



**DONAGHADEE**  
THE BEACON ON THE COAST



# Donaghadee What's on and Where 15<sup>th</sup> March 2024

## ***In this issue***

- ***Express your interest in creative arts***
- ***Rotary Club Quiz***
- ***Health and Well-being information***
- ***..... And much more***

Further Information at  
[visitdonaghadee.com](http://visitdonaghadee.com)

If you have an event you wish to list  
email details to

[info@visitdonaghadee.com](mailto:info@visitdonaghadee.com)

**CAN YOU HELP INFLUENCE DONAGHADEE'S CREATIVE ARTS STRATEGY?**

**WOULD YOU BE INTERESTED IN A PUBLIC MEETING TO DISCUSS OPTIONS?**



**IF THE ANSWER IS YES THEN EMAIL  
TREVOR CONWAY**

**CREATIVEARTS@4TUNESTUDIOS.CO.UK**



# HAVE YOU GOT A SECOND?

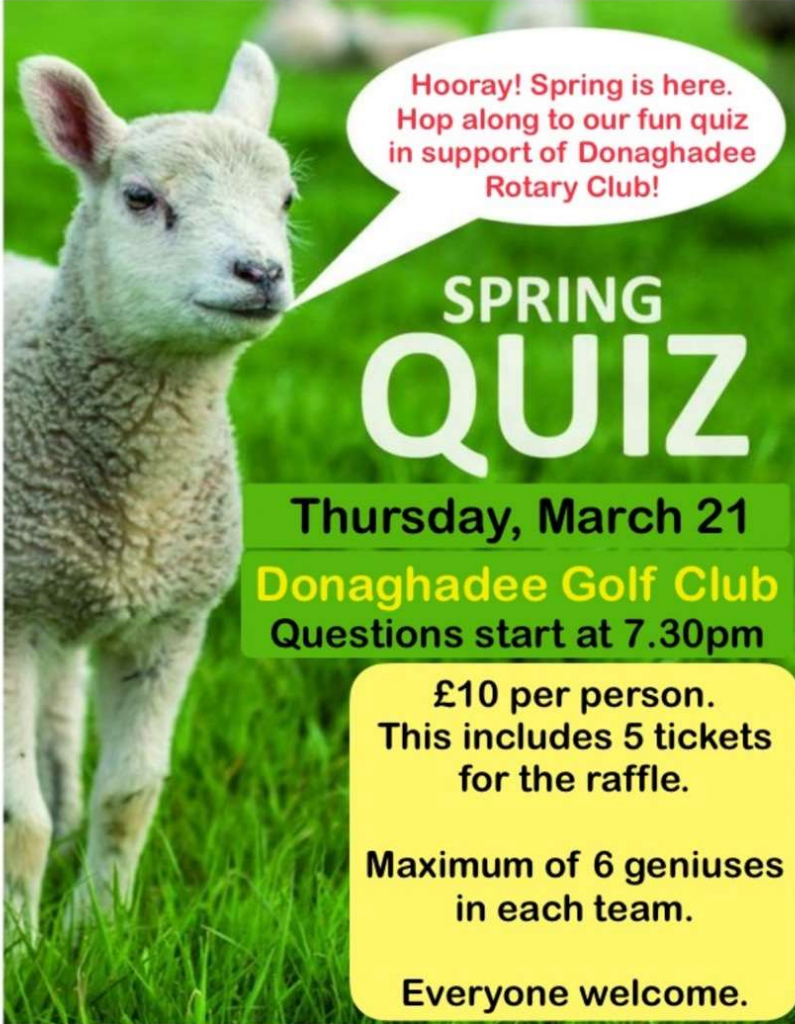
My name is Aaron. I am a local Martial Arts Teacher. I am running the **SPAR Craic 10K** to raise money for **Donaghadee in Bloom**.

I want to give back to this great community. If you can, please donate on my Just Giving Page.

Thank you!

[www.justgiving.com/crowdfunding/aaron-mouser-savage-donaghadee](http://www.justgiving.com/crowdfunding/aaron-mouser-savage-donaghadee)





Hooray! Spring is here.  
Hop along to our fun quiz  
in support of Donaghadee  
Rotary Club!

# SPRING QUIZ

**Thursday, March 21**

**Donaghadee Golf Club**  
Questions start at 7.30pm

£10 per person.  
This includes 5 tickets  
for the raffle.

Maximum of 6 geniuses  
in each team.

Everyone welcome.



