



# SUMMER IS COMING!

South Eastern Area Outcomes Group  
Inclusive Summer Activities Directory 2026



# Take care in the sun

A tan or sunburn are signs of skin damage and can increase your risk of skin cancer.

**Be UV aware and protect your skin.**



STAY IN THE SHADE  
BETWEEN 11AM & 3PM



USE SUN PROTECTION  
WITH AT LEAST SPF 15  
AND UVA 4 STARS



WEAR SUNGLASSES  
WITH 100% UV  
PROTECTION



WEAR A BROAD-BRIM HAT



COVER UP

For more information visit  
[careinthesun.org/uv](http://careinthesun.org/uv)





## Introduction

Welcome to the **South Eastern Area Outcomes Group Inclusive Summer Activities Directory** — your guide to a fun, active and inclusive summer for children, young people and families.

This directory has been created to help you easily find a wide range of activities taking place across areas including Ards, Down, Lisburn, Colin, North Down and beyond.

Inside, you'll discover something for everyone — from play sessions and sports camps to creative workshops, social groups and family events. Many of these activities are designed to be inclusive and welcoming, ensuring that children and young people of all abilities, including those with additional needs, can take part, have fun and make new friends.

We know how important it is for families to feel confident and supported when choosing activities. That's why we've included helpful information on each programme, such as who it's for, where it takes place, how to book and any costs involved.

Whether you're looking for something close to home, something new to try, or simply ways to keep everyone entertained over the summer holidays, we hope this directory helps you plan a summer full of enjoyment, connection and great memories.

Please note that some details may change, so we recommend checking directly with activity providers for the most up-to-date information.

**We hope you have a fantastic summer!**

# Ards & North Down





For more information please search;

[www.leisureardsandnorthdown.com/contact-leisure](http://www.leisureardsandnorthdown.com/contact-leisure)



## COMBER KIDS

Fun for kids at Comber Leisure Centre.



## ARDS KIDS

Fun, adventure and sports for kids at Ards Blair Mayne.



For more information please search;

[www.leisureardsandnorthdown.com/contact-leisure](http://www.leisureardsandnorthdown.com/contact-leisure)

LEISURE  
ARDS AND  
NORTH DOWN



DICE FUTURE'S Project



# DICE P7 2026 LEAVERS PROGRAMME

**WHO: P7 YOUNG PEOPLE WHO ARE PART OF THE DICE PROJECT**

**DATES & TIMES:  
3RD, 4TH, 5TH & 6TH AUG 2026  
FROM 10AM - 2.30PM EACH DAY  
(PLUS A TRIP TO AQUA CHALLENGE)**

**WHERE: CLANDEBOYE VILLAGE HALL (89-91 CHURCH ST, BANGOR)**

## WHAT'S INVOLVED:

✓ Get ready for new school - with simple tips & hints

✓ Understand your nerves & excitement about the new school

✓ Enjoy games, activities and a trip on the last day

**\*LIMITED PLACES\***

**REGISTER NOW**

To register or for more information contact us:

02891461386



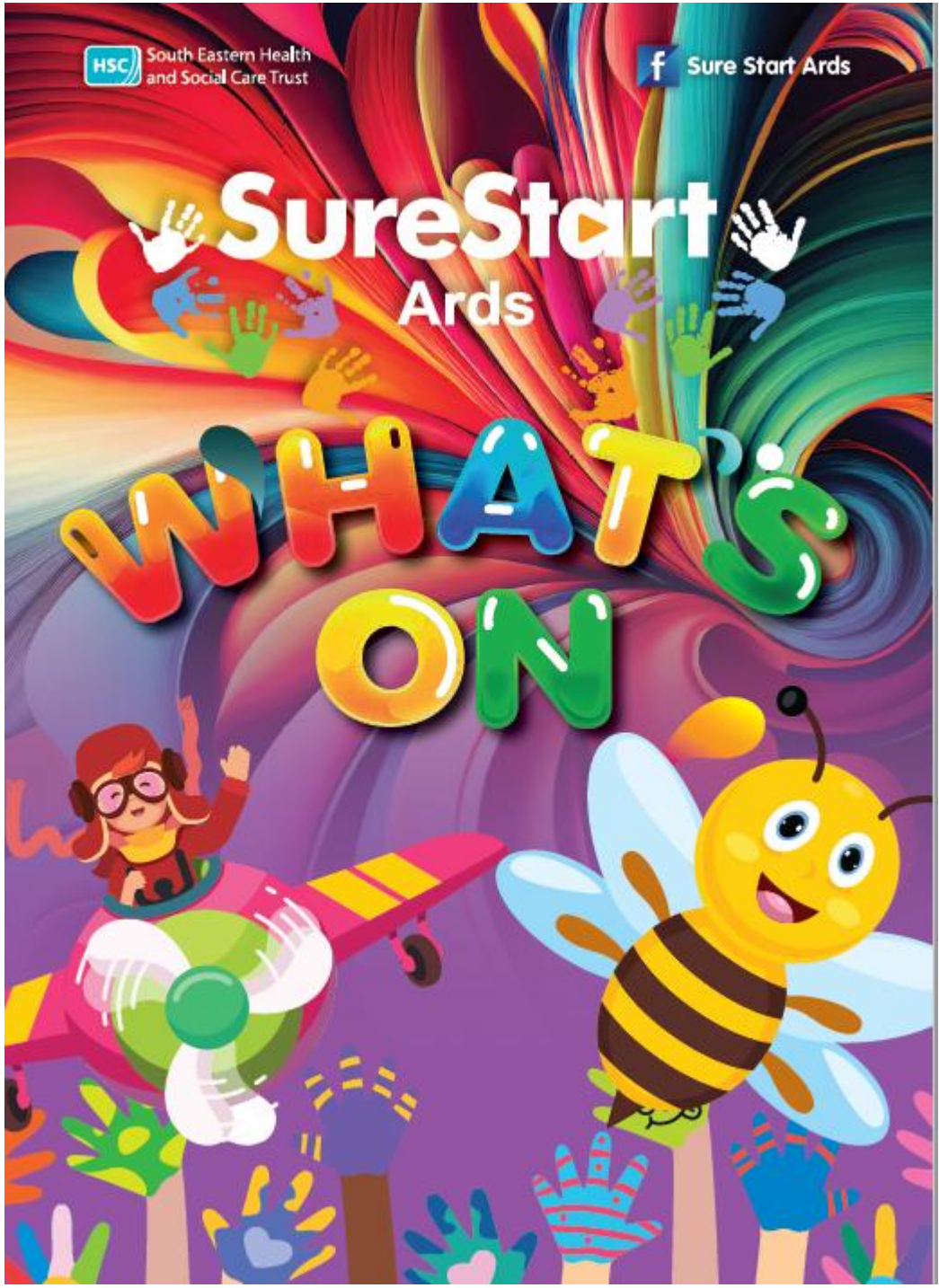
emmadicefutures@gmail.com or  
racheldicefutures@gmail.com

# July

MON	TUES	WED	THURS	FRI	SAT
<b>Family Summer Activity Programme</b>  27th 10.15-11.45am  99b Skipperstone Rd, Bangor		<b>Family Summer Activity Programme</b>  22nd 10.15am-11.45am  Ward Park, Bangor		<b>Summer Savers</b>  24th & 31st 10.15-11.45am  <b>Booking Essential</b> 22 Hamilton Rd, Bangor	
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 2px solid pink; border-radius: 50%; padding: 10px; color: white; font-weight: bold;">                         We are closed on 13<sup>th</sup> &amp; 14<sup>th</sup> July                     </div> <div style="text-align: center;"> </div> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 20px;"> <div style="text-align: center;"> <p>New registrations welcome! Call us on 02891 457 248 to see if you live in a Sure Start area</p> </div> </div>					

# August

MON	TUES	WED	THURS	FRI
<b>Cultural Celebration</b>  3rd, 10th, 17th, 24th 10.15-11.45am  99b Skipperstone Rd, Bangor		<b>Family Summer Activity Programme</b>  5th 10.15am-11.45am  Bangor Castle Walled Garden	<b>Family Summer Activity Programme</b>  20th 10.15am-11.45am  Ward Park, Bangor	<b>Summer Savers</b>  7th & 14th 10.15-11.45am  <b>Booking Essential</b> 22 Hamilton Rd, Bangor
<div style="text-align: center;"> </div>		<b>Summer Event</b>  12th 10.30am-12pm  <b>Booking Essential</b>  99b Skipperstone Rd, Bangor	<b>Breastfeeding Group</b>  6th & 20th Drop in 11am-12.30pm  22 Hamilton Rd, Bangor	



