

Donaghadee

What's on and Where

5th May 2023

In this issue

- *Coronation Celebrations and activities*
- *Open Days at Sir Samuel Kelly*
- *Fund-raising Quiz for Donaghadee in Bloom*
- *First Aid Course*



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



Join us for the Kings coronation
Celebrate with us

Disco

Bouncy castles

Coronation theme dressing up
competition

Donaghadee

War Memorial



Sunday 7th May 1.30-3.30



Donaghadee Big Help Out Litter Pick



Donaghadee Community Development Association and the Rotary Club of Donaghadee have partnered to organise another woodland litter pick at Crommelin Wood.

Monday 8th May 2023
2pm to 4pm

Meet at entrance to wood at former hockey pitch
Gloves, bags and litter pickers will be provided

Followed by Community Barbecue, generously sponsored by Wrights Butchers.
BBQ chef Mark Brooks



Donaghadee-in-Bloom 2023

TABLE

QUIZ



Friday 2nd June

7.30pm in Meadowbank Social Club

Come along and support our efforts in
Britain in Bloom 2023

£5 per person – all proceeds to In-Bloom Project

Open Days at the Sir Samuel Kelly Lifeboat

Marina Carpark, Donaghadee

Sunday 30 April & Monday 1 May 1-4pm

Sunday 28 May & Monday 29 May 1-4pm

**Come along & see the Sir Samuel Kelly Lifeboat &
Exhibition about the 1953 Princess Victoria Disaster**



**DONAGHADEE
HERITAGE
PRESERVATION
COMPANY**

To arrange a group visit please contact shirleyc153@gmail.com or tel 07805296958

www.donaghadeeheritage.com

Save a Life Course

First aid course covering the basics of CPR and Defibrillator use.

Would you know what to do in an emergency ?

Donaghadee Community Centre
Sat 13th May 10.00am OR 11.30am

See www.LighthouseChurchDonaghadee.com/SaveALife
for details

Places limited - Book early to secure your place

Cost £15 per person
All proceeds in aid of providing a defibrillator for the community in Donaghadee

Course provided by Medsafe
Organised by Lighthouse Church



Gala Musical Evening

*Flavoured with Ulster Scots,
Hillbilly and Gospel*

*Featuring
‘The Low Country Boys’*

with



*‘The Singing Binman’
John Porter*

**First Donaghadee
Presbyterian Church, High Street**

**on
Saturday, 20th May, 2023
at 7.30pm**

Admission (incl. light supper) - £10

*Tickets available from Dunn’s Shoes, High Street,
or telephone Sharron on 07817 406576*



**Alzheimer's
Society**

**DO YOU SUPPORT A LOVED ONE WITH
DEMENTIA?**

CARERS INFORMATION SUPPORT PROGRAMME 1

**SESSIONS: 1) The Impact of Dementia 2) Providing Support & Care
3) Legal & Financial Guidance 4) The Impact of Caring**

Wed 3rd, 10th, 17th, 24th 10:30-12:30pm, Greyabbey

Tues, 9th, 16th, 23rd 7pm-8:30pm, Zoom

Thurs 11th & 25th 10-2:30pm, Comber

MAY



**South Eastern Health
and Social Care Trust**

Registration: <https://forms.office.com/e/m3qHbukxcB>
Enquiries: Bronagh 07522712764 /crispseni@alzheimers.org.uk

PUPPETS IN YOUR PLACE!

A completely free, intergenerational project that brings Communities together journeying on a creative discovery.

Skilled music, drama and puppet facilitators will work with participants across six sessions, discovering what their local community means to them. Creatively discovering ideas, experiences, memories, history and connection to local places. Culminating in the four participant groups designing and crafting large-scale puppets, songs, stories, choreography and movement for public presentation in the Enchanted House of Puppetry programme in October 2023!

Donaghadee, Community Centre

Times: 10am–12noon

Dates: 10, 17, 24 June and 14, 21, 29 October

We encourage you to register your place on the programme either as an individual, a group, a couple, friends or a family. Everyone is welcome to join us on this musical and puppet extravaganza.

Register at: www.andculture.org.uk

For more info, phone: 028 9181 0803

Kindly supported by The Arts Council of Northern Ireland (Rural Engagement Fund)





Supporting Young
People, Adults & Families

Addressing Alcohol & Drug Related Issues;
Reducing Harm & Supporting Positive Change

Training Courses May 2023

Register and create your Training
Member account on our website to
book your place:

<https://www.ascert.biz/register-landing/>

Understanding Prescription & OTC Drugs	3 rd May 2023 10.00-13.00	ZOOM Online Training Free
Substance Misuse Awareness	4 th May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Illicit Drugs	9 th May 2023 10.00-13.00	ZOOM Online Training Free
Working With Young People & Substance Misuse	10 th & 11 th May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Alcohol	15 th May 2023 10.00-13.00	ZOOM Online Training Free
Parental Substance Misuse	17 th & 18 th May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Prescription & OTC Drugs	22 nd May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Illicit Drugs	24 th May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Alcohol	26 th May 2023 10.00-13.00	ZOOM Online Training Free
Safeguarding Children Affected by Parental Substance Misuse	30 th May 2023 10.00-13.00	ZOOM Online Training Free

Eating Well for Shift Work

Find out how to achieve a healthy
diet when working shifts.



A new video has been uploaded on eating well for shift work ([Eating Well for Shift Work - YouTube](https://www.youtube.com/watch?v=hWgVWMX9Uzk&list=PLVutsY_gd5AbvrZrl3Ev7isbDfFWDDota&index=12)).
Copy and paste the link below to view the video:

https://www.youtube.com/watch?v=hWgVWMX9Uzk&list=PLVutsY_gd5AbvrZrl3Ev7isbDfFWDDota&index=12



Open Art



Free Community Art Sessions
Promoting inclusion
Combating isolation

Thursday drop-in
10.30am-1.30pm



Boom Studios, 80 Main Street, Bangor, BT20 3RN

www.boomstudios.org.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 07890 022 499

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



VOLUNTEERS

MAKE A DIFFERENCE

SIGN UP TODAY!

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 Cromellin Wood
- Help with distribution of material, publications etc



OUTDOOR NETS

 TUESDAYS AND
THURSDAYS
6-8 PM

 NEW/OLD PLAYERS
ARE VERY WELCOME

JOIN US!

CONTACT OUR FACEBOOK
PAGE FOR MORE INFO



#ADCC



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



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.



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