

Centre Update

The Ballymoney Centre is open for services. To keep clients and staff safe, we still have some COVID restrictions in place. To respect others, we would ask you not to come to the Centre if you have any Covid symptoms or if you have had recent contact with someone who has tested positive. The wearing of masks is now optional but if you feel more comfortable wearing one please do so and staff will be happy to wear theirs.

We are running a varied programme between now and the end of August. Please call us if you want to participate in any of the events. WAVE Ballymoney has over 500 clients. You are welcome to apply to all events, but we may have to prioritise to ensure everyone gets a fair chance.

Call us if you need Outreach or Health and Wellbeing support, Welfare or Advocacy Advice, Complementary Therapy, or Counselling.



Trip to Springhill House Friday 1 July 10 am to 5 pm

Springhill House, Moneymore, was the home of ten generations of the Lenox-Conyngham family. Regarded as one of the prettiest houses to visit in Northern Ireland, it also houses one of Ireland's best documented ghosts! Take a wander through the walled gardens and parkland and then enjoy a tasty lunch with us. If interested, call us on **02827669900**.

Family Day Trip to Belfast Zoo

Wednesday 3 August 10 am to 5pm

Join us for a family day trip to Belfast Zoo. With over 600 animals and 120 species over 55 acres you will have plenty to explore. See the latest arrivals with recently born prairie dog pups and penguin chicks! This is sure to be a great day out for all the family! **02827669900** to book.



Content:

Day Trips to Belfast Zoo, Springhill House & the Guildhall
Gracehill Walking Tour, A&C groups,
Nutrition & Wellness course,
Blacksmith Workshop

Blacksmith Workshop Wednesday 27 July 10 am to 3 pm

This is a great opportunity to try your hand at blacksmithing and make a small item to take home with you. Eamon from Hot Milk Forge will demonstrate the processes and introduce you to the art of blacksmithing. Afterwards, Colin will invite you to lunch at a local restaurant. Call now to book your place on **02827669900**.



Flower Arranging

Wednesday 24 August
10 am to 2 pm

Join us in the Centre for a morning of flower arranging demonstration. You will also get to make a small piece to take home with you. A light lunch will be provided. **02827669900** to book.

Diamond Art on Zoom

Wednesday 31 August

We will facilitate a Zoom workshop to create pictures with little diamonds. You will receive your kit brought to your home and then work on it together with others in front of your laptop, phone or computer.

Please call us on 02827669900 if you wish to attend.



Summer A&C Workshop

Fridays 29 July and 5 August 10 am to 4 pm

Another one of Leona Devine's famous A&C workshops. This time, she is facilitating a workshop to create art pieces for the Ballymoney centre. It includes tea sets inspired by WAVE events and other occasions. More to be revealed at a later stage... Call us on 02827669900 to participate.



Carnlough Bay Boat Tours

Wed 6 and Wed 20 July 11.15 am to 3 pm

Come aboard, enjoy the scenery of the local coastline and see the wildlife, dolphins, seals and birds, on this 90 minute trip around the bay. Learn about the history of Carnlough fishermen and the surrounding area from your local skipper, and finish your morning off with a delicious lunch. Call now 02827669900.



Gracehill Walking Tour

Wednesday 29 June 11 am to 3 pm

Join us for a gentle 90 minute stroll through the Conservation Area of Gracehill village, a Moravian settlement from the 18th century. Learn about the history and lifestyle of the people who lived there and the ongoing work to obtain



UNESCO World Heritage status. Catch up over lunch at the nearby Millside Restaurant. 02827669900 to book.

Nutrition/Lifestyle & Wellness Course

Friday 12 and Friday 19 August 10 am to 2 pm

Una Condron will facilitate this workshop. **Week 1** you will learn about the importance of gut microbiome for overall health, the causes of inflammation in the body, how to reduce it and reading food labels. There will also be a cookery demonstration. **Week 2** is about essential oils to help manage stress and anxiety and improve sleep. You will have the opportunity to make your own personal blend for personal use. A light lunch will be provided. If interested, please call us on 02827669900.



Guildhall & Tower Museum

Wednesday 10 August 10 am to 5 pm

Visit one of DerryLondonderry's most recognisable landmarks, home to the Council Chamber and Mayor's Parlour. Then enjoy the story of the city and an Armada



shipwreck at the Tower Museum and take in beautiful views of the city and the River Foyle from the open

air viewing facility. You might even have time to check out some local shops. Call to book 02827669900.