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Further Information at visitdonaghadee.com If you have an event you wish to list email details to <u>info@visitdonaghadee.com</u>



Donaghadee Summer **Festival Programme** will be launched on Tuesday 11th June Get your free copy from selected town centre outlets

General Election 4th July 2024



- You must be 17 years of age or over by 30 November 2024.
- You must be on the electoral register
- To register go to The Electoral Office website <u>www.eoni.org.uk</u>
- Voting will take place in the Community Centre from 7am to 10pm
- If you cannot vote in person you can apply for a postal or proxy vote at www.eoni.org.uk

'The Dee @ the Dee' 7-9 June

Model Railway display and exhibition in the Community Centre



Times:

Friday 7th June 11am - 5pm Saturday 8th June 11am -9pm Sunday 9th June 11am-5pm June.

Gordon Hunt will be exhibiting his award winning model railway layout of the B.C.D.R. Donaghadee Railway Station in the Community Centre The layout depicts what the station looked like in 1950 just before it closed. Trains from that era will be running on the layout and rolling stock that ran in Northern Ireland since 1950 up to the present day. Come along and see what the Donaghadee Railway Station would have looked like if it hadn't closed!

Exhibition about the Donaghadee railway line by Donaghadee Historical Society and Heritage Preservation Company

'The Dee @ the Dee' 7-9 June Associated Talks

'A Dander along the railway line'

Friday 7th and Saturday 8th June 2.30pm with Dr Tom Neill Meet in Community Centre at 2.15pm

'Belfast & County Down Railway and the Donaghadee Station'

Saturday 8 June 7.30pm Community Centre A talk by Charles Friel

Donation £5 in aid of the Sir Samuel Kelly Project

Exhibition about the Donaghadee railway line by Donaghadee Historical Society and Heritage Preservation Company

HSC South Eastern Health and Social Care Trust

IST FFP Ards CIC

CARERS SUPPORT GROUP

PROVIDED BY DONAGHADEE HEALTH CENTRE MULTI-DISCIPLINARY TEAM

1ST WEDNESDAY IN EACH MONTH

A supportive group for those who care for a loved one, friend or family member

 10.30AM - 12.00PM
 MEETING ROOM - DONAGHADEE HEALTH CENTRE

FOR MORE INFORMATION EMAIL sonia.weatherup@setrust.hscni.net OR CALL: 07718669214

SIR SAMUEL KELLY

R.N.L.B. SIR SAMUEL

Come and see Donaghadee's 1950's lifeboat and learn about the bravery of her crew

Opening Hours

- 🔗 Thursday 6-8
- 🔗 Friday 2-5
- 🤣 Saturday 2-5
- 📀 Sunday 2-5

Free Admission

We are located in the marina car park. If the flag is flying we are open.







Council supply Pumpkins for a GIANT Pumpkin Competition

Ards and North Down Borough Council's Parks Department have approximately 150 pumpkin 'Atlantic Giant' plants, already potted and ready for collection from the Walled Garden in Bangor. Atlantic Giants are the biggest growing pumpkin variety so you can expect them to take up quite a bit of room. We will supply you with a plant (already potted into a 2 litre pot) and a growing guide. Pumpkins can be collected from Bangor Castle Walled Garden, 10am – 3pm, Monday – Friday – first come, first served.

Summer Camps for Young People





WITH MARKS & SPENCER

177777

RETAIL WITH MARKS & SPENCER

Funded by UK Government

KICKSTART A CAREER IN RETAIL WITH M&S.

INFORMATION

TASTER DAY: Wed 19th June PROGRAMME DATES: Mon 1st to Fri 26th July LOCATION: Across NI (see opposite) PHONE: 0800 842 842 EMAIL: outreachni@princes-trust.org.uk

Supported by:



Are you aged 16-30 and want to work in retail with Marks & Spencer?

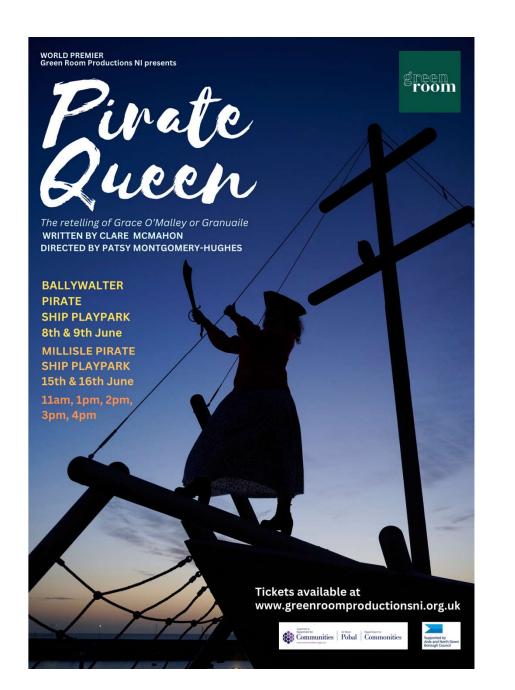
In this programme you will:

- Get work experience in your area.
- · Be eligible for jobs with M&S upon completion.
- · Receive up to six months' support from The Prince's Trust.

