

Happy New Year! Get involved in 2024 with OLT!

The Old Library Trust Healthy Living Centre January 2024



'Health and Wellbeing support in the heart of the community'

Hi Folks,

The Board, management, staff + volunteers encourage you to reach out and let us recommend specific programmes, services, activities and events that will help improve you, your friends/families or loved ones health and wellbeing.

Thanks *George*

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.

Personal Success Stories

Story 1: Meet Eilish

Introducing Eilish Brown – our new Training and Support Officer

Eilish is working with local businesses and community groups offering a full programme of training and education to empower them to support people with dementia when using their services.

Eilish comes to us with a wealth of experience of training out in the community and great facilitation skills. Last term, we trained staff from Cancer Services, Easilink Transport and the first year Paramedics in Ulster University, Magee using our Dementia Immersive Experience and Dementia Awareness Course tailored to their needs.

This work is going towards making Derry and Strabane a dementia friendly city and district.



Story 2: Meet James

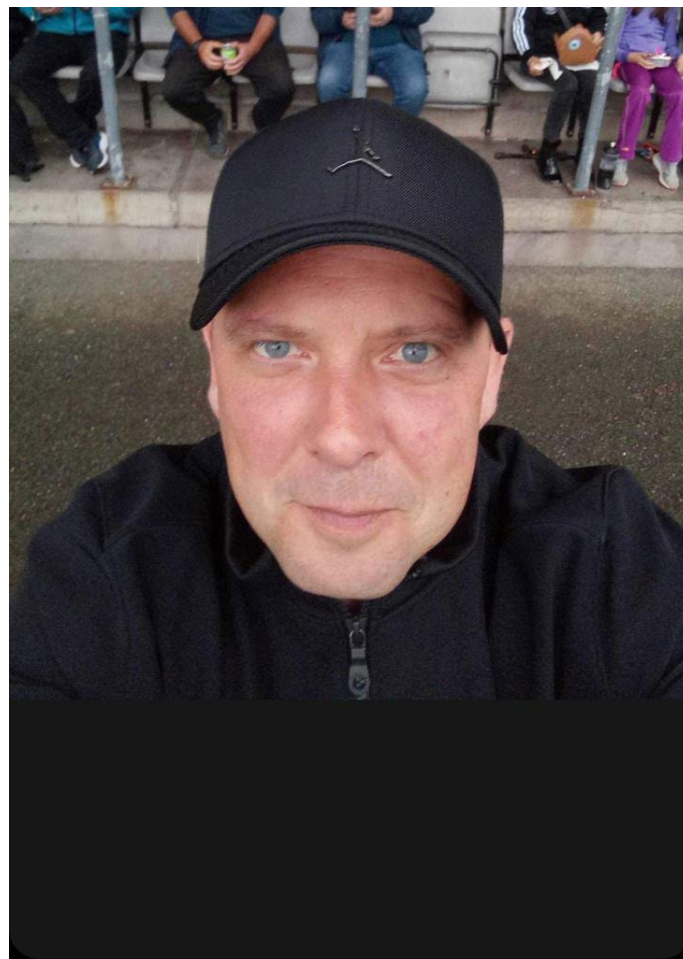
James Kirk

James has been a dedicated member of the Old Library Trust for several years. Throughout these years James has been focused on improving his physical health as well as his overall wellbeing.

He has made massive changes allowing him to lead a healthier life. James has come through our CIT project in recent years and is now a key member supporting others throughout this programme.

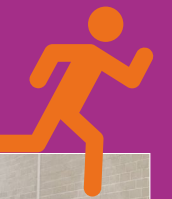
We are delighted to now have James as one of our volunteers, we at OLT are thankful to have such a great group of people willing to give back to their community.

If you are interested in becoming an OLT volunteer, please get in touch.



Healthy Lifestyles

All our classes and activities are suitable for all abilities (beginner to advanced)



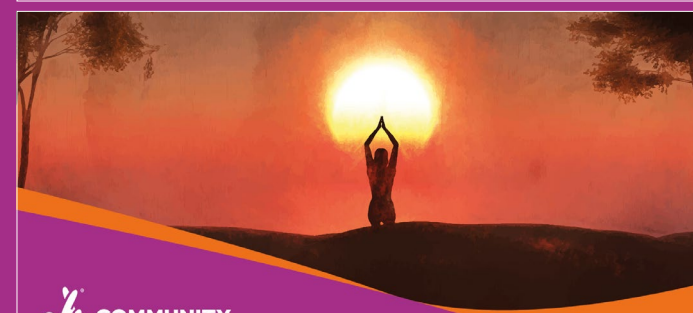
TIMETABLE				
	6.30AM	10AM	6PM	7PM
Monday			Yoga Circuit	Yoga
Tuesday	Spin	Pump	Boxercise Men's Yoga	Yoga
Wednesday		Boxercise	Body Pump	Beginners Yoga
Thursday	Spin	Circuit	30-minute Blast Yoga	Yoga