# JULY/AUG 2026

ACTIVITY	DAY	DATES	VENUE & EMAIL	TIME
Breastfeeding Support Group	Mon	6th, 20th July 3rd, 17th August	Room 2 Kircubbin Drop in no need to book	9.30-10.30am
Summer Activity	Mon	Weekly from 6th July	Surestart Ards, Dakota Avenue Drop in no need to book	10.00-12noon
RRST	Mon	20th June	Portaferry Library Gala Week Drop in no need to book	Session 1 - 11.30- 12.00noon Session 2 - 12.30-1pm
Mini Groovers	Mon	20th, 27th July & 3rd Aug	Inishargy Room , Kircubbin Drop in no need to book	10.00am- 10.45am
Slow Cooker	Tues	21st, 28th July & 4th, 11th Aug	Westwinds Community Centre Book in with Grace grace.moore@setrust.hscni.net	10.00- 12.00noon
Hypnobirthing	Tues	30th June, 7th and 21st July	Upper Room , Trinity Church Greyabbey Book in with Janine Janine.mcmenamin@setrust.hscni.net	9.30am- 12.00noon
Breastfeeding Information Session	Tues	11th August	Trinity Church, Greyabbey Book in with Janine Janine.mcmenamin@setrust.hscni.net	9.30am- 11.30am
Summer Activity	Tues	18th August	Surestart Ards, Dakota Avenue Drop in no need to book	10.00- 12.00noon
Mount Stewart Walk & Rhymes	Wed	8th, 15th, 22nd, 29th July & 5th, 12th 19th Aug	Mount Stewart To book a place email Grace – grace.moore@setrust.hscni.net Stating the date / dates you would like to attend	10.15-12.15pm
Summer Activity	Thur	2nd,9th,16th July, 13th, 20th Aug	Surestart Ards, Dakota Avenue Drop in no need to book	10.00- 12.00noon
Mini Groovers	Thur	23rd, 30th July, 6th Aug	Westwinds Community Centre Drop in no need to book	10.00-10.45am
Play Session	Thur	23rd , 30th July, 6th Aug	Westwinds Community Centre Drop in no need to book	11.00-12.30pm
Summer Activity	Fri	Every week July / August	Maxwells Court Kircubbin – drop in – no need to book	10-12 noon
WEEK Beginning 24th August			NO PROGRAMMES DUE TO STAFF TRAINING	





Based on **Take5**  
steps to wellbeing

discover wellbeing tools, local activities and support across Ards and North Down.



Scan the QR code or type the link [tinyurl.com/BigFIVESteps](https://tinyurl.com/BigFIVESteps)





**Get the FREE app**  
**Search Here2help**




**Or scan the QR Code**



**Immediate access to helplines and services**  
**An instant source of help and support**



Scan the QR code or type the link [tinyurl.com/BigFIVESteps](https://tinyurl.com/BigFIVESteps)

Based on **Take5**  
steps to wellbeing

discover wellbeing tools,  
local activities and  
support across  
Ards and North Down



**Helping you find your way to wellbeing**  
**online and in your community**

Free and  
confidential



## Safe home Happy home

95% of home accidents are preventable

Have you children under the age of 5?

Are you over 65?

Does someone in your household have a  
disability/vulnerability?

If "YES", then you are at greatest risk of a home accident.

Contact our Home Safety Team for a FREE visit.

**0300 013 3333 ext 40336** or email  
[homesafety@ardsandnorthdown.gov.uk](mailto:homesafety@ardsandnorthdown.gov.uk)

Get information, advice and (where  
appropriate) free equipment to  
**make your home safer**

  
Ards and  
North Down  
Borough Council

# CONNECTING FAMILIES

Less screens. More play.

**FREE EVENT**

**Free Family Event**  
Saturday 27 June 2026 | 12-2pm  
Ballygowan Village Hall BT23 6NA  
Parents and children aged 4-14  
Register at our Connecting Families  
web page for your family to attend

Ards and  
North Down  
Borough Council

<https://www.ardsandnorthdown.gov.uk/connecting-families>

north down  
**YMCA**

# COMMUNITY CONNECTIONS

## SUMMER PROGRAMME

**CREATIVE CONNECTIONS**



Finishes on  
**MONDAY 29<sup>TH</sup> JUNE**

Will return on  
**MONDAY 7<sup>TH</sup> SEPTEMBER**

**COMMUNITY LUNCH**



WILL CONTINUE  
**EVERY MONDAY  
IN JULY & AUGUST**

**TIME: 12PM - 2PM**



### COMMUNITY CONNECTIONS SUMMER BREAK



ALL COMMUNITY CONNECTIONS PROGRAMMES  
WILL BE CLOSED FROM **6<sup>TH</sup> JULY**, RETURNING ON **20<sup>TH</sup> JULY**.

**COMMUNITY BREAKFAST**



**EVERY WEDNESDAY**

**TIME: 9.30AM - 11AM**

OVER THE SUMMER WE WILL  
ALSO BE OFFERING **PACKED LUNCHES** TO SCHOOL CHILDREN  
WHO COME ALONG WITH AN ADULT.



**MONDAY 27<sup>TH</sup> JULY**

**COMMUNITY PICNIC**

(WEATHER PERMITTING)  
LOCATION TBC

**COMMUNITY LUNCH,  
PICNIC STYLE & GAMES!**



**MONDAY 17<sup>TH</sup> AUGUST**

**COMMUNITY BBQ STYLE LUNCH & GAMES!**

(WEATHER PERMITTING)  
LOCATION TBC

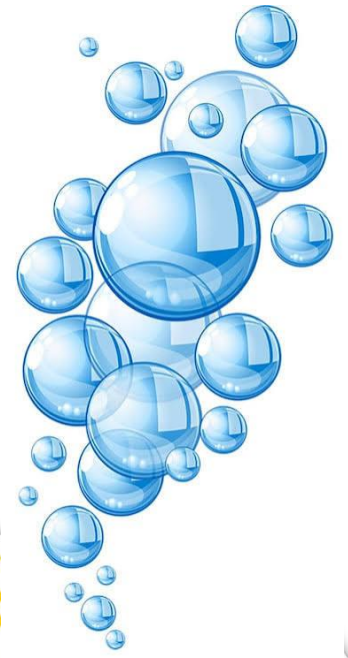


KEEP AN EYE ON **SOCIALS**  
FOR MORE INFORMATION



OR CONTACT JAMIE-LEE ON **07591840539**

# Colin



<b>Area:</b>	Colin
<b>Location:</b> (venue/address)	Colin Connect Transport Hub
<b>Activity:</b>	<b>Name:</b> Family Fun Day <b>Details:</b> Come down to Colin Connect Transport Hub for a fun filled family day out! Enjoy fun fair rides, bouncy castles, arts and crafts and much more!
<b>Dates:</b>	7 <sup>th</sup> of August, 2pm – 5pm
<b>Age Group:</b>	All ages welcome
<b>Recruitment:</b> (How are you recruiting for this (e.g. referral, drop-in, contact form, etc.))	Just come down on the day.
<b>Cost:</b>	Free
<b>Is Transport provided:</b>	No
<b>Contact Details:</b>	<b>Name:</b> Paul McCrudden <b>Email:</b> paul@newcolin.com <b>Tel:</b> 02890623813
<b>Any Extra Information</b> (inc specialist equipment /accessible toilets etc)	N/A

# FAMILY SUPPORT HUBS

## WORKING TOGETHER WITH FAMILIES TO CREATE POSITIVE CHANGE

### What is the Family Support hub?

The Family Support Hub is a network of organisations working together to support families with children and young people up to the age of 18.

The hub helps families access right help at the right time before problems become more difficult to manage

### We can help with

- Parenting Support
- Emotional well being
- behaviour or school concerns
- Family relationships
- Connecting you with local support services

Support focuses on early help, building resilience and strengthening families

### How does it work?

- A referral is made to the family support hub
- Partner organisations review the family needs
- the most suitable support service is identified
- families are connected to the help they need

### Need Support?

- Referrals can be made directly by the family however if you don't feel comfortable doing so speak to your school, GP, health visitor or directly to your local family support service about making a referral to the family support hub
- South Eastern Family Support Hub telephone 028 9250 1357
- Email: [familysupporthubs@setrust.hscni.net](mailto:familysupporthubs@setrust.hscni.net)



**South Eastern  
Family Support Hubs**

### Referral form QR CODE



# COLIN NEURO CAFÉ

Join us for an Information and Support event for  
parents and carers of children with Autism and ADHD  
and those awaiting assessment.



## The event will include:

Information stalls with representatives from  
statutory and community organisations

Interactive workshops for parents/carers  
will be available on a first come, first served basis

Light refreshments



**Thursday 24 September 2026**

**10am- 12noon**



**Brook Leisure Centre, 25 Summerhill Road,  
Dunmurry, BT17 0RL**

If you require any further information contact Shalise on  
(028) 9062 3813 or Noelle on 07872 422 101.

**THE BEST START**  
*Calvin*  
**SureStart**  
**IN LIFE**

**For children under 4 years old**

**FREE**

# SUMMER SCHEME

## JULY

- Fri 3rd, Forest school 1
- Tues 7th, Evening Teddy Bears BBQ
- Wed 8th, Summer Sensory 1, baby & toddler
- Tues 21st, Music & Dance
- Thurs 23rd, Fun with colour
- Wed 29th, Additional needs sensory 1
- Thurs 30th, Laganvale Farm Trip

## AUGUST

- Tues 4th, Summer Sensory 2, baby & toddler
- Sat 8th, Toddler Sports day
- Tues 11th, Fairytale Event
- Fri 14th, Forest school 2
- Tues 18th, Additional needs sensory 2
- Thurs 20th, Delamont Park Trip

**WEBSITE BOOKINGS WILL OPEN AT 10AM ON WEDNESDAY THE 10<sup>TH</sup> OF JUNE**



THE  
**CHANGING LIVES INITIATIVE**  
FLOURISH & THRIVE

Are you a parent or carer of a child aged 6-12 years who shows ADHD type behaviours?

