









Donaghadee Summer Festival

Events to take place in June and July

Organisers of events in June and July who wish to publicise the event as part of the Festival should make application to info@visitdonaghadee.com before 26 May 2023



Meadowbank Social Club

Tickets £5 per person All proceeds to In-Bloom Project



Save a Life Course

First aid course covering the basics of CPR and Defibrillator use.

Would you know what to do in an emergency?

Donaghadee Community Centre Sat 13th May 10.00am OR 11.30am

See <u>www.LighthouseChurchDonaghadee.com/SaveALife</u> for details

Places limited - Book early to secure your place

Cost £15 per person
All proceeds in aid of providing a defibrillator for the community in Donaghadee



Course provided by Medsafe

Organised by Lighthouse Church



Apply for the Co-op Local Community Fund

We support projects that help make communities fairer for everyone. You can apply if you're a not-for profit group, wanting to fund a specific project that benefits your local community.

If your funding application is successful, we'll work with you for 12 months. The more members that shop with Co-op and choose to support your project, the more funding you will receive.

To apply for funding, you need to send your application by 11 June 2023.

For more info see causes.coop.co.uk

Gala Musical Evening

Flavoured with Ulster Scots, Hillbilly and Gospel

Featuring 'The Low Country Boys' _{with}





'The Singing Binman' John Porter

First Donaghadee Presbyterian Church, High Street

> Saturday, 20th May, 2023 at 7.30pm

Admission (incl. light supper) - £10

Tickets available from Dunn's Shoes, High Street, or telephone Sharron on 07817 406576



Open Days at the Sir Samuel Kelly Lifeboat

Marina Carpark, Donaghadee

Sunday 30 April & Monday 1 May 1-4pm Sunday 28 May & Monday 29 May 1-4pm

Come along & see the Sir Samuel Kelly Lifeboat & Exhibition about the 1953 Princess Victoria Disaster









To arrange a group visit please contact shirleyc153@gmail.com or tel 07805296958



Ards and North <u>Down</u> Borough Council's Parks Department invite you to take part in our GIANT pumpkin competition.

We will supply you with a plant (already potted into a 2 litre pot) and a growing guide For further information and growing tips visit Grow a giant pumpkin / RHS Campaign for School Gardening

Application form from Council's Parks Department.

Deadline for applications is Friday 26th May 2023



PUPPETS IN YOUR PLACE!

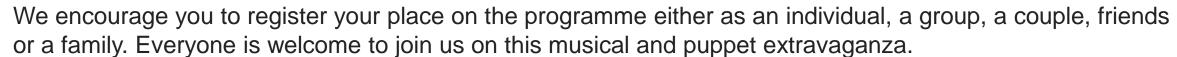
A completely free, intergenerational project that brings Communities together journeying on a creative discovery.

Skilled music, drama and puppet facilitators will work with participants across six sessions, discovering what their local community means to them. Creatively discovering ideas, experiences, memories, history and connection to local places. Culminating in the four participant groups designing and crafting large-scale puppets, songs, stories, choreography and movement for public presentation in the Enchanted House of Puppetry programme in October 2023!

Donaghadee, Community Centre

Times: 10am-12noon

Dates: 10, 17, 24 June and 14, 21, 29 October



Register at: www.andculture.org.uk
For more info, phone: 028 9181 0803

Kindly supported by The Arts Council of Northern Ireland (Rural Engagement Fund)



Register and create your training Member account on our website to book your place. <u>https://www.ascert.biz/register-landing/</u>



Supporting Young People, Adults & Families

Addressing Alcohol & Drug Related Issues; Reducing Harm & Supporting Positive Change

Training Courses May 2023

Register and create your Training Member account on our website to book your place:

https://www.ascert.biz/register-landing/

Understanding	3 rd May 2023	ZOOM Online Training
Prescription & OTC Drugs	10.00-13.00	Free
Substance Misuse Awareness	4 th May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Illicit Drugs	9 th May 2023 10.00-13.00	ZOOM Online Training Free
Working With Young People & Substance Misuse	10 th & 11 th May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Alcohol	15 th May 2023 10.00-13.00	ZOOM Online Training Free
Parental Substance Misuse	17 th & 18 th May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Prescription & OTC Drugs	22 nd May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Illicit Drugs	24 th May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Alcohol	26 th May 2023 10.00-13.00	ZOOM Online Training Free
Safeguarding Children Affected by Parental Substance Misuse	30 th May 2023 10.00-13.00	ZOOM Online Training Free

Singing for the Brain Online Taster Session



(Northern Ireland)

Together we are help & hope for everyone living with dementia

This Dementia Action Week, join other people affected by dementia for a taster session online (Zoom). Our Singing for the Brain sessions use singing to bring people affected by dementia together in a friendly and stimulating activity.

Are you or someone you know living with dementia?

This Dementia Action Week, come and join our open online taster session for Singing for the Brain, delivered by our Singing for the Brain Leader in Northern Ireland.

The session is free, and anyone living with dementia, their family and friends is welcome!

