



DONAGHADEE
THE BEACON ON THE COAST



Donaghadee What's on and Where 23rd February 2024

In this issue

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

Monday 26th Feb – 6.30pm



DONAGHADEE **Community Growing Workshop**

Join us for a free, fun and interactive

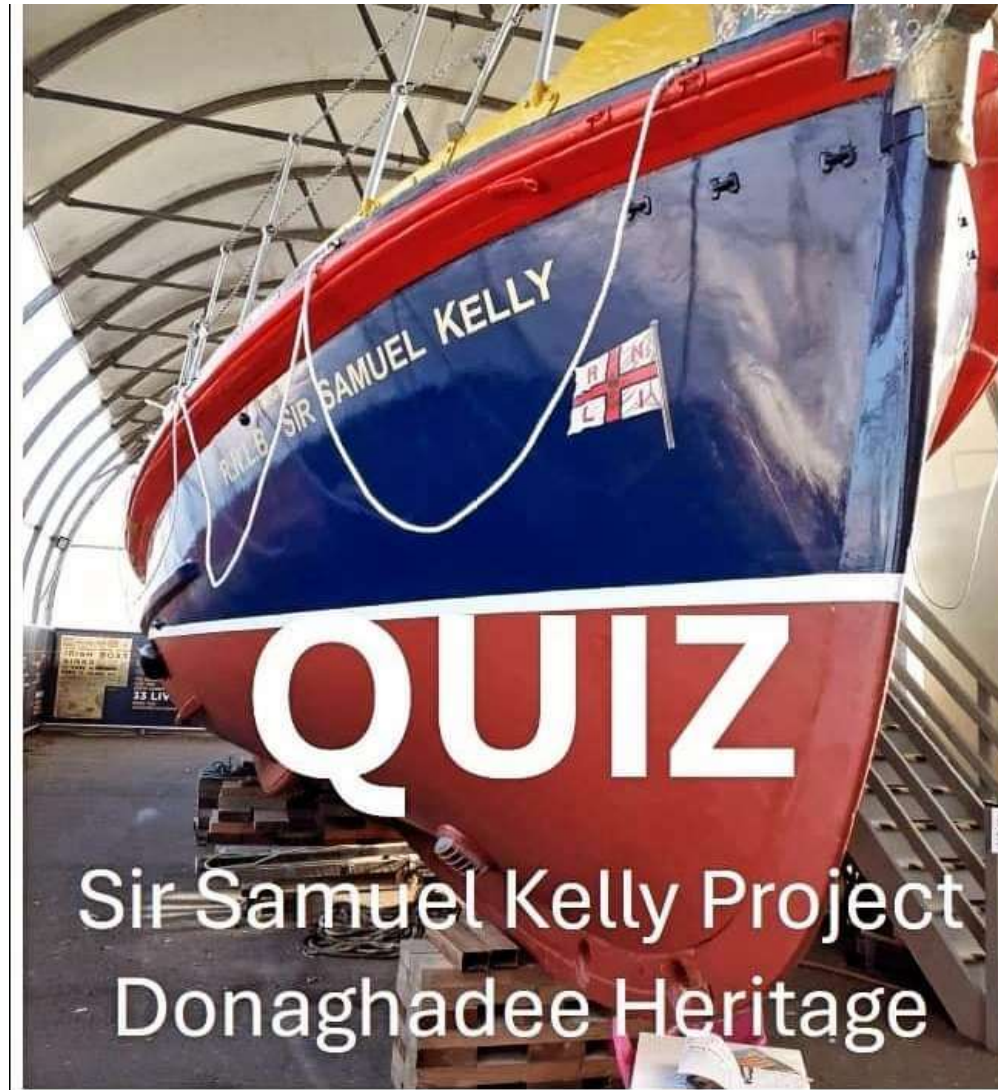
Whether you're a seasoned gardener or a complete beginner, this workshop is suitable for everyone. Bring your questions, curiosity, and enthusiasm, and leave with the confidence to volunteer with us at the **Rooted in the Dee** community garden!

