



DONAGHADEE
THE BEACON ON THE COAST

Donaghadee What's on and Where 16th February 2024



In this issue

- ***Events for all ages – quizzes, community growing***
- ***Advice on health issues***
- ***Parenting support***

Further Information at
visitdonaghadee.com

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

info@visitdonaghadee.com

FEB
18



FAMILY FUN QUIZ!!!

**At Donaghadee Golf Club
2pm-5pm**

Cooper and Lois, the Junior Captains, are looking forward to welcoming all Juniors and their families to their fundraising quiz for charities that they have chosen. Everyone is welcome to come along for a super quiz and fun challenges. There will be a £10 entry fee per table (max 6 people) and ballots that can be bought on the day. We have tremendous ballot prizes that have been donated by lovely organisations from around the Dee.

TICKETS AVAILABLE FROM 07710657097

QUIZ



Night



Tickets only £5

Quiz Teams of 2 - 6 people

Plenty of Ballot Prizes to be won!!

Doors open 7pm

Quiz starts at 7:30pm

Thursday 22nd February 2024

@ Donaghadee Golf Club

**Fundraising for Donaghadee Parish Church.
Everyone welcome to come along and support a great
cause!**



**Tickets available from
a Church Warden,
Donaghadee Golf Club
Bar, Dunn's Footwear
or by contacting
07900541168!**



Donaghadee Community Centre

Monday 26th Feb – 6.30pm



DONAGHADEE **Community Growing Workshop**

Join us for a free, fun and interactive

Whether you're a seasoned gardener or a complete beginner, this workshop is suitable for everyone. Bring your questions, curiosity, and enthusiasm, and leave with the confidence to volunteer with us at the **Rooted in the Dee** community garden!

We'll be exploring how community growing can improve wellbeing, tackle climate change and help to keep you fit with John McClean from Helen's Bay Organic Gardens.



Register here – Donaghadeecda@mail.com or contact Bea on 07974 182081



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





Theatre of Witness

Date: Wednesday 20th March

Time: 7pm - 9pm

Location: Ards Arts Centre, Conway Square

Theatre of Witness is a form of testimonial performance performed by people sharing their personal and collective stories of suffering, transformation and peace. The work brings people together across divides of difference to bear witness to truth, healing and reconciliation.

Engage with performers and storytellers in sharing their experiences of 'The Troubles' and explore the path to healing from conflict. Workshops enable the performers to screen video footage of their original Theatre of Witness production, and talk about their experiences.

To book your FREE spot please email - Goodrelations@ardsandnorthdown.gov.uk



Winter Opening at Sir Samuel Kelly Lifeboat

Marina Carpark, Donaghadee (turn right at the harbour)

Visit the Sir Samuel Kelly Lifeboat &
New Exhibition about Donaghadee lifeboats
& the 1953 Princess Victoria Disaster

 **Sundays 1-3pm** 

Weather permitting



SIR SAMUEL
KELLY PROJECT

To arrange to visit
at other times
Tel 07805096958



DONAGHADEE
HERITAGE
PRESERVATION
COMPANY

www.donaghadeeheritage.com



FREE MEN'S HEALTH EVENT

Family members welcome! No need to book!

- Information stands with health advice and community organisations
- Free blood pressure checks
- Blood Tests (available to Donaghadee male patients as appropriate)
- GP Dr Gareth Hiscocks available for general health queries
- Free Haircuts for men on the day (first-come-first-served)
- Complimentary tea, coffee and refreshments

 Shore Street Presbyterian Church,
1 Warren Road Donaghadee, BT21 ODS

 Wednesday 21st February

 11.30am- 1:30pm

For more information contact:

sonia.weatherup@setrust.hscni.net



ODYSSEY PARENTING YOUR TEEN PROGRAMME

I HATE THIS
HOUSE!

You do
my head
in!

Get out of
my room!

I DON'T WANT
TO TALK ABOUT
IT. LEAVE ME
ALONE!

SOUND FAMILIAR?