Do you live in Southeastern HSC Trust, Belfast HSC Trust or Northern HSC Trust?

A formal diagnosis is not needed

The Changing Lives Initiative: Flourish & Thrive invite parents to join our **Parents Plus Programme**

- An 8-week evidence-based course designed to support families with behaviour, attention, and emotional challenges.
- This programme will run during May/June with AM & PM online slots available.

**To get started:**

1. email [info@changinglives.ie](mailto:info@changinglives.ie) or call 02895 900378
2. We will fill out a short Expression of Interest form on your behalf.
3. A member of our team will contact you by email or phone to guide you through the next steps.

For more information, visit [www.changinglivesinitiative.com](http://www.changinglivesinitiative.com)



A project supported by the PEACEPLUS Programme, managed by the Special EU Programmes Body (SEUPB).



028 9590 0378

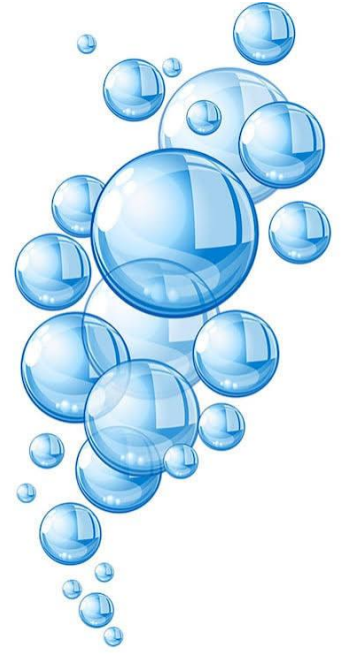


[Info@changinglives.ie](mailto:Info@changinglives.ie)



The Changing Lives Initiative  
Flourish & Thrive

Down





CLÁR AN  
TSAMHRAIDH  
SUMMER  
PROGRAMME

Be Active

Ag freastal ar an Dún agus Ard Mhacha Theas  
Serving Down and South Armagh

Ceardaithe Coimhealla an Iúir, Mhúrn agus an Dún  
Newry, Mourne and Down District Council

Ag freastal ar an Dún  
agus Ard Mhacha Theas  
Serving Down  
and South Armagh



Cathailte Chathair  
an Iúir, Mhúrn agus an Dúin  
Newry, Mourne and Down  
District Council



## DÉAN RÉIDH DO SHAMHRADH LÁN SPRAOI! GET READY FOR A SUMMER OF FUN!

Newry, Mourne and Down District Council is excited to launch this year's summer programme – packed with exciting activities to keep everyone active and entertained throughout the holidays.

Whether you're looking for fun family days out, sports and fitness sessions or ways to keep the kids engaged, there's something for everyone to enjoy.

Make a big splash this summer with our water programme which includes swimming crash courses, Junior lifeguard

courses or join us at Tropicana in Newcastle for fun days out in our heated outdoor pools.

Join the energy and adventure with our multi-sports camps and Teen Activity Week happening across the district!

You can also hire our halls and courts throughout the summer for lots of indoor sports and games like table tennis, basketball, 5-a-side football, handball, squash and more.

Check out what's available...



**CAMPÁI SAMHRAIDH ILSPÓIRT DO PHÁISTÍ BUNSCOILE**  
**SUMMER MULTI-SPORTS CAMPS FOR PRIMARY SCHOOL CHILDREN**

Our multi-sports camps are designed for primary school children enabling them to enjoy a wide range of active and rewarding sporting activities.

These sessions support each child's physical development, build confidence and most importantly, ensure they have fun.

They're also great days out with friends, and the perfect opportunity to make new ones!

Children will get to try a variety of sports, sparking new interests and encouraging a lifelong love of staying active.

*Don't forget to bring a drink and lunch!*

**Key Information, locations & dates**

**Age Range:**

**P1 - P7** (Children attending must have completed Primary 1 in 2025/2026 academic school year).

**Locations:**

Newry Leisure Centre  
 Down Leisure Centre  
 Newcastle Centre  
 Ballynahinch Community Centre  
 Bridge Community Centre, Killyleagh

**Length of camp:**

Monday - Friday

**Dates:**

**Week 1 | 20 - 24 July**

Newry • Downpatrick • Newcastle • Killyleagh

**Week 2 | 27 - 31 July**

Newry • Downpatrick • Newcastle • Ballynahinch

**Week 3 | 3 - 7 August**

Newry • Downpatrick • Newcastle • Ballynahinch

**Week 4 | 10 - 14 August**

Newry • Downpatrick • Newcastle • Ballynahinch

**Times:**

10am - 2pm

**Weekly camp cost:**

£22.00

**How to Book**

- Click the link <https://tinyurl.com/3pvn372j>
- select Holiday Activities

or call into your nearest leisure centre

**Bookings opening times:**

Downpatrick - 10am, Monday 15 June

Newry - 1pm, Monday 15 June

Newcastle - 4pm, Monday 15 June

Ballynahinch - 10am, Tuesday 16 June

Killyleagh - 4pm, Monday 15 June

**Spaces are limited**

*Please see booking information & T&Cs on pages 14 - 17*



## CAMPA SAMHRAIDH ILSPÓIRT DO DHÉAGÓIRÍ

### TEEN MULTI-SPORTS CAMP

Our teen multi-sports camps are designed for young people aged 12 to 15 to 'Be Active', and explore a variety of sports and activities - all in one place. From football and basketball to racquet sports, dodgeball and more, each session is packed with energy and variety.

Led by experienced coaches these camps help teens build new skills, broaden their interests and enjoy a healthy, active summer.

*It's the perfect opportunity to keep moving and just have fun.*

#### Key information, locations & dates

**Age Range:**

12 - 15 years

**Locations:**

Newry Leisure Centre  
Down Leisure Centre

**Length of camp:**

Monday - Friday

**Dates:**

17 - 21 August

**Times:**

11am - 1pm

**Weekly camp cost:**

£11.00



## How to Book

- Click the link <https://tinyurl.com/3pvn372j>
  - select Holiday Activities
- or call into your nearest leisure centre

#### Bookings opening times:

1pm, Tuesday 16 June

Spaces are limited

Please see booking information & T&Cs on pages 14 - 17



## AGLAÍOCHT DO DHÉAGÓIRÍ TEEN GYM SESSIONS

Teen Gym sessions take place weekly at Newry Leisure Centre, Down Leisure Centre, Newcastle Centre and Ballymote Sports & Wellbeing Centre.

Designed for young people aged 12-15, the programme supports physical fitness, confidence and overall wellbeing in a safe and welcoming environment. Whether participants are new to exercise or already active, sessions help develop healthy habits through guided workouts and access to

a variety of gym equipment. Teens can train independently or alongside friends while improving strength, fitness and confidence.

All sessions are supervised by qualified fitness staff, with participant numbers limited at each centre to ensure a safe and enjoyable experience. All new participants must complete a free induction before attending their first session.



### How to Book

Log into NMD Be Active app

- Select Leisure Centre
- Select Be Active for Life Classes
- Scroll across days to book Teen Gym session or call into your local Leisure Centre in advance to book.

### Bookings opening times:

Teen gym classes are open for booking 8 days in advance

Spaces are limited

Please see booking information & T&Cs on pages 14 - 17



**CAMPÁI SAMHRAIDH IONGHUIMSITHEACHA  
ALL-INCLUSIVE SUMMER CAMPS**

As part of our commitment to inclusive sport and physical activity, Newry, Mourne and Down District Council is delivering all-inclusive summer camps. These are specially designed for children with additional needs or neurodiversity such as Autism and ADHD.

While our multi-sports camps are open and welcoming to all children, we understand that some may thrive better in a smaller, more structured setting.

Our all-inclusive camps offer a supportive, sensory-friendly environment with enhanced accessibility, ideal for children who may find larger camps overwhelming.

**Key information, locations & dates**

**Inclusive camps for children with neurodiversity such as autism and ADHD.**

This camp for 4 to 13 year olds offers a calm, structured and sensory-aware environment to support each child's comfort and enjoyment.

**Locations:**

Newry Leisure Centre  
Down Leisure Centre

**Length of camp:**

Monday – Friday

**Dates:**

27 July – 31 July  
10 August – 14 August

**Times:**

2:30pm – 4:30pm

**Cost:**

£11.00 per camp

**Important information:**

If a child requires additional support, a parent, guardian or carer is required to attend and remain on-site for the duration of the session.

If you have any questions or would like to discuss your child's needs, please contact:

leisureandsport@nmandd.org



**How to Book**

- Click the link <https://tinyurl.com/3pvn372j>
- select Holiday Activities

or call into your nearest leisure centre in advance

**Booking opening time:**

1pm, Tuesday 16 June

Spaces are limited

Please see booking information & T&Cs on pages 14 – 17



### HALLA SPÓIRT AR CIÓS SPORTS HALL HIRE

Enjoy access to our spacious indoor sports halls for just £8.00 per session. Perfect for group activities, casual games or keeping active, our facilities offer something for everyone.

Choose from a wide range of activities including badminton, table tennis, netball, basketball, volleyball, 5-a-side football and more. Whether you're organising a team game or just having fun, our sports halls provide a welcoming environment for all ages.



