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Issue 245 - East Down BT24 • BT30 • BT31 • BT33

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Ricky Watts (back left) and John Baxter from KP Snacks (NI) joined Downpatrick Cricket Club Chairman Jack McIlheron (centre) and youth players Ellie Ringland and Sam McGowan to congratulate them and hand over the all-important cheque for £1,000 which will go towards new equipment, delivering after-school cricket programmes, developing ladies cricket and running sessions for ethnic communities in the area.

DELIGHT FOR DOWNPATRICK CRICKET CLUB

County Down club experiences remarkable turnaround in fortune with unique 'treble'

DOWNPATRICK Cricket Club in County Down is celebrating a unique 'treble' after a remarkable turnaround that has seen the club rise from the brink of extinction to the top flight of Northern Ireland cricket in just a few years.

Not only did Downpatrick's first team win promotion to the NCU Senior League Section 1

in August, but its second team finished the season as Junior League Section 7 champions and will play in Section 6 next season.

If that wasn't enough, Downpatrick completed the 'treble' by running away with a £1,000 grant towards much-needed equipment in an exclusive Northern Ireland competition, run by KP Snacks (NI) as part

of a campaign to mark its sponsorship of this summer's blockbuster cricket tournament The Hundred.

Not bad for a club that only three seasons ago didn't even own a cricket ball, as Downpatrick Cricket Club Chairman Jack McIlheron explains.

"Downpatrick is one of the oldest cricket clubs in Ireland, in fact we're now

in our 175th year," said Jack, "but following the Covid-19 pandemic, we lost most of our playing staff for various reasons. So much so that when sport resumed, we were unable to field even one team to play regular cricket in the Northern Cricket Union league structure.

Continued on page 4

Road infrastructure projects for 2024

Members of the Newry, Mourne and Down District Council received an update from the Department for Infrastructure regarding road maintenance and improvement works in the council area, for the years 2023/24 and 2024/25.

During a meeting recently, Divisional Roads Manager Mr Mark McPeak addressed the council, stating "The Department's 2024/25 opening Capital budget for structural maintenance is £89 million which falls significantly short of our funding requirements to allow for the most effective delivery of our priority resurfacing projects, road-side stability, and drainage projects. The Department has operated within a constrained Resource budget for many years which has meant the continuation of a Limited-Service policy for routine road maintenance activities such as defect repair, grass cutting, and gully emptying."

Mr McPeak acknowledged the challenges posed by the 2024-25 budget but affirmed the Department's

commitment to advancing local transport, safety schemes, and maintenance programs aimed at improving road safety.

"Over the next year, in the Newry, Mourne and Down area, we plan to take forward the upgrade of traffic light signals at the Market Street / Church Street junction in Downpatrick, a traffic signal junction upgrade incorporating Puffin facilities at the Belfast Road / Main Street / Todds Hill junction in Saintfield, and a dual toucan upgrade at William Street in Newry.

In conclusion, Mr McPeak said: "These projects the Department is delivering will bring significant benefits to both the local community and commuters throughout the Newry Mourne and Down District Council area."

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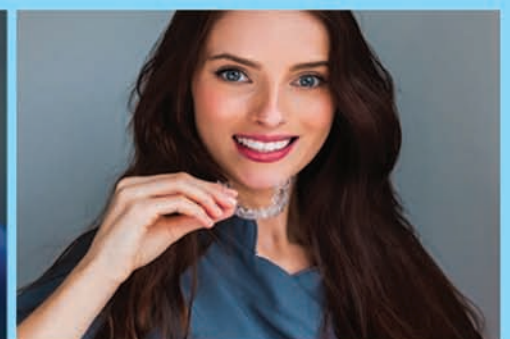


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Huge Crowds Gather for Eats and Beats Festival

Surrounded by the stunning backdrop of the Mourne Mountains, huge crowds gathered for the Eats and Beats festival in Newcastle at the weekend.

Food and music lovers descended in their thousands to enjoy delicious local fare and drinks at the Producers Pavilion (sponsored by Lexus Belfast) and music lovers danced their way around two music stages, offering the best of homegrown and world music over the two days.



Festival goers delighted in over 40 local and Northern Irish artisan food producers. Local food and drink producers, experience and hospitality providers delighted food enthusiasts with the superb array of delicious food and craft drinks on offer.

If that wasn't enough, visitors enjoyed a wonderful line up of cookery demonstrations from the likes of Jenny Bristow, Melissa McCabe and Paul Cunningham who served up a delicious array of local food at the Mourne Flavours Pavilion over the

festival weekend. The incredible music line up offered an eclectic mix of styles and genres creating a big festival vibe across the seaside town throughout the weekend. Newcastle reverberated to the sounds of live music from the likes of Dea Matrona, Paddy Casey, and Belfast's very own Brian Kennedy who was joined by the Uplifted Gospel,

expertly hosted by Ryan Hand and Ripton Lyndsey. Newry, Mourne and Down District Council Chairperson, Councillor Pete Byrne said, "Newry, Mourne and Down is becoming well known for its exceptional food and drink offering and it has a strong track record for producing talented and accomplished musicians. Now in its third year, this

first-class food and music festival treated locals, visitors and tourists to an unforgettable experience, featuring top-quality cuisine, unique musical performances, alongside a range of fringe events and family-friendly activities. "The Eats and Beats festival was the perfect finale to the Council's summer event programme"

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AMGEN IRISH OPEN APPLAUDED AS A TREMENDOUS SUCCESS

Newry, Mourne, and Down District Council was delighted to have been a partner in hosting the highly successful Amgen Irish Open Golf Tournament which drew approximately 100,000 spectators to Royal County Down Golf Course and was broadcast to a global audience.

Extending a heartfelt thank you to DP World Tour and all our partners for their invaluable contributions in making the Tournament a resounding success, Newry, Mourne and Down District Council Chairperson, Councillor Pete Byrne said, "We are extremely grateful to DP World Tour for bringing the Amgen Irish Open to Royal County Down Golf Course. The delivery of such a successful event is made possible through the collaboration, dedication and support of a wide range of partners and their teams. DP World Tour and its partners not only ensured the smooth running of this prestigious event but also showcased the very best of our district, enhancing our region's global reputation, in addition to providing significant benefits to the local community

Cllr Byrne continued, "The local community of Newcastle and businesses throughout the district also played a key role in ensuring the delivery of such a successful event and their contributions will ensure that benefits will continue to be realised well into the future. "Since teeing off on Wednesday 11 September an exciting programme of activity took place both 'on and off' the course. In the Championship Village, at the Destination Marquee business representatives from across the district promoted an exciting range of off course experiences, golf clubs and accommodation providers. The participation of Rich Beem - former PGA Tour professional, 2002 PGA Championship winner and current Sky Golf commentator - in



various promotional activities at the Destination Stand and across local businesses will continue to elevate our profile to leave a lasting legacy and I am confident that celebrities and visitors staying here during the Amgen Irish Open will be eager to return."

Over the weekend the Council also organised a series of Fringe Events, which captured the spirit of the Amgen Irish Open while showcasing Newcastle's vibrant local culture, cuisine, and entertainment. Highlights included a pop-up food village, a host of family

activities, live music and performances by talented artists from across the district, ensuring a lively atmosphere throughout the weekend. Council's 'Make it Local' campaign featuring a wide range of independent retailers in Newcastle was delivered to coincide with the

Eats and Beats Festival and the Amgen Irish Open. The campaign's focus was to encourage residents and visitors alike to 'keep it local' when deciding how to spend their money by highlighting the fantastic variety of goods and services available in Newcastle

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Continued from page 1

"We are delighted to receive this grant of £1,000 from KP Snacks NI, which will certainly be put to good use. We need new equipment to help us deliver after-school cricket programmes, develop our ladies cricket, and run sessions for the large ethnic communities that have relocated to this area. "This grant will be used to help fund all of this, helping us to create a proper community spirit and bring all communities and nationalities in the area closer together through the great game of cricket," continued Norman. "We have a legacy to share and nourish, and we believe

that through the game of cricket we can strengthen relationships which will help us build on that legacy." As a club, Downpatrick has developed a coaching program which is delivered at eight schools in the area, some of which have never had cricket on their school sports curriculum. The club has been able to identify several young players with real talent for the game and is looking forward to helping develop their skills. Thanks to the tenacity and dedication of the club's coaching staff, Downpatrick CC regularly welcomes 60 young players from several cultural and ethnic backgrounds at its youth training sessions. During the summer,

the Club held Summer Blitz sessions involving parents and children and organised a multi-cultural day to bring communities together, inviting local ethnic groups to come and try cricket. Last month, Downpatrick CC also ran five sessions for young people with autism, giving the club an opportunity to share the basics of cricket which it firmly believes will have a positive mental and physical impact on children who might not have been given an opportunity to play the game. The club worked closely with Autism NI to ensure it delivered a positive experience for those who attend the sessions. The KP Snacks (NI) award was part of a campaign run by the

company to reach out to local communities and encourage more people to get active through cricket this summer. To win, clubs across Northern Ireland were invited to submit a 500-word entry explaining why they deserved to win £1,000 and how they would spend the money. The Hundred is an action-packed televised 100-ball cricket tournament featuring world-class players and massive names from around the world, with eight women's and men's teams competing over four weeks. This year's competition saw Oval Invincibles successfully defend their men's title and London Spirit win the ladies tournament for the first time.



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Newcastle Public Toilets Major Works Completed

Newry, Mourne and Down District Council has just completed the £440,000 of major works to the Public Toilets in Newcastle town centre.

The planned works were delivered as part of the Council's Public Convenience Strategy and aim to enhance the quality and accessibility of public amenities for both locals and visitors alike.

The upgrade of our facilities has seen the installation of a new toilet block at Central Promenade being completely replaced with two Unisex Toilets and one Disabled Toilet, whilst the Donard Park toilet block has been transformed to include four Unisex Toilets and one Disabled Toilet, ensuring enhanced convenience and accessibility for all visitors.

