places they would like to visit each week.

### Aspen Programme (14th Oct - 6th Dec)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td>10am—1.30pm</td>
<td><strong>Cook &amp; Connect (11am)</strong></td>
<td>1.30 pm—4.00pm</td>
<td><strong>Weight away (1.30pm)</strong> <strong>New Agers (2pm—Morton Centre)</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Relaxation (12.30pm)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td>11.00am—1.30pm</td>
<td><strong>Breatheasy (11.30am)</strong></td>
<td>1.30pm—4.00pm</td>
<td><strong>Social Session</strong> <strong>Art therapy (appointment only)</strong> <strong>Out &amp; about (1.30pm)</strong> <strong>Looking after me (2pm)</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Relaxation (12.30pm)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td>10am—1.30pm</td>
<td><strong>Just fit (11am)</strong> <strong>Relaxation (12.30pm)</strong></td>
<td>1.30pm—4.00pm</td>
<td><strong>Social Session</strong> <strong>Walking Group (Member Led—1.30pm)</strong> <strong>Building friendships (2pm)</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td>Open at 1.00pm</td>
<td><strong>Mind Matters (peer support) (2pm)</strong> <strong>Gardening Member led (2pm)</strong> <strong>Relaxation (3.30pm)</strong></td>
<td>1.00pm—4.00pm</td>
<td><strong>Social Session</strong> <strong>(4pm—8.30pm)</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td>10am—1.30pm</td>
<td><strong>Coping with Christmas (11.30am)</strong></td>
<td>1.30pm—3.30pm</td>
<td><strong>Social Session</strong> <strong>Go Creative (1.30pm)</strong> <strong>Women’s weekly (1.30pm)</strong> <strong>The Explorer’s (times vary)</strong></td>
</tr>
</tbody>
</table>
Take Notice

Relaxation
Relaxation groups focuses on using a combination of visualisation, breathing and muscle relaxation techniques in order to deal with stress. The use of various techniques can come in handy when dealing with daily stress or working through unexpected situations.

Massage
This is one to one massages – book appointment through Karen.

Go Creative
This group will be based around different creative activities each week.

Be active

Out & About
This is a social group – the group will decide each week where they would like to go, it will include a short walk/bus trip to various cafes and coffee shops.

Just Fit
The connection between physical exercise and wellbeing has long been acknowledged. However, “sweating it out” in the gym is not everyone’s cup of tea. If you enjoy music and would like the opportunity to exercise in a relaxed, non-judgmental atmosphere where you can take things at your own pace then this group is for you. Come along, boost your mood and have some fun!

Gardening
If you are interesting in gardening and maybe don’t have the opportunity to do this at home come along and get involved.
Connect

Cook & connect
This is a Monday morning breakfast club - it gives an opportunity to connect and socialise with others with the added bonus of learning to cook some nice food.

New Agers
This group is an opportunity for people who are over 65 to meet and connect with each other and share experiences. Group members also receive support and take part in a variety of activities to promote overall wellbeing.

Thursday So-
Thursday Evening social session is a chance to build on existing social skills through a range of activities agreed by the group - with one out activity a month.

Mind Matters
This is a peer support group offering support for emotional wellbeing. People check in about how their week has been and discuss together any problems that have arisen.

Women’s weekly
This group will focus on various topics dealing with health and wellbeing. It will be held in a relaxed environment with support from peers & staff.

Keep Learning

Weight away
This is an 8 week weight management programme. Weight away works by educating individuals on how to make small steps within everyday life towards achieving a balanced diet and increasing levels of physical activity. This programme is aimed to help people who are overweight or obese to achieve safe and gradual weight loss.

Art therapy
Art therapy is a self-expression tool using various art materials. You do not need any particular skills or knowledge. The focus is on the creative process and how you can engage with this. It can help you to communicate your feelings and help resolve complicated feelings. Art therapy has shown benefits in reducing anxiety, stress, panic attacks etc.

Looking after me
This group is all about self-care and how to look after ourselves inside and out.
We cover a range of topics like resilience, developing coping skills, food and mood, managing stress and anxiety when times are rough and how to put yourself first!

Building Friendships
In this group we will look at influences in your life and at relationship dynamics as well how to manage friendships and be open to making new connections.

Coping with Christmas
This group will look how to cope with the run up to Christmas - will include managing stress and anxiety around this time, budgeting and loneliness.