



**HEALTHY HEADS.
HEALTHY HEARTS.
HEALTHY COMMUNITY.**

Activities taking place every day across Bangor

23-29 SEPTEMBER 2019

Bangor Cares is a grassroots movement of local people from all walks of life including schools, churches, youth & community groups, businesses, statutory bodies and individuals who have come together to do something to show Bangor people that they are cared about.

SAFE PLACES, REFLECT OR PRAY

Various churches will be open from 9.30am to 4pm as safe places to call in, reflect or pray.

AURORA COMPLEX

Monday to Friday 4-8 pm (last entry 7pm)
Discount Leisure Waters + Swim : £1.50.

NORTH DOWN COMMUNITY NETWORK (NDCN)

Drop in to the Community Hub on Main Street for information, advice and a warm welcome from the team.

FIRST PRESBYTERIAN CHURCH,

A light lunch is available each day, so if you are on your own, lonely or would value company, please drop in; Main Street (opposite ASDA) Mon-Fri, 12-2 pm.

BANGOR POLICE STATION

Open each day from 12-2 pm so call in and say "Hello".

**MONDAY 23RD
MINDFULNESS MONDAY**

EXTERN: YOUTH ENGAGEMENT SERVICE

Launch of their Youth Engagement Service which offers a safe environment for young people to explore, learn and develop their emotional wellbeing. YMCA High Street, 2-4pm.

KIDS CREATIVE MINDFULNESS SESSION

A 30min Autumn leaves Kids Creative Mindfulness Session, pre-registration required. uHub, Hamilton Road: 5-5.45pm.

**TUESDAY 24TH
TALK ABOUT IT TUESDAY**

PARENTING IN THE DIGITAL AGE

An event for parents and grandparents to provide practical tips on how to guide our families through the highs and lows of the digital world: to be held in Bangor Grammar School; 7.30-9pm.

FLARE

Drop-in style pop up cafe event in YMCA, for young people to engage, converse and seek support on mental health issues. YMCA, High Street: 6-9 pm.

FINGERPRINT LEARNING

Workshop "How parents can build up their children's confidence and self-worth" in NDCN Community Hub, Main Street: 1 pm.

NORTH DOWN COMMUNITY NETWORK

Community Café in Bangor Carnegie Library for adults and parents: 10.30am-12.30pm. Graffiti art : 6.30pm.

SAFE SPACE TO TALK

Drop-in session at uHub Hamilton Road: 10-12noon.

**WEDNESDAY 25TH
WORK IT OUT WEDNESDAY**

NORTH DOWN COMMUNITY NETWORK

My Mind in Images art exhibition. Community Hub : 11am.

LUNCHTIME YOGA FOR BUSINESS PEOPLE, FREE CLASS

Register with Paula.kane@bangorchamber.co.uk
2nd floor, BOOM Studios, 80a Main Street.
Free to attend, bring your own mat. 12.30pm-1.30pm.

LAUNCH OF THE REFLECTIVE & MEDITATION GARDEN

Bangor Alternatives are encouraging use of the Garden and wider allotments for the benefit of positive mental health. Kilcooley Allotments 1pm. BBQ will be provided from 12.30pm.

LET'S TALK ABOUT DEPRESSION & YOUR MENTAL HEALTH

AWARE Mental Health Public talk featuring a panel of experts to raise awareness of depression and the importance of looking after your mental health. 7 pm, Aurora Leisure Complex. Limit of 100 places. Tea & coffee available from 6.30pm. Please REGISTER by contacting Kirsty Menagh, 028 9147 8292 or kirsty@kilcooleywomenscentre.co.uk.

BANGOR CARES CUP

20 Primary School teams compete in a Football Tournament. 4 groups of 5 teams. Come along & support. Open to all. Bangor Football Club. 10am-12pm and 1pm-3pm.

**THURSDAY 26TH
THOUGHTFULNESS THURSDAY**

SHARED EDUCATION 16+ HEALTH FAIR

To educate, inform and make contacts in the area of teen health. Bangor Academy. 10am-1pm.

STUDENT GUIDE TO MENTAL HEALTH

Student Union Pod will have mindfulness activities; leaders available to meet and greet; wellbeing packs; copies of Student Guide to Mental health. SERC, 10am-2pm.

HAMILTON ROAD BAPTIST WOMEN TOGETHER

Pauline Wilson from Belfast Bible College will speak on "Mind Matters: Depression". 10.30-11.30am. Refreshments & pre-school creche available from 10am.

INSOMNIA CLINIC

Bangor Chamber of Commerce hosting an Insomnia Clinic at Bangor Rugby Football Club, Upritchard Park 7pm-9pm NO COST to attend. Refreshments provided. To REGISTER contact: paula.kane@bangorchamber.co.uk M: 077 2525 5434

MINDFULNESS FOR FAMILIES

A workshop aimed at parents, grandparents and carers. an introduction to mindfulness, how it can be used to improve connections and change negative patterns of behaviour. Full function room, with Caroline Stewart Aurora 7pm-9pm.

WHAT YOU CAN DO TO PREVENT DEMENTIA & MENTAL DECLINE

NDCN Community Hub, Main Street Bangor. 2pm-4pm.

**FRIDAY 27TH
FORWARD-LOOKING FRIDAY**

AURORA FAMILY FUN NIGHT

7.30-9.30pm: badminton, table tennis, basketball & football. Leisure Waters, 6-8 pm, with last swim 7.15pm. Cost £5 per family of 4 people and £1.50 extra for additional people.

BANGOR CARES CUP FINALS

Semi-finals and final. Come along & support. Open to all. Bangor Football Club. 6-7 pm.

YOUTH HEALTH ADVICE SERVICE & C CARD SERVICES

Meet and greet with YHAS Nurse and YMCA staff who support the health drop in clinic. SERC: 10am-1pm.

NORTH DOWN COMMUNITY NETWORK

Chi Me and Relaxation session in Community Hub, 10-11am.

MUSIC FOR MENTAL HEALTH

Open Mic in conjunction with Bangor Academy at the North Down YMCA : 7pm

HOLISTIC HUB INFO DROP-IN SESSION

Information on mental health improvement strategies. uHub, Hamilton Road: 10-12noon.

**SATURDAY 28TH
SOCIAL SATURDAY**

BANGOR VINEYARD

Pause, an event for women with a healthy breakfast/talk about self-care followed by relaxation/mindfulness mat exercises. Bangor Aurora 10-11.15am.

BANGOR 10K

Churches to serve refreshments and keep everyone mingling as a community afterwards.

BOOM! OPEN STUDIOS DAY

Call into BOOM STUDIOS between 10am and 4pm to meet our local artists in their studios and enjoy some free art activities through the day. BOOM! Studios 80a Main Street.

THUNDERPARK

Based at the McKee Clock arena. Thunder Park will be running a pop up Thunderpark for those aged 8+. FREE to attend and to watch the fun! 12noon-4pm

**SUNDAY 29TH
SHARING SUNDAY**

ESTEEM KIDS YOGA

Free Family Yoga session in Aurora. 5.30-6.30pm Open to parents and grandparents.

PRAYER & PRAISE

A joint evening prayer and praise gathering with sharing stories of the week : St. Andrew's Presbyterian Church 8.00pm.

Please check the facebook page daily for any amends and lots more events! [FACEBOOK.COM/BANGORCARES](https://www.facebook.com/bangorcared)



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