### CÚIRT SCUAISE AGUS LIATHRÓID LÁIMHE AR CIÓS

#### SQUASH AND HANDBALL COURT HIRE

Book one of our dedicated courts for only £2.00 per session and enjoy a fast-paced game of squash or handball.

Challenge a friend or enjoy a solo practice session at your own pace.

#### Key information, locations & dates

##### Locations:

Newry Leisure Centre  
Down Leisure Centre  
Ballymote Leisure Centre - Sports Hall only

Available to children under 16 years old  
Monday to Friday, 9am - 5pm, pending availability

### How to Book

• To book contact your leisure centre on 0330 137 4026, email the address listed on page 18 or drop in



## €1 BOGSHÚGRADH (IONAD FÓILLÍOGHTA AN IÚIR AMHÁIN)

### €1 SOFT PLAY

#### Newry Leisure Centre only

Our vibrant Indoor soft play area is specially designed for children up to 12 years old, providing an exciting space for active play and adventure.

Packed with engaging features including a slide, tunnels and climbing frames, the play area encourages children to stay active while developing coordination, balance and motor skills. It's the perfect place to burn off energy, spark imagination and enjoy fun-filled play with friends.

*No booking is required - simply drop in and pay on arrival!*

#### Key Information, locations & dates

€1 Soft Play - Monday to Friday,  
9am - 5pm, pending availability.

For opening hours, see:

<https://tinyurl.com/4vpzkhz3>

Children must be supervised at all times by a responsible adult aged 16 years or over.

Soft play is for kids under 12 years or under 4'9" (1.45m) tall.

Please keep in mind we have a limit on numbers, so entry may be restricted once we reach capacity.

LÉIM ISTEACH  
SA TSAMHRADH  
LE SPLAIS MHÓR!

DIVE INTO  
SUMMER WITH A  
BIG SPLASH!

Dive into our summer programme with our £1 swims, join a crash course in swimming lessons to quickly boost your skills or get involved in a junior lifeguard course to build water confidence and safety awareness.

Enjoy the calm of our autism swim sessions in a sensory-aware environment or don't miss the excitement of Tropicana, our heated outdoor pool complex and the ever-popular Tropicarama fun sessions – perfect for families.





LÉIM ISTEACH  
SA TSNÁMH  
AR £1  
DIVE IN  
FOR A  
£1 SWIM

SEISIÚIN SNÁMHA DO PHÁISTÍ - £1  
CHILDREN'S £1 SWIM SESSIONS

Enjoy our £1 Summer Swims this July and August at Newry Leisure Centre & Down Leisure Centre! Available Monday to Friday, 9am - 5pm for children under 16 years old, our swim sessions are a great way to stay active, kick back and have fun. Enjoy our pools or splash around in the fun play areas.

Due to demand, pre-booking throughout the summer months is strongly recommended to avoid disappointment.



### How to Book

- Click the link <https://tinyurl.com/ms8udtpm>
- select Leisure Centre
- Select date of swim session required
- Select time and book

10



### BLASCHÚRSAÍ SNÁMHA DO PHÁISTÍ CHILDREN'S SWIMMING CRASH COURSES

Make a splash this summer with our fun and focused swimming crash courses, running throughout July and August in Newry Leisure Centre and Down Leisure Centre.

These week-long programmes offer 30-minute daily lessons designed to help children build confidence and improve their swimming skills quickly in a supportive environment.

### CÚRSAÍ GARDA TARRTHÁLA SÓISIR JUNIOR LIFEGUARD COURSES

Our Junior lifeguard courses run throughout July and August, offering children aged 7 to 15 years the chance to develop important lifesaving skills in a fun setting.

To join, participants should be comfortable swimming 50m (25m front crawl and 25m backstroke).

These courses are a fantastic way for young swimmers to build confidence, learn water safety, and gain valuable experience as part of Newry, Mourne and Down District Council's summer programme.

#### Key information & dates

##### Lessons available include:

Stanley swimming lessons – for beginners aged 4–6 years

Octopus swimming lessons – for beginners aged 7+ years



### How to Book

- Click the link <https://tinyurl.com/y3ux3yvt>
- Select Main Category

Spaces are limited | Please see booking Information & T&Cs on pages 14 – 17



## SEISIÚIN SNÁMHA ATÁ OIRIÚNACH DON UATHACHAS AUTISM SWIM SESSIONS

### Key information, locations & times

Down Leisure Centre

Thursday, 5pm - 6pm

Newry Leisure Centre

Sunday 9.45am - 10.45am

Tropicana, Newcastle

Friday 12pm - 1.30pm

Price:

Normal swim entry pricing applies

Dedicated autism-friendly swim sessions are available at Down Leisure Centre, Newry Leisure Centre and Tropicana in Newcastle. These sessions provide a calm setting for autistic individuals and their families.

These sessions are designed with sensory needs in mind - they provide a quieter swim environment, more relaxed setting with reduced noise levels and fewer swimmers in the pool. The aim is to make swimming a positive and enjoyable experience for those who may find regular sessions overwhelming.

Whether it is building confidence in the water, learning essential swim skills, or simply having fun as a family, our autism-friendly sessions offer a space for everyone to enjoy at their own pace.



### How to Book

- Click the link <https://tinyurl.com/ms8udtom>
- select Leisure Centre
- Scroll to date of swim session required
- Select time and book

Due to demand, pre-booking is strongly recommended to avoid disappointment.

12



SPRAOI SAMHRAIDH I GCROILÁR AN CHAISLEÁIN NUAI

SUMMER FUN IN THE HEART OF NEWCASTLE!

Get ready to make a splash this summer at Tropicana Outdoor Swimming Complex, right in the centre of Newcastle! Opening July 3 to August 27, Tropicana offers heated outdoor pools perfect for sunny swim sessions and fun days out with family and friends.

The complex includes two heated pools, including a toddler pool with a small slide for children under 8 years old.

Seasonal opening times  
3 July - 27 August

Monday	12pm - 5.30pm
Tuesday	12pm - 8pm
Wednesday	12pm - 5.30pm
Thursday	12pm - 8pm
Friday	12pm - 5.30pm
Saturday	10am - 5.30pm
Sunday	2pm - 5.30pm
<b>Tropicarama (Fun sessions)</b>	
Every Tuesday & Thursday 6pm - 8pm	

Swimming -

Casual Pay-As-You-Go prices:

Pay-As-You-Go 16+	£3.50
Pay-As-You-Go Concession	£2.70
Pay-As-You-Go Under 4	Free
Pay-As-You-Go Group Ticket (2 adults & 2 Children)	£10.50



Please note, in the event of severe weather conditions, some facilities may need to close for safety reasons. For the latest updates, please see our NMD Be Active Facebook page.

How to Book

- Click the link <https://tinyurl.com/sbxk8asn>
- Select date of swim session required
- Select time and book

Swim sessions are added regularly throughout the summer and you can only book 8 days in advance.

All bookings are non-refundable and non-transferable unless cancelled by Council.



CONTACTS

**Ballymote Sports and Wellbeing Centre**  
96 Glebetown Drive, Downpatrick, BT30 6PX  
T: 0330 137 4026  
E: [ballymotesportsandwellbeingcentre@nmandd.org](mailto:ballymotesportsandwellbeingcentre@nmandd.org)

**Down Leisure Centre**  
114 Market Street, Downpatrick, BT30 6LZ  
T: 0330 137 4026  
E: [downleisurecentre@nmandd.org](mailto:downleisurecentre@nmandd.org)

**Kilkeel Leisure Centre (Currently closed for refurbishment)**  
Mourne Esplanade, Kilkeel, BT34 4DB  
T: 0330 137 4026  
E: [kilkeel.reception@nmandd.org](mailto:kilkeel.reception@nmandd.org)

**Newcastle Centre**  
10-14 Central Promenade, Newcastle, BT33 0AA  
T: 0330 137 4026  
E: [newcastlecentre@nmandd.org](mailto:newcastlecentre@nmandd.org)

**Newry Leisure Centre**  
60 Cecil Street, Newry, BT35 6AU  
T: 0330 137 4026  
E: [poolreception@nmandd.org](mailto:poolreception@nmandd.org)



Please check the NMD Be Active app or  
[www.newrymournedown.org/leisure-and-sport](http://www.newrymournedown.org/leisure-and-sport)  
for the latest information on timetables and opening times.

