

Donaghadee

What's on and Where

27th January 2023

In this issue

- *Princess Victoria Commemoration (Friday – Sunday)*
- *Coronation and Summer Festival 2023*
- *Poetry Workshop*
- *Health and Wellbeing events*
- *..... And much more*



Further Information at
visitdonaghadee.com

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



DONAGHADEE
THE BEACON ON THE COAST

Friday 27th to Monday 30th January 2023 11am-7pm

**Exhibition in Donaghadee Community Centre
Princess Victoria Disaster & Donaghadee lifeboats**

Friday 27th January 7.30 pm



**The Princess Victoria Disaster
a talk by Stephen Cameron**



Donaghadee Community Centre Entrance £5 (refreshments included)

Sunday 3pm at Donaghadee Harbour

**Memorial Service to commemorate the 70th anniversary
of the loss Of MV Princess Victoria on 31 January 1953**

Refreshments served afterwards in the Community Centre



**Sir Samuel Kelly Lifeboat Shelter will be
open during the weekend
Details of times available at exhibition**

www.donaghadeeheritage.com



**DONAGHADEE
HERITAGE
PRESERVATION
COMPANY**

A course aimed at helping young people to become a junior sports leader.

**14 YEARS
& OVER**
FREE! Limited spaces available



LEVEL 1 SPORTS LEADERSHIP AWARD

THURSDAY EVENINGS 6:30-8:30PM
2ND FEB - 23RD MARCH

COURSE BREAKDOWN

2ND FEB: ONLINE (INTRO/SPORTS LEADERS)
9TH FEB: ONLINE (INTRO/SPORTS LEADERS)
16TH FEB: FACE TO FACE (DODGEBALL LEVEL 1) *
23RD FEB: FACE TO FACE (DODGEBALL LEVEL 1) *
2ND MAR: ONLINE (SPORTS LEADERS)
9TH MAR: ONLINE (SPORTS LEADERS)
16TH MAR: FACE TO FACE (DISABILITY SPORTS)*
23RD MAR: FACE TO FACE (FIRST AID AWARENESS & PEER COACHING)*

IN PERSON SESSIONS ARE SUBJECT TO GOVERNMENT REGULATIONS
*VENUE FOR FACE TO FACE:
REGENT HOUSE GRAMMAR SCHOOL, CIRCULAR ROAD, NEWTOWNARDS*

To express interest, contact
john@communitysportsnetwork.org



What the course will cover:

- Understanding of working in communities
- Partnership working
- The role of a junior sports leader
- Skills of a good leader
- Planning & delivery of sessions
- Inclusion & equity
- Health and safety
- Awareness of first aid
- Level 1 Governing Body Award
- Monitoring & Fundraising

- Awareness of Mental health and wellbeing for young people and relevant resources and local support available

Creative Lives Presents:

My Creative Life!

Poetry workshop
with Amy Louise
Wyatt
Tea and Coffee
provided!



Friday 3rd February 2pm - 4pm
Donaghadee Community Centre

RSVP: SEONAIID@CREATIVE-LIVES.ORG

Take Notice

...of the world around you this January

COMPETITION TIME:

To mark the start of the New Year and to improve Health and Wellbeing, the Trust is running a photography competition to encourage everyone to go outdoors and 'Take Notice' of the beauty of Nature around us.

The competition is open to all staff and members of the public.

Prizes will be awarded to the 2 photos that best reflect positivity in nature.

Please submit your photos to: Brien.Frazer@setrust.hscni.net.



<u>TAKE 5 STEPS TO PERSONAL WELLBEING</u>	<u>POSITIVE STEPS</u>
<p>Do you want to improve your physical and mental health? Join us to learn about the 5 actions you can take to improve your physical and emotional wellbeing.</p> <p>Tuesday 31st January 2pm - 3pm</p> <p>Delivered online via Zoom</p>	<p>This Positive Steps course is delivered over 5 weeks. During the course we will explore and identify potential ways to improve emotional and physical wellbeing.</p> <p>Wednesday 1st February– 1st March From 11.30- 1pm,</p> <p>Delivered online via Zoom</p>
<u>UNDERSTANDING SELF HARM</u>	<u>MENTAL HEALTH FIRST AID</u>
<p>This training is an introduction to issue of self – harm and how it can be impacted by alcohol misuse.</p> <p>Monday 30th January 2023</p> <p>Pre-requisite: This training is for carers not people who are self – harming.</p> <p>Delivered online via Zoom</p>	<p>Metal Health First Aid is given until appropriate professional treatment is received or until the mental health crisis resolves.</p> <p>3rd, 10, 17th February, From 9am – 1.30pm</p> <p>Participants must attend all 3 sessions.</p> <p>Delivered online via Zoom</p>

To book please contact: Eileen.young@setrust.hscni.net



MOOD MATTERS workshop

Mood Matters for Adults is a mental health awareness workshop suitable for anyone who would like to learn more about managing their mood.