The toilet block at Downs Road has been completely refurbished, and a new fully accessible Changing Places Toilet facility for the seaside town is now installed at the Downs Road site. The Council has worked closely with the Mae Murray Foundation on these plans to ensure the facilities are



accessible and inclusive for everyone. The Mae Murray Foundation is dedicated to breaking down unnecessary barriers, enabling people of all ages and abilities to participate equally in society.

Newry, Mourne and Down District Council Chairperson, Councillor Pete Byrne said, "Having a changing places toilet in the centre of Newcastle

town will make such a difference to people with disabilities and incontinence support needs. It will ensure disabled people can enjoy what the town has to offer late into the evenings, knowing there are toilet facilities available to meet their needs. We know this will have such a positive impact on the people we support and open up so many

more opportunities for them in the local community." Opening hours for all Public Toilet facilities in Newcastle for September 2024 are 8am – 8pm with an earlier close of 4pm from October onwards. For further information on Public Toilets please visit: www.newrymournedown.org/public-toilets.

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CAMPAIGN LAUNCHED TO HIGHLIGHT VIOLENCE AGAINST WOMEN AND GIRLS

A new digital and PR campaign to raise awareness of a range of gender-based violence, abuse and harm which is disproportionately targeted towards women and girls has been launched by Newry, Mourne and Down District Council.

The aim of the ‘#End It Now’ campaign is to highlight some of the key impact of men’s inappropriate sexual behaviour towards women and girls and the issues with the criminal justice system in tackling offenders.

To support this work,

we have partnered with Armagh City Banbridge and Craigavon Borough Council, Southern Health and Social Care Trust and South Eastern Health and Social Care Trust to promote our new ‘#End It Now’ campaign across local media and our social media channels.

Violence against women and girls is a systemic and deep-rooted problem in our society. It is a problem that is hidden in plain sight and every day we see how it is affecting the lives of women and girls in our communities, wherever they learn, live, and work. Whether its sexual harassment in a public place to receiving unwanted intimate photos or videos we all need to work to ending this now!

Newry, Mourne and Down District

Chairperson, Councillor Pete Byrne said, “Violence against women and girls causes significant harm to those experiencing it and can have significant long-lasting impact. It is clear that the biggest difference we can make is to tackle male violence and misogynistic attitudes. Women and girls’ safety will not come from changing the behaviour of women and girls but from changing the culture in our communities that fails to tackle this issue. To highlight this, we are delivering this campaign to raise awareness and encourage each of us to say ‘end it now.’”

The latest campaign has been developed by the Council’s Safeguarding team through partnership working with Southern Health and Social Care

Trust, South Eastern Health Social Care Trust and Armagh City, Banbridge and Craigavon Borough Council.

Both the Health Trusts are ensuring that their teams are on hand to support anyone who needs help or support. The key phone numbers which are promoted as part of this partnership are as follows: Southern Health and Social Care Trust 028 3576 7100 and South Eastern Health and Social Care Trust: 0300 100 0300 and the 24 Hour Domestic and Sexual Violence Helpline: 0808 802 1414. The campaign is also supported by a range of online resources which are available on the Council’s corporate website: www.newrymournedown.org/safeguarding and



from here other support services for women and girls are available.

For further information on the #End It Now

campaign and to view the infographics please visit www.newrymournedown.org/safeguarding.

‘Make it Local’ with Local Businesses in the District

Newry, Mourne and Down District Council’s ‘Make it Local’ campaign is designed to encourage residents to buy from and celebrate their local and independent businesses.

The initiative strengthens the need for us all to support the businesses that form the backbone of the local economy to help foster a thriving, resilient, and sustainable community. Over the next few weeks, the Council is launching a ‘Make it Local’ public relations and advertising campaign to highlight the benefits of shopping locally.

This campaign is

designed to engage residents and visitors alike by highlighting the fantastic variety of goods and services available in Newcastle. The initiative aims to encourage everyone to ‘keep it local’ when deciding how to spend their money, ensuring that both locals and tourists can discover and support the unique offerings of our community. The

campaign will feature local businesses through a comprehensive mix of digital, print, social media activities, and promotional PR.

The campaign carries the strapline ‘Where You Shop Makes a Difference’ and by introducing some of the friendly faces behind Newcastle’s independent businesses, the campaign focuses on the message that small business owners are a vital part of our communities. The businesses featured showcase the wide range of bespoke products and services that are available in Newcastle. Whether you are looking for a one-of-a-kind piece of art, a clothing retailer, family activities or something a bit more adventurous; there is something for everyone.

With world-class events like the Amgen Irish Open returning to Newry, Mourne, and

Down, it is crucial that local businesses seize this opportunity to showcase their offering, not just in Newcastle but across the district. The Council is committed to supporting local businesses through campaigns such as ‘Make it Local’ to ensure that the benefits of hosting such events reach everyone and have a positive impact on our local economy.

Newry, Mourne and Down District Council would like to extend its thanks to Newcastle Chamber of Commerce and the businesses who participated in the ‘Make it Local’ campaign; Bingham’s Menswear, Bear Necessities, Bike Mourne, and Painted Earth.

For more information on ‘Make it Local’, please visit the Council’s website: www.newrymournedown.org/make-it-local

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NMD Museums Launches Online Collections

Newry Mourne and Down Museums' expansive collections can now be viewed online through its NMD Museums website. With 26,000 artefacts currently listed, now it is easier than ever to see and learn about local treasures and historical objects.

The project is ongoing and the site will be updated annually in December, with new artefacts and photographs added.

The development of a new NMD Museums website last year provided the facility for the Museums to share their collections. This work has recently been completed and members of the public can now search both museum's collections online.

Both museums opened in the 1980s and have grown their collections over the years, mainly thanks to the generosity of local people and those with a connection to the area. The collections are comprised of a range of objects, textiles, documents, art and photographs, reflecting the various aspects of the social, cultural and political heritage of the area from pre-history to the present day.

Commenting on



the launch of the online collections, Newry, Mourne and Down District Council Chairperson, Councillor Pete Byrne, said, "The availability of this new resource will be invaluable for anyone with an interest in the history of our area, whether local historians or those from further

afield. These diverse collections help us to understand our area's fascinating history, heritage and culture". NMD Museums and Heritage Manager, Alan Freeburn, added, "Staff at both museums have devoted a considerable amount of time and effort to the project. Museums can only

display a small amount of their collections at any one time, but now members of the public can delve deeper into the huge number of artefacts in the collections". For further details about the Museums' and to explore the collections visit www.visitmournemountains.co.uk/museums



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Ballynahinch Olympic FC lift the Be Active Cup at The Showgrounds

Newry, Mourne and Down District Council Chairperson Cllr Pete Byrne presented this year's Be Active Cup to winners Ballynahinch Olympic FC recently at The Showgrounds in Newry.

The Be Active Cup was developed this year as a local soccer tournament to see teams from various leagues within the district playing against each other. This was a fantastic opportunity for the Council to promote sport across the district and encourage strong links between local clubs in the sporting soccer scene.

The final saw Newry side, Cleary Celtic FC play against Ballynahinch Olympic FC in what was a close match displaying skill and talent on the pitch from both teams. After the final whistle was blown it was 1-0 to the Ballynahinch side, with the winning goal scored by Ryan Walsh. The Man of the Match award went to Cleary Celtic's Marty Havern.

Ballynahinch Olympic FC U12s and Cleary Celtic U12s Select also displayed their skills in a Juvenile match prior to the senior game. The Ballynahinch side did the double as their juveniles celebrated a 3-1 victory.

Newry, Mourne and Down District Council Chairperson, Cllr Pete Byrne presented the medals and trophies as he congratulated all involved



Cllr Pete Byrne, Chairperson of Newry, Mourne and Down District Council congratulates Man of the Match, Cleary Celtic's Marty Havern with Ruairí Brannigan, Frankie Havern, Luan Havern and Lilah Havern.

in their superb efforts throughout the tournament. "I was thrilled to be part of this year's Be Active Cup initiative," said Cllr Byrne. "The tournament was organised to bring citizens from across the district together, fostering new relationships

through football. It was a tremendous success for the district, with every team displaying true sportsmanship and pride. Our district is rich in talent across all sports, and it's so important we continue to engage with the community to support,

develop, and promote the importance of health and wellbeing in all aspects of life. I extend my thanks to all the participating teams, leagues, match officials, Newry City FC for hosting the final, and the leisure staff for making it such a success."

A FEATHERED SURVIVOR: THE COLLARED DOVE

JV Allister reports

Even people who are not particularly interested in birds are likely to be aware that many of our native species are in decline, particularly those which evolved to feed or breed in specific habitats, such as the farmland yellowhammer, whose numbers are down by nearly 60% in Ireland, mainly because of changes in agriculture.

However, species which can or have adapted to change can thrive. For instance, magpies are successful generalists and opportunists when it comes to habitat and food, but there's another bird of note which is flourishing, and literally spreading around the world.

It was about 1960 that I first heard that collared doves had been spotted in Northern Ireland (in Fermanagh I think), but you'll find them almost everywhere now, mainly in parks and gardens.

The Eurasian collared dove as it's formally



known, has been one of the great colonisers of the bird world, travelling far beyond its native range, particularly over the last century, to countries colder than its range at the end of the 19th century in warm temperate and subtropical Asia.

Amazingly, in about 70 years collared dove numbers went from zero in the UK and Ireland to about one million breeding pairs today. And, importantly, they don't

seem to have out-competed original natives for food and habitat but might have benefitted from garden bird feeders (they mostly eat grain and seeds) and their ability to nest and produce young for a large part of the year.

These delicate doves, much smaller than wood pigeons, are a welcome addition to our parks and gardens, but because of their ground feeding habit their main predator is

the domestic cat. But the doves seem to be able to overcome predation, even if their population has probably reached its peak.

I really don't know why collared doves have been so successful, but as we face new man-made changes to our world, particularly climate, it's encouraging to know that some animals have a particular ability to adapt to change, and to thrive.

JVA

Experience the Cozy Elegance of Our Winter Warmer Package

As the chilly winds sweep across the Antrim Coast, The Causeway Hotel is thrilled to announce the return of our much-anticipated Winter Warmer package.

Nestled near the iconic Giant's Causeway, our historic hotel offers the perfect retreat for those seeking a blend of comfort, luxury, and breathtaking natural beauty.