Helping you deal with
the reality of living
with teenagers

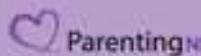
Call to register:

0808 8010 722

Mon-Thurs 9.30am-3.30pm

Fri 9.30am - 12.30pm


**South Eastern
Trust**
Tues 30th Jan 2024-
Tues 19th Mar 2024
Join us Online Every Tuesday
for 8 weeks
7.00 pm - 9.00 pm



Odyssey



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



Art exhibition by Dementia NI members

REAL LIVES: THE ART OF LIVING WITH DEMENTIA



You are warmly invited to our exhibition open reception at Sunburst Gallery, Ards Arts Centre, Newtownards, 7-9pm on Thurs 1 Feb.

RSVP to clairerose@dementiani.org by 31 Jan.

Featuring quilts & photography by Dementia NI Members exploring life after a diagnosis & taking us on a journey from despair to hope.

Exhibition dates:
1 - 24 Feb 2024

www.dementiani.org



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 or 07872419898





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



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/>



@PAPYRUSCHARITY @PAPYRUS_CHARITY @PAPYRUSCHARITY PAPYRUS-UK.ORG

@PAPYRUS_UK @PAPYRUS_CHARITY PAPYRUSCHARITY

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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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Registered Charity Number: 1170395
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PAIN MANAGEMENT PROGRAMME



- Are you living with a long-term condition?
- Do you want to learn some tools and techniques to help you manage your condition and take back control?

<u>Dates:</u>	Wednesdays 31st Jan to 6th March
<u>Times:</u>	11am to 1.30pm (Tea, coffee and biscuits will be available)
<u>Location:</u>	Donaghadee Parish Hall, 3 Church Lane, Donaghadee, BT21 0AJ

We know how much strength it takes to live with arthritis and other long-term conditions. Our programmes are designed to improve your confidence and connect you with other people with similar conditions.

Participants will develop their skills and knowledge on:

- Getting a good night's sleep
- Managing symptoms
- Working with your healthcare team
- Effective problem-solving
- Better communication
- Handling difficult emotions
- How to relax
- Tips for eating well
- Managing anxiety

How to Register:

[Call us on: 028 9078 2940](tel:02890782940)

[Email: niservices@versusarthritis.org](mailto:niservices@versusarthritis.org)

[QR: Scan the QR code](#)



**VERSUS
ARTHRITIS**



Department of
Health

An Roinn Sláinte
Máinnstríe O Poustie

*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

Down and Lisburn Area

028 9043 4600

BelfastArea@Cruse.org.uk

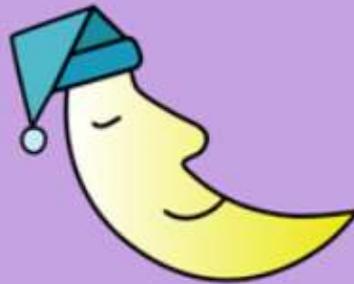
Phone lines open 9:30am-11:30am and 2pm-3:30pm daily

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

2 week course
Tuesday 20th & 27th February
10:30am – 12:30pm

 South Eastern Health
and Social Care Trust



SLEEP AWARENESS

LONDONDERRY PARK, PORTAFERRY ROAD, NEWTOWNARDS,
BT23 8SG
BOOK EARLY!

The Sleep Awareness course will enable you to:

- ✓ Explore sleep and what it means to you
- ✓ Help understand what can affect sleep - Physical/ Environmental/Psychological
- ✓ Develop a Sleep Action Plan!

Places are limited & booking is essential. To book now please:

Call us: (028)9041-3872 or

Email: recovery.college@setrust.hscni.net



Like us on Facebook
[South Eastern Recovery College](#)

VISIT OUR
WEBSITE



6 SESSION COURSE
Wednesday 21st, 28th February & 6th, 13th, 20th, 27th March
10:30AM – 12:30PM

HSC South Eastern Health
and Social Care Trust



WELLNESS RECOVERY ACTION PLAN
Renewing Your Wellness Your Way

HAMILTON ROAD COMMUNITY HUB, 39 HAMILTON ROAD,
BANGOR, BT20 4LF
BOOK EARLY!

The WRAP course will enable you to:

- ✓ To develop a self management tool to take more control over your wellbeing and recovery.
- ✓ To learn more about the five key concepts of WRAP:- Hope, Personal Responsibility, Education, Self Advocacy and Support.

