

Donaghadee What's on and Where 26th August 2022

- ❖ Festival Events
- ❖ Details of DCDA AGM
- ❖ Council's Flag Flying Policy
- ❖ Free Open University Courses
- ❖ Mentors needed
- ❖ *and much more*



Further Information at
visitdonaghadee.com

Its Festival Time!! – Ongoing Events

(further info on Events Guide available in town centre shops)

| | |
|---|--------------------------------------|
| Bow Bells Art Competition - Prizegiving | 4pm, 26th August |
| Family Treasure Trail | Closing Date 31 st August |
| Open Days at Sir Samuel Kelly | Sundays 12pm – 4pm |
| Sailing for 8-17 year olds | Fridays |

Please Note – Programme Subject to Change. Keep up to date or get more details on visitdonaghadee.com

Upcoming Events

| Date | Time | Location | Event |
|----------------------|---------|--------------------|--|
| 27 th Aug | 10am | War Memorial Green | Fitness on the Green (general fitness) |
| 28 th Aug | 2.30pm | Lemon's Wharf | 1 st Old Boys Band |
| 30 th Aug | All day | Golf Club | Ladies 3-ball Waltz |
| 3 rd Sep | 10am | War Memorial Green | Fitness on the Green (Zumba) |
| 3 rd Sep | 1pm | Harbour and Marina | Vintage Commercial Vehicles |
| 10 th Sep | 10am | War Memorial Green | Fitness on the Green (Yoga) |
| 25 th Sep | 2pm | Harbour | Supercars |

Please Note – Programme Subject to Change. Keep up to date or get more details on visitdonaghadee.com

Moat Re-opened

The Gunpowder Store and Camera Obscura (The Moat, Donaghadee) has re-opened and welcomes you to visit.

Open every Saturday and Sunday through August and September from 10am-12.30pm and 1.15pm-4pm.



**Open Days at Sir Samuel Kelly Lifeboat
Marina Carpark, Donaghadee**

Every Sunday 12 - 4 pm

12 June — 4 September 2022

**Come along and see the Sir Samuel Kelly lifeboat
and Exhibition about the Princess Victoria Disaster**



**SIR SAMUEL
KELLY PROJECT**



**DONAGHADEE
HERITAGE
PRESERVATION
COMPANY**

**To arrange a group visit please contact Shirley
shirleyc153@gmail.com or Tel. 07805096958**

www.donaghadeeheritage.com

Help make Donaghadee an even better place!

Donaghadee Community Development Association:-

- ✓ Organises community events;
- ✓ Organises Donaghadee in Bloom;
- ✓ Is restoring Crommelin Wood;
- ✓ Campaigns for town improvements;
- ✓ Works closely with local schools on community projects;
- ✓ Supports local traders and community groups

Show your support by joining us –

£5.00 Family Membership

£10.00 Community Organisations

£10.00 Traders

More information at visitdonaghadee.com

AGM
Monday 5th September
at
6pm
in
Community Centre

Annual General Meeting

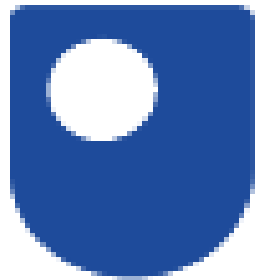
**5TH SEPTEMBER 2022 @ 6PM
DONAGHADEE COMMUNITY
CENTRE**

**Donaghadee Community
Development Association**



Skill Up - The Flexible Skills Fund

The Open University in Northern Ireland, in partnership with the Department for the Economy, is offering a limited number of fully funded postgraduate and microcredential courses to help you reskill and upskill into areas where job growth is expected.



The Open University

APPLY TODAY FOR YOUR FREE PLACE

Course registration closes soon. Don't miss out. Registration for our Skill Up courses closes on **8 September 2022**. Places are limited so early application is recommended.

Details on <https://www.open.ac.uk/courses/choose/skill-up>

Are you registered to vote?

There are good reasons to register; it is used by credit reference agencies to confirm your address. So not being registered may impact your ability to get credit or a mobile phone contract, open a bank account or even a mortgage.

As a student you are able to register at home and at your term-time address. So wherever you are on election day, you can have your say. Also you may be able to vote at your home and term-time address for Local Council Elections in 2023.

