



NORTH DOWN ADVERTISER

Support Local

Reid Blinds

SPECIAL OFFER!

4 VERTICAL BLINDS FROM £125

Choose from Wooden, Venetian, Rollers, Louvre, Velux, Roman

SHOWROOM OPENING HOURS
 Mon, Wed, Thurs & Fri 9am-5pm;
 Tues 9am-3pm
 Closed for lunch 1-1.30pm

Unit A8 Strangford Park, Ards Business Centre, Jubilee Road, Newtownards BT23 4YH

TEL: 02891 800505
www.reidblinds.com



Explore Local History

The Ards and North Down Good Relations team is inviting you to participate in their FREE Living History Project.

This program is open to people from all cultural backgrounds and offers a unique opportunity to visit significant cultural and historical sites, while discussing their lasting influence on our society today. The program kicks off on Wednesday, October 2nd with a visit to Downpatrick Gaol and Museum. Over the course of the following five weeks, participants will embark on a journey through time, visiting locations like the Siege of Derry and Free Derry Museum, participating in a joint Falls Road/Shankill Tour, and exploring the Ulster Museum. Week 5 will delve into the "History of Terror" through a dedicated tour, and the program concludes on Wednesday, November 6th with an evaluation session that includes lunch and a group discussion.

It's important to note that due to the nature of the discussions, this program

is not suitable for children under 16. Additionally, a certain level of mobility is required to participate fully. If you have any concerns about accessibility, the organizers encourage you to contact them in advance to discuss your requirements.

Registration is required for the full six-week program, and those interested should register by Friday, September 27th. Spaces are limited, so be sure to register early to avoid disappointment. Please note that times are subject to change. A light lunch will be provided each week to keep participants fueled throughout the day. For more information or to register, please contact the Ards and North Down Good Relations team by email at [email address removed] or by phone at 0300 013 333. Don't miss this exciting opportunity to explore the rich history of your community!

£5,000 in business investment is up for grabs for an entrepreneur with the launch of Go Succeed: The Ultimate Pitch. The final will take place in Innovation Factory, Belfast on 21st November.

ENTREPRENEURS INVITED TO MAKE 'ULTIMATE PITCH' FOR BUSINESS INVESTMENT

Entrepreneurs from across the Ards and North Down Borough Council area are being given the chance to secure up to £5,000 in investment for their business idea with the launch of Go Succeed: The Ultimate Pitch.

The new competition launched by the government-backed enterprise support service is open to individuals, businesses and social enterprises of all shapes and sizes and in every sector.

Local heats will take place across each of Northern Ireland's 11

council areas, with entrants making the 'ultimate pitch' to a panel of judges. Local heat winners will progress to the final with an overall winner announced at a special event in November, coinciding with Global Entrepreneurship Week.

North Down Borough Council, said:

"Go Succeed has already made an incredible impact on businesses and entrepreneurs across Northern Ireland through our series of workshops, masterclasses, mentorship programmes, grants, and other services.

"It is clear that this region is a place rich with commercial ingenuity, new ways of thinking and unique business ideas, and that's exactly what we want to celebrate with The Ultimate Pitch.

Continued on page 4

Jacksons

OF SAINTFIELD | MOIRA
WEDDING GIFT LIST SERVICE

SALE NOW ON

GARDEN FURNITURE SALE
1/2 PRICE FASHION & SHOE SALE

HEALTH STORE,
 BOUTIQUE,
 HARDWARE, COFFEE SHOP, INTERIORS

SALE NOW ON

WE BUY GOLD
BEST PRICES PAID
ID REQUIRED

Robinson Goldsmiths

38A Prospect Road,
 Bangor BT20 5DA

TRANSFORMING SMILES

'Mithing' something?

Book a **free** dental implant consultation today - why wait?

Call us today
02891 853 304
helensbaydental.co.uk
 1b Station Square, Helens Bay, BT19 1TN

**HOLYWOOD
DENTAL CARE**

94-96 High Street,
Holywood, BT18 9HW
028 90 423306
www.hollywooddentalcare.com
hollywooddentalcare@gmail.com



107 Hamilton Road,
Bangor, BT20 4LN
028 91 270657
www.nigel-smith-dental.com
info@nigel-smith-dental.com

JUMP TEETH FIRST INTO AUTUMN



WELCOMING NEW PRIVATE PATIENTS
FREE Invisalign Scans and Consultations



**HOLYWOOD DENTAL CARE HAS BEEN NAMED
BEST NEW PRACTICE IN IRELAND AT IRISH
DENTISTRY AWARDS 2024**



FINALIST in Most attractive practice UK Dentistry Awards
FINALIST in Most improved practice UK and Irish Dentistry Awards

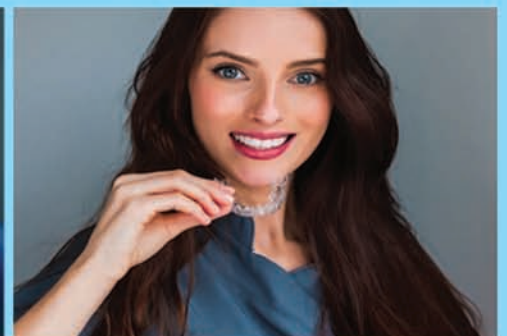


Dr Nigel Smith awarded **“one to watch”** at
Northern Ireland Cosmetic Medicine Awards



General Dentistry,

- Invisalign for teenagers • Children’s dentistry • Dental Hygiene and Airpolish
- Cosmetic Dentistry • Invisalign Teeth Straightening • Missing Teeth Solutions
- Same Day Cerec Crowns • Facial Aesthetics • Emergency dentistry



Same-Day Crowns

Missing Teeth Solutions

Hygiene & Airpolishing

Invisalign Straightening



Ards and North Down Gains Seven Green Flag Awards

Seven locations in Ards and North Down have achieved a Green Flag Award, including Cairn Wood and Clondeboye Cemetery that have received the prestigious accolade for the first time.