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





Wednesday, 28th February 2024 – 7.30pm
Meadowbank Social Club, Donaghadee
Teams of 3 – 6. £5 per person

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



creative
hollywood
festival

01-24 March 2024

World Music & Food



Musicians from around the globe perform pieces from their cultural origins.

7:30pm Thurs 14 March.
Hollywood Yacht Club.
Free event but booking is essential.

Scan QR to book now on the festival website.



#CHF2024



Beyond Skin woven



ULSTER FOLK MUSEUM & PICNIC

SATURDAY, 9 March 2024

11.00 am—2.30 pm

Ulster Folk Museum, Bangor Road, Cultra, Holywood, BT18 0EU

Families and Young People

- * Explore
- * Playtime
- * Meet others
- * Make Friends

BRING YOUR OWN PICNIC!



£5.00 deposit

returnable when you join us

Text Mary on 07719 977633

to book your place





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



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

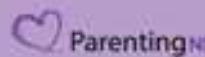
Call to register:

0808 8010 722

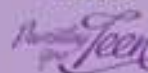
Mon-Thurs 9.30am-3.30pm

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





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: 01552482



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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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



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



South Eastern Health and Social Care Trust





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





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.

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
Mánnystrie 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

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?

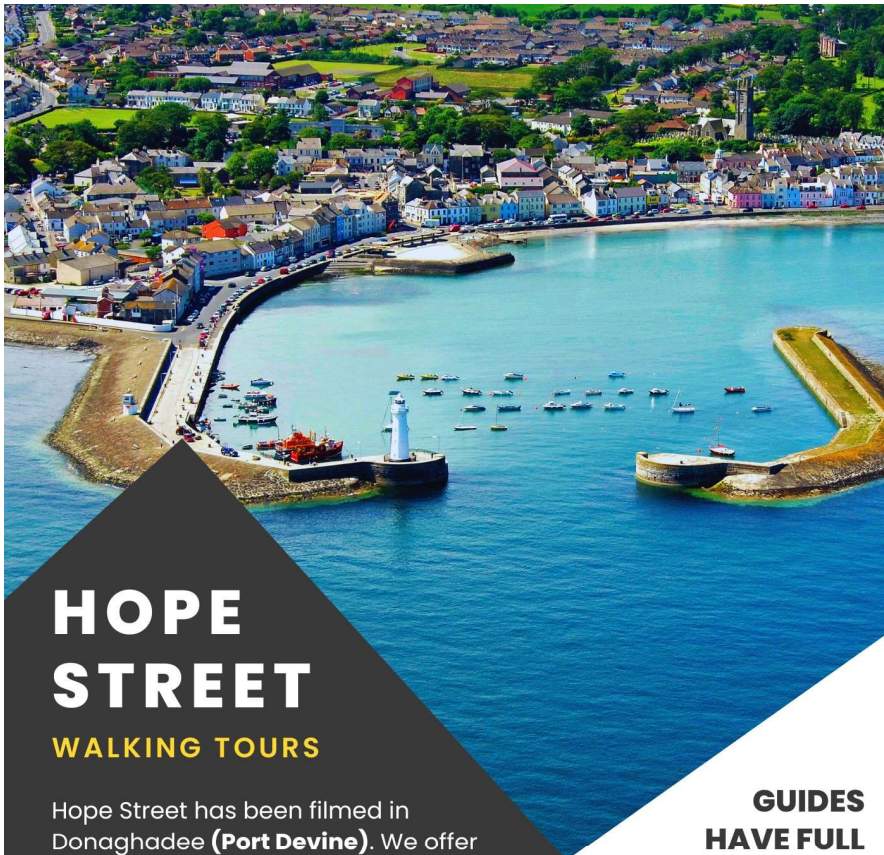
Visit our Camera Obsura, and "**Hope Street**" film sites.

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?