Join the Electoral Register Online at: gov.uk/register-to-vote

It only takes 5 minutes, it's quick and easy!



Ever Considered Working At Elections?

The Electoral Office have a variety of roles both within polling stations and at the count centres. To join our reserve pool of staff please complete an application form at: eoni.org.uk/Utility/About-EONI/Recruitment

Phone us on 028 9044 6680 to check you are registered or if you have a query.

www.eoni.org.uk



Ards and North Down Labour Market Partnership Mentoring Programme

Ards and North Down newly formed Labour Market Partnership are working in partnership with 2000 Weeks, an Organisation designed to support and mentor people to achieve their true potential through job fulfilment and satisfaction. Together Ards and North Down Labour Market Partnership and 2000 Weeks seek to recruit Volunteer Mentors from the local Ards and North area who wish to be considered as mentors to support individuals back into the workforce. This may include support with application forms, interview techniques, encouragement and support to find the right job for them.

If you are compassionate, caring and interested in supporting people to reach their potential by achieving fulfilling and gainful employment then this volunteering opportunity is for you.

If you feel you have the skills, time and motivation to be part of this exciting opportunity please come along to the training night on **Wednesday 21st September 6.00pm to 9.30pm at NDCN Wellbeing Centre 25-27 Main Street, Bangor, BT20 5AF**

Register your interest by emailing andrea_mcc2000@yahoo.co.uk

Do you need support to lose weight & make healthier choices?

We are running a 12 week group support programme to help you learn small steps to improve your health and wellbeing?

MOMENTA ADULT WEIGHT MANAGEMENT PROGRAMME is a weight loss and healthy lifestyle intervention. Introducing behavioural change skills to maximise outcomes from the programme, such as keeping food and activity diaries, setting SMART goals, weight tracker etc.

Patients who are over age of 18 years old can refer themselves to this weight management programme run by South Eastern Health and Social Care Trust.

ADULT WEIGHT MANAGEMENT PROGRAMME REFERRAL CRITERIA

- People who are overweight and have Body mass index more than BMI 25 (www.nhs.uk BMI Healthy Weight calculator)
- People who are motivated to adopt healthier lifestyle.
- People who live in South Eastern Trust
- Consult a GP before starting if you have a medical condition.

If you meet the criteria and wish to register or if you would like more information please email or phone us.

Email on: adultweightmanagementservice@setrust.hscni.net

Telephone 078 9002 2499

(if unanswered please leave a voicemail and your call will be returned asap)



WOULD YOU LIKE TO HEAR FROM LOCAL HEALTH PROFESSIONALS AND COMMUNITY ORGANISATIONS?

We have arranged a calendar of talks, that you can attend from the comfort of your own home, on a range of topics to empower you to get the most out of every day living with arthritis.

Physiotherapy & MSK Conditions

Richard McCollum - MSK Physiotherapist, WHSCT
Wednesday 7th Sept @ 12pm

Employment Rights whilst living with Chronic Pain

Lisa McVeigh - Disability Action
Wednesday 14th September @7pm

Rheumatology & Fibromyalgia

Claire Benson - Consultant Rheumatologist, BHSC
Monday 19th September @ 12pm

Advice NI

Elkie Ritchie - Advice NI, Money Management/Budgeting
Tuesday 27th September @12pm

Pharmacist - Pain Medications

Joanne Kane - Pharmacist, Ormeau Health Centre
Tuesday 4th Oct @12pm

Podiatry

Helen McKeeman - Podiatrist for MSK . BHSC
Thursday 13th Oct@12pm

Talks are delivered via Microsoft Teams. To register email Lisa on l.carlisle@versusarthritis.org and you will be emailed a link to join, and step by step instructions will be given.

No laptop, smart phone, iPad etc? No worries! You can still listen to the talk via a landline or basic mobile phone - just call Lisa on 028 9078 2940 to find out more.

There will be a chance to ask questions at the end of each session if you desire to do so.



**VERSUS
ARTHRITIS**



Over 70?

1 in 3 women who get breast cancer are over 70, so don't assume you're past it.