**NMD Be Active App**  
Download it NOW





# LECALE AREA YOUTH PROJECT



## DIY FOR GIRLS

# SUMMER PROJECT

WHERE: INVERBRENA CENTRE, STRANGFORD

WHEN: 6th-10th JULY 6.00 - 9.00 PM

FOR : YOUNG WOMEN AGE 12 -16 YEARS

COST: FREE

LIMITED SPACES - REGISTER ASAP

CONTACT: [kerry.o'connell@eani.org.uk](mailto:kerry.o'connell@eani.org.uk)

07552267829

Registration form required

Learn new skills and enjoy the

self-satisfaction of "doing it yourself"



ymca  
newcastle



SUMMER

# KIDS SCHEME

12-3PM

21st-25th July

GOING INTO

**P5-P6**

28th-1st August

**P7&YR8**



**FUN & GAMES, ARTS AND CRAFTS,  
CHALLENGES AND 'WE ARE VERTIGO' TRIP**

**£60** PER WEEK



County Down  
Rural Community  
Network





[Home](#)

[About](#)

[What We Do](#)

[Volunteer](#)

[Book Now](#)

[Contact Us](#)

# What We Do



Parent Support Group



Specialised Autism Parent Training



Parent's Stress Relieving Activities



Occupational Therapy



Balanceability



Social Clubs / Saturday Club



Music Therapy



1-1 Swimming Lessons

(All activities are subject to change and are dependant on funding)



**YOUTH INITIATIVES**  
**SUMMER PROGRAMME**  
**10-14's Registration**

## Youth Initiatives Awaken Summer Scheme 2026 Downpatrick Registration Form (10 to 14 year olds)

Youth Initiatives summer schemes have been running in areas across Northern Ireland for over 30 years across our 6 locations for two weeks. Awaken YI Summer Schemes cater for young people from P7 to Year 10. Summer Schemes In each area we have a trained and dedicated staff and volunteer team to work with the young people who attend summer schemes.

Each day of summer schemes will include:

- Games and Icebreakers
- Short 5 minute faith input based on the theme of the day
- Interactive activities designed by staff and young people which are active, fun, creative, and memory making (physical sports, crafts, baking, town wide challenge, etc)
- Lunch break (Bring your OWN NUT FREE lunch) - Snacks will also be available too
- Group challenge and small group reflection time
- Opportunity to try new things and meet new friends

This year our Awaken Summer Schemes will run from:

**Monday 3rd - Friday 7th August 11:30-3:30pm**

**Monday 10th - Friday 14th August 11:30-3:30pm**

**Location: Our Lady & St. Patrick's PS, Downpatrick BT30 6JD**

Times and locations for **trips on Wednesdays** will be confirmed closer to the time. A message will be sent to you with these details. Young people will meet outside the St. Patrick's centre for trips.

We do not charge for summer schemes each day but there will be a cost for the day trips that take place each week.

**For more information please contact our YI Downpatrick Team at 07544 496951 or [dpk@youthinitiatives.com](mailto:dpk@youthinitiatives.com)**

**RUSSELL**  
Gaelic Union

Comhairle Ceantair  
an Iúir, Mhúrn  
agus an Dúin  
Newry, Mourne  
and Down  
District Council

# RGU MULTISPORTS CAMP

**MONDAY 29 JUNE TO  
THURSDAY 2 JULY**

**6PM TO 7.30PM**

**PÁIRC TOMÁS RUSÉIL**

**BOYS & GIRLS  
AGE 6 TO 12**

**£15  
PER CHILD**

**OPEN TO EVERYONE –  
LIMITED AVAILABILITY**

# PATRICIAN YOUTH CENTRE SUMMER PROGRAMME JULY 2026



**AGE 4-7**



**10AM-12 NOON**



**£3 PER SESSION**



<b>WEEK 1</b>	<ul style="list-style-type: none"> <li>• WEDNESDAY 8<sup>TH</sup> JULY</li> <li>• THURSDAY 9<sup>TH</sup> JULY</li> </ul>	 <b>ARTS &amp; CRAFTS</b> ★  <b>MEDIA</b> ●  <b>MUSIC</b> ★  <b>DRAMA</b> ●  <b>GAMES</b> ●
<b>WEEK 2</b>	<ul style="list-style-type: none"> <li>• WEDNESDAY 15<sup>TH</sup> JULY</li> <li>• THURSDAY 16<sup>TH</sup> JULY</li> </ul>	
<b>WEEK 3</b>	<ul style="list-style-type: none"> <li>• WEDNESDAY 22<sup>ND</sup> JULY</li> <li>• THURSDAY 23<sup>RD</sup> JULY</li> </ul>	



REGISTER YOUR CHILD BY USING THE QR CODE BELOW.  
 TO SECURE PLACES, PAYMENT IN ADVANCE IS REQUIRED.  
 PAYMENT CAN BE MADE BY CALLING INTO THE YOUTH CENTRE.

 MONDAY 22<sup>ND</sup> JUNE – THURSDAY 26<sup>TH</sup> JUNE  
 OPEN FOR PAYMENT BETWEEN 1PM–6PM OR 6.30–9.30PM

 MONDAY 29<sup>TH</sup> JUNE – TUESDAY 30<sup>TH</sup> JUNE  
 OPEN FOR PAYMENT BETWEEN 1PM–6PM

★ LIMITED SPACES AVAILABLE PER WEEK.    ★ DOOR OPENS 9.45AM DAILY

# PATRICIAN YOUTH CENTRE SUMMER PROGRAMME JULY 2026



**AGE 4-7**



**10AM-12 NOON**



**£3 PER SESSION**



<b>WEEK 1</b>	<ul style="list-style-type: none"> <li>• WEDNESDAY 8<sup>TH</sup> JULY</li> <li>• THURSDAY 9<sup>TH</sup> JULY</li> </ul>	 <b>ARTS &amp; CRAFTS</b> ★  <b>MEDIA</b> ●  <b>MUSIC</b> ★  <b>DRAMA</b> ●  <b>GAMES</b> ●
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**OPEN FOR PAYMENT BETWEEN 1PM – 6PM**

★ LIMITED SPACES AVAILABLE PER WEEK.

★ DOOR OPENS 9.45AM DAILY

# Get Ready for the DOWNPATRICK FOOTBALL CLUB SOCCER SUMMER CAMP!



SUPPORTED BY NEWRY,  
MOURNE AND DOWN  
DISTRICT COUNCIL



Looking for a fun, active, and skill-building summer experience for your child?

Look no further! Our Soccer Summer Camp 2026 is here to make this summer unforgettable!



**DATES:**  
Monday 6 July - Friday 10 July



**LOCATION:**  
St Dillon's Avenue, Downpatrick



**TIME:**  
10am-1.00pm daily



**AGES:**  
Boys & Girls aged 5-14 year old.  
All skill levels welcome!

## WHAT TO EXPECT:



Coaching from experienced staff



Skill drills & fun games



Focus on teamwork, fitness & confidence



Spot prizes throughout the week



Whether your child dreams of going pro or just loves the game, this camp is the perfect way to stay active and make new friends.

**SUMMER CAMP  
OPEN TO EVERYONE.**

**£40 PER CHILD**  
(£5 DISCOUNT FOR EACH  
ADDITIONAL SIBLING)

REGISTER BY MESSAGING  
PAUL ON: 07549 661772  
(PAY ON THE DAY)



**LET'S KICK OFF SUMMER  
WITH SOME SERIOUS FUN!**

PlayBoard NI's

# Spaces to Be

FREE mental health and well-being programme for children aged 9 - 11, featuring fun play sessions and interactive staff training, enhancing Shared Education



**Rooted in the child's right to play, the programme empowers children to:**

- Increase mental health literacy
- Enhance emotional resilience
- Develop self-help and coping skills
- Foster inclusivity and acceptance of difference
- Build cross-community relationships

**Supporting the NI Curriculum:**

- Personal Development & Mutual Understanding
- Personal Skills & Thinking Capabilities
- World Around Us
- Physical Education
- Arts

**Bookings open for 2026-2027**



## GET IN TOUCH\*

E: [OurGeneration@playboard.co.uk](mailto:OurGeneration@playboard.co.uk)  
[playboard.org](http://playboard.org)  
[ourgeneration-cyp.com](http://ourgeneration-cyp.com)

**100%** of participating staff said:

- ✓ Training will have a positive impact on their practice
- ✓ They will apply what has been learned in real-life work situations
- ✓ They would recommend PlayBoard training to schools and settings
- ✓ The trainers were excellent



A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB). \*Selection criteria applies. PlayBoard NI is registered with the Charity Commission for Northern Ireland NIC104724, company limited by guarantee no. NI30225, charity no. XR86639.

**DOWN SURESTART SUMMER ACTIVITIES FOR REGISTERED FAMILIES: (booking essential unless otherwise indicated)**



**JULY:**

**FUN AT THE PARK:** 7<sup>th</sup>, 14<sup>TH</sup>, 21<sup>ST</sup>, 28<sup>TH</sup>. 10-11.30. *Delamont county Park (drop in).*

**FUN ON THE BEACH:** 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>. 10.30-11.30. *Newcastle.*

**LITTLE MOVERS:** 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>. 10-11.00. *Ballymote*

**BUSY BEES:** 22<sup>nd</sup>, 29<sup>th</sup>. 10-11. *Mount Crescent.*

**RHYME TIME BALLYHORNAN:** 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>. 10.30. *Ballyhornan Family Centre*

**RHYME TIME NEWCASTLE:** 20<sup>th</sup>, 27<sup>th</sup>. 10-10.45. *Newcastle Parish centre*

**MUMS TO BE WELCOME MORNING:** 23<sup>rd</sup>. 9.30-11. *Mount Crescent.*

**POST NATAL PILATES:** 30<sup>th</sup>. 11.30-12.30pm. *Mount Crescent.*

**BABY MASSAGE:** 23<sup>rd</sup>, 30<sup>th</sup>. 2-3pm. *Mount crescent.*

**BREAST FEEDING SUPPORT GROUP:** 6<sup>th</sup> and 20<sup>th</sup>. 9.30-10.30. *Mount Crescent.*

**BUMPS TO BABES:** 30<sup>th</sup>. 9.30-10.30. *Mount Crescent.*

**AUGUST:**

**FUN AT THE PARK:** 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>. 10-11.30. *Delamont county Park (drop in).*

**FUN ON THE BEACH:** 5<sup>th</sup>, 12<sup>th</sup>. 10.30-11.30. *Newcastle.*

**RHYME TIME NEWCASTLE:** 3<sup>rd</sup> 10<sup>th</sup>. 10-10.45. *Newcastle Parish centre.*

**POST NATAL PILATES:** 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>. 11.30-12.30. *Mount Crescent.*

**BABY MASSAGE:** 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>. 2-3pm. *Mount crescent.*

**BUMPS TO BABES:** 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>. 9.30-10.30. *Mount Crescent.*

**SENSORY PLAY:** 12, 19<sup>th</sup>, 20<sup>th</sup>. 10-11. *Mount Crescent.*

# DRUG AND ALCOHOL SUPPORT SERVICES

## SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: 2022

Disclaimer: Whilst every effort has been made to ensure the accuracy of the information provided in this directory at time of print, we do not accept any responsibility or liability for any errors. It is recommended that you always check directly with providers that their service or organisation meets your requirements. Where any specific organisation or service is mentioned by name or otherwise this does not necessarily constitute or imply any endorsement or recommendation by HSC/ACTS or PHA of that organisation or service.

