

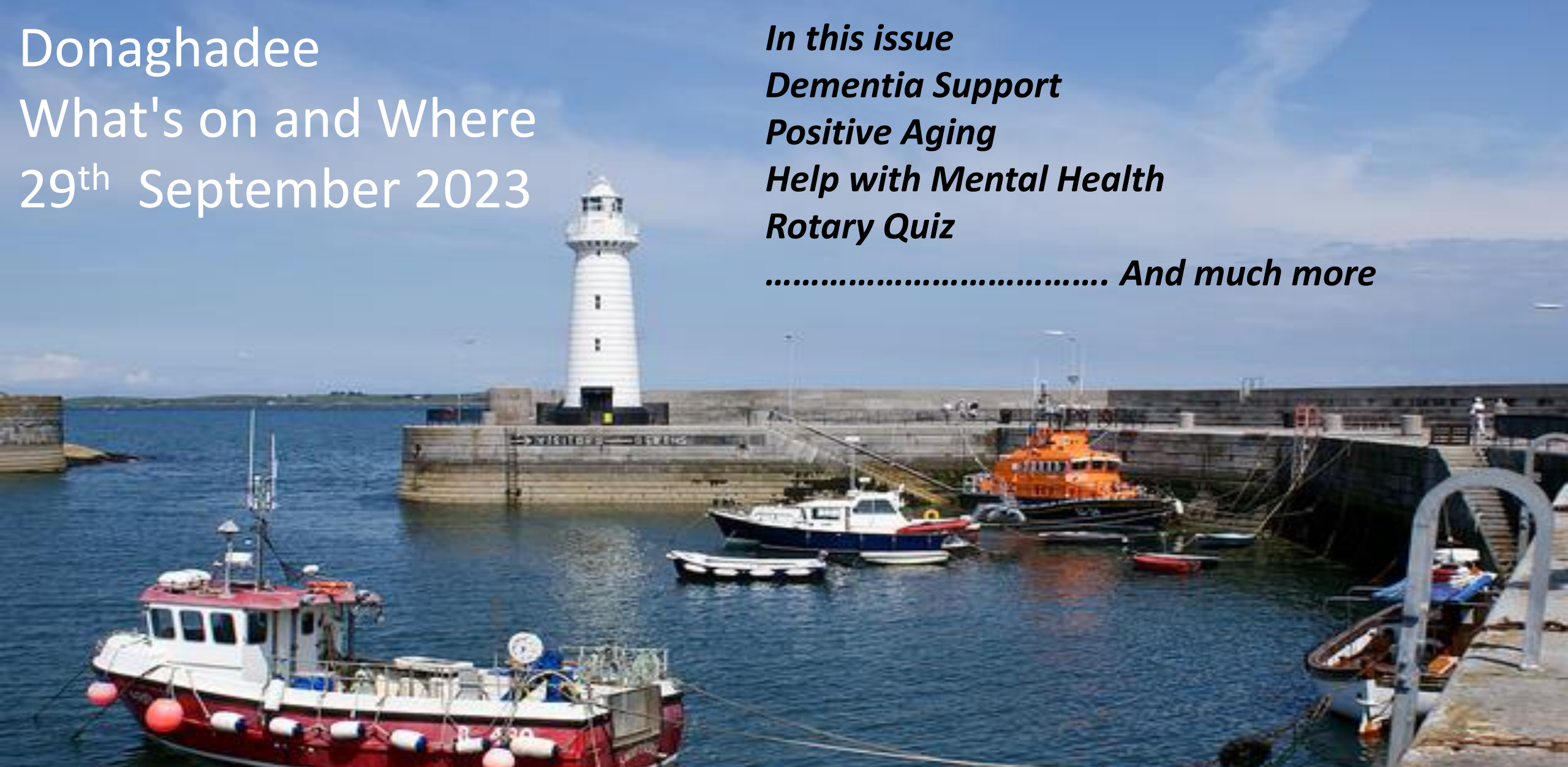
Donaghadee

What's on and Where

29th September 2023

In this issue
Dementia Support
Positive Aging
Help with Mental Health
Rotary Quiz

..... And much more



Further Information at
visitdonaghadee.com

If you have an event you wish to list email details to
info@visitdonaghadee.com





The Sir Samuel Kelly Project is at **The Sir Samuel Kelly Project**.

14 h · Donaghadee · 🌐

We will be open Sunday 1st of October 12 to 4PM! 🗨️ 🌐

Call in and check out our exhibition dedicated to the historical Donaghadee Lifeboats and The Princess Victoria Disaster!

The kids can enjoy our quizzes and colouring in! 🖍️ ✨

Dogs very welcome 🐕 #SirSamuelKellyLifeboat

#DonaghadeeHeritagePreservationCompany #Donaghadee #OurHistory

#NorthernIreland

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.

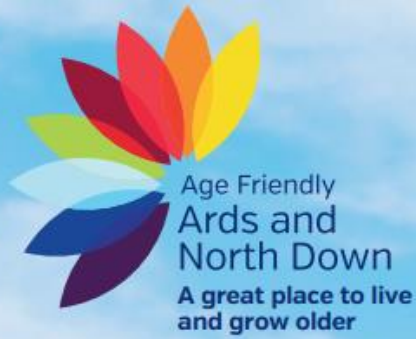
If you would like to call in for a confidential chat, please feel free to do so on the dates noted.

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





**Kircubbin
Community Centre**
Wed 4 Oct | 11am–2pm
Register by Thurs 28 Sep 12noon

**Ards Blair Mayne
Wellbeing and
Leisure Complex**
Fri 20 Oct | 11am–2pm
Register by Mon 16 Oct 12noon

Positive Ageing Roadshow Events

Lunch provided

**REGISTRATION
REQUIRED**



Positive Ageing Roadshow Events

Age Friendly Ards and North Down, supported by the Public Health Agency and in partnership with Ards and North Down Policing and Community Safety Partnership are hosting two roadshow events for older people living in the Borough.

