



ISSUE

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WAVE Update

We provide care and support for people affected by
the 'Troubles' in Northern Ireland



Centre Update

Due to the current Covid restrictions, the Centre in Ballymoney is currently closed for the public.

However, our services continue and will be delivered over the phone. Call us if you need outreach or health & wellbeing support, welfare or advocacy advice, complementary therapy, or counselling. You can also visit us on facebook or our website to access a variety of interesting WAVE online events and courses.



WAVE Ballymoney Centre Update

New Zoom Courses for WAVE

Ballymoney clients only:

Motivation and Relaxation course

Table Quiz & Cook It session

All WAVE courses and events

Courses during Covid Times

Variety of Online courses, workshops and events

We offer a range of classes and workshops for WAVE Ballymoney only. At the zoom courses, you might meet old friends, or make new ones. To join a zoom course, you need to have an email address and create a zoom account. If you don't know how to do this, please give us a ring and we talk you through. It is easy, and accessing online courses on your mobile phone, your tablet or laptop is a great way of connecting with people, having fun, and learning new skills. Lately we have run Cook-It workshops, Mental Health and Relaxation classes, a pharmacy advice course, and a Christmas card workshop. For all centres, Joe and Heather have organised brilliant online concerts and parties, table quizzes, dancing sessions and so much more... If you are interested, contact us on **02827669900** and we add you to the our email list.

Cook It online

Continuing David's hugely successful Cook It sessions for the whole family, he will offer another zoom session on **Thursday 11th March at 3pm**. If you want to join this exciting cooking experience, call us on **02827669900**.



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Table Quiz

Test your knowledge, meet other WAVE Ballymoney friends and enjoy David's online table quiz for the whole family on **Thursday 18th March at 3pm**. To get invited on zoom, call **02827669900** and we will send you the invite.

Motivation and Relaxation online

Velma & Geraldine have developed this four week course especially for you. Its about connection with other WAVE participants, to learn new ways to relax body and mind, to enhance your motivation and to feel empowered. If you have not started yet, please join in for the remaining sessions; everybody will be delighted to see you: **Monday 22nd February and 1st March 2.30-4pm**: If you are interested, please contact us on **02827669900** to book your place.