This publication can also be downloaded from [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)



### Services for Adults

#### MARC Project

Drop in service for chronic drinkers in the North Down and Ards area offering basic care, housing and crisis support.

#### The Link

Tel: 028 9182 1124

#### South Eastern Outreach Team

Low threshold service aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers and injecting drug users).

#### Open Access/Self Referrals Accepted

#### Simon Community

Tel: 074 3575 4302

Tel: 074 3575 4304

#### Community Based Adult (Step 2) Service

One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.

#### Open Access/Self Referrals Accepted

#### Dunlewey Addiction Service

Tel: 028 9039 2547

#### Statutory Addiction Service

Provided by a range of specialist teams within community and hospital settings.

#### GP & Mental Health Professional

#### Referrals

#### SEHSC

Tel: 028 9151 2159 (Newtownards)

Tel: 028 9266 8607 (Lisburn)

Tel: 028 4451 3921 (Down)

Residential treatment is accessible through the statutory addiction service.

#### Addiction Service Referrals

Ward 15, Downshire.

Tel: 028 4451 3922

### Young People/Family

#### Bangor Youth Engagement Service (YES)

A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

#### Open Access

#### Extern (based in Bangor YMCA)

Tel: 028 9145 4290

#### Targeted Lifeskills Service

Groupwork programmes for young people, aged 11-25, focussed on lifeskills and harm reduction.

#### LYMCA

Tel: 028 9267 0918

#### Steps to Cope/ Hidden Harm

For young people aged 11-25 who have been impacted by parental substance use and mental health problems.

#### Open Access/Self Referrals Accepted

#### ASCERT

Tel: 0800 2545123

[www.stepstocope.co.uk](http://www.stepstocope.co.uk)

[stc@ascert.biz](mailto:stc@ascert.biz)

#### DAISY

One to one and group therapeutic treatment and support service for children and young people aged 11-25. Family members can also get advice and support - regardless of whether their significant other is seeking help.

#### Open Access/Self Referrals Accepted

#### Start 360 & ASCERT

Tel: 028 9043 5815

#### Pharos

Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.

#### Social Services/Addiction Services Referrals

#### Barnardos

Tel: 028 9066 3470

#### DAMHS (Drug and Alcohol Mental Health Service)

Offering a range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

#### GP/CAMHS Referrals

#### BHSC DAMHS

Tel: 028 9615 0033

### Specific Groups

#### Needle and Syringe Exchange Sites

#### Clear Pharmacy

5 Church Street, Bangor

Tel: 028 9127 1820

#### Gordon's Pharmacy

35-37 Market Street, Downpatrick

Tel: 028 4461 2014

56 Bow Street, Lisburn

Tel: 028 9267 4747

2a Regent Street, Newtownards

Tel: 028 9181 3217

#### South Eastern Outreach Team

Tel: 074 357 54302

Tel: 074 357 54304

#### Group Support

Call or go online to find a meeting nearby:

#### Alcoholics Anonymous

12 Step Programme/Group Meetings

Tel: 028 9035 1222

[www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

#### AlAnon

Group Support for Family Members

Tel: 028 9068 2368

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

#### Alateen

Group Support for Teenagers

Tel: 028 9068 2368

[www.al-anonuk.org.uk/alateen](http://www.al-anonuk.org.uk/alateen)

#### Narcotics Anonymous

12 Step Programme/Group Meetings

Tel: 0300 365 1010

[www.na-northernireland.org](http://www.na-northernireland.org)

#### Community/Stakeholder Support

#### South Eastern Drug and Alcohol

#### Coordination Team/Connections Service

#### (SEDACT Connections)

The SEDACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.

Tel: 0800 254 5123 (ASCERT)

[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

[connections@sedact.info](mailto:connections@sedact.info)

#### Workforce Development Training

A range of drug and alcohol training courses for those working with adults, children and young people.

#### ASCERT

Tel: 0800 254 5123

For more detailed information on services available in your HSC area visit [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)



"Addressing drugs and alcohol together"

In Crisis?  
Call

Lifeline

FREE 24/7 HELPLINE  
0808 808 8000



**INFORMATION FOR FAMILIES**  
WORKING DIRECTLY WITH CHILDREN & FAMILIES



EIFSS is available to families living in the Belfast, Northern and South Eastern areas. We welcome self-referrals and we can be contacted at:

**028 9066 8766**

Email: [cits@barnardos.org.uk](mailto:cits@barnardos.org.uk)



**Who We Are**

We are a family led early intervention service, working directly with families with children aged 8-13 years, living in the Belfast, South Eastern and Northern trust areas.

**What We Do**

Barnardo's EIFSS aims to intervene as early as possible with children and families who are experiencing challenges at home. We will visit you in your home and plan with you the areas of support your family needs.

For example this may include:

- supporting you to manage your child's behaviour
- implement appropriate boundaries in the home
- improve family communication
- develop confidence and self-esteem for families.



We will do this by:

- Building on your existing family strengths
- Provide strategies and guidance
- Promote possibilities for positive change in your family
- Strengthen links between home, school and community.



# Domestic Abuse One Stop Shop Downpatrick

A multi-agency service for all women experiencing domestic abuse. Confidential, free and immediate advice and support for:

**Physical Abuse | Emotional Abuse | Sexual Abuse | Financial Abuse | Technological Abuse | Coercive Control**

No appointment needed  
Women's Aid, Solicitor, Police, Crime Prevention, Benefits Info, Money Advice & Housing Advice

For further information please contact:  
028 9066 6049 or email  
admin@belfastwomensaid.org.uk

## DOWN ARTS CENTRE Irish Street Downpatrick

### Session Dates

10am - 12pm

- Tues 28<sup>th</sup> April 2026
- Tues 26<sup>th</sup> May 2026
- Tues 30<sup>th</sup> June 2026
- Tues 29<sup>th</sup> Sept 2026
- Tues 27<sup>th</sup> Oct 2026
- Tues 24<sup>th</sup> Nov 2026
- Tues 26<sup>th</sup> Jan 2027
- Tues 23<sup>rd</sup> Feb 2027
- Tues 30<sup>th</sup> Mar 2027

You don't need to make an appointment and you don't have to face anything you're not ready for.

## Need Immediate Support?

domestic and sexual abuse

helpline 0808 802 1414





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by UK Government

# Unlock your potential, get ready for work!

Suitable for individuals aged 16+ who may want to (re)enter the world of work and need support to achieve this goal.

Including specialist support for those who are:

- > Over 50
- > Women returning to work
- > Long-term unemployed
- > Individuals with a disability



## What's involved?

### Skills Development

- Confidence Building
- Personal Development

### Support

- Personal Development to include confidence building and motivation
- Health and Well-being focusing on physical and mental health
- Bespoke 1:1 support available



### Employability

- Support with Job Search, CV, Applications, Interviews, Starting your own business
- Assistance to source employment

### To find out more information contact:

clanryegroup.com

info@clanryegroup.com

028 3089 8119



# APPRENTICESHIPS NI GET STARTED. GET SKILLED.

## WHO CAN APPLY:

- ▶ Anyone of minimum school leaving age.
- ▶ In employment or about to take up employment for at least 21 hours per week.
- ▶ Existing employees can apply if they are moving into a new job role that requires significant new training.



