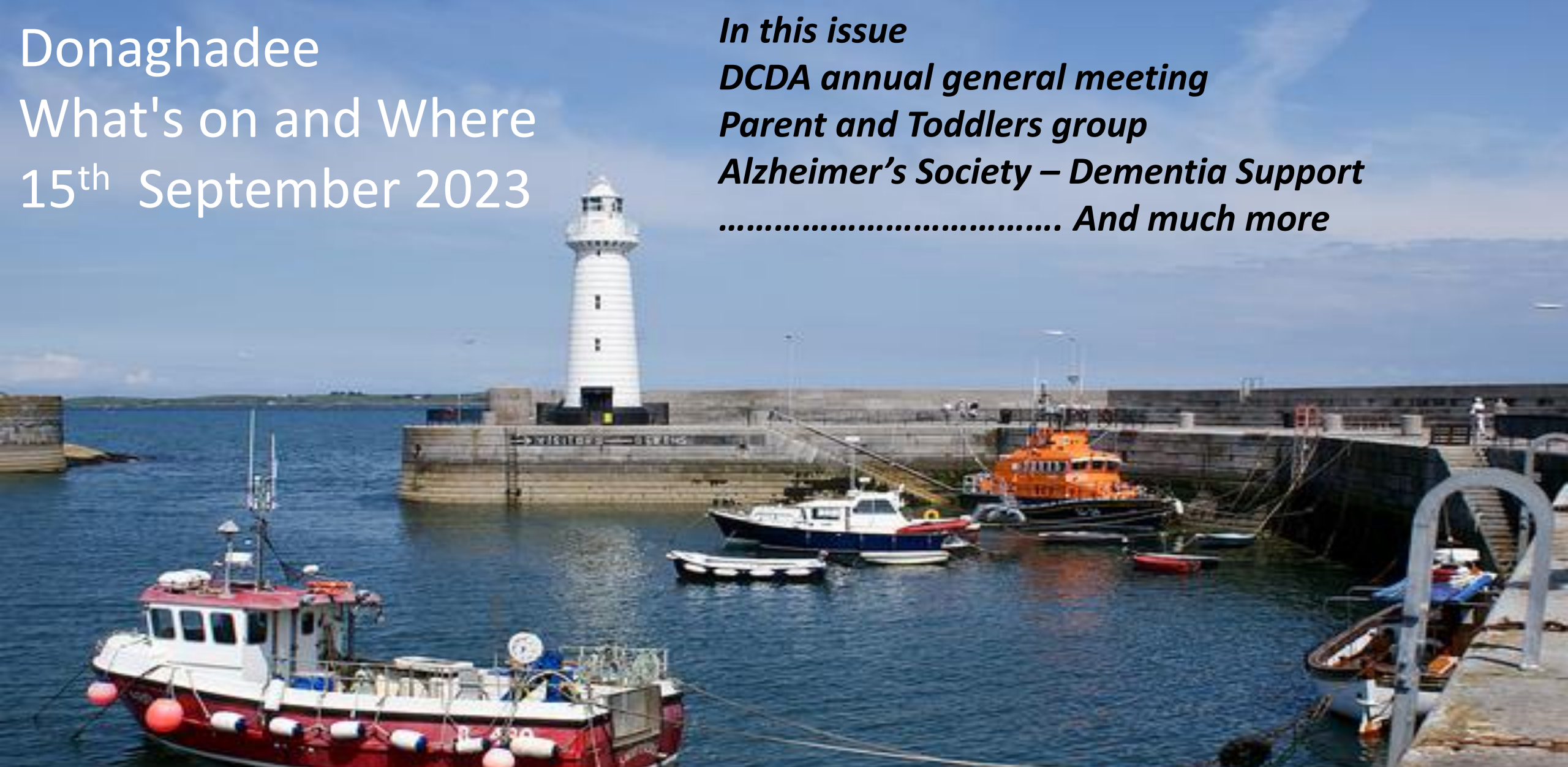


Donaghadee What's on and Where 15th September 2023

In this issue
DCDA annual general meeting
Parent and Toddlers group
Alzheimer's Society – Dementia Support
..... And much more



Further Information at
visitdonaghadee.com

If you have an event you wish to list email details to
info@visitdonaghadee.com



DONAGHADEE
THE REASON ON THE COAST



Donaghadee Community Development
Association

Annual General Meeting

will be held

on

Monday 25th September

at 7pm in the

Community Centre

The Association exists to promote Donaghadee and make it a pleasant place in which to live, work or visit. If you have an interest in Donaghadee why not come along and support us. Membership is open to traders, community groups and individuals aged over 18.

Thank You

SUMMER FESTIVAL 2023

The Association would like to thank everyone who helped in any way with the organisation and delivery of over 45 different events. This includes not only the 30 different organisations who put on the events but also those who sponsored events and those who gave of their time to marshal or generally assist. It is much appreciated.



DONAGHADEE
THE BEACON ON THE COAST



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



Ards and North Down Borough Council's Good Relations Team invite you to join us for two online seminars discussing the Shared History of Londonderry/Derry.



