

Donaghadee What's on and Where 22nd 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

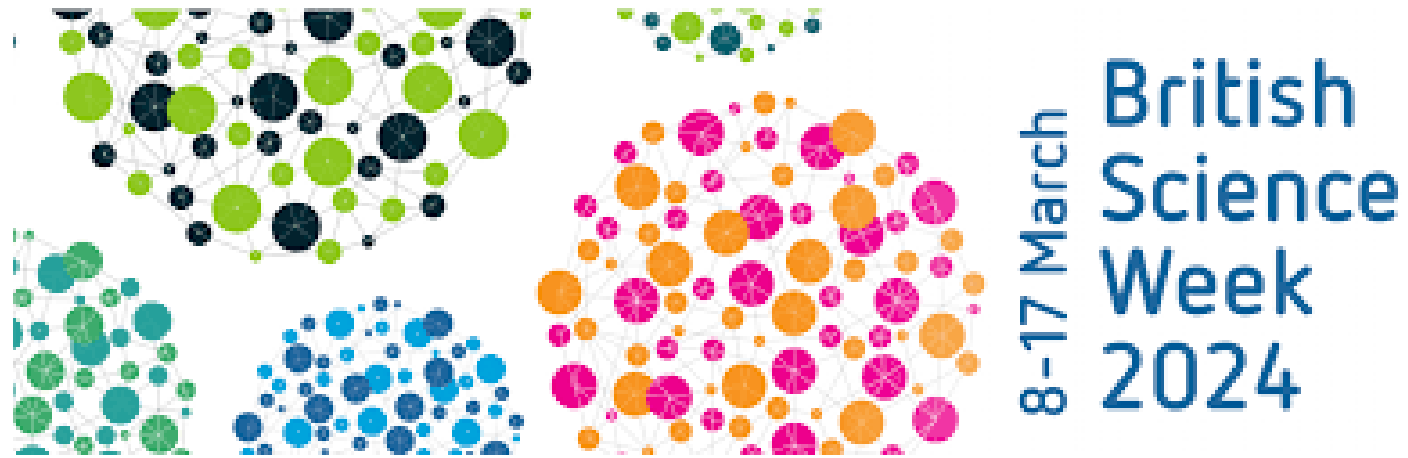
on

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.



Grants of £500 and £1,000 are available for projects or events.

Examples of eligible events and activities include, but are not limited to:

Sports science sessions with football and rugby clubs.

Community-created science exhibitions in places of worship, community gardens, libraries and pubs.

Community-led research projects and experiments with youth clubs and groups with special educational needs.

Scientifically-informed theatre productions and art activities.

Activity packs and pre-recorded videos.

If you have an idea send it to info@visitdonaghadee.com



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





**DO YOU HAVE A BUSINESS IDEA
BUT NOT SURE WHAT TO DO NEXT?**

FREE 10-WEEK COURSE

WHAT

- Expert training to develop your business idea
- Learn new skills, grow in confidence and meet new people
- Gain a recognised qualification

WHERE

South Eastern Regional
College
Bangor Campus

WHEN

Every Monday
Starting Monday
9th October
9.30am-12.30pm

WWW.SERC.AC.UK/DREAMBIG

Reach out for details or to reserve your place:

E: dreambig@serc.ac.uk / T: 0345 600 7555



SKILLUP

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!



ALZHEIMER'S SOCIETY DEMENTIA SUPPORT DROP-IN

Are you worried about your memory or someone else's memory?

Do you have a diagnosis of dementia?

Do you care for someone who has a diagnosis of dementia?



The Dementia Support Service offers information, advice, support and signposting using a person-centred approach.

All People affected by dementia are supported throughout the dementia journey including pre-diagnostic, post-diagnostic and end of life stages.

If you would like to call in for a confidential chat, please feel free to do so on the dates noted.

Pop in dates 2pm-4pm:

24th January	25th July
28th March	26th September
23rd May	28th November

NDCN Wellbeing Centre, 25-27 Main St,
Bangor BT20 5AF. Tel:02891 461386



WOMEN

FIND YOUR VOICES!

**A FUN AND INTERACTIVE
SESSION BUILDING CONFIDENCE
AND ASSERTIVENESS, WITH**



**BANGOR
DRAMA CLUB**

**THURSDAY 12TH
OCTOBER 7-8.30PM**



**NDCN WELLBEING
CENTRE
25-27 MAIN ST.
BANGOR**

**THERE ARE LIMITED
SPACES AVAILABLE, SO
REGISTRATION IN
ADVANCE AND A
REFUNDABLE £5 DEPOSIT IS
REQUIRED.**

**TO BOOK: EMAIL LINDSEY ON
WELLBEINGNDCN@GMAIL.COM OR CALL 02891461386**



HALLOWEEN QUIZ NIGHT

organised by The Rotary Club of Donaghadee



MEADOWBANK SOCIAL CLUB
THURSDAY, OCTOBER 26
QUESTIONS START AT 7.30PM

Come along and support your local Rotary Club.

Proceeds will help fund a generator for a hospital in Ukraine, plus other Rotary projects.

Be Bright Be Seen



psni.police.uk

Report online. Call 101. In an emergency call 999

we care
we listen
we act



Police Service
of Northern Ireland

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

9am - 5pm Monday to Thursday
(9am - 4pm - Friday)

30 Frances Street
Newtownards
BT23 7DN

Bangor Office

9am - 5pm Monday to
Thursday (9am - 4pm -
Friday)

39A Hamilton Road
Bangor
BT20 4LF

Hollywood Office

Monday - 10am - 4pm
Wednesday - 10am - 4pm
Friday - 10am - 1pm

Queen's Leisure Complex
Sullivan Close
Hollywood
BT18 9JF



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).

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/>

Mental Health Awareness Day 2023

10th October 2023 is Mental Health Awareness Day.



Celebrate MHAD 2023 with our new engaging and interactive **“Wellness Toolbox”** lunch and learn session.

This **1 hour online training** equips employees with an understanding of mental health whilst teaching them skills to **manage stress** and **boost resilience** inside and outside the workplace.

For more information or booking please
email: swilson@amh.org.uk

'Walk and Talk'

To mark World Mental Health Day we encourage you to get outside and 'Walk and Talk' with a friend.

As part of the campaign we are asking you to submit a 'selfie' as you're out and about walking and talking.

There will be a prize for the 2 best photos.

Closing date for submissions:
13 October 2023

Please submit your photos to:
brien.frazer@setrust.hscni.net

www.mindingyourhead.info



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.**

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



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

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?