## CHOOSE FROM A VOCATIONAL QUALIFICATION IN:

Horticulture

Retail

Customer Service

Warehousing & Storage

## WHAT'S INVOLVED IN AN APPRENTICESHIP:

- ▶ On-the-job-training – learn practical skills in the workplace with support from supervisors or mentors
- ▶ Off-the-job training (day release) – structured learning, one day attendance at Clanrye Group
- ▶ Opportunities to gain qualifications in Essential Skills Numeracy, Literacy & Digital ICT if required
- ▶ Gain a level 2 qualification in your chosen vocational area

### CONTACT US

028 3089 8119  
chloe.marron@clanryegroup.com

### LOCATIONS

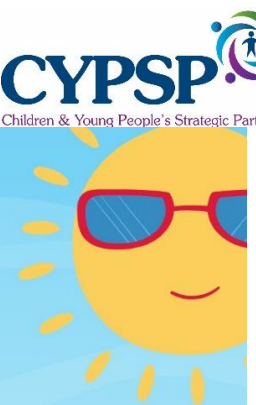
Newry  
Slieve Gullion  
Lurgan  
Banbridge

# Lisburn





# JULY



**THURSDAY  
23RD**

**SENSORY EXPLORERS**  
  
11am - 12 noon  
  
Hillhall Community  
Resource Centre

**WEDNESDAY  
29TH**

**HUNGRY CATERPILLAR  
PARTY**  
  
10.30am - 12 noon  
  
Wallace Park

**THURSDAY  
30TH**

**SENSORY EXPLORERS**  
  
11am - 12 noon  
  
Hillhall Community  
Resource Centre



**TO REGISTER OR BOOK YOUR PLACE  
CALL 02892 672292**

[WWW.LISBURNSURESTART.ORG](http://WWW.LISBURNSURESTART.ORG)

**Lisburn Sure Start**

# AUGUST

TUESDAY 11 <sup>TH</sup>	THURSDAY 6 <sup>TH</sup> , 13 <sup>TH</sup>	WEDNESDAY 5 <sup>TH</sup> , 12 <sup>TH</sup> , 19 <sup>TH</sup> , 26 <sup>TH</sup>	FRIDAY 28 <sup>TH</sup>
<b>SUMMER TRIP EXPLORIS AQUARIUM</b> 	<b>SENSORY EXPLORERS</b> 11am - 12 noon Hillhall Community Resource Centre	<b>BUMPS &amp; BABIES</b> 10.30am - 12 noon 9 Market Place	<b>STAY &amp; PLAY</b> 9.30am - 11am 171 Avonmore Park

**TO REGISTER OR BOOK YOUR PLACE  
CALL 02892 672292**

[WWW.LISBURNSURESTART.ORG](http://WWW.LISBURNSURESTART.ORG)

**CONNECTED MINDS LISBURN**  
*Presents*  
**Lisburn's**  
**GOT TALENT**  
**2026**

**FRIDAY 13TH NOVEMBER 2026**  
**7PM START**

**Lagan Valley Island Centre**  
**The Island, Lisburn BT27 4RL**

**Ages 8-24 years**  
**Applications close Friday 28<sup>th</sup> August**

**FOR AN APPLICATION TO ENTER PLEASE EMAIL US AT:**  
**[connectedmindsync@resurgamtrust.co.uk](mailto:connectedmindsync@resurgamtrust.co.uk)**

# LISBURN NEURO CAFÉ

Join us for an Information and Support event for  
parents and carers of children with Autism and ADHD  
and those awaiting assessment.



## The event will include:

Information stalls with representatives from statutory and  
community organisations

Light refreshments



Tuesday 8 December 2026



1.00pm- 3.00pm



The Community Hall, Laganview Enterprise Centre,  
Drumbeg Drive, Lisburn, BT28 1QJ

If you require any further information contact  
Connor on 07540 071 512 or Noelle on 07872 422 101.



# PARENTS AND CARERS!

## YOU ARE SO WELCOME TO ATTEND OUR FREE MONTHLY ONLINE TRAINING!

### HKT Basic Awareness Training

This session looks at how our day to day interactions- as parents or carers - impact our baby or child's brain development, and their speech, language and communication skills!

Discover the vital role we as adults play, in shaping children's futures - impacting their education, employment, relationships and long term mental health.  
*(Approximately 1 hour)*

### HKT Level One Training

This session focuses on the ages and stages of speech, language and communication development, between 1 and 10 years of age.

You will be offered tips, strategies and activities to support each area of speech, language and communication, and guidance on when a referral to Speech and Language Therapy may be needed.  
*(Approx 2 hours)*

**BOOK YOUR FREE PLACE ONLINE AT THE HELP KIDS TALK WEBSITE**

or email [helpkidstalk@resurgamtrust.co.uk](mailto:helpkidstalk@resurgamtrust.co.uk)





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Help Kids Talk is a community-wide partnership project that supports the speech, language and communication development of babies, children and young people aged 0-18 in Northern Ireland.

### **Helping Kids Talk basic awareness session:**

Free online on Tuesday 7<sup>th</sup> July from 3-4pm

Wednesday 12<sup>th</sup> August from 6-7pm

### **Helping Kids Talk level one training:**

Free online on Wednesday 29<sup>th</sup> July from 6-8pm

and Wednesday 19<sup>th</sup> August from 6-8pm

For more information, please contact

[Kerry.Mulholland@setrust.hscni.net](mailto:Kerry.Mulholland@setrust.hscni.net)



## TAKE TWO MINUTES TOWARDS A THRIVING MIND



### CALMING SKILLS

Feeling overwhelmed can be caused by having too much to handle mentally or emotionally. When this happens, our body response may be 'fight or flight'. Humans are designed like this. It is meant to keep us safe.

It isn't always helpful though. Calming (also known as grounding) can help us 'turn down the volume' of this bodily response.

Why not practice some calming skills and plan (while you are not overwhelmed) to use them when you need to?

If you happen to feel worse after trying these techniques, it may be time to ask for help. Speak to a professional, eg. a GP or nurse.

### 2 MINUTE TRY-IT

### RELAXED BREATHING

Shallow and rapid breathing is normal during our body's 'fight or flight' response to being overwhelmed.

Reverse this with some deep breathing. This will help tell your body you are, in fact, safe.

#### Deep Breathing

Slow 'belly breathing' works well as a deep breathing technique. When you breathe in, let your tummy rise or get bigger. Make your 'out breath' take longer than your 'in breath'.

#### Puckered breathing

Breathe in for 2 seconds, normally. Breathe out for 4 seconds through puckered lips (as if you are blowing into a straw). Repeat. What an impact this simple technique has!

If this helped you today, try more calming skills and our other wellbeing materials at [www.tinyurl.com/ThrivingMind](http://www.tinyurl.com/ThrivingMind)



# NI WIDE





Referral form QR CODE

South Eastern Family Support Hubs

HSC South Eastern Health and Social Care Trust

For local Parenting Programmes *in Person, Online or Home Based*, click the link below or contact: [familysupporthubs@setrust.hscni.net](mailto:familysupporthubs@setrust.hscni.net)

[Parent Support – Children and Young People's Strategic Partnership \(CYPSP\)](#)



**TOGETHERNESS**  
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In joint partnership with **HSC Public Health Agency**

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[www.inourplace.co.uk](http://www.inourplace.co.uk)



The graphic features the Education Authority (ea) logo in the top left. A teal banner at the top right contains a phone icon and the text 'SEND CENTRAL'. Below this, a white box with a teal border states 'Opening Hours: Monday to Friday 9am to 4:30pm.' The main content is divided into three sections: 'PRESS 1' (teal background), 'PRESS 2' (green background), and 'PRESS 3' (dark blue background). To the right, an illustration shows hands holding a smartphone displaying the 'SEND Central 028 9031 7777' dial pad.

**ea** Education Authority

**SEND CENTRAL**

Opening Hours:  
Monday to Friday  
9am to 4:30pm.

**Which option do I select?**

**PRESS 1** If you need advice **specific** to a **child** or **young person** who is **currently undergoing Stage 3** statutory assessment or already has a **Statement of SEN**.

**PRESS 2** If you need **wider advice** about Special Educational Needs in **general** (i.e. not specific to a particular child).

**PRESS 3** If you need to speak to one of our specific **SEND Support Services**:

- Autism Advisory Intervention
- Primary Behaviour Support
- Post-Primary Behaviour Support
- Educational Psychology
- Language and Communication
- Literacy Service
- Medical Needs
- Moderate Learning Difficulties
- SEN Early Years
- Severe Learning Difficulties
- Vision Impairment & Deafness
- Getting Ready to Learn

<https://cypsp.hscni.net/new-guide-to-help-you-on-your-journey-through-disability-additional-needs/>

## What is the Daily Mile?

The Daily Mile is an initiative aimed at encouraging children to run or jog for 15 minutes every day in their schools or nurseries.

In Northern Ireland there is a network of organisations that support The Daily Mile. Established in 2019, it works to promote the Daily Mile and its benefits for schools and their pupils. Currently we have 70% of primary schools (May 2024) and 86 Early Years settings in Northern Ireland registered.

## Aim of the Daily Mile

It promotes physical, emotional and mental health. It also is a social activity with opportunities to walk and talk and build relationships with classmates and teachers.

## What are the benefits of the Daily Mile?

Participating in the Daily Mile initiative has many benefits to include:

- Supports physical and mental health;
- All it takes is 15 minutes,
- No equipment is needed
- No change of clothing – you can do it in your uniform;
- No staff training needed; and
- Everyone can do it.



