

The Aisling Centre: Supporting Positive Mental Health and Wellbeing in Enniskillen



(Sisters Edel Bannon rsm and Mary de Lacy rsm, former Board Members of Aisling Centre, with Sinead Reilly, Museum & Heritage Development Officer, Fermanagh Omagh District Council)

In recent months, the Congregation of the Sisters of Mercy Northern Province gifted its former building at 37 Darling Street, to the Aisling Centre in Enniskillen in County Fermanagh. Commenting on the gifting of the building, the Chairperson of the Aisling Centre, Alison Annan said:

“We are very humbled by the trust that has been placed in us by the Sisters of Mercy in gifting the building to Aisling Centre. We are honoured to continue to uphold the ethos of the founding members of the charity in providing hope, healing and growth to all who use our services.”

Prior to the gifting of the building, the Congregation of the Sisters of Mercy Northern Province provided the building rent-free for over 32 years. Today, the Aisling Centre provides a safe, inclusive and confidential space where the people of Enniskillen can find healing and growth.



Sr. Edel Bannon rsm with Sr. Mary Daly rsm

The Aisling Centre was founded in 1990 by Sisters Mary Daly rsm, Edel Bannon rsm and Helena Hunt rsm, three members of the Congregation of the Sisters of Mercy from the Northern Province. The Aisling Centre is dedicated to the promotion of positive mental health and emotional wellbeing and offers a range of services including: counselling, psychotherapy, play therapy, mindfulness meditation, wellbeing and life learning programmes, along with complementary therapies and outreach support to victims and survivors of The Troubles. In addition, the Aisling Centre also provides a valuable meeting space for a number of local community groups.



(Brenda McGovern presenting a cheque to Aoife McManus, Fundraising & Communications Assistant, Aisling Centre for funds raised in memory of her daughter Katie May and sister Nicola. Looking on L-R Catherine Mulligan, Thomas Mulligan, Alison Annan, Chairperson of the Aisling Centre & Ann McDermott, Director of the Aisling Centre)

The Aisling Centre is managed by a voluntary Board of Directors drawn from across the community who are supported by a dedicated team of staff and volunteers. In 2023, supporters and staff at the Aisling Centre participated in a successful fundraising and awareness campaign – a community trek for World Suicide Prevention Day. The 2024 trek is planned for Saturday the 14th of September 2024. The Patron of the Aisling Centre is well-known Enniskillen actor and director Adrian Dunbar. Adrian played a central role in the Centre’s Hope Healing Growth event.

A special commemorative rose ‘Sweet Dream’ was planted by the staff of the Aisling Centre in the Convent of Mercy garden in Enniskillen, to honour the gifting of the building by the Congregation of the Sisters of Mercy Northern Province. The rose is accompanied by a plaque which reads: *Aisling Centre would like to thank the Sisters of Mercy Enniskillen, founders of the Aisling Centre, for the incredible support they have given to the local community and the contribution they have made to promote positive mental health.*

For more information on the work of the Aisling Centre, please visit www.theaislingcentre.com.