Wednesday 17th May 2023 10.30am-12 noon



To join, follow the link below (Zoom): https://bit.ly/3HFADPR (please join between 10.30am and 10.45am – no need to register!)

For more information about Singing for the Brain, please contact Edelle McMahon by email at singing@alzheimers.org.uk or by phone on 07484078886

Do you want to improve your physical and mental health?



Join us to learn about the 5 actions you can take to improve your physical and emotional wellbeing today!



23rd May 2023

11- 12pm

Delivered via zoom

To book please contact: Eileen.young@setrust.hscni.net











Do you need support to lose weight & make healthier choices?

We are running a 12 week group support programme to help you learn small steps to improve your health and wellbeing?

MOMENTA ADULT WEIGHT MANAGEMENT PROGRAMME

is a weight loss and healthy lifestyle intervention. Introducing behavioural change skills to maximise outcomes from the programme, such as keeping food and activity diaries, setting SMART goals, weight tracker etc.

Patients who are over age of 18 years old can refer themselves to this weight management programme run by South Eastern Health and Social Care Trust.

ADULT WEIGHT MANAGEMENT PROGRAMME REFERRAL CRITERIA

- People who are overweight and have Body mass index more than BMI 25 (www.nhs.uk BMI Healthy Weight calculator)
- People who are motivated to adopt healthier lifestyle
- People who live in South Eastern Trust
- Consult a GP before starting if you have a medical condition.

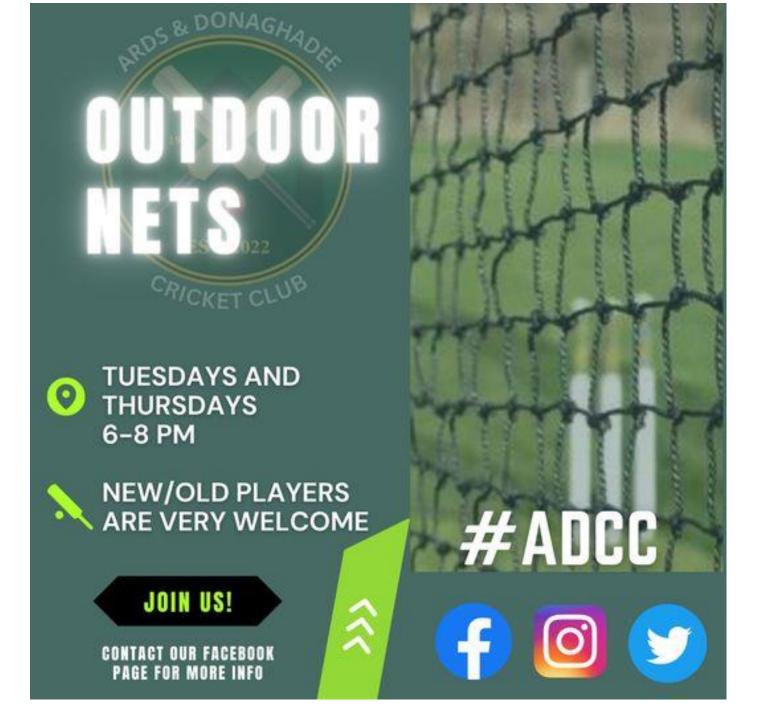
If you meet the criteria and wish to register or if you would like more information please email or phone us.

Email on: adultweightmanagementservice@setrust.hscni.net Telephone 07890 022 499



The Community Development Association has no employees and is therefore heavily reliant on volunteers to assist in its projects. We are always on the look out for volunteers so if you would like to help, even for only an hour or two, email your contact details to info@visitdonaghadee.com. Volunteering can take the form of:-

- Stewarding at events in the summer and at Christmas
- Assistance with maintenance of planters,
- Working in Cromellin Wood
- Help with distribution of material, publications etc



Help make Donaghadee an even better place!

Donaghadee Community Development Association:-

- ✓ Organises community events;
- ✓ Organises Donaghadee in Bloom;
- ✓ Is restoring Crommelin Wood;
- √ Campaigns for town improvements;
- ✓ Works closely with local schools on community projects;
- ✓ Supports local traders and community groups

Show your support by joining us -

£5.00 Family Membership

£10.00 Community Organisations

£10.00 Traders

More information at visitdonaghadee.com









Involvement in the local community forms a key component of the Donaghadee Rotary (while having lots of fun at the same time). The photographs show recent events held by the Club:

Human Fruit Machine (fun without technology!)
Walking Treasure Hunt (Rotary event for all the family)
Camera Obscura visit by Rotarians

Fancy finding out more about Rotary, just visit: http://donaghadeerotary.org/
to find out more.



Donaghadee SHORELINE PROBUS Club

Are you male & retired?

Bored, looking to fill a gap?

Want to meet people socially?

For a varied programme of talks, discussions & outings then why not join us for an hour once a week.

We meet in 'Bow Bells' on Tuesdays at 11.00

INTERESTED?

Contact:

John: 0796 7760841

Or

William: 0781 2212527