

We simply make it easier for people to lead a healthier life!

September Newsletter: A Return to Normality

On behalf of the Board of Directors, management, staff, and volunteers I would like to thank every local person for playing their part in this community over what has been an extremely challenging 18 months.

We have tried our best to support you all in many ways and we don't intend to stop now as we begin to return to some degree of normality. There are many challenges and issues ahead for us all and we need to support each other. We are here to help improve you, your child's, your family and friends' general health and mental wellbeing into the future so please get in touch.

In this edition, we are introducing you to a fantastic selection of programmes and services that are available NOW. If you have any questions or need more information, then just phone, private mail or call into the centre and we will help get you involved.



Thank you!
Cheers

George

Meet the board

Old Library Trust Board of Directors a team with a wealth of knowledge and expertise guiding the organisation.



Charlie O'Donnell –
Chairperson



Damian Harkin –
Vice Chairperson



Karol Mc Cauley -
Treasurer



Martine Mulhern -
Secretary



Seany Doherty –
Board Member



Yvonne Mullan –
Board Member and
local resident

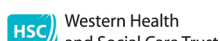


Ronan O'Donnell –
Board Member



Anna Clare Murray -
Board Member

A special word of thanks as always to our Funders; without them we would not be able to provide these valuable programmes and services to the local community.



Looking back on 2020/21

Getting Online

Stay Safe & Connected



HO HO HO

Spreading Christmas cheer!



Back Together



Lockdown Hits

OLT takes to the streets - Exercise & Bingo



Community Spirit



Keeping Active

Outdoor fitness



Personal success stories

Eamon Nash

Over the last year Eamonn has been engaging within our Communities in Transition programme.

"My mental and physical & health has improved drastically, I am more confident and content in myself. Where before I was not really looking forward to things, but now I see a brighter future for me and simple things I took for granted. I feel more motivated and ready to take the day on. This is the best I've ever felt in my life, the OLT and CIT program has changed my life for the better."



Jim Duffy

Jim Duffy is a local Creggan man who like everyone else found life during lockdown tough. Jim was amazed by the response by the Old Library Trust helping those in need within the community.

"The response & support by the Old Library Trust helped me through the tough days. I was connected to the team through social media and was shown how to use; WhatsApp, Zoom and Facebook. I love sending jokes and getting a laugh with the groups, especially during our online exercise sessions and weekly quiz night over zoom."



Timetable

Healthy Living Centre @ The Old Library Trust

OLT HLC EXERCISE TIMETABLE

DAY	CLASS	TIME	
M	YOGA	6PM	
	BODY COMBAT	6PM	NEW
	SPIN & GYM	6PM	NEW
	YOGA	7PM	
T	SPIN & GYM	10AM	NEW
	BODY TONE	6PM	
	MENS YOGA	6PM	NEW
	YOGA	7PM	
W	SPIN & GYM	6PM	
	COMBAT	6PM	
	BEGINNERS YOGA	7PM	NEW
T	BODY TONE	10AM	NEW
	YOGA	6PM	
	BEGINNERS SPIN	6PM	NEW
	ONE BIG CIRCUIT	6PM	
	YOGA	7PM	
F	SPIN	10AM	NEW

Exercise for All – our extra classes in the morning for those dropping the kids off at school and more beginners' classes.

- £20 per month for the class pass OR £10 each when you refer a new member. Exclusively for the month of September.
- Existing Members can avail of this offer if they buddy up with new friend.

£20 MONTH PASS

LADIES WHO PLAY - Netball Programme

Calling all women! Want to get back into sport? We are running a Netball programme, no experience needed. Learn to play, have fun, a throwback to our old school days.

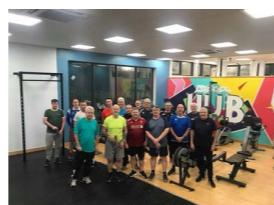


Starting Wednesday 15th September 2021 – 6pm.

For more information: Contact – Julie White Email: julie@olt.ie Phone: **028 71373870**

Men's Health Programme

FREE exercise programme for Men wishing to improve their health and well-being.



Programme runs every Tuesday and Thursday at 7pm.

For more information: Contact – Jonathan Peberdy Email: jonathan@olt.ie Phone: **028 71373870**

SWEET App - Connecting your Families to appropriate Programme & Services.

SWEET APP TESTING – WE NEED YOUR HELP

Over the last 18 months, we are proud to have developed our SWEET App – a digital platform that we want to support parents with young children to live healthier and be connected to the local activities in their area.

We are now delighted to announce that Creggan families to be a part of our new and exciting app journey.

INCLUSION CRITERIA

- Family with at least one child aged 2 – 5 years
- Living in the Creggan area of Derry
- Access to an android or apple mobile device with a stable internet connection

WHAT IS INVOLVED IN THE STUDY?

- Download a mobile app from the app store from a private link we will send to your mobile device
- Complete a short online questionnaire on 3 occasions
- Complete a telephone interview with a researcher



IN PARTNERSHIP WITH



CONTACT US

Phone: **028 7137 3870**

Email: julie@olt.ie

Web: www.olt.ie

This study has been reviewed and approved by the Ulster University School of Biomedical Sciences Ethics Filter Committee (Study No. FCBMS 21-068).

Gp referral / step forward

Are you living with a long term condition? Would you like help to improve your general health & wellbeing?

We have a range of activities for you below!;



GP Exercise Referral

Specialist support to help you manage your condition through regular exercise and nutritional support.