The Green Flag Award is an internationally recognised certification for environmental quality management for parks and open spaces. While Cairn Wood and Clondeboye Cemetery have claimed their first Green Flag, other winning areas include Kiltonga Nature Reserve (Newtownards), Castle Park (Bangor), Ballymenoch Park (Holywood), Londonderry Park

(Newtownards) and Linear Park (Bangor). The Mayor of Ards and North Down, Councillor Alistair Cathcart, said: "Winning seven Green Flag awards is the most that Ards and North Down has ever received. This is a fantastic achievement and is credit to the Council staff who work so hard in maintaining the high standards of our parks and open spaces, as well

as many green-fingered volunteers throughout the Borough." Parks and open spaces wishing to achieve Green Flag status must have a site management plan in place and be able to demonstrate that they comply with a range of strict criteria including horticultural standards, cleanliness, environmental management, biodiversity, community involvement and safety

standards. The awards are judged annually by a panel of experts, who volunteer their time to assess the management plans and the applicant sites through a rigorous judging process. Keep Northern Ireland Beautiful, the environmental charity that runs the scheme in Northern Ireland, revealed that 105 Green Flag awards were presented this year.

MURPHY ANNOUNCES DATA AND ANALYTICS ASSURED SKILLS ACADEMY WITH EY

Economy Minister Conor Murphy has announced an Assured Skills Data and Analytics Academy with EY, providing 20 high quality training places.

Fully funded by the Department for the Economy, this exciting Academy will provide successful applicants with practical experience, the opportunity to gain industry recognised qualifications and access to resources to develop business knowledge and technical skills in data analysis.

Commenting on the Academy, the Minister said: "This is a fantastic opportunity for individuals to gain the skills and knowledge to make them industry-ready for a career in Data and Analytics. Assured Skills Academies have a proven track record in upskilling participants, making them well placed to be competitive in the labour market."

"This is the fifth academy in partnership with EY, supporting their growth plans of 1,000 new jobs

in the north over the next five years. With a weekly training allowance of £175 for the duration of the Academy, as well as help with travel costs and childcare, I encourage all who are interested and eligible to apply."

Rob Heron, Managing Partner, EY Northern Ireland, said: "EY Northern Ireland is excited to be working with Invest Northern Ireland and the Department for the Economy to launch this Data and Analytics Academy. This will be the fifth EY academy to be delivered within the last year. The four academies already delivered played a key role in helping EY NI meet our strategic target of 1,000 new jobs."

"Through the academies, we are attracting a diverse range of employees in terms of culture, background,



skillset and knowledge, including those returning to work, just left university or looking for a career change. We are hoping that this latest academy will continue to attract employees into the business to support our clients."

The eight-week intensive training programme will be delivered by South Eastern Regional College at the SPACE campus, Bangor combining both onsite and online learning and covering topics such as SQL, Power BI, Python and

Microsoft Azure. Successful academy participants will be guaranteed an interview with EY Northern Ireland on completion of the training.

Tommy Martin, Principal and Chief Executive of SERC, commented: "SERC is delighted to be partnering with EY and DfE on this Assured Skills Academy Programme in Data and Analytics. This is an opportunity for candidates to develop skills and gain qualifications in this dynamic field. This

Academy is enabling SERC to further fulfil our commitment to supporting economic growth across Northern Ireland, and candidates will be well supported on their exciting journey ahead."

Training will commence on Monday 11 November 2024 and finish on Friday 17 January 2025. Applicants must be available to attend full time, in person for the duration of the training period.

Experience is not required but applicants must:

- be at least 18 or over
- hold an honours degree in any subject
- be eligible to work in the UK
- have appropriate IT access to link to the online tuition.

Applications for the Data and Analytics Assured Skills Academy are open until noon on Monday 7 October 2024.

To find out more and apply, visit <https://www.nidirect.gov.uk/articles/data-and-analytics-academy-ey>

Continued from page 1

"Whether you have an idea for a brand new start-up; already have an existing business that is preparing to launch a new product or service; or you just need help unlocking the next stage of growth, we want to hear from

you."

In addition to an overall winner who will receive the Go Succeed Ultimate Pitch Award, individual prizes will include the Go Succeed Impact Award for the best social enterprise, the Go Succeed Inclusive Entrepreneurship Award and the Go Succeed Rising Star Award for

the most inspiring 16-25 year-old entrepreneur.

As well as the financial award, winners will receive a package of support including marketing and other business support services.

The panel of judges will be drawn from across the business and civic communities.

Entrants have until 12th

September to apply to the competition with local heats being held within council areas throughout October. Applicants will have the opportunity to attend masterclasses on how make the ultimate pitch ahead of regional heats.


The final will take place in Innovation Factory, Belfast on 21st November.

Go Succeed (www.go-succeed.com) is funded by the UK Government and delivered by Northern Ireland's 11 councils. The service supports entrepreneurs, new starts and existing businesses with easy-to-access advice and support including mentoring, master classes, peer networks, access to grant funding and a business plan, at every stage of their growth journey.

To find out more information about Go Succeed: The Ultimate Pitch, view a full list of terms and conditions, and apply, visit www.go-succeed.com/TheUltimatePitch

ZEST 4 ZUMBA

IT'S HAPPY HOUR
MINUS THE PICK-UP LINES &
HANGOVERS!



MARQUIS HALL
5 Abbey Street,
Bangor
Thursday 7pm
£5 pay as you go

Zumba is Latin-inspired, calorie-burning dance fitness. Getting fit doesn't have to be boring as Zumba is exercise in disguise. It's fun but also a great fat burner.

DON'T TAKE MY WORD FOR IT, COME ALONG & TRY IT!!!

CONTACT 07971137888
OR JUST TURN UP!

RUBBER MATS

A range of Rubber Mats suitable for Play Areas, Grass Protection, Trailers, Vans, Garage Flooring, Stables, Kennels etc.

