



DONAGHADEE
THE BEACON ON THE COAST

Donaghadee What's on and Where 19th January 2024



In this issue

- ***Celebrate Burns Night***
- ***Hope Street Walking Tour***
- ***Parenting your Teenager***
- ***And much more***

Further Information at
visitdonaghadee.com

If you have an event you wish to list
email details to

info@visitdonaghadee.com

HAVE YOU GOT A SECOND?

My name is Aaron. I am a local Martial Arts Teacher. I am running the **SPAR Craic 10K** to raise money for **Donaghadee in Bloom**.

I want to give back to this great community. If you can, please donate on my Just Giving Page.

Thank you!

www.justgiving.com/crowdfunding/aaron-mouser-savage-donaghadee





Donaghadee Summer Festival

Organising a festival event?

Anyone planning to organise an event as part of the Summer Festival and who wishes to publicise it in our brochure should make application to info@visitdonaghadee.com before the end of May 2024

Winter Opening at Sir Samuel Kelly Lifeboat

Marina Carpark, Donaghadee (turn right at the harbour)

Visit the Sir Samuel Kelly Lifeboat &
New Exhibition about Donaghadee lifeboats
& the 1953 Princess Victoria Disaster

 **Sundays 1-3pm** 

Weather permitting



SIR SAMUEL
KELLY PROJECT

To arrange to visit
at other times
Tel 07805096958



DONAGHADEE
HERITAGE
PRESERVATION
COMPANY

www.donaghadeeheritage.com



JOIN US FOR

A Burns Night Supper

Saturday, January 20, 7pm at Donaghadee Sailing Club

Celebrate the life and times of Robbie Burns with a delicious four-course meal, Piper, toasting the haggis, and raffle!

- * Scotch broth with wheaten bread
- * Haggis, neeps & tatties, or Chicken with pepper sauce
- * Raspberry pavlova
- * Tea/coffee & shortbread

Book your places by contacting Fraser before January 15
07747 843801
fraser.menzies2005@gmail.com

CDpp includes five raffle tickets
Proceeds to End Polio

ODYSSEY PARENTING YOUR TEEN PROGRAMME

I HATE THIS
HOUSE!

You do
my head
in!

Get out of
my room!

I DON'T WANT
TO TALK ABOUT
IT. LEAVE ME
ALONE!

SOUND FAMILIAR?

Helping you deal with
the reality of living
with teenagers

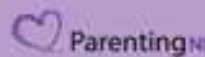
Call to register:

0808 8010 722

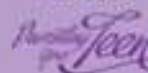
Mon-Thurs 9.30am-3.30pm

Fri 9.30am - 12.30pm


**South Eastern
Trust**
Tues 30th Jan 2024-
Tues 19th Mar 2024
Join us Online Every Tuesday
for 8 weeks
7.00 pm - 9.00 pm



Odyssey



PAIN MANAGEMENT PROGRAMME

- Are you living with a long-term condition?
- Do you want to learn some tools and techniques to help you manage your condition and take back control?



<u>Dates:</u>	Wednesdays 31st Jan to 6th March
<u>Times:</u>	11am to 1.30pm (Tea, coffee and biscuits will be available)
<u>Location:</u>	Donaghadee Parish Hall, 3 Church Lane, Donaghadee, BT21 0AJ

We know how much strength it takes to live with arthritis and other long-term conditions. Our programmes are designed to improve your confidence and connect you with other people with similar conditions.

Participants will develop their skills and knowledge on:

- Getting a good night's sleep
- Managing symptoms
- Working with your healthcare team
- Effective problem-solving
- Better communication
- Handling difficult emotions
- How to relax
- Tips for eating well
- Managing anxiety

How to Register:

[Call us on: 028 9078 2940](tel:02890782940)

[Email: niservices@versusarthritis.org](mailto:niservices@versusarthritis.org)

[QR: Scan the QR code](#)



**VERSUS
ARTHRITIS**



Department of
Health

An Roinn Sláinte
Mánnystrie O Poustie



Tea Dance

Wednesday 31 January 2024 | 2pm~4pm
Queens Hall, Newtownards



Everyone
welcome!



Booking is essential - To book your place
please contact Julia Harkness by Wed 24 Jan 2024
Email julia.harkness@ardsandnorthdown.gov.uk
Tel: 0300 013 3333 ext. 40347

Light refreshments will be provided



Menopause & Me



Do you live in the South Eastern Trust Area?

NI Rural Women's Network is delivering a 4 week programme of online workshops to support you through your Menopause journey.