TOGETHER

GOOD RELATIONS WEEK 2023

18TH - 24TH SEPTEMBER

Shared History of Londonderry/Derry

On Zoom - 7pm - 8.30pm

Tuesday 19th September - William Moore

Past Governor and current General Secretary of the Apprentice Boys

Wednesday 20th September - John Kelly

Relation, campaigner, facilitator from The Bloody Sunday Trust



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

OCTOBER-DECEMBER

C1:Tue 3rd, 10th 17th, 24th Oct	1:30 – 3 PM	Zoom
C1:Mon 9th,16th,23rd,30th Oct	11:30-1:30 PM	Ballynahinch Community Centre
C1:Thurs 5th, 12th, 19th, 26th Oct	10:30 – 12:30 PM	Donaghadee Community Centre
CrISP 2 Tues 7th, 14th, 21st Nov	7 – 8:30 PM	Zoom
C1:Wed 8th, 15th, 22nd, 29th Nov	10:30 – 12:30 PM	Ballymote Community Centre, Downpatrick
C1:Thurs 9th, 16th, 23rd, 30th Nov	1:00-3 PM	Lisburn Library
C1:Tues 5th & 12th Dec	10 – 2:30 PM	West Winds Community Centre Newtownards
C1:Sat 2nd & 16th Dec	9:30-1:30 PM	Zoom



Scan to register!



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 if interested





Donaghadee

Wellbeing Walking Group

Every Tuesday

at 10.30am



Everyone
Welcome!
Easy, level
walking and
FREE

Please email
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 (Social Work Assistant – Donaghadee Health Centre).

Getting support at an early stage. Free zoom sessions to introduce you to on line resources.

Do you tend to overthink things and see the bad before the good?

Do you over criticise yourself with mistakes and put yourself down?

As a parent, do meltdowns from your children exhaust you?

ASCERT, the South Eastern and Western Health and Social Care Trusts have been working to bring support to people at a much earlier stage. We have created 3 on-line self-help resources with workbooks that can be downloaded and visual clips that guides the viewer through the workbooks at their own pace They are all free.

Workshops on Zoom between September 2023 and March 2024 will be held to create interactive ways to see what is in each resource.

They are all from 10:00 AM to 12:30 PM

- Bend Don't Break – CBT based self-help to build resilience. - **September 12th**
- Self-compassion - **September 19th**
- Building our Children's Developing brain for parents to help deal with our children's emotions. **September 26th**



Here are the registration links for September workshops.

- **Bend don't break** - <https://www.eventbrite.co.uk/e/675869593147?aff=oddtcreator>
- **Self Compassion** - <https://www.eventbrite.co.uk/e/677970336527?aff=oddtcreator>
- **Building our Children's developing brain** - <https://www.eventbrite.co.uk/e/675873274157?aff=oddtcreator>

To sign up for sessions from October 2023 to March 2024 see the training brochure from the Western Trust [Health Improvement, Equality and Involvement Training Brochure](#) | [Western Health & Social Care Trust \(hscni.net\)](#)

Cost of Living Guide



The cost of living guide continues to get high numbers of downloads and is being well shared on social media and through organisations intranets and newsletters etc.
<https://cypsp.hscni.net/download/390/lpg/39049/cost-of-living-crisis-resource.pdf>

Translation Hub

We have also had a number of requests for the guide in different languages so it is available on the translation hub section of the cypsp website.

[Translations – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

Please find your comprehensive guide to help you on your journey though disability/ additional needs;

<https://cypsp.hscni.net/download/428/your-journey-guide/40669/your-journey-disability-guide.pdf>

Please encourage your members to share the link to the resource with their own members, families, and service users.

FREE ONLINE STRESS CONTROL COURSE

Course covers:

- What is stress

Controlling :

- Your body
- Your thoughts
- Your actions
- Panicky feelings
- Getting a good night's sleep
- Boosting your wellbeing



#StressControlNI
6 Sessions
90 minutes
per session

**For course information and dates
visit www.ni.stresscontrol.org**

DO YOU WANT TO AGE WELL?

ARE YOU...

In your golden years?

Near retirement?

A senior citizen?

However you see yourself, get a health boost this September.

STAY FIT

Ageing is inevitable but there are ways to **age better!**

EAT WELL

HYDRATE

KEEP SOCIAL

STAY ON THE BALL

WHAT IS IT?

A kick start to healthy ageing for the whole UK.



WHY SHOULD YOU TAKE PART?

It's easy and fun: you take up simple actions that will improve your health and well being.

30 day challenge from 1st September

HOW DO YOU GET INVOLVED?

You choose your own adventure!



Scan the QR code for a quick and easy sign up!

The **Take Five Team** will support and empower you throughout the month with: **emails, encouragement, ideas and cheer leading.**

YOU CONTRIBUTE TO SCIENCE!

We'll ask you to complete surveys to better our understanding of ageing and habit formation. **With our ageing population, this will be pivotal in informing policy and care for years to come.**

IT'S A WIN WIN!

As well as helping science, this will have a positive impact on your health. **You will feel better, physically and mentally.**

LONG HAUL BENEFITS!