Contact Agri-Web Ltd
25 Enterprise Road, Bangor, BT19 7TA
Tel 028 9127 5913

uBreakiRepair Ltd

Est. 2010
Mobile Phone Repair Specialists Bangor



We repair all makes & models of mobile phones & tablets

- 30 Minute Turnaround
- No Fix - No Fee
- Battery Replacements
- Warranty

Professional | Reliable | Affordable

t: 07526553526 | e: info@ubreakirepair.com | w: ubreakirepair.com

NORTH DOWN ADVERTISER

Support Local

Pick up your FREE copy at:

Bangor

Clandy Newsagents

92 Church Street, Bangor, BT20 3HY

Mace Brunswick

21 Brunswick Road, Bangor, BT20 3DS

Riverside Filling Station

200 Donaghadee Road, Bangor, BT20 4RZ

Spar Bryansburn Road

139 Bryansburn Road, Bangor, BT20 3RQ

Spar

139-141 Belfast Rd, Bangor, BT20 3PP

Groomsport

Spar

41 Main Street, Groomsport, BT19 6JR

Ballyholme

Ballyholme Post Office

99 Groomsport Road, Bangor, BT20 5NG

Crawfordsburn

Crawfordsburn Service Station

90 Ballyrobert Road, Crawfordsburn, BT19 1JS

Donaghadee

Premier Store

1a Cannyreagh Road, Donaghadee, BT21 0AU

Holywood

Maxol Service Station Marino

96-100 Bangor Road, Holywood, BT18 0LR

Anne Thomas

PERSONAL TUTOR & CAREERS ADVISER

B. Ed., B.A.(Hons), T.E.S.O.L.,
NVQ 3 & NVQ 4 (Careers Advice & Guidance)

- Secondary Tuition in English Language, English Literature and Sociology
- Primary Tuition in all subjects.
- AQE Tuition • Fully qualified Careers Adviser
- Qualified TESOL Teacher.

Mobile: 075 1100 9697
Email: athomasenator@gmail.com

Party Treasures

FANCY DRESS & ACCESSORIES

Established 15 years in Bangor

GET READY FOR HALLOWEEN!

Party Treasures is open for your sparklers, costumes and all your Halloween tricks (and treats!)

- Party Products • Helium Balloons
- Theme Parties • Hen Party Accessories

For All Your Party Needs!
121 High Street, Bangor 028 9146 8597
Open: Mon - Sat 9.15am - 5.15pm



Guidance on use of mobile phones in schools launched

Education Minister Paul Givan has recently issued new guidance to support school leaders in restricting the personal use of mobile phones throughout the school day, including at break and lunch times.

Many schools in Northern Ireland already have mobile phone policies in place that restrict their use during the school day. This guidance will ensure there is a more consistent approach across all schools. Schools have been asked to review their policies on mobile phone use in light of the new guidance during the autumn term.

Launching the new guidance the Minister said: "Growing evidence shows that phones distract children from learning and that limiting access to mobile phones during the school day can have a positive impact on academic engagement and achievement."

"Many countries across the world are increasingly taking steps to stop phone use at school. The new guidance will ensure schools in Northern Ireland are fully aware of the latest evidence and have practical advice around different approaches to restricting phone use."

The new guidance will be accompanied by a pilot of phone free solutions, which prevent pupils from using their phones during



Education Minister, Paul Givan chatting to pupils at St Columbanus College, Bangor.

the school day. These are a pocket-sized fabric pouch with a magnetic latch that is sealed at the beginning of the school day and opened using a special unlocking base. The Department will invite expressions of interest for the pilot from schools over the next number of weeks.

Addressing the benefits of limited access to mobile phones in school the Minister continued: "Changes around phone use in schools can make the world of difference in our classrooms. Restricting their use during the school day allows children to better concentrate, engage and

learn, as well as enjoying 'phone-free' break and lunchtimes so they can play, have fun, participate in sports and socialise with their friends."

The Minister concluded: "Today's guidance will support our teachers to allow them to do what they do best – teach."

SALE OF IRISH ART WORKS BY ADRIAN MARGEY



'Kinnegar Pier, Holywood'

'Crown Bar Belfast'

'Bangor Marina'



'H&W'

'Mount Stewart'

'Scrabo from Strangford Lough'

CULLODEN ESTATE & SPA
FRIDAY 1st UNTIL SUNDAY 3rd NOVEMBER
Fri 1st & Sat 2nd Nov: 11am – 8pm Sunday 3rd Nov: 11am – 6pm



'Basalt Columns'

'Safe Haven Donaghadee'

'Evening, Portstewart Strand'

'Mussenden Red'

ADMISSION FREE – EVERYONE WELCOME
Tel: Portrush Studio on 07841593762 For More Information
www.adrianmargey.com
Portrush Studio Viewings - Commissions - Gift Vouchers



Est. 1956



Would you like your bite confidence back?
Try our custom made, beautiful dentures.



Pat Lundy
Clinical Dental Technician
Our passionate denture tech.

Quick returns 48hrs

Meet our gifted denture Tech.
Pat Lundy CDT Royal College of Surgeons (England). Pat can see you directly and provide you with hand crafted denture solutions. He prides himself on identifying your precise requirements and delivering exactly what you need.

Arrange a consultation with Pat today and regain your smile and biting confidence!



East Belfast Dental & Implants
Est. 1956

Dental & Mini Implant Centre
65 Cregagh Road, Belfast, BT6 8PX

Dr. Peter McCarron
EastBelfastDentalClinic.co.uk

Schedule a FREE consultation. Contact us today: 028 9045 1966

Women's Aid
NORTH DOWN & ARDS
02891 273196

Working to end Domestic Abuse

North Down & Ards Women's Aid provides a wide range of free support services to women and their children affected by domestic and sexual abuse.

Our services include -

- Emergency refuge accommodation
- Floating support service for women in the community
- Children's services
- Group support programmes including
 - Journey to Freedom
- One Stop Shop - free multi-agency drop in service
 - Court support

Our range of Children's Services include:

- Art Workshops
- Helping Hands
- Transformers
- Healthy Relationship Programme

We also provide awareness raising sessions and training to our local community, schools, businesses and agencies.

One Stop Shop
Women's Aid
NORTH DOWN & ARDS

A multi-agency drop-in service for women experiencing:

- Physical Abuse
- Financial Abuse
- Coercive control
- Sexual Abuse

The One Stop Shop provides FREE, immediate and confidential access to Women's Aid, legal support, benefits advice, housing support and safety advice.

10.00 am-12.00 noon | No appointment necessary
Crèche facilities are available
LOCATION: House Church, Crawfordsburn Road Newtownards, BT23 4EA

For any further information about the One Stop Shop or Women's Aid support services Contact us at 02891 273196

NEXT DATES:
24th September
Tuesday 8th
and
Tuesday 22nd
October

Our sessions are held on the 2nd and 4th Tuesday of each month!