£25 PER MONTH (ACCESS TO ALL CLASSES) OR £3 PAY AS YOU GO
Payment options available – speak with OLT STAFF

BOOKING REQUIRED: TO BOOK PLEASE EITHER CALL 028 71 373870 OR VISIT PICKTIME.COM/OLTHLC



MEN'S HEALTH
EVERY TUESDAY AND THURSDAY
We are hosting gym-based session for local men to train, socialise and look after their health and wellbeing.
Contact: Pete Simms for more information
pete@olt.ie 028 71373870



COMMUNITY FUND
Meditation & Sound Bath
Immerse yourself in a sanctuary of tranquillity, where mindfulness meets peaceful vibrations.
Sound Bath therapy has the power to restore balance, reduce stress, and elevate your overall well-being.
Starts: Thursday 18th January Time: 7 - 8pm
Destination: The Old Library Trust, Creggan
Programme will run for 6 weeks.



BIGGEST IMPROVER PROGRAM
BIGGEST IMPROVER: UNLEASH YOUR BETTER SELF!
REGISTRATION WILL BE ON MONDAY 15TH SEPTEMBER FROM 4:30PM-6:45PM. £60 FOR 12 WEEKS!
NEW 12-WEEK Programme - If you are interested in group-based training and starting a new health and fitness goal, come join us for our Biggest Improver. Classes on each night at 7pm Monday Tuesday and Thursday. A fun and enjoyable way to make your first steps into fitness.



LADIES NETBALL
WANT TO GET BACK INTO NETBALL?
STARTING BACK
THURSDAY 7TH AT 6PM
BISHOPS PLAYING FIELD – SPORTS HALL.
Welcoming all new faces
Contact: Julie julie@olt.ie 028 71373870



Dive In: Join Our Adult Learn-to-Swim Programme!
It's never too late to make a splash! Join our brand-new Adult Learn-to-Swim Programme and embark on a journey to conquering the pool.
OLT will be launching a new adult swimming 8-week programme: We will be offering the following:
• 8-week beginners – learn to swim (Monday 15th)
• 8-week – improver – increase your swimming skills (Tuesday 16th)
Starts: Monday 15th January
Time: 8 - 9pm
 Project supported by the PHA

More exciting new activtities



STEP INTO THE RHYTHM OF FUN WITH CEILI DANCING!


CEILI DANCING

WITH ARLENE MCLAUGHLIN

Are you ready to kick up your heels and experience the joy of traditional Irish Ceili Dancing? Join us for an exhilarating journey into the heart of Celtic culture, where lively music, infectious laughter, and spirited dance come together in a celebration like no other!

Start date: Thursday 25th January
Time: 12 - 1pm
Destination: The Old Library Trust, Creggan

Programme will run for 6 weeks.





Swing into Joy: Join Our Jive Dancing Classes

Ready to add a dash of rhythm to your life? Elevate your dance moves with our exciting NEW Jive Dancing classes! Perfect for everyone from beginners to seasoned dance enthusiasts! Our classes are designed to bring out the dance maestro in you.

Starts: Wednesday 24th January **Time:** 6 - 7pm
Destination: The Old Library Trust, Creggan

Programme will run for 6 weeks.



Older Adults (Over 50's)



Loving Life Living Longer project is here to support adults (over 50) to live well and longer through a range of programmes and activities that will support their health and wellbeing.


Contact Jonathan for more info about programs offered to Older adults across the area.

T: 028 71373870
 E: jonathan@olt.ie




Long Term Condition Management


Are you living with a long term conditions?
 If so, get involved in our specialized programmes.




GP Exercise Referral
 We will provide specialist support to help you manage your condition through regular exercise and nutritional support.



Falls Prevention
 This is a proven programme to help improve older people's balance and strength. *For more info contact Jonathan*



Maintenance Exercise Group
 Available on completion of your GP referral programme to maintain your health & fitness.