Maintenance Exercise Group (Step Forward)

On completion of your GP referral programme take part in twice weekly exercise sessions to maintain your health & fitness.



Falls Prevention

Are you 65+? Are you at risk or been affected by a recent fall?

This 10-week programme aims to strengthen and improve balance.



Rent a Cuff

Are you concerned about your Blood Pressure?

We offer a rent a cuff service followed by consultation and design of personalized wellbeing plan, to help monitor, control and improve your blood pressure.



The Old Library TREKKERS

Weekly walks at the Creggan Country Park.

Monday and Wednesday's 12pm
Tuesday and Thursday's 10am.



Chronic Pain management

Do live with chronic pain? We can help support you!
This 12-week programme will include: Physical activity / movement, personal development and pain self management workshops. As well as advice from health professionals.



MORE ACTIVITIES....COMING SOON!



Golf Days



Drop in coffee mornings



Chi Mi



Ladies gym session



Gentle Yoga



Indoor cycling class

For more info on these programs contact either - Jonathan or Pete.
jonathan@olt.ie or pete@olt.ie

Stairways – Mental health program

This 8-week program aimed at supporting individuals to manage their physical and emotional well being by providing you with the new skills to support their emotional wellbeing such as breath work, grounding exercise, sound healing, energy work and much more.

Beginning mid-September

If you would like a place, please contact Sabrina@olt.ie.



Family first hub

The Family First Hub has been working with families on an ongoing basis to support them with a range of different issues. Parenting support, counselling, housing, one to one support for young people, bereavement, domestic violence, financial support, anxiety and isolation - The Hub supports it all.

If you need advice and guidance contact Dee: familyfirsthub@olt.ie / **02871373870**.



Older People

Activity Groups

We know it is great to have our older community group back and the opportunity to socialise.

Monday	2pm – 3.30pm	Line Dancing
Tuesday	7pm – 8.30pm	Drama
Wednesday	12Noon – 1.30pm	Luncheon Club
Thursday	12.30 – 2pm	Yoga
Thursday	7pm -9pm	Bingo
Friday	10.30am- 12.30pm	Art Group

Line dancing, drama, luncheon club and bingo as well as an art class on offer. The drama group are looking for new members and will be hosting workshops in October for anyone who wishes to have a go. No experience necessary.

Get in touch!



BUPA Me Time Programme

This programme is open to older carers aged 65+. We are targeting male carers to participate in a programme that offers information, exercise and activities to give them some respite from their caring role. The programme will run for 12 weeks.

For information on DEEDS, Volunteering or our Older People's Programme please contact sinead on **028 71 373870** or email: sinead@olt.ie

Look out for our Positive Ageing Month Events for the month of October on OLT's Facebook Page

DEEDS

We acknowledge our DEEDS and older members who have passed away over this past year. Keeping in our thoughts their families, carers, friends, and neighbours. Also, their fellow group members who shared their friendship and companionship and to DEEDS staff, volunteers and partners who supported them in their Dementia journey.

To our older people who have passed away in the local area, sadly missed by all. We acknowledge their contributions to community life and the strong legacy they leave behind for their family, friends, and relatives.

Extract from DEEDS Carer, Terri Lamberton's Poem We Remember
*We remember their memories with our own intertwined,
 And we often relive those moments in time.
 Those moments make us laugh and sometimes cry,
 but its memory that connects us and makes it worth while
 So, when days are tough and nights are long, Smile, take a moment and remember with love
 Cherish your memories and keep them alive, for its memories that live, long after we're gone.*



Dementia Hero Award

DEEDS have been awarded the Dementia Hero Award for Innovation for their Covid response supporting carers to help keep their loved ones engaged and active at home during the pandemic.



Plans for the Autumn – Social and Activity Groups

DEEDS are offering places now for their Social Groups and Activity groups in OLT and out with our five partners right across the city. All partners and volunteers are looking forward to opening up the service in their areas. Referrals for DEEDS can be made through your GP or Social Worker, Self or Family Referral. Contact DEEDS for a referral form.

New Volunteers Needed!

In June, we celebrated our amazing volunteers with a wonderful outdoor event held at Creggan Country Park. It was just so lovely to see everyone face to face once again and we enjoyed a range of outdoor green therapy activities including a beautiful walk around the park.

DEEDS is currently doing a recruitment drive for new volunteers across the partner areas.





MEN'S MENTORING PROGRAMME

Communities in Transition Programme
SPACES AVAILABLE!

Would you like:

- 1-to1 personal training or group based training.
- Personalised mentoring support.
- Counselling.
- Educational/learning support.
- Plus more - All tailored to suit your individual needs.

Are you:

- Male
- 16-65 years old
- Living in Creggan/Brandywell.
- Wanting to improve your physical and mental health and personal development.


Communities
in Transition

Healthy
Living
Centre @ 
The Old Library Trust

Get in Touch:

Contact – Conor Bradley

Email: conor@olt.ie Phone: 028 71373870 / 078 60704121

 Northern Ireland
Executive
www.northernireland.gov.uk

A special mention of thanks to all our tenants who help us to sustain the work we do.

- Surestart Edenballymore
- The Pink Ladies
- Rubber's barbers
- Rosconnor dental practice
- Michael Hegarty physio
- McCarron Sports Massage

as well as many others who book individual rooms with us all year round.

As well as many others who book individual rooms with us all year round. Not forgetting as always- our community partners, our funders, without them we would not be able to provide these valuable programmes and services to the local community!

DON'T FORGET TO
FOLLOW US ON



@OLTHLC