MAYOR ANNOUNCES CHOSEN CHARITIES

CAROLINE'S PILATES
 FITNESS & AQUA PILATES
 •MOTIVATE •INVIGORATE •REJUVENATE

IN THE ABBEY
 Monday 12.30, 6.30,
 Thursday 9.30, 11, and 6.

IN THE PARK Sat 9.30
IN THE SEA
 Sat at 11.15

OPEN TO ALL | CALL FOR INFO
 TEL. 07528445460

The Mayor of Ards and North Down, Councillor Alistair Cathcart, has announced the charities that he has chosen to support during his term of office. They are Action Cancer, the Sea Cadets (Ards and North Down Units), and St. John Ambulance (Dufferin Cadets and Bangor and Ards Adults ambulance unit).

Commenting on his choices, the Mayor said: "I am proud to be supporting these three charities that provide so much assistance to the people of Ards and North Down. That work that they do within the Borough is invaluable. I

look forward to hosting some fundraising events that will help to raise much-needed funds for them and I would love for as many people as possible to get involved. With your support, we can help make a positive difference."

Action Cancer is Northern Ireland's leading, local cancer charity. Its mission is to save lives and support local people through cancer awareness, prevention, detection and support. The charity provides early detection, support and prevention services to more than 20,000 people on an annual basis. Services include digital breast screening, skin cancer detection, support and therapeutic services, MOT health checks, health promotion programmes, and the charity's 'Big Bus' mobile unit travels to 200 locations throughout Northern Ireland annually. All money raised through the Mayor's Charities for Action Cancer will stay in Ards and North Down to support local people.

The Sea Cadets is part of a national youth



charity for young people aged 10-18, which aims to inspire young people to achieve their potential through challenge and nautical adventure, guided by the customs and traditions of the Royal Navy. Through various activities and adventures, young people learn teamwork, respect, loyalty, self-confidence, commitment, self-discipline, honesty and how to be the best version of themselves. Sea Cadets offer a range of different activities and these activities lead

to development of key skills such as resilience, self-belief and social confidence. It enables them to feel more confident and motivated in school, more comfortable speaking to people, a better team player as well as developing skills which benefit them as they enter the work force.

St John Ambulance Dufferin Cadets are aged between 10 and 18. They are taught about everything that can be found in a first aid manual and gain substantial hands-on experience.

They take part in a 'Grand Prior' youth programme where they work towards earning a Grand Prior badge. As a Cadet Unit, they provide first aid services at many events in the Borough. Three cadets have progressed to become paramedics and one has qualified as a doctor, with four more expected in the next two years. Meanwhile, Bangor and Ards Adults is an ambulance unit that provide medical cover to a variety of events including motocross races, equestrian events,

as well as larger public events such as the Bangor, Newtownards and Hollywood Christmas lights switch-ons.

All funds raised during the Mayoral year will be split between the three charities. To make a donation, visit www.ardsandnorthdown.gov.uk/MayorsCharityDonation.

For more information about upcoming charity fundraising events and how to get involved, contact the Mayor's Office on 0300 013 3333 or email mayors.office@ardsandnorthdown.gov.uk.

Kiln dried hardwood logs back in stock for winter. Our customers favourite quality Birch logs, low moisture content to satisfy your stove warranty, burns clean and bright, just the ticket to keep your home toasty warm

WoodStoc
 keeping you warm this winter!

6 Bags equivalent to a barrow bag.
 Delivery service available.
 Normal Delivery charges apply.

2A Balloo Park, Balloo Industrial Estate, Bangor, BT19 7PP
 T. 028 9147 7133

www.woodstoc.com

1 x Large 40L Bag £8.99
 2 x Large 40L Bags £16
 20 x Large 40L Bags £140

NOVEMBER COUNTRY MUSIC WEEKEND AT THE ABBEY HOTEL 15TH - 17TH NOVEMBER 2024

FRIDAY 15TH NOVEMBER 2024

STUART MOYLES & BAND 9.30pm-11.30pm
 MICHAEL ENGLISH 11.30pm-1.30am
 ADRIAN RYAN 1.30am

SATURDAY 16TH NOVEMBER 2024

ALANNA MAHER 2.30pm-4.30pm
 PATRICK FEENEY 9.30pm-11.30pm
 JIMMY BUCKLEY 11.30pm-1.30am
 KIERAN MC AREE 1.30am

SUNDAY 17TH NOVEMBER 2024

MIKE DENVER 3.00pm-5.00pm
 STEPHEN BENNET 9.00pm-11.00pm

AH ABBEY HOTEL

Package €239pps 2 NIGHTS B&B INCLUDING ADMISSION TO ALL DANCES STAY SUNDAY NIGHT FOR AN EXTRA €35PPS

www.abbeyhoteldonegal.com t:+ 353 (0)74 97 21014 e: info@abbeyhoteldonegal.com

Asda Bangor Colleague Bags Elderly Customer's Heart with Kind Gesture

Levi Murphy, a customer service colleague who has worked at Asda Bangor for three years, recently provided excellent customer service that touched the heart of an elderly customer.

Levi's commitment to helping others was clear when she received a phone call on the customer services desk from a distressed customer who had lost her handbag with her purse and keys inside. Earlier that day, a handbag matching the customer's description had been handed into lost and found, so Levi was able to quickly reassure the customer that it was safe and could be collected from the store. When the customer arrived and realised Levi had indeed found her bag, she was

overcome with emotion and burst into tears.

The customer confided in Levi, explaining that she was going through a difficult time caring for her husband, who was unwell, and losing the handbag had almost ruined her day, making her feel like she wasn't doing enough. Levi offered a comforting word and a listening ear, staying with the customer until she felt better and ready to face the rest of her day.

Levi Murphy, Customer Service Colleague, Asda Bangor said: "I knew that the customer

just needed some support when I realised how upset she was so I did my best to reassure her as best I could. Helping customers isn't just a work task - it's an opportunity to make a positive impact on someone's day, and I was more than happy to help in any small way that I could."

Jason McKenzie, Section Leader at Asda Bangor commented:

"This heartfelt moment is just one example of the care and compassion Levi brings to her role every day, making her an invaluable



member of the Asda Bangor team. We're very proud of Levi!"