3* Hotel of the Year, Duty Manager of the Year, Excellence in Service and Great Irish Breakfast are among the prestigious accolades awarded to the hotel by The Irish Hotel Awards 2023.

Starting from £330 for midweek stays and £350

for weekends, the Winter Warmer package includes a restful two night's stay, sumptuous dinner both evenings in our 1836 Ballroom restaurant, and a hearty breakfast each morning. This exceptional offer allows guests to immerse themselves in the serene beauty of Northern Ireland's winter landscape while enjoying the warm, welcoming hospitality for which The Causeway Hotel is renowned.

Whether you choose to

take a brisk walk along the rugged coastline, visit the enchanting Giant's Causeway, or simply unwind in the bar, The Causeway Hotel provides an idyllic setting for creating cherished memories. With free entrance to the Giant's Causeway Visitor Experience included, guests have the opportunity to delve into the history of this UNESCO World Heritage site, adding an educational and awe-inspiring dimension to their stay.

The Winter Warmer package is more than just a getaway; it's an invitation to experience the magic of winter in one of Northern Ireland's most scenic locations. Renowned for eclectic yet charming decor, our cliff-edge hideaway guarantees a shift from magic beach walks to mellow fireside talks. To book your stay, contact our friendly reception staff at 028 2073 1210 or email reception@thecausewayhotel.com

Future ARCH Programme

Future ARCH is a 12-week aftercare recovery programme delivered by Dunlewey Addiction Services for people with drugs, alcohol or gambling addictions and it is designed to promote well-being and to challenge the barriers to recovery.

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A Spotlight on Dental Excellence: Dr Nigel Smith Dental and Hollywood Dental Care

Hollywood Dental Care has recently been named BEST NEW PRACTICE in IRELAND at Irish Dentistry Awards 2024!

Members of the Hollywood Dental Care Team attended the glittering awards ceremony in Dublin at the beginning of September.

Dr Nigel Smith received the Award and was also delighted to learn that his other practice Nigel Smith Dental was Highly Commended in the category for Best High Technology Practice!

Nigel Smith Dental and Hollywood Dental Care are also rightfully proud to announce their recent nominations for several prestigious categories at the UK Dental Awards 2024. The practices are finalists in multiple categories, including Practice of the Year UK, Most Attractive Practice in the UK, and also Most Improved Practice UK. Additionally, Dr Nigel Smith has been recognized as a "one to watch" at the Northern Ireland Cosmetic Medicine Awards.

Both Clinics welcome new private patients and look forward to sharing the results of these awards in the

coming weeks.

These nominations once again demonstrate their commitment to providing exceptional dental care.

These accolades highlight their dedication to patient satisfaction, clinical excellence, and community involvement.

Both Nigel Smith Dental and Hollywood Dental Care offer Invisalign – for adults and teenagers, a popular orthodontic treatment that uses a series of clear aligners to straighten teeth. Invisalign offers several benefits, including:

- Discreet: The clear aligners are virtually invisible, making them a great option for those who want to avoid traditional metal braces.

- Comfortable: Invisalign aligners are made from smooth, BPA-free plastic, making them more comfortable to wear than metal braces.

- Removable: The aligners can be removed for eating, drinking, and brushing,



making it easier to maintain oral hygiene.

- Shorter treatment time: In many cases, Invisalign treatment can be completed in a shorter timeframe than traditional braces.

Dr Nigel Smith Dental and Hollywood Dental Care

continue to set the standard for dental excellence in the region. Their recent award nominations and multiple accomplishments already earned are a testament to their dedication to patient care, clinical excellence, and community involvement.

Tullywest Manor is celebrating over 30 years in business!

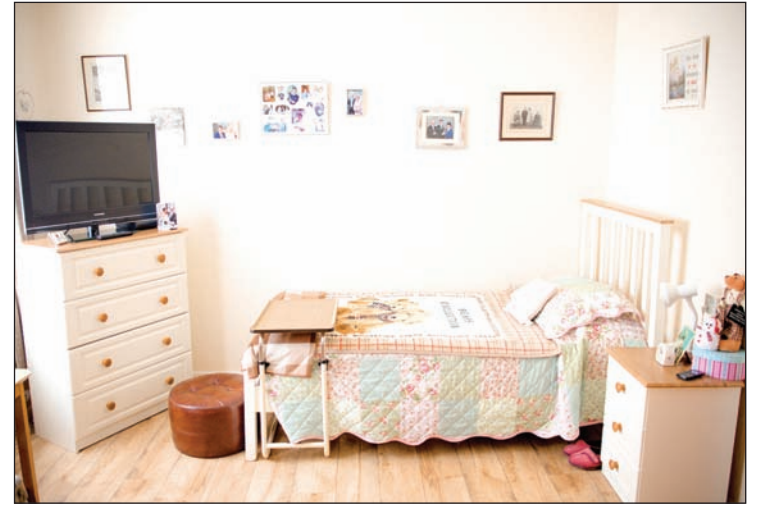
Tullywest Manor is situated in a beautiful rural setting, overlooking the hills, lakes and farmlands of the Co. Down countryside.

It opened its doors to its first residents on 17th March 1989. The aim is to provide high quality services catering for the individual needs of each resident, ensuring that privacy, dignity and respect of each resident is maintained at all times.

Residents coming into care here encouraged to maintain their normal social interests, hobbies and outings with relatives and friends as well as participate in activities and outings arranged by the home

Residents views and suggestions for social activities, outings are sought at Resident meetings and actioned if appropriate

Tullywest Manor features a large lounge, dining room, entrance hall with seating area and a spacious conservatory, where



residents can circulate and meet with each other and relatives.

Each tastefully decorated bedroom, most with en-suite, offers complete privacy where residents are encouraged to express their own personal tastes.

Tullywest recognises the need for a person-centred approach to

care. Encouraging staff to learn more about the Residents lives helps us tailor our care to each individual need.

Tullywest Manor recognises that residents are individuals with family and relatives of their own and encourage this bond to continue. They aim to create a comfortable

atmosphere of homeliness happiness and caring.

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Financial support for children with disabilities or additional needs

Many parents of children with additional needs are unaware that they may be entitled to financial support – here’s an overview of the support that may be available to families:

Employers For Childcare

Disability Allowance (DLA) and Personal Independence Payment (PIP)

Credit, Tax Credits and Carers Allowance. Higher payments of other benefits

Children under 16 with a disability or additional needs may be entitled to Disability Living Allowance (DLA), while those over 16 can receive Personal Independence Payment (PIP). The amount received will depend on the condition and how it affects the child.

Depending on household circumstances, entitlement to DLA or PIP can also help with entitlement to other benefits such as Universal

As soon as possible after receiving a positive DLA or PIP decision you should contact whoever pays your current benefits to tell them you’re now getting DLA or PIP, as this could result in you getting higher payments of the following:

- Universal Credit
- Child Tax Credit
- Housing Benefit.

You’ll be exempt from the ‘benefit cap’ which limits the amount of benefit payments a household can



receive, and also may be eligible for help towards your household rates if you have made any adaptations to your home to meet the needs of the person with the disability.

If you do not currently receive any benefits

The awarding of a disability benefit is a significant change in circumstances.

The entitlement to DLA or PIP may mean that households with a higher income, and who would not otherwise be eligible, can qualify for support.

You should contact an independent benefits advisor who can check if this change means that your household has now become entitled to any other benefits, such as Universal Credit.

Carer’s Allowance and Carer Element

Parents and others who care for someone in receipt of DLA or PIP could be eligible to receive Carer’s Allowance, which is paid

weekly at a rate of £81.90. Eligibility depends on both the circumstances of the carer and those of the person being cared for.

If the carer is in receipt of Universal Credit and is in receipt of Carer’s Allowance, or would be in receipt of Carers Allowance if it weren’t for their income being too high, they may be eligible for an additional Carer Element of Universal Credit of £198.31 per month.

For a couple with one partner working and the other not working but in receipt of Carers Allowance they can meet the criteria for financial support with their registered childcare costs which otherwise require both members in a couple to be working.

Further information

For personalised advice on what support your family may be entitled to, contact the Family Benefits Advice Service on 028 9267 8200 or email hello@employersforchildcare.org.

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FOOTSTEPS IN THE FOREST FESTIVAL

Residents and visitors are invited to a true celebration of the Samhain spirit at the Footsteps in the Forest festival in Slieve Gullion Forest Park in an extended programme running from Monday 21 October to Tuesday 29 October.

Featuring a blend of eerie entertainment, tantalising treats, captivating characters, spinning surprises and immersive storytelling experiences!

It is the perfect opportunity to experience the park’s hauntingly beautiful landscape while enjoying some festive Halloween fun.

Celebrating the Gaelic festival of Samhain, which marks the harvest season’s end and the beginning of winter, the nine-day festival will see Slieve Gullion Forest Park transformed into the ‘otherworld’.

Historically celebrated throughout Ireland, Samhain is steeped in tradition that to this day shapes the holiday we now know as Halloween. Footsteps in the Forest will bring this fun and immersive Halloween experience to life through costumed characters, spectacular illuminations, and mythical storytelling.

Visitors will go along a guided illuminated trail that will take them on the journey from the origins of Samhain to modern day Halloween. To bring a mystical quality to the experience, the event will be held in the evening enthralling and capturing the imaginations of all ages.

Newry, Mourne and Down District Council Chairperson,



Newry, Mourne and Down District Council Chairperson, Councillor Pete Byrne pictured at the launch of Footsteps in the Forest at Slieve Gullion Forest Park.

Councillor Pete Byrne said, “Footsteps in the Forest is our final instalment in our Giant Adventures Festival line-up 2024. A fantastic end to our programme of events and a great way to celebrate while keeping in touch with traditions of the past.”

The event will start each evening at 5pm with six guided trails that will run every 45 minutes until the last show at 8.45pm. An accessible tour will take place at 5pm and 5.45pm each evening with a brighter setting and lower music.

Irish language tours will take place on Tuesday 29 October.

This year, family

tickets will go live on Monday 7 October at 11am on the Visit Mourne Mountains website: www.visitmournemountains.co.uk. Each family ticket will admit one car, not one person (Max tickets per booking is 2).