The roadshows will bring a range of organisations together who will provide information on community safety, falls prevention and social participation.

To join us, you must register at least one week before your chosen event. Come on your own or with a friend. All welcome!

To register for any of the events, please email your contact details (and those of your friend if applicable), advise if special assistance is required and any dietary requirements to agefriendly@ardsandnorthdown.gov.uk or call **0300 013 3333 ext 40336** or **07741 103277** [Mon-Fri, 9:30am-10:30am only]

A perfect way for you and your friend to celebrate positive ageing month.

www.ardsandnorthdown.gov.uk/positive-ageing-month

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**



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



It takes all sorts 2023

Wednesday 25th October 2023 | 12 - 1pm

Advice on Cost of Living Crisis



DEREK MCGREGOR

Derek is manager at Community Advice Ards and North Down (CAAND), which was previously known as Citizen's Advice.

He has been working in the advice sector for 15 years and is a law graduate.

CAAND has three offices within The Ards and North Down area, in Bangor, Newtownards and Holywood, with various weekly outreach clinics in Comber, Kircubbin, Carrowdore, Donaghadee, Salvation Army Community Hub Newtownards, Kilcooley Women's Centre and Ards and Bangor Food Banks.

CAAND has 30 paid staff plus 12 volunteer advisors. CAAND have specialist advisors dealing with debt, Welfare Reform and representation at tribunals in addition to providing generalist advice

On a wide range of advice issues, from benefits advice, consumer law, employment issues and land law issues.

To register for this event, please email:
goodrelations@ardsandnorthdown.gov.uk

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.



Donaghadee Methodist
Church



Parent & Toddler group



Thursday mornings

10.00am - 11.15am

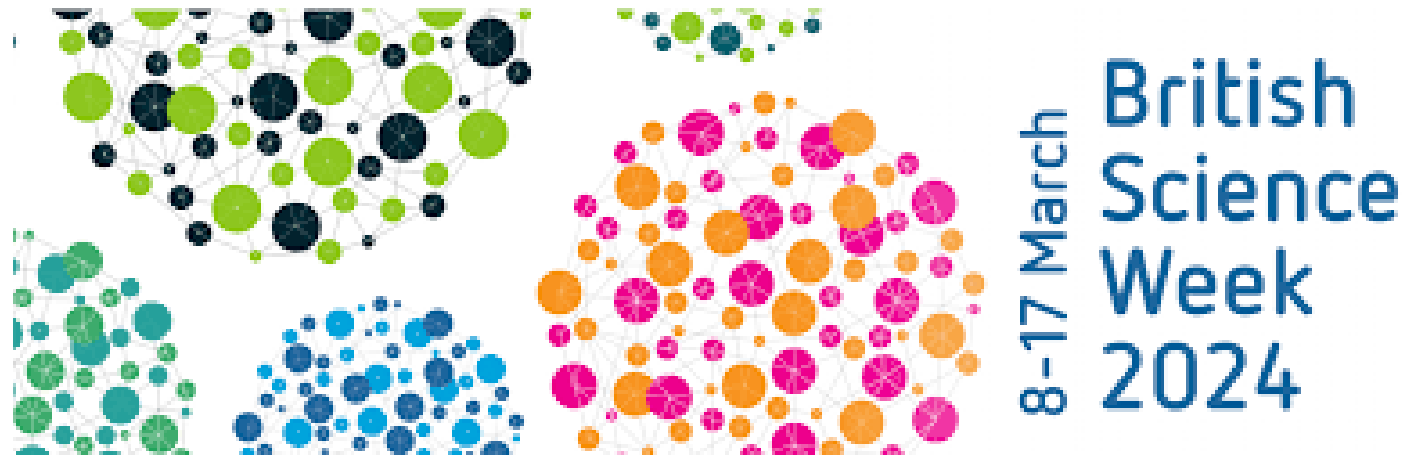
from 14th September 2023



Donaghadee Methodist Church Hall

for more info contact Louise 07801 032280





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



**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



Does your family need a **computer?**

Currys are working with the Digital Poverty Alliance to get free technology to those who need it.



If you live in one of these areas and your family doesn't have access to a computer, you can apply through us to have us send you one - not as a loan or rental, it's for your family, for good.



- **Staffordshire** (Stoke on Trent, Staffordshire Moorlands, Stafford, East Staffordshire, Newcastle under Lyme, Lichfield, South Staffordshire, Cannock Chase local authorities), England.
- **West Cumbria** (Cumberland local authority), England.
- **Ayrshire** (North Ayrshire, East Ayrshire, South Ayrshire local authorities), Scotland.
- **Norfolk Coast** (Kings Lynn and West Norfolk, North Norfolk, Great Yarmouth local authorities), England.
- **Neath Port Talbot and Bridgend**, Wales
- **Lincolnshire Coast** (North Lincolnshire, North East Lincolnshire, East Lindsey, Boston and South Holland local authorities), England.
- **Northern Ireland**.

Next Steps

If you're the parent/care giver of a child (4-16) who doesn't have access to a suitable device and you live in one of the above areas you can:

Go to digitalpovertyalliance.org/tech4families/

Visit a local **Currys store** or, text **0784448476** to receive a form by post.

Scan me:



The Digital Poverty Alliance is an initiative of the Learning Foundation, Registered Charity in England and Wales: 1086305, Registered Company in England and Wales: 3978344.

digital
poverty
alliance



LEARNING
FOUNDATION

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



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).

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

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?