CHIROPODIST/PODIATRIST
 HPC REGISTERED

BARBARANNE CROSBIE
 BSc(Hons)BMedSci(Hons) MChS

6 Ranfurly Avenue
 BANGOR
 BT20 3SN
 028 9146 8207

GRANSHA EQUESTRIAN CENTRE
www.granshaequestrian.co.uk
 10a Kerrs Road, Bangor, BT19 7QD
 enquiries to granshariding@yahoo.com

BOOK NOW!
 ON THE GRANSHA EQUESTRIAN APP!

RIDING LESSONS FOR ALL AGES AND STANDARDS

Muir congratulates Art Studios on upcoming 10th Anniversary.

North Down Andrew Muir MLA has visited Boom Studios in Bangor ahead of its 10th Anniversary and toured the creative hub based at 80 High Street.

To mark the occasion, Boom Studios is producing a winter fundraising magazine and is looking to speak with people who used to work in the building when it was an AIB Bank, a Clinton Cards or the Imperial Hotel. The North Down MLA's mother started her career as an employee of the Bangor Branch of AIB in 1974.

Speaking about his visit, Mr Muir said; "It is fantastic to see the building full of life and creativity, and I congratulate Boom Studios on such a significant milestone. The hub is a testament to the transformative power of the creative industries, not just providing a space for artists to make their work, but also offering classes to the community and ensuring a future for a piece of our built heritage.

"Given that my mum used to work in the

building, I was delighted to be invited for a tour and to see that some of its features remain unchanged from that time. I am passionate about local history and look forward to reading about the stories when they are collected in the magazine. If you have a connection with 80 High Street, I urge you to share your experiences with Boom Studios."

Jenni Robinson, Communities Coordinator at Boom Studios, added; "We were so pleased to welcome Andrew to Boom Studios and hear of his family connection to our building. Going forward, we want to build on the work of the last ten years; offering more creatives workspace; creating more opportunities to engage communities with our space; and ensuring the building is preserved and improved.

"We are so excited to launch our 10th



Anniversary Winter Magazine and would love to hear as many stories as possible for our article on the history of 80 High Street. Please get in touch if you can help!"
Anyone wishing to contribute to Boom Studio's Winter Magazine should contact Jenni at jenni@boomstudios.org.uk.

The longest established Dental and Implant Clinic in the North Down Ards area! ...30 years this Autumn

"Great service with very friendly and knowledgeable staff. I've felt they really listened to me, which is a welcome change from my old dental appointments at my previous dentist that always felt rushed and impersonal"

Helens Bay Dental was purchased by Gareth Small in October 1994. Gareth introduced Dental Implants to Helens Bay Dental in 2000 with a hand picked team

The transformation to digital started in 2005 with their first scanner purchase

The first full arch implant restorations were done in 2002 and have continued since that's 20 years experience and an expanded team year on year, the full range of Dental care is available on site in Helens Bay

Digital workflows have been developed as new technologies were added such as intra oral scanners, digital X-ray and facial bone CT scanner and most recently facial scans



This has enhanced the ease of treatment and allows the delivery of high quality new teeth that fit seamlessly into the patients faces

The team at Helens Bay continue to work to improve patients new smiles and functionality as tech-

niques progress

The future is very exciting as they approach their 30 year anniversary lead by the same dentist!

All new patients see Dr Gareth Small who brings his considerable knowledge and experience to assist in solving dental concerns

Complimentary visits available most days call the Reception team or email info@helensbaydental.co.uk

Read the 100s of 5 Star Google reviews and visit helensbaydental.co.uk to see the new reviews added every day.

TRANSPORT MUSEUM FITTING HOME FOR HISTORIC FERGUSON BLACK TRACTOR, SAYS MUIR.

North Down Alliance MLA Andrew Muir has visited the Ulster Transport Museum, Cultra, to see the Ferguson Black Tractor, commonly described as the most important tractor ever built.

The prototype was made in Belfast and is the first example of the 'Ferguson System' that pioneered three-point linkage. Invented by Harry Ferguson, the black tractor revolutionised agriculture and is still used throughout the world.

The black tractor is on loan to the museum from the Ferguson family and is now part of the Museum of Innovation Gallery.

"The Museum of Innovation Gallery celebrates the huge contribution that inventors and engineers from here have made to the world, and it is wonderful to see that the Ferguson Black Tractor has been brought home to this fitting space," said Mr Muir.

"We cannot overstate the global impact of the 'Ferguson

System, which improved efficiency to such an extent that it is still used in the vast majority of tractors worldwide.

As agriculture enters another period of transition, we should be inspired by the legacy of Harry Ferguson and embrace change and new ways of working to ensure Northern Ireland remains an innovator in the agri-food sector.

"I am very grateful to the Ferguson family for their loan to the Ulster Transport Museum and would urge everyone to go and see it. We are lucky to have such a gem in North Down and I hope the Ferguson Black Tractor will inspire an entrepreneurial spirit in a new generation."

William Blair, Director of Collections at National Museums



NI said:

"We were delighted to welcome Andrew Muir MLA to the Ulster Transport Museum where we were able to showcase the iconic Ferguson Black Tractor, while also discussing

the remarkable contribution of local innovators to global industries and technological change.

"This is a significant milestone in our efforts to celebrate and preserve our legacy of innovation, and inspire

a new generation of engineers, researchers and scientists. It also underscores our commitment to making our internationally significant collections accessible to the public."

Plain English Computer Services
NO FIX, NO FEE
Computer Sick? Or Just Sick Of Your Computer?
PC & Laptop Repairs - New & Used Computer Parts - Spyware & Virus Removal - Full Data Recovery Service
A Computer Company That Talks Plain English!
sales@pecsni.co.uk www.pecsni.co.uk
Tel: 02891 820431

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

GILMORE FUNERAL DIRECTORS LTD
Direct Cremations Available
"Our family is here to look after your family when you need us most"
Proud WINNERS of Lifetime Service Award AND Independent Funeral Director of the Year at
For personal service from an INDEPENDENT family owned business call **KEN GILMORE Dip.F.D. 028 9187 2949**
Serving all areas 24 hours a day 365 days a year since 1987
FUNERAL SERVICE ROOM SEATING 100+ WITH RESTROOMS LIVE STREAM AVAILABLE
GOLDEN CHARTER PRE PAID FUNERAL PLANS
Headstones erected, lettering added, stones cleaned
Pre arrange or pre pay for peace of mind with an Independent Funeral Director
www.gilmore-funeraldirectors.co.uk | 1 Kilinchy Street Comber BT23 5AP
Gilmore Funeral Directors LTD is an appointed representative of Golden Charter Limited trading as Golden Charter Funeral Plans which is authorised and regulated by the Financial Conduct Authority (FRN:965279).
Registered in England No. 02511598
Registered Office: One Fleet Place, London EC4M 7WS.