In addition to the Footsteps in the Forest festival, there will be an exciting programme of Halloween events that will also celebrate the district’s culture and heritage. These events will add to the fantastic offering already in place for both locals and visitors enjoying their autumn in the Mourne Mountains & Ring of Gullion.

Slieve Gullion Forest Park offers the unmissable opportunity to experience tranquil woodland trails, stunning views across the Ring of Gullion, Mourne Mountains, Cooley Peninsula and Armagh Drumlins and top-class facilities for walkers and families.

For ideas of where to stay, eat and for even more things to do during your time here in Mourne Mountains & Ring of Gullion and for Giant event details please go to www.visitmournemountains.co.uk/giant-adventures

Please follow the Mourne Mountains & Ring of Gullion social media pages for reminders and updates @VisitMourne.

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HALLOWEEN ADVENTURE AWAITS AT CASTLE WARD

Are you ready to embark on a magical journey through the enchanted woods?

This Halloween, Castle Ward invites families to join the Wise Wizard on a spellbinding quest. In "The Cauldron Quest," you'll explore the woodland, solve riddles, and search for the lost Princess of Castle Ward to escape the wicked witch.

- What to Expect:
- **Interactive Trail:** Solve riddles and uncover hidden secrets along the enchanted path.
 - **Magical Creatures:** Encounter mystical beings and explore spooky scenes.
 - **Witchy Challenges:** Test your wits with fun and puzzling challenges.
 - **Festive Decorations:** Immerse yourself in the Halloween atmosphere with festive decorations.
 - **Family Fun:** Create unforgettable memories with your loved ones.
- Don't Miss the Bewitching



Bazaar: On October 26th and 27th, shop at the Bewitching Bazaar for unique handcrafted treasures, delicious food, and more.

When: October 26th to November 3rd, 10 am - 4 pm daily.

Where: Castle Ward, County Down

Admission: Admission applies (free for members). Book Your Adventure Today: To ensure your spot on this magical journey, book your tickets in advance.

Festive Fun at the MAC

In the heart Belfast city, you'll find the MAC. With theatres, art galleries and a café bar all under one roof, it's a great spot for family days out.

This Christmas, we're excited to welcome you to enjoy festive fun for all the family.

The Adventures of Red Riding Hood
 27 November 2024 - 1 January 2025

Tickets: £27.50 - £12.50
 Join us on an action-packed journey through the enchanted forest with our feisty heroine, Red Riding Hood, and her fairytale friends. But in a race to visit Granny Hood with a festive hamper of goodies, could it be a case of mistaken identity for media star Red Riding Hood, the jealous Goldilocks, or the Big (or not so) Bad Wolf?

Packed with original songs, larger than life characters and lots of opportunities to join in the fun, find out if good or evil will wear the red hood this Christmas, in this modern retelling of the classic.

Written and directed by Patrick J O'Reilly. Music by Garth McConaghie.



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Tesco NI raise over 50k for Marie Curie

Tesco stores across Northern Ireland have helped to raise **£52,537** for Marie Curie, one of the UK's leading end-of-life charity.

The money was raised by volunteer collections at Tesco stores across the Province in only one weekend.

Tesco NI partnered with Marie Curie to facilitate collections as part of Marie Curie's Great Daffodil Appeal, which is a public collection campaign that happens annually.

Robert Wilson, Tesco Newtownbreda Community Champion, said, "Tesco are delighted to maintain their strong connection with Marie Curie across all our stores and we always welcome their volunteers at springtime for their daffodil appeal."

"At our store, customers and

colleagues certainly show their appreciation of the care that Marie Curie nurses provide, which is reflected in the generosity of their donations, and this support is evident in all Tesco stores nationwide."

Conor O'Kane, Senior Partnership Manager (NI & Scotland), at Marie Curie is very grateful for Tesco's contribution: "Marie Curie was delighted that Tesco NI again supported our annual Great Daffodil Appeal. Thanks to Tesco NI staff for their welcome and their stellar support for all our volunteers across the collection weekend.

"To Tesco customers, our huge thanks for your phenomenal generosity. Your kindness will ensure that people across Northern Ireland will receive vital end-of-life support, whatever the illness. Thank you."

Tesco regularly supports Cancer Research UK, British Heart Foundation, Diabetes UK, Trussell Trust and FareShare through food donations and collections, in-store donations, charitable events, Race for Life participation, sponsorship, and matching customer contributions and donations.

PROGRAMME UNVEILED FOR 35TH ANNUAL CINEMAGIC FILM AND TELEVISION FESTIVAL

The Cinemagic Festival, funded by the Department of Communities through Northern Ireland Screen, offers unmissable opportunities in Belfast for all movie enthusiasts, families, schools, students and young filmmakers this Autumn (28th September to 3rd November).

Programme <https://tinyurl.com/5eek9ekm>

Festival goers will have the chance to experience a thought-provoking world cinema programme, film industry masterclasses, contemporary shorts, classic and brand-new family and teen films, the Cinemagic Young Filmmaker Competition, and Film Jury panels for young film critics, with over 120 events. The 2024 line-up features film previews from all over the world with a major highlight, the Northern Ireland Preview of a new adaptation of literary sensation, Peter Brown's beloved, *The Wild Robot*, from DreamWorks Animation. The much-anticipated animation, directed by Chris Sanders, previewed at Toronto International Film Festival to high acclaim and Belfast audiences will see it on 14th October in advance of its release in UK and Ireland. Screen

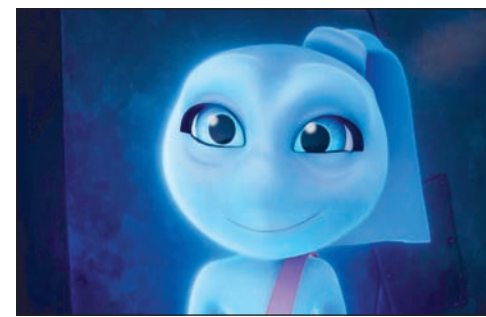
industry guests sharing their knowledge and expertise at workshops for the next generation include Directors Christine Molloy and Joe Lawlor (*Baltimore*), Lee Cronin (*Evil Dead Rise*), Lisa Mulcahy (*Lies We Tell*); Actors Frankie Corio (*Aftersun*), Agnes O'Casey (*The Miracle Club*) and producer Ameenah Ayub Allen (*Rocks*). Cultural Cinema not to be missed will encourage young people to try something new and see the world differently. *Rebellious* brings a modern twist on a classic fairytale! *My Freaky Family*, Hanna and the Monsters and Elli and her Monster Team offer adventure and thrills for all the family. Director Phil Hawkins will visit with star of 'Robin and The Hoods', Darcey Ewart to give insight to the making of the movie!

New movies for teens and young adults will spotlight youth and social issues such

as the poignant coming of age film *It's Raining in the House*, the compelling *Insomniacs After School*, and the adventure filled *Greetings from Mars* where astronauts and the German countryside collide!

Home-grown talent will be richly celebrated with a chance for young people to preview Paper Owl Films' brand-new Celtic inspired animation, *Lí Ban*, to mark its autumn broadcast launch.

Halloween cinema treats and tricks feature a special 40th Anniversary screening of the beloved 80s sci-fi comedy, *Ghostbusters*, on 30th October with an introduction from Peter Bernstein, conductor and son of the *Ghostbusters* score composer. The festival is looking for CineSeekers Juries, to become young film critics to review in competition films, and over 150 young filmmakers from the UK and Ireland will be



celebrated during the Young Filmmaker Showcase for rising film talent.

Joan Burney Keatings MBE, Cinemagic CEO said "We are extremely proud to present the 35th Edition of Cinemagic Film Festival in Belfast. As a leader in the area of youth film exhibition and engagement with world class talent from the screen industry, we are excited to utilise film to provide a window to the world and celebrate cultural diversity. With continued support from our funders

Cinemagic can inspire and educate young people, nurture skills, and develop tomorrow's creatives. I really encourage festival supporters and new audiences to get involved this autumn and enjoy the wonder of cinema."

Visit www.cinemagic.org.uk to book.

Festival Trailer: <https://tinyurl.com/5n72vyjh>

Box-Office (Main) <https://www.wegotickets.com/cinemagic> Box-Office (QFT) - <https://www.queensfilmtheatre.com>

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2.30pm-4.30pm

PATRICK FEENEY
9.30pm-11.30pm

JIMMY BUCKLEY
11.30pm-1.30am

KIERAN MC AREE
1.30am

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STEPHEN BENNET
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The Wool Den Ballynahinch: A Textile Treasure

Nestled in the heart of Ballynahinch, County Down, Ireland, The Wool Den stands as a testament to the enduring tradition of wool craftsmanship.

This charming shop, a haven for textile enthusiasts, offers a unique blend of heritage and contemporary design.

A History Woven into the Fabric of Ballynahinch

The Wool Den's roots trace back to the region's rich textile heritage. For centuries, wool has been a cornerstone of the local economy, with skilled artisans producing everything from sturdy blankets to intricate knitwear. The shop's founder Elizabeth has recognized the importance of preserving this tradition and created a space where it could thrive.

A Showcase of Irish Wool Products

The Wool Den is a treasure trove of Irish wool products, ranging from cosy knitwear to stylish home accessories. Visitors will find a diverse selection of items, including:

- Knitwear: From classic Aran sweaters to contemporary cardigans



and scarves, the shop offers a variety of styles to suit every taste.

- Home Goods: Soft blankets, cushions, and throws add warmth and comfort to any living space.

- Accessories: Hats, gloves, and socks made from luxurious Irish wool provide both style and practicality.

Supporting Local Artisans

One of the most appealing aspects of The Wool Den is

its commitment to supporting local artisans. The shop works closely with talented designers and makers to ensure that the products on offer are not only high-quality but also reflect the unique character of the region.

A Must-Visit for Textile Enthusiasts

Whether you're a seasoned knitter, a home décor aficionado, or simply looking for a unique gift, The Wool Den is a must-visit destination. With its

friendly atmosphere, knowledgeable staff, and exceptional selection of products, this charming shop is sure to delight visitors from near and far.