Chronic Pain management
 Free 12-week programme that includes: Physical activity / movement, Personal development and pain self-management workshops.
NEW PROGRAMME - 24th JAN 2024 - 2pm
For more info contact Pete

Loving Life Living Longer Timetable		
Day	Class	Time
Mon	Chi Mi	10am
	Walking Group	12pm
	Men's Social Group	1pm
Tues	Loving Life Circuit	12pm
	Lunch Club	1pm
	Drama	7pm
Wed	Walking Football	11am
	Walking Group Creggan Country Park	12pm
Thur	Quiz / Games	2pm
	Older Adults Yoga	12.30pm
Fri	Strength & Balance	11am
	Chair based stretch & Flexibility Yoga	12pm

Older Adults (Dementia)



DEEDS Programme

Deeds offers a wide range of programmes for people living with early-stage dementia and their families (carers) living in the Derry/Strabane District Council. The aim of our project is to keep people living with dementia well for longer in the community. This is a referral only programme. Referral can be through social worker or GP, through self referral or family member. Forms available from OLT.



Events and Carers Information

DEEDS Carers Monthly Drop IN – January - June 2024

Come for peer support/ chat /listen and learn with different speakers and themes covered monthly.

Jan 25th 11am/Feb 22nd 6pm/March 21st 11am

April 25th 6pm/May 23rd 11am/June 27th 6pm

Carers Education

A FREE 4-week Course for those looking after someone with dementia. This course teaches what is dementia and helps carers to gain an understanding about different types of dementia, about communication, different behaviours, and coping strategies etc.

Beginning Tues: 23rd /30th May & 6th & 13th June.

Time: 11am weekly

Caw Nelson Drive Action Group

Crescent Community & Cultural Centre (205- 211 Sperrin Park, Waterside BT476NQ)





Training & Education Provision

We offer a full programme of delivery with our in-house training, we can design programme content to meet your specific needs, ensuring maximum benefit to individuals and organisations, so that people with Dementia are supported to live well for longer in their own communities.

What we offer?

- ♥ Dementia Awareness
- ♥ Communication for Dementia
- ♥ Creating a Dementia Friendly Environment
- ♥ Immersive experiential training – come walk in the shoes of someone living with dementia.

Specific Modular content includes:

- ♥ What is Dementia?
- ♥ Communication for Dementia
- ♥ Understanding Behaviours
- ♥ Activities for Dementia.

Get in touch to discuss the best option for you.
Price / Quotations available on request

Contact DEEDS on Tel: 028 71 373870 E: sinead@olt.ie



Family Support Hub



Family First Hub

Family First Hub provides essential support to meet the specific needs of local families.

For more information or support: please contact Sharon

familyfirsthub@olt.ie or 028 71373870



Positive Minds



Providing opportunities for local people to improve their mental health and wellbeing. We can offer:



A Mindful Self Care 8 Week Programme

Beginning Friday 5th Jan, 2024
Venue OLT
To Register contact OLT on 028 7137 3870





LEARN



REFLECT



PRACTISE



CONNECT



LIVING LIFE TO THE FULL

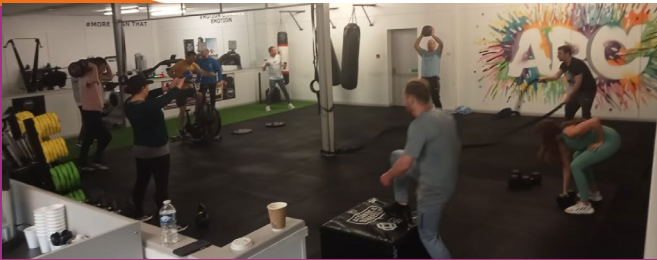
A free six-week mental health course using Cognitive Behavioural Therapy techniques brought to you by mental health charity AWARE NI.

Where: Old Library Trust
2 Central Drive, Creggan

When: Every Tuesday
from 16th January to 20th February 2024 6-8pm

To book a place, please email [Sabrina Lynch on sabrina@olt.ie](mailto:sabrina@olt.ie)

Community Mentoring Programme



Would you or someone you know benefit from:

- 1-2-1 personalised mentoring support
- Counselling/Physio
- Educational/learning support
- Personal or group based training
- Guidance & support with drug & alcohol misuse
- Plus more- All tailored to meet individual needs

ARE YOU:

- Male/Female
- 16-65 years old
- Living in Creggan/Brandywell Area
- Wanting to improve your physical & mental health & personal improvement

CONTACT: **Conor Bradley**
Email conor@olt.ie
Tel **02871373870**


**Communities
in Transition**


Northern Ireland
Executive
www.northernireland.gov.uk


Bogside & Brandywell
Health Forum An Fóram Sláinte

Other Services:

A special mention of thanks to all our tenants providing additional services that include:

- Surestart Edenballymore - *providing support to families with children 0-4 years.*
- The Hive - *a haven for healing, hope and connection for those affected by cancer*
- Creggan Barbers
- Rosconnor Specialist Dental Practice
- Michael Hegarty Physiotherapy
- McCarron Sports Massage Therapy

Tel: **02871373870** Email: reception@olt.ie

@OLTHLC