CAUSEWAY HOTEL
ROOMS · DRINKS & DINING

WINTER WARMER PACKAGE

- Overnight accommodation
- 3 course dinner both evenings
- Breakfast both mornings
- £330 midweek £350 weekend based on two adults sharing
- Free entrance to Giant's Causeway Visitor Experience

CONTACT US

- +44 (0) 28 2073 1210
- @thecausewayhotel
- reception@thecausewayhotel.com



UPCOMING EXHIBITION & SALE OF MARGEY ORIGINALS AT THE CULLODEN

Portrush based artist Adrian Margey will be returning to the Culloden Estate & Spa with his latest Exhibition and Sale of work from Friday 1st until Sunday 3rd November.

The artist is looking forward to showcasing his most recent depictions of North Down, Ards Peninsula, Mournes, North Coast, Belfast and Donegal with collectors and visitors to the much anticipated annual exhibition. Margey's reputation is growing both at home and overseas. He held his first USA exhibition in Washington DC in 2022 and was invited to live paint at the 'Experience Ireland' showcase in Milan this spring.

Although Adrian holds a PhD from Queen's University Belfast, he is a self-taught artist. Adrian cites the Fauves, the Irish Impressionists and the indigenous artists of South America as his main influences. His signature 'contemporary' style combines a kaleidoscope palette with lazy brushstrokes and expressive knife work. His more impressionistic style which uses



Artist Adrian Margey photographed ahead of his Solo Exhibition at Culloden Estate & Spa: Friday 1st until Sunday 3rd November.

naturalistic colouring is now also in demand.

Margey's exciting new collection will showcase his extra-large canvases as well as smaller works in a variety of styles and colour palettes. Depictions of Kinnegar Pier, Seapark, Crawfordsburn and Helen's Bay together with canvases representing Donaghadee and Bangor

Marina will shine a light on the beauty of North Down. Strangford Lough, Scrabo, Mount Stewart, Castle Espie and the Mournes will also be represented. In addition, visitors to the exhibition will enjoy Margey's many portrayals of the North Coast.

The artist's commission diary is now open for Christmas and visitors

to the show are welcome to discuss their ideas for bespoke pieces with the artist at the exhibition. The show will run Friday 1st & Saturday 2nd November: 11am - 6pm and Sunday 3rd November: 11am - 6pm. Admission is free - everyone welcome. For more information visit www.adrianmargey.com telephone the Portrush Studio on 07841593762.

A SPOTLIGHT ON DENTAL EXCELLENCE: DR NIGEL SMITH DENTAL AND HOLYWOOD DENTAL CARE

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

Members of the Holywood 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!

Dr 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.

WHY NOT SUPPORT AMBULANCE NI? MOY PARK BELFAST CITY HALF MARATHON 22nd SEPTEMBER 2024



OUR MEDICS FLY BUT ONLY WITH YOUR SUPPORT

Run for Air Ambulance NI and ensure the medics and helicopter are there for you and your loved ones. **It might one day save your life!**



It costs £2.5 Million annually to sustain and maintain this service. Air Ambulance NI is asking you to support the charity at the Moy Park Belfast City Half Marathon and fundraising or donate to keep the life-saving service operational while taking on this heart racing challenge!



Air Ambulance NI works in partnership with the Northern Ireland Ambulance Service which continues to be a lifeline for communities across the province, offering critical Helicopter Emergency Medical Service (HEMS).



The HEMS team attend patients who are seriously ill or injured on average twice per day, bringing emergency pre-hospital care directly to the scene of an incident with the aim of saving lives, brains, and limbs.



TO SUPPORT US

Email: belfast.marathon@airambulanceni.org

Air Ambulance NI is the official charity partner for Belfast City Marathon 2023 - 2025



#OTHERS LIVE WHEN YOU GIVE

Helen's Bay and Kircubbin Play Parks Officially Opened

New and refurbished play parks have been officially opened by the Mayor of Ards and North Down, Councillor Alistair Cathcart, in Kircubbin and Helen's Bay.



Silverwing Salon
Proud to be celebrating 5 years in Business!

- Dog Grooming • Cat Grooming
- Small furries grooming

Now offering VIP SCHEME monthly direct debits. Call to arrange yours now!

Book Your Appointment Now!
WWW.SILVERWINGSALON.CO.UK
203 - 205 Mill Street, Newtownards | Tel: 028 9122 8172



The play parks complement the new parks already opened earlier this year in

Bangor, Ballygowan and Newtownards. They mark a £650k investment by Ards and North Down Borough Council and include brand new equipment complete with more accessible equipment for children of all abilities to use.

The Mayor of Ards and North Down, Councillor Alistair Cathcart, said:

"These fantastic new and refurbished facilities will better serve the children in our Borough. It is so important that they have the opportunity to play in safe areas. This a very welcome investment and the Council will continue to invest in our play parks on a rolling basis. I was wonderful to see the kids having so much fun and I am sure they will continue to enjoy the play parks for many years to come."

US Consul visits area

The US Consul, James Applegate, recently visited Ards and North Down. The visit included tours of key local businesses and educational institutions, highlighting the region's economic and cultural ties with the United States.

The visit commenced at Lakeland Dairies in Newtownards, where the US Consul met with the team. Lakeland Dairies, with approximately 260 employees, has a rich history of over 100 years in producing high-quality dairy products. The company sources fresh milk from 3,200 family-owned farms and serves customers in over 80 countries, including the United States. The Newtownards facility specialises in long-life milk products like UHT milk, contributing significantly to Ireland's dairy industry's growth.