So, the next time you find yourself in Ballynahinch, be sure to stop by The Wool Den and experience the beauty of Irish wool craftsmanship!

Contact Elizabeth on 078 3337 1000. The Wool Den is at 3 Chilton Drive, Ballynahinch.

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SPECSAVERS, DOWNPATRICK: AT THE HEART OF COMMUNITY

Downpatrick experienced severe flooding in November of last year. Heavy rainfall caused the Quoile River to overflow its banks, leading to extensive damage to businesses and infrastructure.

Many town centre businesses, including the Specsavers location on Market Street, were inundated with several feet of water. Despite the significant disruption, the Specsavers, Downpatrick team remained committed to serving the community! They relocated their operations to a mobile store in the car park of the Grove Shopping Centre, which had been transported from the

Netherlands on the back of a lorry. This allowed them to continue serving the community by providing sight tests and glasses to those that needed them urgently.

The company has now fully restored its operations at the Grove Shopping Centre with a brand new state-of-the-art store complete with three new test rooms and OCT scanner.

Specsavers,

Downpatrick is a trusted name in the community, offering comprehensive eye and hearing care services. Located on Market Street, the store is easily accessible and provides a welcoming atmosphere for customers of all ages.

At Specsavers, Downpatrick, you can expect a thorough and professional eye examination conducted by qualified optometrists. Whether you need a routine check-up, require glasses or contact lenses, or have concerns about your eye health, Specsavers, Downpatrick has you covered.

They offer a wide range of eye care services,

including:

- Comprehensive eye examinations: Their optometrists will conduct a thorough assessment of your vision and eye health.

- Prescription glasses and contact lenses: They have a wide selection of frames and lenses to suit your needs and style.

- Children's eye care: They offer specialized care for children to ensure their vision develops properly.

- Contact lens fittings and aftercare: Their experienced team can help you find the right contact lenses and provide ongoing care.

- OCT scans: These advanced scans provide detailed images of your

eye's structures, allowing for early detection of potential problems.

Hearing Care Solutions
In addition to eye care, Specsavers Downpatrick also offers a range of hearing care services.

Their audiologists are dedicated to providing personalized solutions to suit your individual needs. From hearing tests and assessments to hearing aids, the team at Specsavers, Downpatrick are committed to helping you hear your best.

Convenient and Affordable

Specsavers Downpatrick is known for its commitment to providing affordable eye and hearing care. They offer a variety of options to



suit different budgets, including budget-friendly glasses and contact lenses. Additionally, the store's convenient location and flexible appointment times

make it easy to schedule an appointment that fits your busy lifestyle.

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Fall/Winter 2024: A Season of Bold Colours and Timeless Classics

The upcoming Fall/Winter 2024 season is set to be a vibrant and exciting one, with a mix of bold colour palettes and timeless classic silhouettes.

Designers have embraced a fusion of retro-inspired aesthetics and contemporary trends, resulting in a diverse range of looks that cater to every style.

Key trends to watch out for:

Bold Colour Palettes

- Vibrant hues: Expect to see a resurgence of bold and bright colors, such as electric blue, fiery red, and deep purple. These hues are perfect for making a statement and adding a touch of excitement to your wardrobe.

- Earthy tones: For a more grounded look, earthy tones like rust, olive green, and terracotta will be prevalent. These colors offer a sense of warmth and comfort, making them ideal for the cooler months.

Retro-Inspired Aesthetics

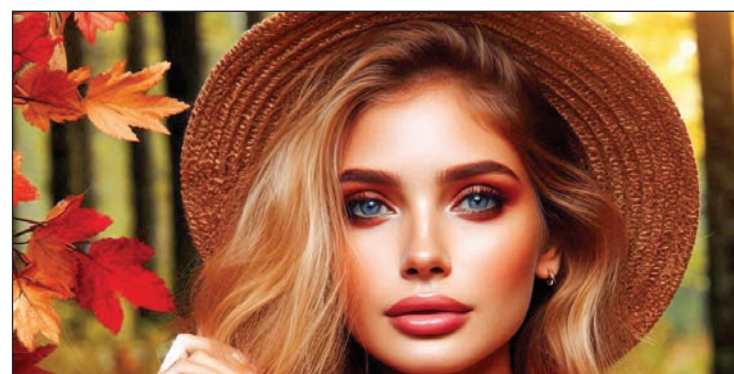
- 70s revival: The 70s are making a comeback

with flared trousers, suede jackets, and bohemian-inspired patterns. Think earthy tones, fringe detailing, and oversized silhouettes.

- 80s nostalgia: The 80s are also influencing the fashion scene, with shoulder pads, neon colours, and bold geometric prints. Embrace the power dressing trend and channel your inner pop star.

Timeless Classics

- Tailored suits: Tailored suits are a staple for the Fall/Winter season. Opt for classic cuts in neutral colours or experiment with bold patterns for a



more daring look.

- Trench coats: A timeless piece that never goes out of style, trench coats are a must-have for the cooler months. Look for classic styles in beige or camel, or try a modern twist

with a bold colour or statement detail.

- Knitwear: Cozy and comfortable, knitwear is a wardrobe essential. From chunky sweaters to elegant cardigans, there's something for everyone.

Sustainable Fashion

- Eco-friendly materials: As consumers become more conscious of their environmental impact, sustainable fashion is gaining momentum. Look for pieces made from eco-friendly materials like organic cotton, recycled polyester, and vegan leather.

- Ethical brands: Support brands that prioritize ethical practices, fair labor standards, and sustainable sourcing.

Whether you prefer a bold and daring look or a more classic and timeless style, the Fall/Winter 2024 season offers something for everyone. By incorporating these key trends into your wardrobe, you can create stylish and versatile outfits that reflect your personal style and stay ahead of the fashion curve.

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AGEING WELL CAMPAIGN URGES PEOPLE TO GET ACTIVE TO HELP LIVE LONGER AND STRONGER

A new campaign focussing on the importance and benefits of physical activity to help live longer and stronger, has been launched in community pharmacies across Northern Ireland.

The 'Live longer and stronger' campaign aims to raise awareness of age-related deconditioning and the importance of physical activity and will run in community pharmacies throughout as part of the Living Well service.

Living Well is offered in over 500 pharmacies across Northern Ireland and provides information and advice on public health issues. It is delivered in partnership with the Public Health Agency (PHA), Community Pharmacy NI (CPNI), and the Department of Health (DoH).

Jeff Scroggie, Health and Social Wellbeing Improvement Manager and Ageing Well Lead at the PHA said: "It is never too late to gain health benefits from physical activity. Ageing is inevitable, but the pace at which physical changes occur can be slowed or even reversed with regular physical activity."

"Including some physical activity into your weekly routine will benefit you mentally as well as increase your quality of life. It can help make you feel happier, keep your brain sharp, prevent falls and help to keep you living independently to enjoy life and activities with friends and family for longer."

Local Community Pharmacist Killian Johnston from H Sweeny Pharmacy, Quayside Shopping Centre in Derry/Londonderry, welcomed the campaign.

He said: "Community pharmacy is an ideal setting to help encourage people to look after their health by engaging in initiatives such as the Living Well campaigns."

"You are more likely to maintain your



independence and overall wellbeing if you have led an active lifestyle and made healthier choices throughout your life. The more time spent being physically active, the greater the health benefits including better sleep.

"Pharmacy teams will be promoting the benefits of physical activity and where possible, signposting to relevant local groups and activities people can take part in. We would encourage patients and customers to call into their local pharmacy to ask for advice and information."

Gerard Walls, Senior Health and Social Wellbeing Improvement Officer at the PHA, said: "The UK Chief Medical Officers recommend being active for at least two and a half hours each week, including doing activities that can help improve muscle strength and balance at least twice a week. We would recommend breaking up the activity into smaller bouts across the week and limit the amount of time spent being sedentary, such as lying or sitting."

"It is also important to remember that

everyone has a different starting point, if this level of weekly activity is not achievable for you, start with light activities, such as walking, try to walk a bit faster than normal, cleaning or gardening is also a good way to try to build up gradually.

"Research shows that from 50 years of age we naturally lose muscle and bone density year on year, but being active can help reverse this.

"Regular physical activity provides physical and mental health and wellbeing benefits, including having a healthier heart and helping to lower the risk of developing conditions like dementia, Type 2 diabetes, stroke and some cancers.

"Even relatively small increases in physical activity can contribute to improved health and quality of life. No matter how active you may be, doing a little more can help. Every movement counts."

Top tips Limit the amount of time spent being sedentary, such as lying or sitting. Activities that improve strength and balance,

such as carrying heavy shopping bags, yoga or doing exercises that use your own body weight, such as push-ups or wall presses and sit to stands. These activities will help to reduce the risk of falls and help you feel more confident.

Find out what group activities happen in your local leisure centres, churches or community centres.

Join a local Walking for Health group. They cater for walkers of all abilities.

Take a walk with friends, rather than sitting with them for a chat.

Do some strengthening activities, such as standing up from a chair without using your arms or aided if needed.

Move around the house. Cleaning and gardening counts as physical activity.

You could use the time waiting for the kettle to boil to walk up and down the stairs or do some lunges, wall presses or heel raises.

Work on your balance by standing on one leg while you brush your teeth.

As part of the Living Well campaign,

community pharmacies across Northern Ireland are providing free information leaflets. In addition to the campaign materials,

information on ways to get active and advice about how to eat and drink well as we get older is available at www.choosetolivebetter.com

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Packed Lunch Perfection: Tips for Nutritious School Lunches

Packed lunches offer a great way to ensure your child is fueled for a day of learning. But with so many options, it can be tough to know what to include. Here are some tips for creating nutritious and delicious school packed lunches:

Planning ahead is key to ensuring your child has a healthy and satisfying lunch every day. Weekly meal planning helps you stay organized and avoid last-minute unhealthy choices. Involving your child in the planning process can encourage healthy eating habits and make mealtime more enjoyable.

