







Saturday night/Sunday Morning

Remember to set your clocks back one hour.





December Programme of Events

The Community Development Association is planning to publish a trifold programme detailing everything that is going on in Donaghadee over the Christmas period. If you have any events which you would like included please send them to info@visitdonaghadee.com by 31st October. Events must be open to the general public



Donaghadee – a town to be proud of

In recent ceremonies the town has been awarded the following:-

- ✓ Translink Ulster in Bloom- Winner of Town category for third year
- ✓ Runner up in Tidy Town Northern Ireland (Small town category)
- ✓ Gold Award in Britain in Bloom and Certificate of Achievement for Innovation in Community Engagement

This could not have been achieved without so many volunteers helping in so many ways. Well done and thank you to everyone involved.



Santa's Coming !!!



Friday 1st December – Date for your Diary

Santa will be arriving at the harbour and parading to his grotto.

Donaghadee Local History Forum

presents

Historical Talks on Donaghadee

in Donaghadee Community Centre

Talks given by Tom Neill, Robert Neill and Jimmy Lister

Dates and Topics.

Monday 6th November. Donaghadee's Royal Harbour.

Monday 13th November. The Moat.

Monday 20th November. The Regal Cinema Donaghadee.

Monday 27th November. Present and Past Buildings Donaghadee.

Doors open 9,30am with exhibition of Local Historical items.

10 am talk starts.

11 am Tea and Coffee.

Please come, we are looking forward to hearing your stories.

YOUR HEART MATTERS

FREE event open to members and non members

Donaghadee Golf Club and British Heart Foundation NI come together to raise awareness about heart health.

THURSDAY 9TH NOVEMBER 2023 @ 7:30PM

Try chair yoga, hear about nutrition and how to make deliciously heart healthy meals

The Ulster Hospital Cardiology Rehab team will be with us to offer advice on avoiding a cardiac arrest

Learn CPR and how to use a defibrillator through the British Heart Foundation's 15 minute RevivR training programme. Many of us will witness a cardiac arrest in our lifetime. Be ready for that day

Hear more about the fantastic research and work being funded by BHF in Northern Ireland





The Police Male Voice Choir & Artistes

on Friday 10th November at 730pm

at First Presbyterian Church, High Street, Donaghadee

Suggested donation £10 including tea/coffee







A Library is a World of Discovery

There is plenty going on in your local library for you and your children to enjoy. You can:

- read and borrow books,
- access free Wi-Fi and study space,
- use library computers,
- find out information and
- take part in social activities all for free.

Our libraries have books for children and young people of all ages and abilities. From board and picture books for our very youngest readers, easy readers to help children learning to read, to a large selection of fiction and non-fiction books to help develop your child's curiosity and love of reading as they get older. Joining the library is free and no-one is too young to join. Our friendly and welcoming staff will be pleased to see you and are always happy to help you and your family whatever your needs.

e: donaghadee.library@librariesni.org.uk

Donaghadee

: www.librariesni.org.uk



Parent & Toddler group



Thursday mornings 10.00am - 11.15am from 14th September 2023



Donaghadee Methodist Church Hall

for more info contact Louise 07801 032280









A free mental health awareness workshop for expectant parents and parents of young children (under 3 years of age). Delivered by AWARE NI in partnership with North Down Community Network.

The workshop teaches you skills to:

- · Look after your mental health
- . Manage your feelings when you are stressed, anxious, or depressed
- . How to identify mental ill-health
- · Cope with challenges during and after pregnancy
- . How and where to get help

Course delivery:

Tuesday 7th November, 6:30 - 8:30pm Delivered face-to-face in Green Road Community Hall, Conlig, Bangor.

To register contact : Lindsey

wellbeingndcn@gmail.com

© 02891 461 386









Helping your child with homework- Top tips



Start with a nutritional Snack

Before you start homework, provide a nutritious snack and chat with your child about their day, ensuring they feel relaxed before they start their homework.

Establish a clear routine

It can be helpful to plan a homework timetable for the week so your child is aware of what is required of them on a daily basis, but also include some time for fun.

Consider their Environment

Provide a space which encourages your child to want to complete their homework. Turn off distractions.



Encourage your child to find solutions independently

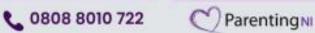
If your child looks to you to give them the answer don't rush in to tell them, encourage them to work through the task to find the solution and answer themselves.

How I Was 7 9 Taught 1

Don't try to teach your child your method, as this leads to confusion. If you are unsure of a new technique set a time to speak to your child's teacher.

Balance your time

As a parent you may be busy during homework time juggling many things. Reduce your distractions to ensure you provide the space to help support your child with homework.







Family Fund provides a wide range of grants to families living in Northern Ireland raising a disabled or seriously ill child, or young adult, on a low income.

Families with disabled children aged under 18, can apply for grants for essential items - including clothing and bedding, white goods, furniture, sensory and play equipment and digital devices.

More information at https://www.familyfund.org.uk/grants







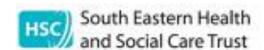




Come join our Book Club!

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





Please email sonla.weatherup@setrust.hscnl.net

Improve your mental and physical health and get chatting to new people

Everyone Welcomell Easy, level walking and FREE





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











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?