Next, the US Consul visited WHALE, a global supplier of high-quality low voltage pump, plumbing, and heating systems for mobile units such as marine vessels, caravans, motorhomes, and healthcare environments. Acquired by Brunswick Corporation in 2014 and now part of the Navico Group, WHALE employs around 200 people and exports globally, including to the US. The tour continued at Copeland Distillery, which was established in 2016 and is located near the historic harbour of Donaghadee. The



distillery employs 17 people and produces award-winning gins, rums, and a new range of malt and pot-still whiskey. Copeland Distillery exports its products to various countries, including the US, through its distributor Tradebright.

The visit concluded with the US Consul meeting Glenlola Collegiate Principal Mr. Eric Thompson, teacher Mr. Keith Dorman, and six pupils. The students presented their experiences from a recent exchange visit to Tallwood High School in Virginia Beach, part of the longstanding

Sister Cities relationship between North Down and Virginia Beach.

Speaking during the visit, the Mayor of Ards and North Down, Councillor Alistair Cathcart said, "We are delighted to welcome the US Consul to Ards and North Down. This visit underscores the strong economic and cultural ties between our region and the United States. The collaboration and innovation demonstrated by our local businesses and educational institutions are a testament to our community's resilience and forward-thinking spirit. We look forward

to fostering even deeper connections in the future."

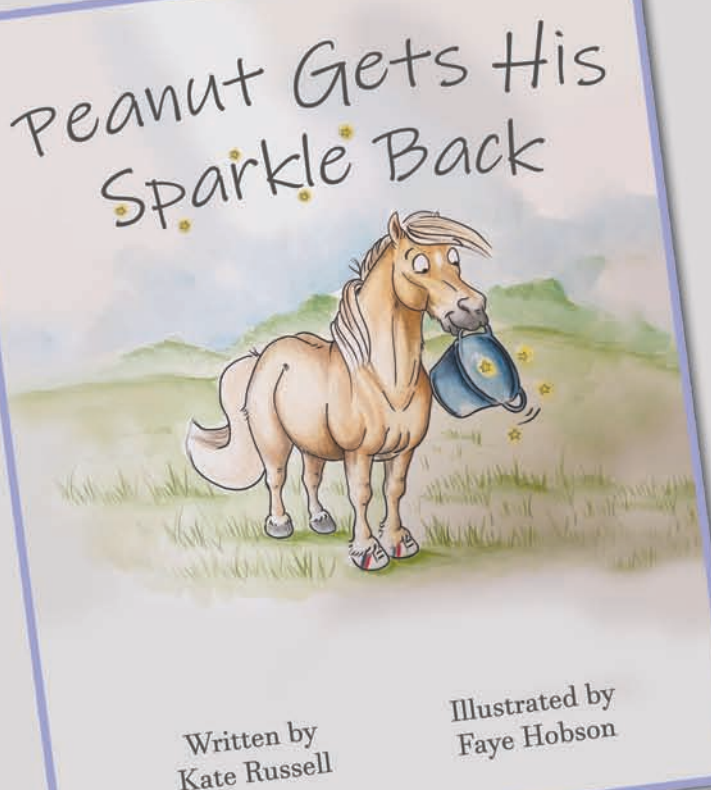
Consul General James Applegate added, "In June I was honoured to join political and civil leaders in Ards and North Down to commemorate the Borough's unique role in advance of D-Day. I was delighted to return today to learn more about our present-day connections in business and educational exchange. I am grateful to Ards and North Down Borough Council, as well as local business and academic leaders, for building these exciting and mutually-beneficial links."



LISBURN HEARING CENTRE
CALL TODAY 02892 640302



Ear Wax Removal by Micro-Suction

Qualified hearing aid audiologist



Peanut Gets His Sparkle Back

Written by Kate Russell
Illustrated by Faye Hobson

He worried about being small.

County Down author Kate launches her first pony book for children!

County Down horsewoman turned author Kate Russell has launched her first equestrian themed children's book.

Kate, a well known figure in the NI world of equestrianism and equine therapy has published 'Peanut gets his sparkle back'.

Kate says: "I have always wanted to write a children's book from an early age. I have stories whirling in my head and usually inspired by the ponies dogs and cat. My friend had two young boys who would listen to my stories – they encouraged me to write a book and what's more - asked if they could be in it!

Working with children and the ponies through equine facilitated learning I could see the very real benefits of the interaction with the different pony personalities."

The book is based on the main characters Peanut an 8hh Falabella cross pony and Tobi a 27 yr old rescue pony. In real life this odd couple have struck a very strong friendship and became pretty much inseparable! Peanut is young, curious and cute and everyone who meets him falls in love with him. Tobi is older, a little bit stiff but calm with the kindest nature. They are both very much loved for being themselves! In real life Tobi & Peanut are also fully qualified therapy ponies who like nothing better than helping others!

The story aims to help children with anxiety and worries and show that that it is ok to have worries but not to let them build up. 'Peanut, gets his sparkle back' is a heart-warming children's book about overcoming fear and finding the courage within oneself.

With charming colour illustrations by the talented Faye Hobson, and a relatable story, young readers will be inspired to face their own worries and become brave little ponies themselves!

'Peanut gets his Sparkle Back' is ideal for children 3-9 with coloured text suitable for children with dyslexia, teaches valuable lessons about perseverance, self-confidence and the power of friendship.

It's a must read for parents, teachers and children alike and is sure to become a beloved addition to any child's bookshelf! Join Peanut and his friends on their journey to bravery and show your little ones that they too can conquer their worries and be the courageous heroes they've always dreamed of being.

You can find out more about Tobi, Peanut and friends and also purchase a copy of the book direct online at <http://www.tobiandpeanut-therapyponies.com/product-page/peanut-finds-his-sparkle-children-s-story> Book priced £10, (postage fees apply).

Mulroy Woods Hotel: Your Perfect Wedding Venue in Donegal

Mulroy Woods Hotel is a stunning wedding venue nestled in the heart of Milford, Donegal.

With a commitment to providing personalized experiences, the hotel offers couples the opportunity to create their dream wedding, tailored to their unique vision.