A balanced lunch should include a variety of foods from all food groups. Carbohydrates provide energy for the day, so opt for whole grains like brown rice, whole-wheat bread, or quinoa. Protein keeps your child feeling full and satisfied, and can be found in lean meats, beans, lentils, or eggs. Healthy fats support brain development, so include sources like nuts, seeds, and avocados. Fruits and vegetables are packed with vitamins, minerals, and fiber, so variety is key!

Sandwiches don't have to be boring. Beyond the basics, try whole-grain wraps, pita bread, or even lettuce leaves as a base. Experiment with fillings like hummus, avocado, grilled chicken, or leftover roast. Add-ons like sliced



cucumbers, tomatoes, or a sprinkle of cheese can add extra flavour and nutrition.

Smart snacks can help your child stay fueled throughout the day. Fruit and vegetable sticks are easy to grab and go, while nuts and seeds provide a great source of protein and healthy fats. Yogurt is a nutritious option, and you can choose plain or Greek yogurt with added fruit. Whole-grain crackers

or cereal bars are also a satisfying and nutritious choice.

Making packed lunches fun can encourage your child to eat healthy. Use cookie cutters to create fun shapes from sandwiches or fruits. Involving your child in the packing process can also make mealtime more enjoyable.

Consider allergies and dietary needs when packing your child's lunch.

If your child has allergies or dietary restrictions, there are plenty of alternatives available. Label clearly all food items to avoid any confusion.

By following these tips, you can create packed lunches that are both nutritious and enjoyable. Remember, a healthy lunch can make a big difference in your child's overall well-being and academic performance.

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Frosted: A Family Pantomime

Belvoir Studio Theatre Belfast is set to enchant audiences this winter with its new pantomime, Frosted. Treat the family this Christmas Season with a visit to see this heart-warming and hilarious production which runs from 18th December until 4th January.

This magical tale promises a delightful blend of laughter, music, and festive cheer for all ages.

Written by Warren McWilliams, Frosted introduces us to the two famous Princesses, one grappling with newfound magical powers. As a chilling snowstorm descends upon their kingdom, their bond is put to the test. Will they find true love, or will a wicked Prince threaten their kingdom?

Filled with traditional pantomime elements, including slapstick comedy, catchy songs, and audience participation, Frosted is sure to leave you wanting more. Join the Princesses on their adventure and discover the power of sisterhood and the magic of Christmas.

Belvoir Studio Theatre is a charming 200-seat venue nestled in Belvoir Forest on the outskirts of Belfast, offers a diverse range of performances for

all ages. From musicals and concerts to drama, comedy, and children's shows, there's something to suit everyone.

With affordable ticket prices and free onsite parking, Belvoir Studio Theatre is an ideal destination for families looking for a fun and affordable outing. The surrounding area offers plenty of additional attractions, including Belvoir Forest, a children's play park, the River Lagan towpath,

Lady Dixon's Park, and The Giants Ring, all within a short distance.

For those seeking shopping or dining options, Forestside Shopping Centre and the vibrant Lisburn and Ormeau Road are just a few minutes away, while the city centre is a 10-minute drive.

Getting to Belvoir Studio Theatre is easy. You can drive, bike, or take the 6c or 6d bus, which stops at Belvoir Primary School.

Expect a warm welcome and a memorable night of entertainment at this delightful venue.

Book your tickets now to experience Frosted at the Belvoir Theatre Belfast.

Belvoir Studio Theatre Belfast Tel: 028 9049 1210 For more information see: www.belvoirplayers.org or for tickets go to www.ticketsource.co.uk/belvoirstudiotheatre

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The Power of Sport: Benefits for Teenagers

Sport plays a crucial role in the lives of teenagers, offering a multitude of benefits that extend far beyond physical fitness.

Engaging in sports can have a profound impact on a teen's overall well-being, both mentally and socially.

Regular physical activity helps teenagers maintain a healthy weight, build strong bones and muscles, and reduce the risk of chronic diseases such as obesity, heart disease, and diabetes. Participating in sports can also improve motor skills, hand-eye coordination, and balance, which can be beneficial in various aspects of life. Additionally, engaging in sports can help strengthen muscles and joints, reducing the risk of injuries.

Physical activity is a natural stress reliever. Sports can help teenagers cope with the challenges of adolescence and manage stress effectively. Success in sports can boost a teenager's self-confidence and sense of accomplishment. Feeling good about oneself can have



a positive impact on overall mental health. Exercise releases endorphins, which are natural mood elevators. Participating in sports can help reduce feelings of anxiety and depression.

Sports often involve teamwork, teaching teenagers the importance of collaboration, communication, and supporting others. Shared experiences in sports can lead to the formation of strong friendships and social

connections. Being involved in sports can also provide opportunities for teenagers to develop leadership skills and take on responsibilities.

Balancing sports with schoolwork and other commitments can help teenagers develop time management skills. Sports can teach teenagers the importance of setting goals and working towards achieving them. Participating in sports requires disci-

pline, dedication, and perseverance, which are valuable life skills.

In conclusion, the benefits of sports for teenagers are numerous and far-reaching. By engaging in physical activity, teenagers can improve their physical health, mental well-being, and social skills. Encouraging young people to participate in sports is essential for their overall development and future success.

Supporting Your Child with the Demands of Homework

Homework can be a source of stress for both children and parents. However, with the right approach, you can help your child manage the workload and develop essential skills.

To create a conducive environment for homework, designate a quiet workspace free from distractions. Provide necessary supplies, such as pencils, pens, paper, and books. Establishing a consistent time for homework each day can also help your child develop a study habit.

Offer guidance and support when needed, but avoid doing the work for your child. Ask clarifying questions to encourage your child to explain their understanding of the material. Positive reinforcement, such as praise for their efforts and achievements, can also be beneficial.

If your child is struggling, listen attentively to their concerns and offer encouragement. Consider seeking additional help, such



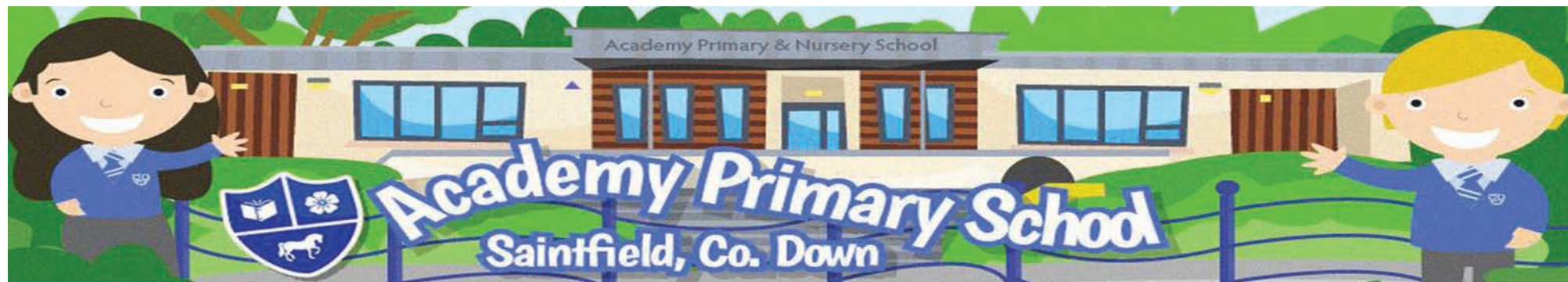
as tutoring or contacting the teacher, if necessary.

Teaching your child time management skills can also be helpful. Break down larger assignments into smaller, manageable steps and encourage the use of a planner or calendar. Setting

realistic goals can also help your child stay motivated.

Promote healthy habits by ensuring adequate sleep, encouraging physical activity, and limiting distractions during homework sessions. By following these tips, you

can help your child develop positive attitudes towards homework and succeed in their studies. Remember, the most important thing is to create a supportive and encouraging environment where your child feels confident and motivated.



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TOP QUESTIONS TO ASK AT A SCHOOL OPEN DAY

Attending a school open day is a great way to get a feel for a potential school and decide if it's the right fit for your child.

Here are some key questions to ask to help you make an informed decision:

About the School
When visiting a school, it's important to understand its academic focus and achievements. Ask about the school's specialization and how it aligns with your child's interests. Inquire about recent exam results, such as GCSEs and A-levels, and compare them to national averages.

Extracurricular activities and clubs can play a significant role in a child's development. Ask what the school offers in terms of extracurricular activities and whether they cater to your child's passions. It's also crucial to understand the school's approach to pastoral care, including how they support students' emotional and social well-being.

Finally, inquire about the school's discipline policy. Learn how

behaviour issues are addressed and if the approach aligns with your family's values.

About the Curriculum
Understanding the school's teaching methods and assessment practices is essential. Ask about the teaching styles used and whether they are traditional or more progressive. Inquire about how students are assessed, such as through regular tests, exams, or coursework.

Homework is another important factor to consider. Ask about the school's homework policy and how much homework is expected of students. If your child has special educational needs (SEN), inquire about the school's experience in supporting such students and the kind of support available.

About the School Environment

The school's facilities, such as sports grounds, libraries, and science labs, can significantly



impact your child's learning experience. Ask about the facilities available and whether they are well-maintained. Class sizes can also influence the quality of education. Inquire about the typical class sizes and if the school has a policy regarding them.

The school's ethos or values can also be a deciding factor. Ask about the school's culture and whether it aligns with your family's beliefs. Location and transport options are also worth considering. If the school is independent, inquire about fees, what they

cover, and any available bursaries or scholarships.

By asking these questions, you can gather valuable information about the school and determine if it's the right choice for your child. Don't hesitate to ask any other questions that come to mind.

Getting in some Practice for the Transfer Test

The Transfer Test, is a crucial step for many children seeking admission to grammar schools. It's a challenging exam that requires careful preparation.

To prepare for the test, it's essential to understand its format. The exam typically consists of three sections: Verbal Reasoning, Non-Verbal Reasoning, and Mathematics. The Verbal Reasoning section tests a child's ability to think logically and use language effectively. The Non-Verbal Reasoning section assesses problem-solving skills without using words. The Mathematics section covers basic arithmetic, algebra, and geometry.

Regular practice is key to success. Working through past papers can help familiarize yourself with the test format and question types. Online resources and tutoring can also provide valuable support. Building essential skills such as reading, writing, numeracy, and problem-solving is equally important.