**ROTARY**  
Club of Donaghadee



If your child missed their scheduled **MMR vaccines**. They can get the missed doses at a **MMR catch-up clinic**

*Scheduled first dose is given at one year and the second at three years and four months*

**M M R**  
Measles Mumps Rubella

**HSC** Public Health Agency



# WEBSITE NOW LIVE!

- Check out Help Kids Talk website for:
- helpful tips and advice
- booking details for free monthly training
- access to informative bitesize sessions
- latest news and events

[www.helpkidstalk.co.uk](http://www.helpkidstalk.co.uk)





### SPOT

Suicide Prevention - Overview Tutorial.  
What EVERYONE needs to know.  
(CPD Accredited)

**Date:** Wednesday 13th March

**Time:** 1:30pm - 3:00pm

**Venue:** North Down Community Network Hub  
25 Main Street, Bangor BT20 5AU

**Book:** <https://www.papyrus-uk.org/training/ni-sp-ot-south-eastern-trust-north-down/>



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Registered Charity Number: 1170395  
Registered Company Number: 03552482



### SPEAK

Suicide Prevention - Explore, Ask, Keep-Safe. An introduction to Suicide Prevention skills  
(CPD Accredited)

**Date:** Wednesday 27th March

**Time:** 1:30pm - 5:00pm

**Venue:** North Down Community Network Hub  
25 Main Street, Bangor BT20 5AU

**Book:** <https://www.papyrus-uk.org/training/ni-sp-eak-south-eastern-trust-north-down/>



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South Eastern Health  
and Social Care Trust

# HOW CAN I PREVENT FALLING?



## Keeping bones healthy

- Eat **foods** rich in calcium & Vitamin D.
- Grow stronger bones by taking regular exercise.
- Stop smoking.

## Medicines

- Some medicines can cause side-effects such as feeling dizzy, drowsy or unsteady which can increase your risk of falling.
- Only take medicines that have been prescribed to you and don't mix them with alcohol.

## In the house safety

- Don't place objects on the stairs.
- Ensure there is good lighting.
- Install handrails.
- Replace damaged carpet.
- Avoid trailing leads/wires.
- Use non slip mats.
- Install grab rails by the toilet & shower.

## Outside safety

- Have broken or uneven pathways & driveways repaired.
- Remove leaves & debris.
- Install handrails on any steps.
- Have salt spread on icy pathways/ avoid walking in icy conditions.

## Eyesight check ups

- Good vision is important to maintain your balance.
- You are advised to have your eyesight checked by an optician if you have an eye condition or over the age of 70.

## Physical activity

- Balance can be retained & improved with specific exercises.
- Weak muscles can be a result of not using them enough. To strengthen these muscles you can get individually prescribed exercises.



# MAKING CONNECTIONS

A friendly get together for individuals living with dementia and their family members



**When:** Meeting the last Thursday each month

**Time:** 10am- 12noon

**Location:** Kircubbin Community Centre  
4 Church Grove, Newtownards  
BT22 2SU



Register to attend or feel free to walk in on the day.  
For more information please contact Catherine on  
[catherine.mcniece@setrust.hscni.net](mailto:catherine.mcniece@setrust.hscni.net) or 07872419898



South Eastern Health  
and Social Care Trust



Alzheimer's  
Society



FFP Arts CIC



# Alzheimer's Society

If you would like someone from our Northern Ireland team to contact you, please scan the QR code below and complete the form or contact us using the details below.



**028 9066 4100**



**alzheimers.org.uk**



**nir@alzheimers.org.uk**



**@alzheimerssoc**

2023  
Company Limited by



**CARERS INFORMATION SUPPORT PROGRAMME 1 & 2**

**CrISP 1**

- 1) The Impact of Dementia
- 2) Providing Support & Care
- 3) Legal & Financial Guidance
- 4) The Impact of Caring

**CrISP 2**

- 1) Understanding Behaviour Changes
- 2) Living Well with change
- 3) Living Well, staying Active

**January-March 2024**

Tues 9th,16th,23rd & 30th Jan	7-8:30pm	ZOOM
*CrISP 2* Wed 10th, 17th, 24th Jan	10:30-12:30pm	Hamilton HUB, Bangor
Sat 3rd & 24th Feb	9:30-1:30pm	ZOOM
Tuesday 6th,13th,20th,27th Feb	12- 1:30 pm	Zoom
Wed 7th,14th,21st,28th Feb	10:30-12:30pm	Skipperstone Community Hall Bangor
Tues 5th, 12th, 19th, 26th, March	6:30 - 8:30pm	Lisburn Leisure Plex
Wed 6th, 13th, 20th, 27th March	1pm-3pm	Parish Centre, Newcastle
Thurs 14th & 21st March	10:15-2:30pm	Donaghadee Community Centre



Scan to register!

Inquiries: Bronagh 07522712764  
crispseni@alzheimers.org.uk





*Grief can be  
overwhelming*

We can help.