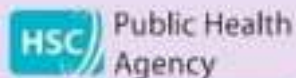
These will take place over 4 Thursday evenings beginning on **Thursday 1st Feb 2024 at 7pm**

Topics covered will include:

- Overview of perimenopause and menopause stages
- Physical & Emotional Symptoms
- Treatment Plans
- Nutrition & Exercise



Email paula@nirwn.org to register



Project supported by the PHA



Supported by the Public Health Agency through the Clear Project

Technology & Domestic Abuse Resources Launch



Tue 6th Feb 2024

09.00 - 10.30 am (With a light breakfast)

The Old Market House, 77 Main St, Bangor




To book your place at this event, please click on the Eventbrite link:

<https://www.eventbrite.co.uk/e/technology-and-domestic-abuse-resources-launch-tickets-795387163417>

MENTAL HEALTH TRAINING JAN - MARCH 2024

For further information, please contact
Eileen.young@setrust.hscni.net
 or
brien.frazer@setrust.hscni.net

 South Eastern Health and Social Care Trust			
Autism – Understanding self-harm	22nd February	10am – 11.45am	Online via Zoom
Manifest Men’s Mental Wellbeing T4T course	7th,8th, 22nd February	9 – 5pm	Venue TBC – Day 1 and 3 will be delivered face to face Day 2 online
Positive Steps Train the trainer	27th February	9.15am – 4.15pm	Venue Tbc
Take 5 Personal Wellbeing	4th March	12- -2pm	Session allocated. Closed group
Building our Children’s Developing Brain	12th March	10am - 1pm	Online via Zoom
Men’s health fair	12th March	12 – 3pm	Gallwally house
Understanding self-harm training	28th March	9.30am-1.30am	Online via Zoom



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

January-March 2024

Tues 9th,16th,23rd & 30th Jan	7-8:30pm	ZOOM
CrISP 2 Wed 10th, 17th, 24th Jan	10:30-12:30pm	Hamilton HUB, Bangor
Sat 3rd & 24th Feb	9:30-1:30pm	ZOOM
Tuesday 6th,13th,20th,27th Feb	12- 1:30 pm	Zoom
Wed 7th,14th,21st,28th Feb	10:30-12:30pm	Skipperstone Community Hall Bangor
Tues 5th, 12th, 19th, 26th, March	6:30 - 8:30pm	Lisburn Leisure Plex
Wed 6th, 13th, 20th, 27th March	1pm-3pm	Parish Centre, Newcastle
Thurs 14th & 21st March	10:15-2:30pm	Donaghadee Community Centre



Scan to register!

Inquiries: Bronagh 07522712764
crispseni@alzheimers.org.uk



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?

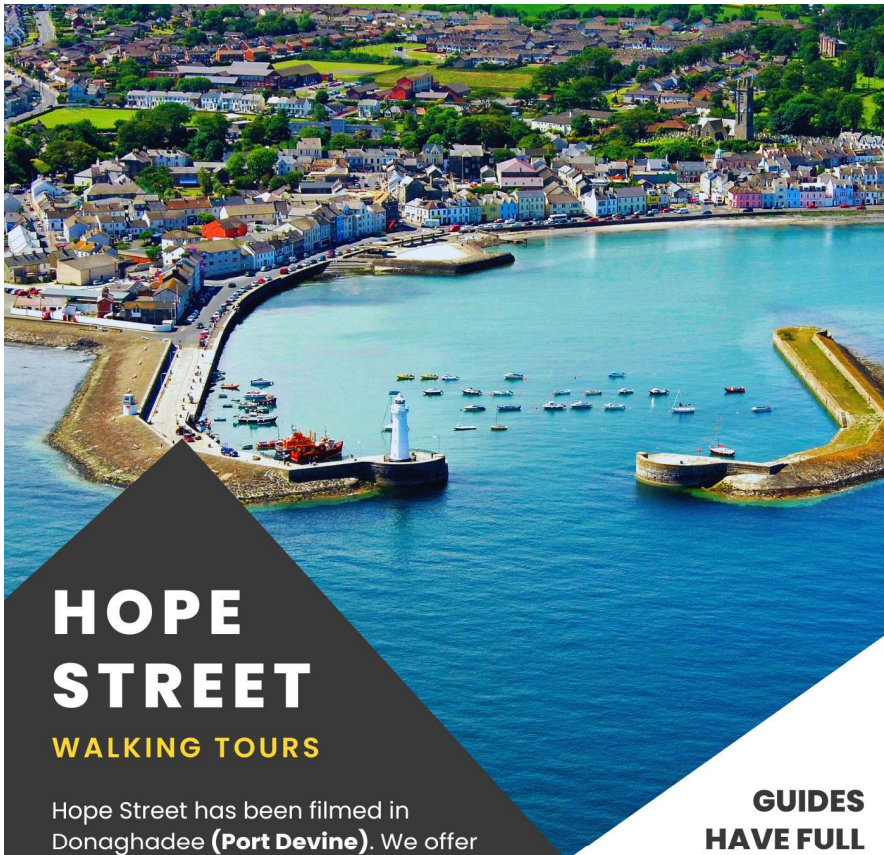
Visit our Camera Obsura, and **"Hope Street"** film sites.