A help with the early signs of breast cancer. If you notice any changes to your breasts, tell your doctor straight away. Finding it early makes it more treatable and could save your life.

After your last invited breast screening you can still be screened every three years. Just phone your local screening centre. For more information visit www.nhs.uk/health/breast-screening

Breast screening centres

East of Fife Health and Social Care Trust (also covering South Eastern HSC) Tel: 035 9033 3700

Northern Health and Social Care Trust Tel: 028 9442 4425

Southern Health and Social Care Trust Tel: 028 3706 0829

Western Health and Social Care Trust Tel: 028 7301 7443

Prepared by the Fife Health Agency | www.fife.nhs.uk

This NHS service offers screening to save lives from breast cancer. All women registered with a GP and aged 50 to 70 are invited for breast screening every three yrs. Women over the age of 70 will not receive an automatic invitation but can self-refer every three years also by simply contacting their local Breast Screening Unit. We are currently screening women from the Ards area at Ards Hospital in our mobile unit. Contact Tel Number - 028 9033 3700



Save Energy Tips from SSE



- ✓ Thermostat - Turn your heating thermostat down by 1°C to 20 °C. In halls and bedrooms ideally, thermostats should be set between 15° and 18°C.
- ✓ Boiler - Get your gas boiler serviced annually, not only will it be safer, but your boiler will be more reliable and run more efficiently.
- ✓ Kitchen - Don't boil full kettles for one cup of tea, but make sure you have enough water to cover the element.
- ✓ Bathroom - Take a shower rather than a bath, showers generally use 20% less energy than baths.
- ✓ Laundry - Run your washing machine full load whenever possible
- ✓ Lighting - Always turn the lights off when you leave the room even if it's only for a few minutes

Avian Influenza ADVICE



Avian influenza has been
detected in wild birds
in Northern Ireland



**The public should avoid contact with wild
birds including their feathers and waste.**


- Do not pick up or touch sick, dying or dead wild birds.
- Avoid contact with surfaces contaminated with bird faeces.

**Please keep to the footpath
and keep your dogs on a lead.**

If you find a dead bird, do not touch or move it.
If you find dead waterfowl (swans, geese or ducks) or
gulls or birds of prey, report it to the DAERA helpline:

0300 200 7840

This advice has been provided by the Public Health Agency



Proposed Revisions to the Council's Policy on the Flying of the Union Flag



Ards and North Down Borough Council is carrying out a 12 week consultation on the Proposed Revisions to the Council's Policy on the Flying of the Union Flag. Further details are here

<https://engage.ardsandnorthdown.gov.uk/compliance/public-consultation-on-proposed-revisions-to-the-c/>

The closing date for comments is Thursday 1st September at 4.00pm.



Donaghadee
SHORELINE
PROBUS Club

Are you male & retired?
Bored, looking to fill a gap?
Want to meet people socially?

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

Do you want to:

Give something back to your local community?

or

Expand your connections in Donaghadee to a more diverse group of people?

or

Help alleviate global poverty, improve health and support education?

or

Just have fun doing all of the above?



If so, Donaghadee Rotary Club is for you

Why not visit their Facebook page or web site to find out more:

<https://www.facebook.com/RotaryClubOfDonaghadee/>

<http://donaghadeerotary.org/>

or contact Fraser: 07747 843801

fraser.menzies0505@gmail.com

Start recycling soft plastics at a Co-op near you

What are soft plastics?

They're lightweight plastics like film lids on yoghurt pots, soft fruit punnets and ready meals, as well as plastic crisp packets, pasta bags and chocolate wrappers.



Clean it.
Scrunch it.
Co-op it.

It's easy to do

- 1. Clean it.** Rinse your packaging out.
- 2. Scrunch it.** If it pings back into shape it's soft plastic.
- 3. Co-op it.** Pop it into a Co-op soft plastics recycling unit.
Packaging doesn't have to be Co-op branded, we accept all soft plastics.

Find your nearest Co-op soft plastic recycling unit at
coop.co.uk/soft-plastics



It's what we do



This public information system is compiled weekly by Donaghadee Community Development Association. If you have an event you wish to list email details to info@visitdonaghadee.com. Deadline for receipt of material is each Wednesday at noon