**Cruse**  
Bereavement  
Support



**We are open for new referrals  
in the South Eastern area**

If you have been bereaved, or are  
experiencing depression or anxiety after a  
bereavement, **we can help you**

We offer in-person/telephone and Zoom  
support

For information and support contact

**Cruse Bereavement Support**

North Down and Ards Area

028 9127 2444

[NorthDownAndArdsArea@Cruse.org.uk](mailto:NorthDownAndArdsArea@Cruse.org.uk)

Down and Lisburn Area

028 9043 4600

[BelfastArea@Cruse.org.uk](mailto:BelfastArea@Cruse.org.uk)

**Phone lines open 9:30am-11:30am and 2pm-3:30pm daily**

*You're not alone.*

Registered Charity No. 208078 | A Company Limited by Guarantee No. 638709 (London) Unit 0.1,  
One Victoria Villas, Richmond, TW9 2GW

# DONAGHADEE

## HISTORICAL WALKING TOURS

We are local historians who can tell you much of the **400 year history** of our town, and many stories.

The main Port from Ireland to Britain, 1620 to 1850 why did it end?

Visit our Camera Obsura, and **"Hope Street"** film sites.

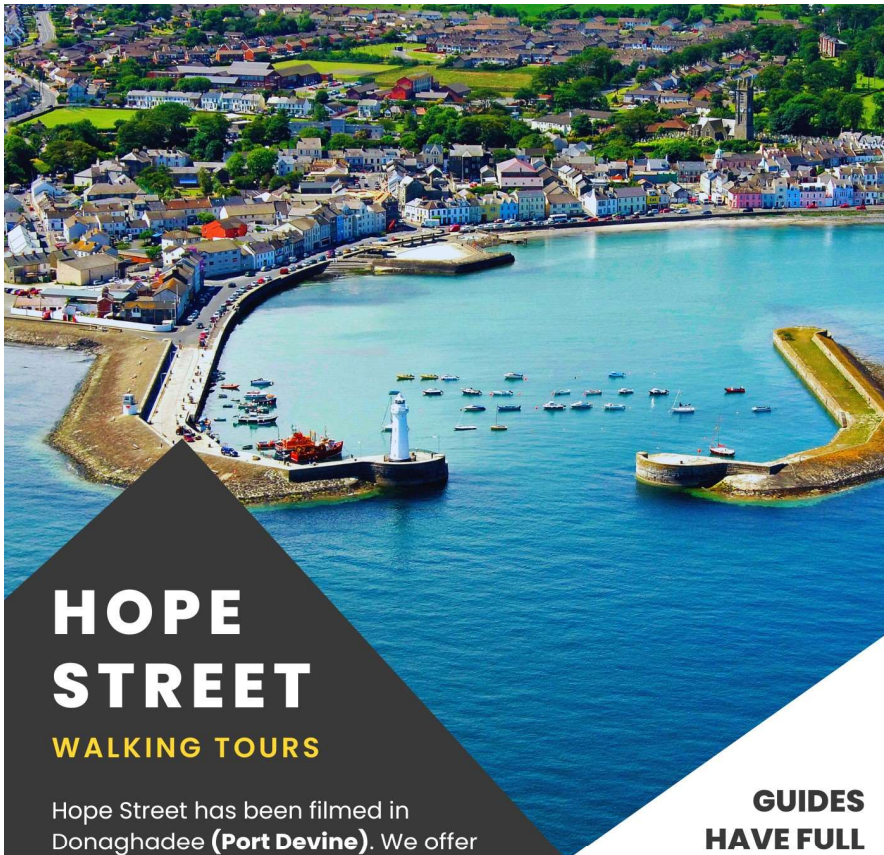
Walks are designed to your time availability (1-3 hours). All are **FREE**.

**GUIDES HAVE FULL PUBLIC LIABILITY INSURANCE COVER**

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### TO BOOK A TOUR

Phone Dr Robert Neill: **07773464116** or  
Email: **robert.neill3@btopenworld.com**



# HOPE STREET

## WALKING TOURS

Hope Street has been filmed in Donaghadee (**Port Devine**). We offer **FREE** walking tours of many of the film sites from the series. Walks are designed to your time availability.

