

Spring Forward with DLDCs Wellbeing Workshops

With Spring in the air and evenings getting a little longer, is it time to give *yourself* a Spring Clean? Donegal Local Development Company (DLDC) & the Community Health Sync Project (CoH-Sync) continue to deliver wellbeing supports to the people of Donegal and surrounding counties.

Staff on the SEUPB funded CoH-Sync project are available to support people with their health & wellbeing. Each programme includes 1-2-1 personalised health plans and regular check-in's over a period of 5 weeks from Community Health Facilitators. These are delivered via phone and online.

Project manager Siobhan Coyle (DLDC) explains: "We are running online courses to support people to stay connected (socially online), learn a new skill or simply do something that takes our minds away from the Covid pandemic. These new programmes are open to people living in Donegal, Derry/Londonderry, Fermanagh, Tyrone and Leitrim who have not previously completed a course with us. Free materials are available for the first people who register for the knitting and arts and crafts workshops".

Comments from previous participants have been very positive.

"I feel the art course I did was very good for me as I was able to put my feelings on paper and destress myself "

"Very professionally organised and facilitated, I felt connected to (my) community and I still use the Mindfulness I learned to sustain me in these difficult times"

"It awoke me to a whole new world of different ways of doing things or looking at life. It gave me fresh ideas and kept me from going mad during the pandemic"

"The cookery class was very easy to follow. It was like watching my own sister cooking in her kitchen"

Programmes are all delivered online and include sessions in Mocktail Making, Pilates, Zumba, Mindfulness, Cooking, Art & Crafts, Financial wellbeing and Knitting for wellbeing. All of the programmes are **free** and delivered **online** via private Facebook Groups or Zoom, for one hour per week. A personalised health action plan & 5 weeks of support from Community Health Facilitators is available with each of the programmes. The next block of workshops start the week of March 8th.

If you would like to find out more about any of the programmes or register your interest call 087-9683868 or emailing health@dldc.org

Registration Link: <https://forms.gle/NrE7t6DDrsfeeK44A>

Detailed course outlines and start dates are available at:

<http://www.dldc.org/community-health-sync-project/>

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