Places are limited & booking is essential. To book now please:

Call us: (028)9041-3872 or

Email: recovery.college@setrust.hscni.net



Like us on Facebook
[South Eastern Recovery College](#)

VISIT OUR
WEBSITE



MENTAL HEALTH TRAINING JAN - MARCH 2024

For further information, please contact
Eileen.young@setrust.hscni.net
 or
brien.frazer@setrust.hscni.net

 South Eastern Health and Social Care Trust			
Autism – Understanding self-harm	22nd February	10am - 11.45am	Online via Zoom
Manifest Men's Mental Wellbeing T4T course	7th,8th, 22nd February	9 - 5pm	Venue TBC – Day 1 and 3 will be delivered face to face Day 2 online
Positive Steps Train the trainer	27th February	9.15am - 4.15pm	Venue Tbc
Take 5 Personal Wellbeing	4th March	12- -2pm	Session allocated. Closed group
Building our Children's Developing Brain	12th March	10am - 1pm	Online via Zoom
Men's health fair	12th March	12 - 3pm	Gallwally house
Understanding self-harm training	28th March	9.30am-1.30am	Online via Zoom



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



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

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

**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 if interested





Donaghadee

Wellbeing Walking Group

Every Tuesday

at 10.30am

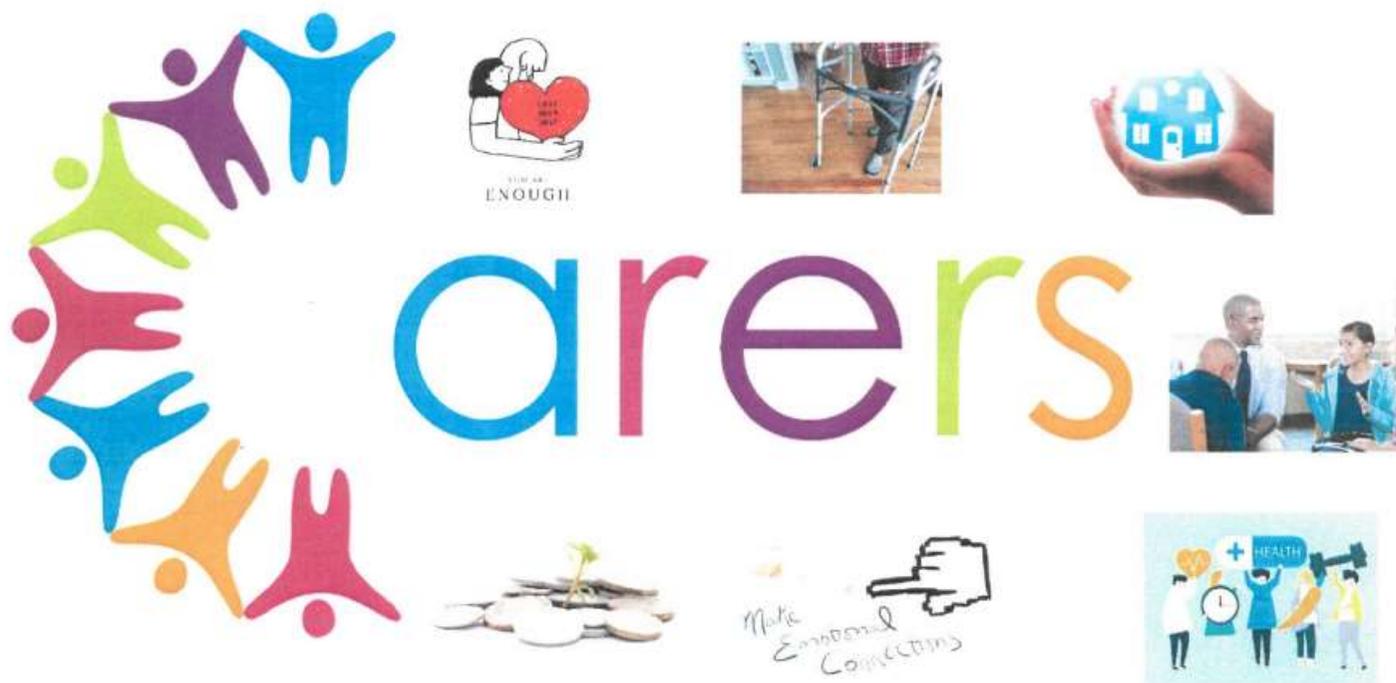


Everyone
Welcome!!
Easy, level
walking and
FREE

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).

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!



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?