We are local historians who can also tell you much of the **400 year history of the town.**

### TO BOOK A TOUR

Phone Dr Robert Neill: 07773464116 or  
Email: [robert.neill3@btopenworld.com](mailto:robert.neill3@btopenworld.com)

**GUIDES  
HAVE FULL  
PUBLIC  
LIABILITY  
INSURANCE  
COVER.**





Donaghadee Methodist  
Church



# Parent & Toddler group

Thursday mornings

10.00am - 11.15am

from 14th September 2023

Donaghadee Methodist Church Hall

for more info contact Louise 07801 032280





### Come join our Book Club!

Held monthly on Wednesdays at Donaghadee Health Centre  
from 10.30am-11.30am

Please email the Health Centre's Social Work Assistant at  
[sonia.weatherup@setrust.hscni.net](mailto:sonia.weatherup@setrust.hscni.net) if interested





South Eastern Health  
and Social Care Trust



# Donaghadee

## Wellbeing Walking Group

### Every Tuesday

### at 10.30am



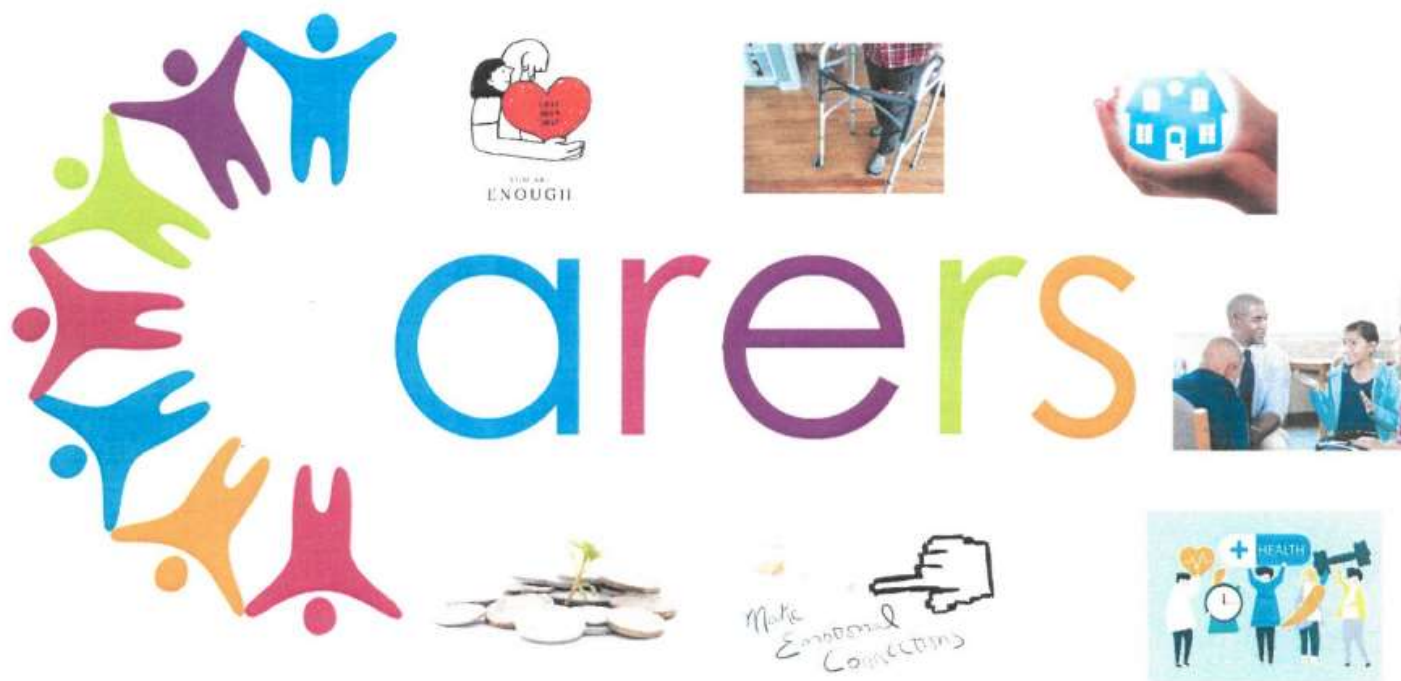
Everyone  
Welcome!!  
Easy, level  
walking and  
FREE

Please email  
[sonia.weatherup@setrust.hscni.net](mailto:sonia.weatherup@setrust.hscni.net)  
if interested

Improve your  
mental and  
physical health  
and get chatting  
to new people



**Carers support family members & friends in many different ways.....**



**Are you a Carer? Would you be interested in joining a local Carers Group? If so, please leave your name & contact details by emailing [sonia.weatherup@setrust.hscni.net](mailto:sonia.weatherup@setrust.hscni.net) (Social Work Assistant – Donaghadee Health Centre).**

# Help make Donaghadee an even better place!



Show your support by joining us –  
£5.00 Family Membership  
£10.00 Community Organisations  
£10.00 Traders  
More information at [visitdonaghadee.com](http://visitdonaghadee.com)

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](mailto: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 Crommelin Wood
- Help with distribution of material, publications etc



**VOLUNTEERS**  
MAKE A DIFFERENCE  
**SIGN UP TODAY!**





# Rotary

Club of Donaghadee



**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.

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



**Donaghadee  
SHORELINE  
PROBUS Club**

Are you male & retired?

Bored, looking to fill a gap?

Want to meet people socially?