The programme teaches techniques to:

**Manage Stress & Anxiety
Identify Mental Ill-Health
Know Where to Get Help & Support**

**Tuesday 7th February
6:30pm - 8:30pm
Zoom: Online**

**Sign-up for free at
aware-ni.org/mood-matters-for-adults**



I'm not OK

Don't hide your real feelings.
Talking really helps.

Lifeline 0808 808 8000

Textphone 18001 0808 808 8000
Call free, 24 hours a day



New Course: Compassionate Conversations

For more information or to
book, please email
rpower@amh.org.uk

"The training improved my awareness of
mental health. I now feel much more
confident when having compassionate
conversations with colleagues about
their mental wellbeing"

Northern Ireland Audit Office
(Compassionate Conversations)

By the end of the session learners will :

- ✓ Have increased awareness of mental health in the workplace
- ✓ Be equipped with evidence based tools to support colleagues' mental health in the workplace
- ✓ Have increased confidence to discuss mental health with employees
- ✓ Be able to identify ways to support employees experiencing mental ill health
- ✓

Would you like to improve your wellbeing?

Explore the benefits of:

1. Connection
2. Taking notice
3. Being active
4. Learning something new
5. Giving something back
6. Valuing yourself



Positive Steps offers you the opportunity to try something new, have fun, and learn & practice strategies that aim to enhance confidence & well-being



5 WEEK COURSE		
Date	Time	Location
Wednesday 1st February – 1st March 5 sessions	11.30- 1pm	Delivered online via Zoom

Free and open to everyone.

Participants should make their best effort to attend all 5 sessions

FOR FURTHER INFORMATION OR TO RESERVE A PLACE PLEASE CONTACT

Eileen on:

Eileen.young@setrust.hscni.net

MENOPAUSE WELLBEING EVENT

Join us Thursday 9th February,
6.30pm - 9.30pm with guest
speaker: Dr Gwyneth Hinds

Free Attendance

Register via eventbrite or
email to reserve a place:
Nicola.Marshall@setrust.hscni.net



Eventbrite
QR Code Link

Venue:

Robert Andrews Church Hall,
opposite Shore Street
Presbyterian Church
1 Warren Road, Donaghadee
BT21 0DS

Complimentary

Tea & Coffee provided

Information stands will include health
advice and community organisations



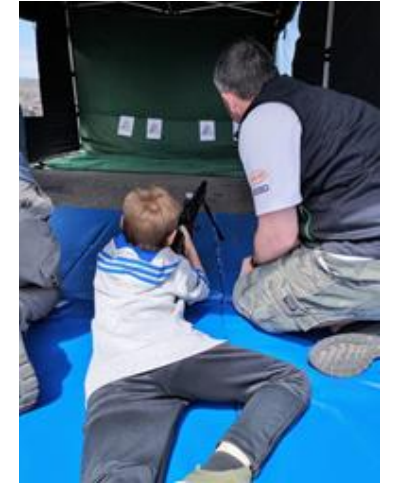
King Charles' Coronation Celebrations 6th - 8th May 2023



The Community Development Association is planning events to celebrate the upcoming coronation.
If you have an idea please email it to info@visitdonaghadee.com



Summer Festival 2023



We are optimistic that we will be able to have a summer festival again this year.

We would love to hear from you if you have an idea for an event or if your group would like to organise an event. We can help with advice, publicity and finance.

Events take place June – September.

Just send an email to info@visitdonaghadee.com



Чи хотіли б ви вивчити англійську?

هل ترغب في تعلم اللغة الإنجليزية؟

Chcesz nauczyć się angielskiego?

Ți-ar plăcea să înveți engleza?

WOULD YOU LIKE TO LEARN ENGLISH?

- ENGLISH CLASSES STARTING IN HOLLYWOOD -

- NO CHARGE -

- ALL ABILITIES WELCOME -

Crèche available for small children

For more info contact:

07935 554278

Donaghadee local churches
invite you to find

WARM SPACES

with them this coming winter



Come and meet new people,
have a chat or sit quietly
and read your paper



Starting
Monday 31st October

Monday	Shore Street Presbyterian
Tuesday	Donaghadee Methodist
Wednesday	Donaghadee Methodist
Thursday	First Presbyterian
Friday	Donaghadee Parish



With winter and the dark nights approaching the band are now recruiting in all areas :- side drum, bass drum, accordion (both piano and button} drum major. Tuition, instruments and uniforms are provided. Anyone interested in joining should message the page or call in to practice which is upstairs in Manor Street Orange Hall on Wednesday evenings from 7.30pm. We are a small friendly band with several families including young children. All ages from 9 up are welcome.



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

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