After a 30 day commitment, maybe you will find it's easy to keep **Taking Five and Ageing Well.**



Join this national community!

To find out more, visit: wels.open.ac.uk/takes5

YOUTH HEALTH ADVICE SERVICE

RELATIONSHIP & SEXUALITY EDUCATION (RSE)

SEXUAL HEALTH
S.T.I. TESTING & FREE CONDOM SCHEME

DRUGS & ALCOHOL
BASELINE ASSESSMENT & SUPPORT

EMOTIONAL HEALTH & WELLBEING
SIGNPOSTING TO APPROPRIATE CARE





ANNA JOHNSTON
YOUTH SUPPORT WORKER
YMCA NORTH DOWN
 07591 840723

FOR 16 TO 25 YEAR OLDS

IN-PERSON SUPPORT
OR BY PHONE, TEXT,
ZOOM & EMAIL

FOR MORE INFO ON YOUTH HEALTH ADVICE

 setrust.hscni.net/health-living/youth-health-advice

 YHAS@setrust.hscni.net  07753 310352



MONDAY TO FRIDAY 9AM TO 5PM RESPONSE WITHIN 24 HOURS OR NEXT WORKING DAY

Get ready now for your 2023-24 application for Free School Meals and Uniform Allowance

If you are in receipt of one of the following:

- Income Support;
- Income Based Jobseeker's Allowance;
- Income Related Employment and Support Allowance;
- Guarantee Element of State Pension Credit;

you will need a Proof of Benefits letter when you apply for Free School Meals and Uniform for the 2023-24 school year.

Request one now via [Get a proof of benefit letter](#). It will take at least five days to be sent to you. Once you receive the letter keep it securely.

You must upload a copy of the letter when you apply. It must be dated no earlier than the beginning of the month before you submit your application.

If you receive Tax Credits or Universal Credit you do not require the above letter.



Get a Proof of Benefit Letter at

<https://secure.dwp.gov.uk/get-a-proof-of-benefit-letter/>



Parenting NI

The Summerhill Foundation Programme

The role of parents is crucial in the happiness and early years development of their children. With increasing pressures on families due to the rising cost of living the Summerhill foundation have collaborated with Parenting NI to provide practical support to parents in the form of a 4 week programme

This programme will allow parents to meet and discuss family life in a safe environment. Picking up tips on how to:

- Reduce household bills and expenses
- Play and connect with your child
- Practice self-care and become more confident in handling the daily pressures parents face.

By offering this programme it is our hope that families will benefit from a happier home life and children will feel more secure as they are given the support and love to enable them to reach their full potential in life.

Parents will receive a certificate and a £20.00 gift card on completion of the full 4 weeks.

Supported by:



summerhill
foundation
for family

If you have a group of parents that might be interested in availing of this opportunity in your local area, or for more information, please contact
Kelly Barbour
E: kellyb@parentingni.org



**Community
Advice**
Ards and North Down

Advice Line
0300 123 9287
Local rate - 10am - 4pm - Monday - Friday







like us on
facebook 

Service Hours and Locations

<p>Ards Office</p> <p>9am - 5pm Monday to Thursday (9am - 4pm - Friday)</p> <p>30 Frances Street Newtownards BT23 7DN</p>	<p>Bangor Office</p> <p>9am - 5pm Monday to Thursday (9am - 4pm - Friday)</p> <p>39A Hamilton Road Bangor BT20 4LF</p>	<p>Hollywood Office</p> <p>Monday - 10am - 4pm</p> <p>Wednesday - 10am - 4pm</p> <p>Friday - 10am - 1pm</p> <p>Queen's Leisure Complex Sullivan Close Hollywood BT18 9JF</p>
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CHILDHOOD IMMUNISATION

2 months old

- 6 in 1
- Rotavirus
- MenB

3 months old

- 6 in 1
- Rotavirus
- Pneumococcal

4 months old

- 6 in 1
- MenB

1 year

- MMR
- Hib / MenC
- Pneumococcal
- MenB

3 years, 4 months

- 4 in 1 pre-school booster
- MMR

12 to 13 years

- HPV boys and girls

14 to 18 years

- 3 in 1 teenage booster
- MenACWY

MAKE SURE IMMUNISATIONS ARE UP-TO-DATE



Public Health
Agency



Help Kids Talk
Bitesize sessions

Introducing Help Kids Talk Bitesize session:

"Top tips for using the dummy"

Help Kids Talk have teamed up with parents to share advice and tips about using the dummy.

Click link below or scan QR code to find out more.



WHAT IS AVAILABLE?

**SHORT VIDEO
PARENT TIPS
ADVICE LEAFLETS**

[Click here for Help Kids Talk Dummy Bitesize Session](#)



Get in touch for more information about other Help Kids Talk training sessions which are free, available regionally and suitable for parents, family members and practitioners.

Tel: 02892670755

Email: helpkidstalk@resurgamtrust.co.uk

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

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 Crommelin Wood
- Help with distribution of material, publications etc

VOLUNTEERS
MAKE A DIFFERENCE
SIGN UP TODAY!



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?