

# Donaghadee What's on and Where 1<sup>st</sup> September 2023

*In this issue*

*Shore St Presbyterian – 200 yrs*

*Support for Carers*

*Health Advice*

*..... 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)



**DONAGHADEE**  
THE REASON ON THE COAST

**GIVE  BLOOD**  
**Save Lives**

**BALLYCROCHAN BAPTIST  
CHURCH, BANGOR**

**TUESDAY 5  
SEPTEMBER**

**12.30pm – 4pm &  
5pm – 7.30pm**

FORM DD-900-03/NIBT

**To book an appointment**  
**Online: [www.nibts.org](http://www.nibts.org)**  
**Call: 08085 534 653**

[www.nibts.org](http://www.nibts.org)



Northern Ireland Blood Transfusion Service







 **SHORE STREET**  
PRESBYTERIAN CHURCH

# 200<sup>TH</sup> ANNIVERSARY EXHIBITION

*Step into an exhibition  
of photographs and  
memories, celebrating  
200 years of the Shore  
Street congregation.*



**Friday 8th September | 2PM - 6PM**  
**Saturday 9th September | 9:30AM - 6PM**



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



Shore Street  
Presbyterian Church



SST\_Church



info@shorestreet.org



shorestreet.org

# ROYAL ANNIVERSARY BREAKFAST



JOIN US FOR A

## ROYAL BREAKFAST



Saturday 9th September  
Moat Street Orange Hall  
Donaghadee  
9am - 12pm

Donations will kindly be appreciated  
and will go in aid of junior L.O.L 781



# CLOKEY CUP



The Gents Clokey Cup Open Scratch Competition will take place on Saturday 9th September

Entry Fees are £5.00 for members  
£20.00 for visitors

PRIZES 1ST £100  
2ND £75  
3RD £50

For members there will also be a best nett prize and a 9 hole competition which may be played for on both Saturday 9th and Sunday 10th September







Hi Everyone

**Good Relations Week 2023 event registration is now live.**

The theme for this year's celebration is 'Together' which will shine a light on individuals and organisations working together and sharing ideas and experiences in tackling everything from sectarianism and racism to gender inequality, shared spaces, peace-building, and cultural diversity.

**Good Relations Week 2023, Monday 18 to Sunday 24 September 2023** will deliver a positive message of togetherness as it celebrates peace-building and cultural diversity in an effort to eradicate sectarianism, racism and inequality.

**As appropriate, could you please share details with your partners and stakeholders, encouraging them to support #GRW23.**

Organisations can sign-up and log-in to register physical and online events using the automated online registration system at [www.goodrelationsweek.com](http://www.goodrelationsweek.com)

**The deadline for event registrations is Friday 1<sup>st</sup> September 2023 at 5pm.**

If I can be any further support, please contact [mark.maher@executiveoffice-ni.gov.uk](mailto:mark.maher@executiveoffice-ni.gov.uk)



[MARCHTHEMONTH.PROSTATECANCERUK.ORG](https://marchthemonth.prostatecanceruk.org)

**Walk to help beat prostate cancer**

Hit 11,000 steps a day this March and raise money to save mor...

[Sign Up](#)



**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







# 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).**

# 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?



## TAKE FIVE TO AGE WELL

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](https://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](https://setrust.hscni.net/health-living/youth-health-advice)



[YHAS@setrust.hscni.net](mailto:YHAS@setrust.hscni.net)



07753 310352



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



# 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](mailto: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

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



# 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



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](mailto:helpkidstalk@resurgamtrust.co.uk)

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!**



# 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)



**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?