Time management is another crucial aspect of test preparation. Practicing under timed conditions can help simulate the real exam environment and identify areas that need more attention.



It's important to stay calm and confident throughout the preparation process. Offering encouragement and support can help your child maintain a positive mindset. Mindfulness techniques can also be helpful for managing stress and anxiety.

Seeking guidance from your child's school or the exam board can provide additional information and resources. By following these steps and maintaining a consistent approach, you can help your child prepare effectively for the UK Transfer Test.



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SCHOOL SUPPORT AT HOME

Signs your child may be better supported with private tuition

If your child is struggling with schoolwork, it might be a sign that they need additional support. Here are some indicators to consider:

Academic Struggles: If your child consistently receives low grades in one or more subjects, has difficulty completing homework assignments, or seems uninterested in school, it could be a sign of underlying learning challenges.

Behavioural Issues: If your child is exhibiting signs of stress or anxiety related to school, difficulty focusing or staying on task, or behavioural problems, it might be due to academic frustrations.

Other Considerations: If your child has been diagnosed with a specific learning disability, is learning English as a second language, or has missed



a significant amount of school, a tutor can provide tailored support to address their unique needs.

If you're considering hiring a tutor for your child, it's important to choose a qualified professional who can provide the support they need. Look for a tutor with experience

working with children of your child's age and who has a good understanding of the curriculum.

Remember, seeking help for your child's education is a positive step. A tutor can provide valuable support and help your child reach their full potential.

WHAT TO EXPECT FROM AN AFTERNOON CLUB AT SCHOOL

Afternoon clubs offer students a fantastic opportunity to explore their interests, develop new skills, and have fun outside of the regular classroom.

If you're considering joining or encouraging your child to participate in an afternoon club, here's what you can expect:

A Variety of Activities
Afternoon clubs cater to a wide range of interests, so there's something for everyone. You might find clubs focused on:

- **Arts and Crafts:** Painting, drawing, sculpting, and more.
- **Sports:** Soccer, basketball, tennis, or other team or individual sports.
- **Academic Subjects:** Math, science, or language clubs for students who want to delve deeper into a particular subject.
- **Music:** Band, choir, or instrumental lessons.
- **Drama:** Acting, improvisation, or stagecraft.
- **Clubs of Interest:** Chess, robotics, cooking, or gardening.

A Supportive Environment

Afternoon clubs are typically led by enthusiastic and knowledgeable teachers or volunteers. They create a welcoming and supportive environment where students can feel comfortable trying new things and making mistakes.

Opportunities for Socialization

Clubs provide a great opportunity for students to interact with peers who share similar interests. This can help them develop friendships, improve their communication skills, and build confidence.

Skill Development

Participating in an afternoon club can help students develop a variety of skills, such as:

- **Creativity:** Expressing themselves through art, music, or drama.
- **Problem-solving:** Applying critical thinking to challenges in sports, academic clubs, or other activities.
- **Teamwork:** Collaborating with others on projects or team sports.
- **Leadership:** Taking on leadership roles within the club.



Applying critical thinking to challenges in sports, academic clubs, or other activities.

Fun and Enjoyment

Most importantly, afternoon clubs should be fun! Students should look forward to attending and enjoy the activities and the company of their peers.

If you're unsure which club is right for you or your child, consider talking to your school's guidance counselor or looking at the club offerings online. With so many options available, there's sure to be an afternoon club that will spark your interest and provide a rewarding experience.

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Déardaoin 21ú Samhain
Thursday 21st November

Lá agus Oíche Oscailte

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RAINY DAY FUN: INDOOR ACTIVITIES FOR KIDS

Stuck indoors due to a downpour? Don't worry, there's plenty of fun to be had! Here are some creative indoor activities to keep your kids entertained:

Indoor Camping Adventure

Set up a tent in your living room or bedroom for a cozy camping experience. Create a campfire atmosphere using flashlights or fairy lights. Enjoy camping snacks like roasted marshmallows (supervised) or hot dogs and s'mores. Tell stories around the "campfire" for a fun and spooky experience.

Indoor Scavenger Hunt

Hide clues around your home leading to a final prize. Create riddles or puzzles to make the clues more challenging. Choose a theme like pirates, animals, or superheroes for added excitement.

DIY Crafts and Experiments

Paint masterpieces using watercolors, acrylics, or finger paints. Build a cardboard



castle by cutting out shapes from cardboard boxes and assembling them. Conduct simple experiments like making slime, volcanoes, or crystal gardens.

Create homemade playdough by mixing flour, salt, water, and food coloring.

Board Games and Puzzles

Break out the board games and enjoy classic games like Monopoly, Scrabble, or Clue. Solve jigsaw puzzles of varying difficulty. Play card games like Go Fish, Uno, or Rummy.

Indoor Picnic

Spread a blanket on the floor and create a picnic atmosphere. Prepare delicious food like

sandwiches, fruits, and snacks. Decorate the area with flowers, balloons, or other decorations for a festive feel.

With a little creativity, you can turn a rainy day into a memorable adventure for your kids. These indoor activities are not only fun but also encourage learning, creativity, and bonding.



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The Importance of Outdoor Play for Young Children

Outdoor play is a fundamental aspect of childhood, offering numerous benefits for young children's physical, cognitive, social, and emotional development.

As technology increasingly dominates indoor activities, it's crucial to recognize the value of spending time in

Physical Benefits

Outdoor play offers various physical benefits for young children. Climbing, running, jumping, and balancing all contribute to the development of gross motor skills. Moreover, these activities help build and maintain bone density and muscle strength. Outdoor play also increases heart rate and improves overall cardiovascular fitness. Additionally, sunlight exposure helps the body produce vitamin D, essential for bone health and immune function.

Cognitive Benefits

Outdoor play also has cognitive benefits. Playing in natural environments stimulates creativity and imagination as children explore and create their own worlds. Furthermore, outdoor activities often involve challenges and obstacles that children must overcome, fostering problem-solving abilities. Exploring natural spaces helps children develop a better understanding of their surroundings and spatial relationships. Additionally, outdoor play can help children develop better concentration and attention spans.

Social Benefits

Outdoor play provides opportunities for children to interact with peers,



develop friendships, and learn social skills. Many outdoor activities require cooperation and teamwork, teaching children valuable social skills. Spending time in nature has also been linked to lower levels of aggression and anxiety in children.

Emotional Benefits

Outdoor play can help children reduce stress and anxiety, promoting emotional well-being. Spending time in nature has been shown to have a positive impact on mood and overall happiness. Additionally, outdoor play can boost children's self-esteem as they develop new skills and overcome challenges.

Tips for Encouraging Outdoor Play
To encourage outdoor

play, parents and caregivers can take several steps. First, ensure their backyard or local park is safe for children to play. Second, they can reduce the amount of time children spend indoors with screens. Third, they can organize outdoor playdates, picnics, or nature walks. Finally, parents and caregivers can lead by example by spending time outdoors with their children and showing them how much fun it can be.

By prioritizing outdoor play, parents and caregivers can help young children develop physically, cognitively, socially, and emotionally. It's a simple yet effective way to promote healthy childhoods and lifelong well-being.



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PEUGEOT E-3008

By 2025, PEUGEOT will offer the widest range of electric cars of any generalist brand in Europe, and PEUGEOT is replacing its best-seller with an all-new electric fastback SUV: the Next-Level E-3008.

PEUGEOT has transformed the E-3008, taking to a whole new level the creativity of its design and the driving pleasure and electric performance it offers to its users:

ALLURE of a fastback SUV with a reinvented and efficient design. EMOTION produced by the next-gen PEUGEOT Panoramic i-Cockpit@ which takes driving pleasure to a whole new level. EXCELLENCE 100% electric range (up to 700km) and performance, thanks to the new STLA Medium platform from Stellantis.

The current PEUGEOT 3008 is a best-seller that has charmed more than 1,320,000 customers in 130 countries over the past 7 years. PEUGEOT is committed to offer a complete EV line-up as soon as 2025 and 100% of the brands' sales in Europe will be electric by 2030. PEUGEOT is entering a new era with the new E-3008.

The PEUGEOT E-3008 is the first model to use Stellantis' brand new STLA Medium platform, which takes the brand to the next level. This innovative platform has been designed to offer best-in-class performance for the most important criteria for customers: range (up to 700km), recharge time (30 minutes), driving pleasure, performance, efficiency



and connected services and functions (Trip Planner, Smart charging, Vehicle to load and Over The Air updates).

The Next-Level PEUGEOT E-3008 will be produced exclusively at the Sochaux plant in France and is now on sale across the UK.

The range will be based on two trim levels, Allure and GT, with 3 option packs to keep the choices simple, and three all-electric powertrains (210bhp, 230bhp Long Range and 320bhp Dual Motor (4-wheel drive). Hybrid powertrains will also be available, according to market.

LINDA JACKSON, CEO OF PEUGEOT: "The launch of the Next-Level E-3008 is a major step in PEUGEOT's radical transformation into an alluring 100% electric brand that sets

new benchmarks for design, driving pleasure and efficiency. With its exterior design, spectacular PEUGEOT Panoramic i-Cockpit@, driving pleasure and unprecedented electric performance, the Next-Level E-3008 ushers PEUGEOT into a new era as the French brand offering the widest range of mainstream electric vehicles on the

market. " With the new E-3008, PEUGEOT design is entering a new electric era, where Allure has style at the service of efficiency. MATTHIAS HOSSANN, PEUGEOT DESIGN DIRECTOR: The new E-3008 brings together the inventiveness and audacity of Peugeot, it embodies all of our brand values. Reinventing the

3008 means working on its modernity, reconciling dynamic design with optimal efficiency through a fastback silhouette and innovating with a new generation of PEUGEOT Panoramic i-Cockpit@

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WHAT DOES YOUR HOME INSURANCE ACTUALLY COVER?

Home insurance is a crucial financial safety net, protecting your property and belongings from unexpected events. However, understanding the exact coverage can be confusing. Here's a breakdown of what your home insurance typically covers:

Building Coverage
Home insurance covers damage to the main structure of your home, including walls, roof, floors, and foundation. It also extends to damage in outbuildings like garages, sheds, and patios.