Walks are designed to your time availability (1-3 hours). All are **FREE**.

GUIDES HAVE FULL PUBLIC LIABILITY 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.**



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

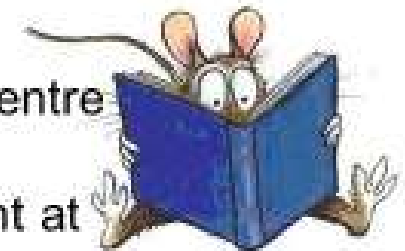




Come join our Book Club!

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





South Eastern Health
and Social Care Trust



Donaghadee

Wellbeing Walking Group

Every Tuesday
at 10.30am

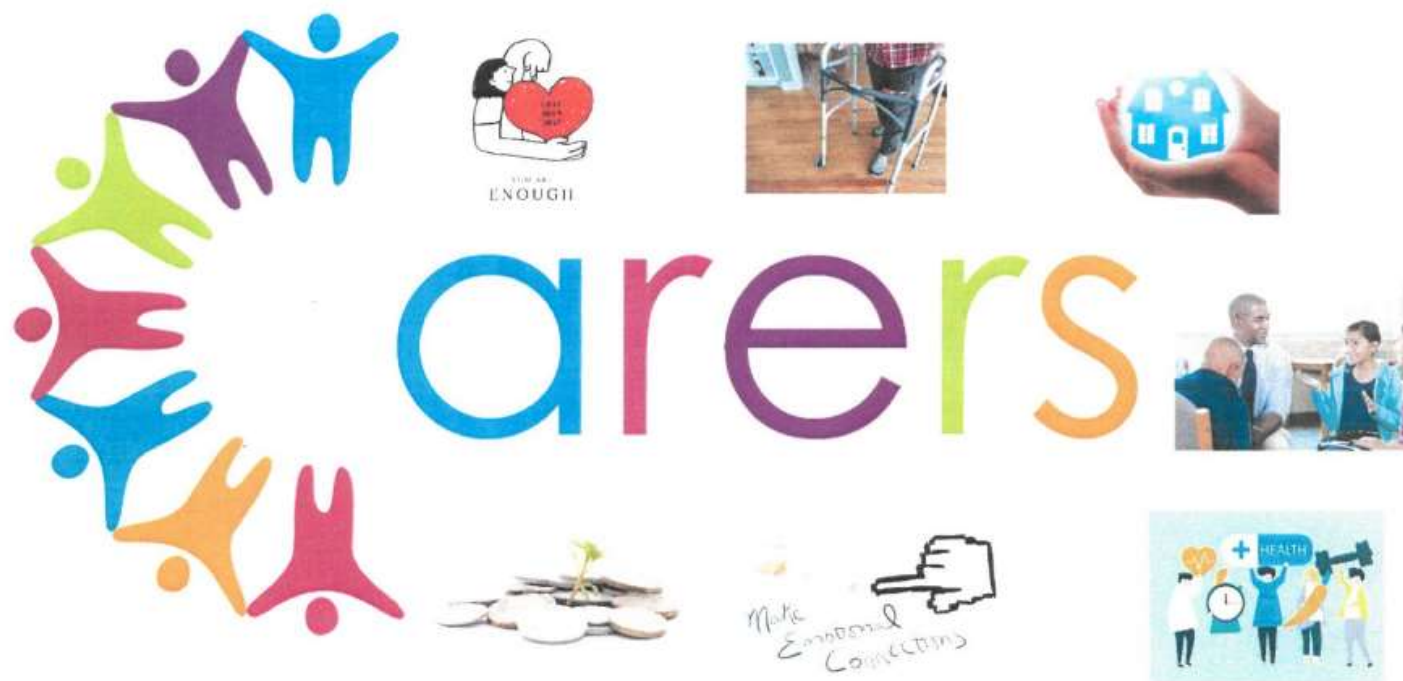


Everyone
Welcomell
Easy, level
walking and
FREE

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).

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!



Rotary

Club of Donaghadee

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?