

WAVE Update

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



Centre Update

The Ballymoney Centre is open again. To keep both clients and staff safe, we adhere to the distancing rules and see clients by appointment only. In addition, our services will be delivered over the phone or by visiting you outside in gardens, for walks or at your door. Call us if you need Outreach or Health and Wellbeing support, Welfare or Advocacy Advice, as well as Complementary Therapy, or Counselling. If you have questions regarding the Injured Pension, let us know and welfare advisors can ring you to inform you about the latest developments.

You can visit us on facebook or our website to access a variety of interesting WAVE online events and courses. In this Update, you will find outdoor group activities as part of our summer programme. Booking is required, and instead of taking the bus, this year we will meet at the entrance gates or car parks of the various locations.



Content:

- Boat Trip and Walking Tours
- Rosepark Farm Trip with Kids
- Book Club at the coffee shop
- Painting Workshop
- Jungle NI Adventure

Family Fun Day at Rosepark Farm

Wednesday 18th August 11 am

Velma and Geraldine invite you to a lovely day out with friends and family. Rosepark Farm is situated 4 miles outside of Ballymoney. The farm is a great place to suit all ages, to connect with nature and interact with various animals. It is spread over a mile and a half of beautiful wooded and rose walkways, so walking is required. You can bring children, or you might want to come on your own. Visitors can see and handle a variety of

animals from kittens to reptiles.

At the blue lagoon, you can paddle or build sand castles. There are two zip-wires for both adults and

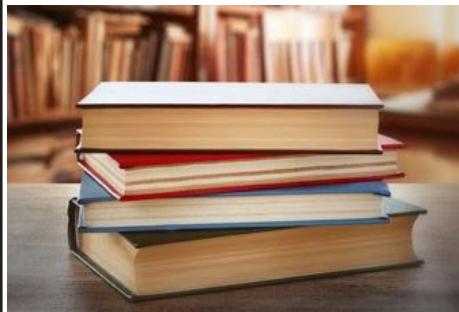
children, as well as bouncy castles and several play park areas. Included in the trip are the entrance fee and a light lunch or picnic. Participants will use their own transport and meet at Rosepark carpark. Contact us on 02827669900 to book your place.



Book Club with Beverage and Snack

Weekly outdoor meetings — Books paid for

Do you like reading? Geraldine is starting a book club, so please get in contact with her. Depending on who wants to join, she will decide on the first book to start with



and where to gather. People will meet weekly in a covered outdoor coffee shop space, possibly at the *Inn on the Coast* between Portstewart and Portrush, or at another location. This way you can sit together yet socially distance. We pay for the books for each person, plus a drink and snack for each meeting. It is a great way to connect, even if you might have mobility issues. If you want to join the club, call us: 02827779900

Coming Up Coming Up Coming Up Coming Up Coming Up Coming Up

Painting by Numbers Workshop

Thursdays 26th August and 2nd September 5 - 7pm

Who says painting is complicated? Velma is facilitating a 2 day 'Painting by Numbers' workshop. For the first time after lockdown, we will offer a course at our Ballymoney Centre. To keep social distancing, we will use the main hall and only allow limited numbers of participants. If you want to paint modern art or an old Rembrandt: You can chose your own picture and we will order it for you. If you are interested to join and meet other participants face to face, call us on: **02827669900**.



Cruise on the River Bann

Wednesday 22nd September

Explore the amazing river Bann on the boat, enjoy the



wildlife, sights and tranquillity in the company of other WAVE members. At the end of the tour, Sharon and Velma will invite you for a treat to a coffee shop. If you want to go on this

boat trip, call the Ballymoney office: **02827669900**.

Antrim Historic Walking Tour

Wednesday 4th August 11am

Over the 1.45 hours of gentle walking you will learn

about the origins of Antrim, visit Pogues Entry (r.), walk in footprints of the 1798 United Irishmen and hear how the 'Battle of Antrim' unfolded. Velma and Geraldine will



treat you to a meal at an outdoor venue. **02827669900**.

Giants Causeway Walking Trip

Wednesday 11th August 11am

Come along and join Colin and David for a walk along the Giants Causeway. You can learn more about the UNESCO World Heritage Site by exploring the visitor centre, stroll along the stunning basalt columns and join us for a meal at a restaurant afterwards. To register contact us on: **02827669900**.



Jungle NI Adventure

Tuesday 28th September 1pm

Located between Desertmartin and Moneymore, the outdoor adventure centre provides a vast variety of fun activities. Starting with a BBQ, the Jungle NI staff will introduce you to different activities, such as archery, pigeon shooting, tree top courses and team competitions. Catherine and David will accompany you

on this trip. The event is for adults only, spaces are limited. If you want to join us, please



VSS funded WAVE Summer Programme

Amazing Trips, Book Club and Workshops

The Victims and Survivors Service has provided funding to create an exciting summer programme. Due to this money, we can invite you to special trips and workshops we could not afford under normal circumstances. To stick to social distancing and keep everybody safe, we meet directly at the different locations and don't hire buses. Please take advantage of our special events. Booking is required. Spaces are limited and WAVE pay for entrance fees/costs. If you sign up, please make sure to attend. If you can't make it, let us know asap so somebody else can take your place. Many thanks!