Contents Coverage
In addition to protecting the building itself, home insurance covers your personal belongings inside your home.

This includes furniture, electronics, clothing, and other personal items. Some policies may also

extend coverage to your personal belongings when they're away from your home.

Additional Coverages
Beyond the basic building and contents coverage, many home insurance policies offer additional benefits. These can include:

- **Liability:** Covers bodily injury or property damage caused by you, your family members, or pets on your property.

- **Loss of Use:** Provides temporary living expenses if your home becomes

uninhabitable due to covered damage.

- **Water Back-Up:** Covers damage caused by water backing up into your home, such as from a sewer or sump pump failure.

- **Tree and Shrub Damage:** Covers damage to trees and shrubs on your property caused by covered perils.

Common Exclusions
While home insurance provides extensive coverage, there are some common exclusions that you should be aware of:

- **Flood Damage:** Flood insurance is



typically separate from home insurance.

- **Earthquakes:** Earthquake coverage is also usually an additional policy.

- **Neglect:** Damage caused by intentional neglect or failure to maintain your property.

- **Business Activities:** Home insurance doesn't cover business-related activities conducted at your home.

Important Considerations
When reviewing your home insurance policy, keep these key factors in mind:

- **Deductible:** This is the amount you're responsible for paying out-of-pocket before your insurance coverage kicks in.

- **Coverage Limits:**

Your policy will have limits on how much it will pay for specific types of damage.

- **Perils:** The types of events covered by your policy (e.g., fire, theft, storms) will vary.

Review Your Policy Regularly

It's essential to review your home insurance policy annually to ensure it meets your changing needs and that you understand the specific coverage you have. If you have questions or concerns, don't hesitate to contact your insurance agent.

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Autumn Home Maintenance: Prepare Your Home for Winter

As the leaves begin to change colour and the days grow shorter, it's time to turn your attention to preparing your home for the colder months ahead.

Autumn is the ideal time to carry out essential maintenance tasks that will protect your property and save you money on energy

bills. Here's a checklist to get you started:

Exterior Maintenance

- Clear gutters and downpipes: Autumn leaves can quickly clog

gutters, leading to water damage. Clear them thoroughly to prevent blockages.

- Check roof for damage: Inspect your

roof for missing tiles, damaged flashing, or signs of wear and tear. Address any issues promptly.

- Trim trees and

shrubs: Remove overhanging branches that could damage your property during storms.

- Insulate pipes: Protect external pipes and taps from freezing by wrapping them in insulation.

Interior Checks

- Boiler service: Schedule a professional boiler service before the heating season kicks in.

- Bleed radiators: Ensure efficient heating by bleeding your radiators to remove trapped air.

- Check for drafts:

Seal any gaps around windows and doors to prevent heat loss.

- Chimney sweep: If you have a fireplace, arrange for a chimney sweep to remove soot and creosote.
- Ventilation: Maintain good ventilation to prevent damp and mould issues.

By taking the time to complete these autumn home maintenance tasks, you'll not only protect your property but also create a warm and cosy environment for the winter months.

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10 HOME JOBS YOU CANNOT DIY

When it comes to jobs around the home there are some things you shouldn't try yourself, especially when 47% of Brits have had a DIY disaster*.

Your unqualified hands could put you in a lot of danger, and worse, put others in danger. You could even invalidate your home insurance, which would leave you in a really difficult situation and with a heavy repair cost.

This list by no means covers everything, but it does answer the most common queries we get on whether to hire a pro or not for a job.

1) Fixing a gas leak. In fact, anything to do with gas. You must legally be on the Gas Safe Register to deal with any gas appliances. Attempting to fix anything gas related can have serious effects on your health and the safety of others around you, not to mention the potential of an explosion.

2) Removing asbestos. Asbestos is dangerous, so removing it is best left to the professionals.

Asbestos comes with serious health risks. So much so that in 1999, the dangers of asbestos were officially recognised in the UK. All use of asbestos was banned. To have asbestos removed, you will need a qualified surveyor to carry out an inspection.

3) Fitting a new bath. Whether you're upgrading your entire bathroom, or you're having issues with your current bathtub, you should definitely leave the installation of a new tub to a professional. Failure to do so could result in a leak in your home and a very unrelaxing soak in the tub!

4) Knocking down an internal wall. Knocking down an internal wall is a great way to open up your living space and create a free-flowing area to enjoy. But knocking down an internal wall is not a DIY job, so don't start swinging your

sledgehammer around. The wall could be load-bearing. If you attempt to knock down a load-bearing wall without any steel reinforcement, it will result in your ceilings falling through, and whatever is above it coming down too.

5) Foundation work. The foundations of any building are the most important part of the structure. If the foundations are wrong, then the subsoil can spread and the structure can settle unevenly, leading to structural problems down the line. Good foundations are a lot more than just digging a hole and pouring some concrete in, it needs to be exactly right.

6) Window installation. A poorly fitted window leads to lots of problems. These include: Injury to yourself, your family, and people passing by Reduced home efficiency



(energy loss, draughts and leaks) Lack of security Legal and insurance ramifications Structural issues and a poor finish (mould and mildew may appear) Avoid these

risks and work with a professional window fitter.

7) Tree removal. Cutting down a tree is dangerous work. Although there's a risk of falling from a height, there's also the risk

of being hit by debris. And even if the falling debris misses you, other people, houses and vehicles nearby may not be so lucky. A professional tree surgeon will know exactly

how to control the removal of your tree. They have the experience, they have the tools, and they know how best to cut a tree of any size. Even better, they will remove your tree much quicker than you would yourself.

8) Electrical work. Electrical work, similar to gas work, requires a highly qualified professional to take on the job, due to safety reasons. Incorrect or unsafe wiring is dangerous. Not only is it a massive fire risk, but it could electrocute you, a member of your family, or guests.

9) Roof installation and repairs. Your roof protects you from the elements, but only if it has been installed or repaired correctly. Keeping it watertight and making sure there are no leaks is so important. A damaged roof can lead to lots of problems in your home, from damp,

leaking ceilings to severe structural damage. Patching it up yourself can be dangerous without the correct safety equipment. Getting up onto the roof is a risk to yourself. Then once you're there there's also the risk that you do not patch up the roof correctly, meaning the damage will worsen over time.

10) Pest infestations. Pest control specialists can have your home cleared of unwanted visitors quickly without you having to live in fear of living with whatever pest it may be. Prices usually start at around £120 to have mice and rats removed. Pest controllers can also remove bedbugs, cockroaches and ants.

For more guidance see <https://www.checkatrade.com/blog/expert-advice/home-jobs-you-shouldnt-do-yourself/>

Cozy Up This Autumn: Tips for Creating a Warm and Inviting Home

As the days grow shorter and the nights draw in, there's nothing quite like curling up on the sofa with a good book or a warm cup of tea.

Creating a cozy atmosphere in your home can help you relax, unwind, and enjoy the autumn season to the fullest. Here are some tips to help you transform your space into a cozy haven:

1. Embrace Warm Colours and Textures

- Color palette: Opt for warm tones like deep reds, golden yellows, and rich browns to create a sense of warmth and comfort.
- Textures: Incorporate cozy textures like wool, velvet, and faux fur into your home decor. Think of plush throws, soft cushions, and shaggy rugs.

2. Lighting Matters

- Layer lighting: Combine overhead lighting with table lamps, floor lamps, and candles to create a soft and inviting ambiance.
- Warm light bulbs: Use warm-toned light bulbs to emit a cozy glow.

3. Cozy Corners

- Reading nooks: Create a cozy reading nook with a comfortable armchair, a soft throw, and a side table for your book and drink.

- Fireplace: If you have a fireplace, light it on chilly evenings for a warm and inviting atmosphere. If not, consider using a faux fireplace or a wood-burning stove.

4. Add Natural Elements

- Plants: Bring the outdoors in with houseplants. Not only do they add greenery and life to your space, but they can also help improve air quality.
- Natural materials: Incorporate natural materials like wood, stone, and rattan into your home decor.

5. Create a Sense of Homeliness

- Personal touches: Display family photos, artwork, and other personal items to make your home feel truly yours.
- Scented candles: Light scented candles to fill your home with a warm and inviting fragrance.

6. Cozy Textiles

- Throws and blankets: Keep a collection of cozy throws and blankets on



hand for snuggling up on the sofa or bed.

- Curtains: Consider heavy curtains to block out cold drafts and create a more intimate atmosphere.

By following these tips, you can easily transform your home into a cozy and inviting retreat. So, grab your favorite blanket, light a candle, and enjoy the autumn season!

Spooky and Stylish: Halloween Home Decor Ideas

Halloween is the perfect time to let your creativity run wild and transform your home into a haunted haven.

From classic ghouls and goblins to modern and minimalist designs, there's something for everyone.

For a classic Halloween theme, consider creating a spooky graveyard scene with faux tombstones, skeletons, and eerie lighting. Or, transform your home into a haunted house with cobwebs, fake bats, and eerie sounds. If you're feeling a little more whimsical, try turning your home into a witch's cottage with

broomsticks, cauldrons, and witch hats.

If you prefer a more modern look, consider a minimalist Halloween theme with black and white decorations and a few well-placed Halloween accents. For a glamorous Halloween, add a touch of luxury with gold and silver accents and elegant decorations. Or, incorporate natural elements like feathers, leaves, and crystals for a bohemian Halloween

vibe.

DIY Halloween decor is a great way to personalize your home. Carve pumpkins with traditional faces or try more creative designs like animals, movie characters, or geometric patterns. Paint pumpkins with your favourite colours and designs, or create a Halloween garland with paper cut-outs of ghosts, bats, and pumpkins.

To take your Halloween decorations outside,

consider placing skeletons in your yard to greet trick-or-treaters. Use string lights, lanterns, and candles to create a spooky atmosphere, or add a fun and festive touch with inflatable decorations.

Remember, the key to a successful Halloween home decor is to have fun and let your imagination run wild. With a little creativity, you can transform your home into a spooky and stylish Halloween wonderland.

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*Let us come to you
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donuts, home made
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