Locations: Abbey Centre, Aldergrove, Ballymena, Belfast, Boucher Rd, Crescent Link, Foyleside, Lisburn Rd, Newtownards Rd, Newtonbreda







Self-Compassion for Men

A workshop for men and those with men in their lives, exploring stress, how it affects us and explore what can make a big difference: the way we talk to ourselves.

Self-compassion holds significant potential to help people achieve goals, improve, wellbeing or address longer term chronic challenges.

If this is something you want to build on, we will introduce the means to build the practice of self-compassion in your everyday life.

- 10am-11.30am (Online)
- ← Ed Sipler (SEHSCT)
- Meeting ID: 843 1134 7912
- O Security Passcode: 183117

Ø ZOOM Link: https://us02web.zoom.us/j/84311347912?pwd=akNJOTVjZ3pBR1dsQ0d6c1c0WHZUUT0

MEN'S HEALTH WEEK 2024



What is Cook It?

Cook it! is a nutrition programme that has been developed for use in local communities in Northern Ireland. It can be used with a wide range of groups including:

- Women's groups
- Men's groups
- Older People in Sheltered Accommodation / Day Care Groups
- Residents in Homeless Hostels
- Mother and Toddler Groups
- Young/single parents
- Young people leaving residential care
- Youth Groups / Clubs
- · Offenders during rehabilitation programmes
- Ethnic Minority Groups

Organised by Ards and North Down Borough Council in collaboration with the South-Eastern Health and Social Care Trust, this programme provides hands-on, practical experience of cooking and preparing food, as well as improving knowledge of healthy eating and food safety.

At the end of each session the group will sit down and enjoy the food they have prepared during the practical session.

Course Details:

Weekly 1 ½ - 2 hour session held over 4-6 weeks. Dates and venues for programme will vary. (Next Course proposed for September / October 2024)

Register Your Interest

If you or your community group wish to take part in the slow cooker programme, please scan the QR code to register your interest.



Further Information

For further information please contact Health and Wellbeing team on 0300 013 3333 Ext: 40232 or email healthandwellbeing@ardsandnorthdown.gov.uk





South Eastern Health and Social Care Trust

Free Slow Cooker Course

Organised by Ards and North Down Borough Council in collaboration with the South-Eastern Health and Social Care Trust.

You will learn how to make healthy nutritious meals that are budget friendly using a Slow Cooker.

You will receive a free slow cooker and fresh ingredients to cook nutritious recipes to improve lifestyle choices and encourage healthy eating.



The course is available to a wide range of groups, from youth clubs to older people, community and voluntary sector organisations as well as individuals within the Borough.

Course Details:

Weekly 1 $\frac{1}{2}$ - 2 hour session held over 3-4 weeks. Dates and venue for programme will vary. (Next Course proposed for September / October 2024)

Register Your Interest

If you or your community group wish to take part in the slow cooker programme, please scan the QR code and register your interest.



Further Information

For further information please contact Health and Wellbeing team on 0300 013 3333 Ext: 40232 or email healthandwellbeing@ardsandnorthdown.gov.uk Available in Public Libraries

Free Period Products

For more information including locations please visit nidirect.gov.uk or myperiod.org.uk





Scan to download the

PickupMyPeriod App

Android

Period Dignity for all!

in Public Libraries Reducing the Stigma 48% of girls feel 48% of girls feel

Available

Period products are essential items for personal care which address a normal biological need. From May 2024 period products will be made freely available to everyone who needs to use them!

WHO are they for?

- Free products are available for anyone and everyone who needs to use them.
- You can pick them up for yourself or for someone else who needs them.

WHERE can I get them?

- Every library will make period products available (including mobile libraries).
- You can also locate your nearest free period products via the PickupMyPeriod App.

WHEN can I get them?

- Period products will be available from libraries from 13 May 2024.
- Opening hours for libraries and mabile library stops can be found on the PickupMyPeriod app.

? HOW do I get them?

- Just follow the signposting in libraries and take what you need when you need it.
- For more information, please visit nidirect.gov.uk

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Are you getting all the money, supports and services you're entitled to?

With just one simple call, text or email you can find out.

make the call 0800 232 1271

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text: CHECK to 67300* email: makethecall.telephony@nissa.gsi.gov.uk visit: nidirect.gov.uk/makethecall



Communities

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DONAGHADEE

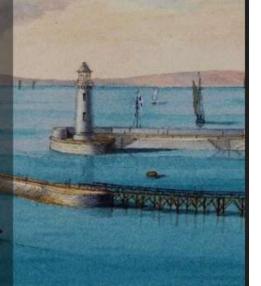
HISTORICAL WALKING TOURS

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 LIABITY 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.

Parent & Toddler group

Donaghadee Methodist

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





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 <u>sonia.weatherup@setrust.hscni.net</u> (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: <u>http://donaghadeerotary.org/</u> 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?