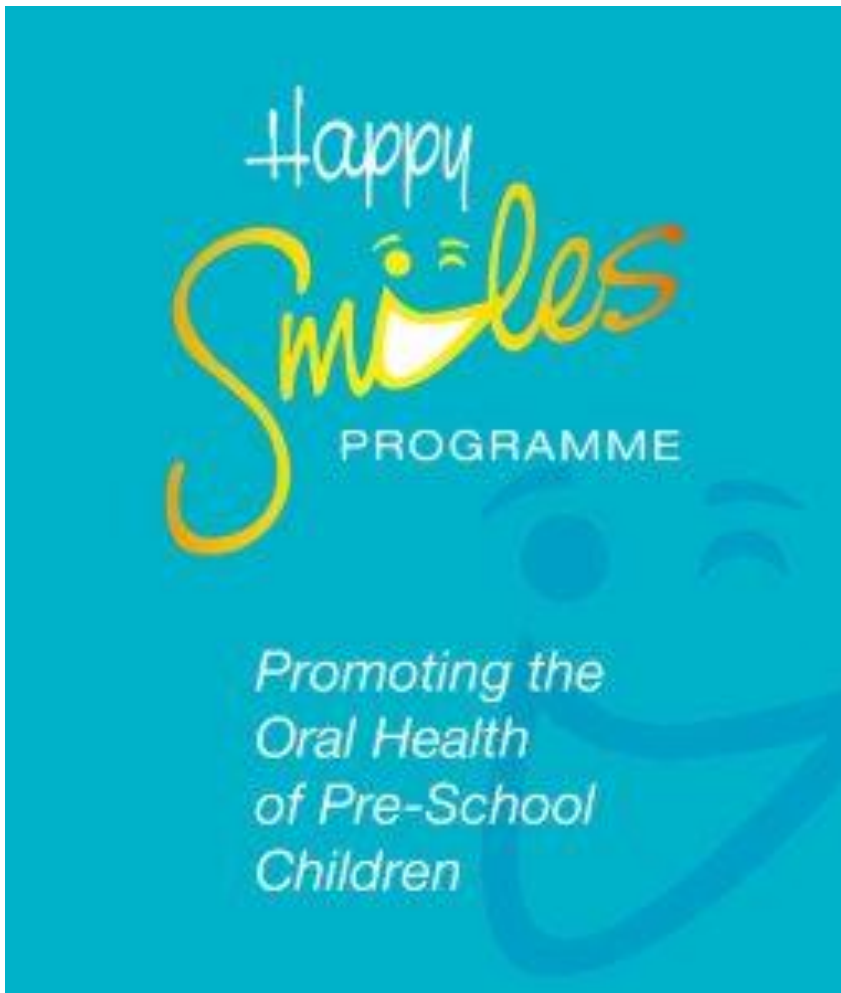
In Partnership with the ea



Spring into Summer with the Daily Mile

**Research shows that three small steps can significantly improve child oral health;**

**Brushing teeth and gums twice a day with fluoride toothpaste, Reducing sugary foods and drinks especially between meals, and, Regular check-ups at the dentist are the best ways of preventing dental decay and gum disease.**



Search [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk)

familysupport NI.gov.uk

Helping You Find the Services You Need

Family Support

Childcare

Childcare Partnerships

Information on a wide range of family support services and registered childcare provision in Northern Ireland

**Family Support**  
Find local services and information to support you and your family

**Childcare**  
Find registered childcare in N Ireland and useful information including financial support

**Childcare Partnerships**  
Training and support for childcare providers

# MAE MURRAY FOUNDATION

JULY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <b>Benone</b> All ability surfing	2 <b>Cranfield</b> Beach Fun Day & Paddleboarding	3 <b>Larne</b> Stay & Play	4
5	6	7 <b>Enniskillen</b> MMF Holiday	8 <b>Enniskillen</b> MMF Holiday	9 <b>Enniskillen</b> MMF Holiday	10 <b>Portrush</b> All ability surfing	11
12	13	14 <b>Benone</b> All ability surfing	15 <b>Antrim</b> Stay & Play	16 <b>Antrim</b> Stay & Play	17 <b>Antrim</b> Stay & Play	18 <b>Portrush</b> All ability surfing
19	20 <b>Benone</b> All ability surfing & Fun Day	21 <b>Groomspert</b> Fun Day	22 <b>Ballyronan</b> Funday	23 <b>Benone</b> Fun day	24 <b>Portstewart</b> Beach Fun Day	25 <b>Cranfield</b> Fun Day & Supported dipping
26	27 <b>Ballyclare</b> Fun day	28 <b>Crumlin</b> Fun day	29 <b>Portrush</b> All ability surfing	30 <b>Mussenden</b> Fun day	31	

AUGUST 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2 <b>Larne</b> Fun Day
3 <b>Mossley</b> Stay & Play	4 <b>Mossley</b> Stay & Play	5 <b>Mossley</b> Stay & Play	6 <b>Groomspert</b> Beach Fun Day	7 <b>Larne</b> Stay & Play	8	9
10 <b>Portrush</b> All ability surfing	11 <b>Joey Dunlop</b> Stay & Play	12 <b>Joey Dunlop</b> Stay & Play	13 <b>Joey Dunlop</b> Stay & Play	14 <b>Benone</b> All ability surfing	15	16
17 <b>Belfast</b> Dance Camp	18 <b>Belfast</b> Dance Camp	19 <b>Belfast</b> Dance Camp	20 <b>Belfast</b> Dance Camp	21 <b>Belfast</b> Dance Camp	22 <b>Larne</b> End of summer BBQ	23
24	25 <b>Tyrella</b> Fun Day	26	27	28	29	30



**Become a Member**

Download our Autism NI Membership Guide at




























<https://cypsp.hscni.net/wp-content/uploads/2026/06/19.-Autism-NI-Membership-Guide.pdf>

Register for membership here:

<https://autismni.org/help-support/become-a-member>

## Venues we work with

Our Autism NI membership card can help with priority queuing, entry, and carer discount to a select list of venues and attractions when providing your membership card including:

- |                                                                                                                      |                                                                                                                |                                                                                                                         |                                                                                                                                |                                                                                                                 |                                                                                                                  |                                                                                                                   |                                                                                                                      |                                                                                                                     |                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <br><b>Infinity Adventure Park</b> | <br><b>Lisburn Bowl</b>     | <br><b>Marble Arch Caves</b>         | <br><b>Mountpanther Farm Park</b>           | <br><b>National Trust</b>    | <br><b>Dublin Zoo</b>         | <br><b>Dundonald Ice Bowl</b> | <br><b>Exploris</b>             | <br><b>Funtasia Theme Park</b> | <br><b>Hollywood Bowl</b>  |
| <br><b>The Jungle NI</b>           | <br><b>Titanic Belfast</b>  | <br><b>Ulster American Folk Park</b> | <br><b>Ulster Folk and Transport Museum</b> | <br><b>Ulster Museum</b>     | <br><b>Armagh Planetarium</b> | <br><b>Belfast Zoo</b>        | <br><b>Carrickfergus Castle</b> | <br><b>Castle Espie</b>        | <br><b>Co Down Railway</b> |
| <br><b>Prison Island Belfast</b>  | <br><b>Seaforde Gardens</b> | <br><b>Streamvale Open Farm</b>      | <br><b>Emerald Park</b>                     | <br><b>The Ark Open Farm</b> | <br><b>WS</b>               | <br><b>Wild Ireland</b>      |                                                                                                                      |                                                                                                                     |                                                                                                                 |



If you would like further information about immunisation, visit



[pha.site/vaccinations](https://pha.site/vaccinations)

or



[www.nidirect.gov.uk/  
childhood-immunisation](https://www.nidirect.gov.uk/childhood-immunisation)



**Public Health Agency**  
12-22 Linenhall Street, Belfast BT2 8BS.  
Tel: 0300 555 0114 (local rate).  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

Find us on:



This publication is adapted from information originally developed by the UK Health Security Agency and is used under the Open Government Licence v 3.0

12/25



# IT'S OK TO ASK FOR HELP

## OUR HELPLINES ARE OPEN

Mon – Thurs 9am – 9pm

Fri 9am – 5pm

Sat 9am – 1pm

# Call 0808 8020 400

Calls are FREE from all UK landlines and mobiles



## 0808 8020 400

A FREE confidential helpline for  
parents and carers throughout NI.  
If you need us, we're here.





## Big Summer Read 2026



### Grow your Story Tree this summer

Join the Big Summer Read 2026 at your local library and watch your Story Tree grow.

Every book you read adds a new leaf, helping your tree fill with stories, adventures and ideas throughout the summer.

### What is the Big Summer Read?

The Big Summer Read is a free reading challenge for primary school-aged children, taking place in libraries across Northern Ireland.

This year's theme is The Story Tree. Every book you read becomes a leaf on your tree, helping it grow all summer long.

Children can read anything they enjoy, from comics and adventure stories to funny books and facts.

### How does the Big Summer Read work?

1. Sign up at your local library
2. Read books — any kind you like
3. Add a leaf for every book you read
4. Read 10 or more books to complete the challenge

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### What you'll get

Your own Story Tree to track your reading  
The chance to try new stories and discover favourites

A bookmark when you reach 5 books  
A certificate when you reach 10 books  
Fun events and activities in your library



## **Lego Club**

Lego building fun! Children can boost their problem solving, focus, spatial and social skills. Suitable for 5+ yrs (must be accompanied by an adult).



## Storytime

Storytime sessions help children aged 4-8 yrs develop a love of books, improve their listening skills, inspire creativity and feeds their imagination.



## Rhythm and Rhyme

For children aged up to 4, fun free sessions with nursery rhymes, singing and play to build language and literacy.

libraries  ni