Exclusively Yours
One of the most appealing aspects of Mulroy Woods Hotel is its exclusive approach to weddings. The hotel ensures that each couple receives undivided attention by hosting only one wedding per day. This allows for a truly intimate and personalized experience, free from distractions or crowds.

Customizable All-Inclusive Packages
Mulroy Woods Hotel offers flexible all-inclusive wedding packages that can be customized to suit your specific needs and preferences. Whether you're dreaming of a small, intimate ceremony or a grand celebration, the hotel can accommodate your vision. From the menu to the décor, every detail can be personalized to create a truly memorable event.

Catering for All
The hotel caters to both small and larger wedding celebrations, ensuring that couples of all sizes can find the perfect venue. Whether you're planning a wedding for 20 guests or 200, Mulroy Woods Hotel can provide the ideal setting for your special day.



Civil Ceremonies
For couples seeking a convenient and hassle-free wedding experience, Mulroy Woods Hotel offers civil ceremonies on-site. This means you can enjoy the convenience of having your ceremony and reception in the same location, creating a seamless and stress-free day.

Looking for a Break?
In addition to being a popular wedding venue, Mulroy Woods Hotel also offers a relaxing and enjoyable getaway. Enjoy a mid-week 2 night break for two people sharing (B&B), complete with a delicious meal on the evening of your

choice, for just €18.00 in total. This package is available from September to December, excluding all bank holidays.

Mulroy Woods Hotel is the perfect choice for couples seeking a personalized, exclusive, and unforgettable wedding experience. With its stunning location, customizable packages, and commitment to excellence, the hotel is sure to exceed your expectations.

HELEN'S BAY DENTAL CELEBRATES 30 YEARS THIS AUTUMN!

The longest established Dental and Implant Clinic in the North Down Ards area!
...30 years this Autumn and welcoming new private patients

Complimentary visits available most days call the Reception team on 028 9185 3304 or email info@helensbaydental.co.uk

Read the 100s of 5 Star Google reviews and visit helensbaydental.co.uk to see the new reviews added every day

All new patients see the Treatment coordinator and Dr Gareth Small who brings his considerable knowledge and experience to assist in solving dental concerns. The team is made up of Dental care professionals who are available in Helens Bay to look after you Monday to Friday and Saturdays by appointment

All aspects of Dental care can be provided in the 2 bespoke clinics located in Station Square



A team big enough to look after all your Dental needs and small enough to care!



Home Instead®

Live well, *your way*

Your home is where you feel the most comfortable and the happiest.

- ♥ Home Help
- ✎ Companionship
- Personal Care
- ◆ Dementia Care
- ♣ Live-in Care

It is the place you know the best. If you want to stay living comfortably at home, Home Instead® can help make that possible.

Call Home Instead Ards and North Down at 028 9124 2030
visit www.homeinstead.co.uk/ards-and-north-down or
email info.ards@homeinstead.co.uk





Helens Bay Dental

TRANSFORMING SMILES

Celebrating
30 years in
Business

Welcoming new private patients

Call us
02891 853 304

helensbaydental.co.uk

1b Station Square, Helens Bay,
Bangor, County Down



DIVE INTO AUTUMN WITH THE SHORELIFE CELEBRATION!

Step into Autumn and immerse yourself in the breathtaking beauty of our shoreline at the brand-new Shorelife Celebration!

Join us on Saturday, 5 October at the stunning WWT Castle Espie and National Trust Mount Stewart. With free admission to both venues and complimentary pre-bookable bus travel, it's the perfect day out for families and nature enthusiasts!

This exciting event, brought to you by Ards and North Down Borough Council in partnership with WWT Castle Espie and National Trust Mount Stewart, offers a rare chance to experience the wonders of our shoreline. Enjoy a day filled with fun activities, engaging talks and tours, live music, and delicious local food and drink. Plus, take advantage of the free ticketed bus service for easy access! With 115 miles of stunning coastline,

Ards and North Down is the perfect place to celebrate our shore. Kids and families will love the interactive games and activities, while guided tours and talks will provide fascinating insights into local wildlife and conservation efforts.

Mayor of Ards and North Down, Councillor Alistair Cathcart, said:

"We are delighted to partner with Mount Stewart and Castle Espie for this fantastic event. The Shorelife Celebration is a wonderful opportunity for visitors to enjoy free access to both venues. It aims to foster community spirit and environmental stewardship, encouraging everyone to appreciate and protect our beautiful shoreline. The picturesque settings



of Mount Stewart and Castle Espie are ideal for this event, offering a variety of activities for all ages to enjoy." Pre-bookable park and ride services will be available from Newtownards Bus Centre and Dundonald Park and Ride

(Dunlady), with stops at both Mount Stewart and Castle Espie. Mark your calendars for Saturday, 5 October, from 10am to 5pm. Admission is free for everyone, some activities require tickets, so be sure to pre-book in advance.

Terms and conditions apply. For more information, visit visitorsandnorthdown.com/Shorelife. Don't miss out on this incredible celebration of our shore.

Laura Walker

B.A Hons A.R.A.D

Royal Academy of Dance syllabus ballet classes

With Laura Walker B.A.Hons A. R.A.D. registered teacher of the Royal Academy of Dance preparing children and young people for RAD graded and vocational exams. Pre-primary to Advanced 2.



Venues:-

Mondays :
St Johns Malone Silver swans adult ballet class at 2pm
Tuesday and Thursday: St Johns, Malone BT9
Wednesdays and Fridays: Old School, Holywood BT18
Saturdays, Carnmoney BT36

Contact Laura Walker - 0736 8275 235

Find us on Facebook Laura Walker Ballet School : laurawalkerballet@hotmail.com

Find us on Facebook

20% OFF MARKED PRICE ON ALL OUTBACK PRODUCTS

15% OFF ALL BAGGED COMPOST AND SOIL

15% OFF ALL WATER FEATURES

163 MONEYREAGH ROAD
TEL: 02890 448899

HANNON Coach & Sail is perfect for an Autumn city break in Glasgow!

Direct Belfast – Glasgow Express now departing from the new Belfast Grand Central Station.

An award-winning service offering hassle-free travel, HANNON Coach & Sail is ideal for an autumn city break in Glasgow and the perfect antidote to flying and airport stress! Already hugely popular with those in the know, the Belfast – Glasgow Express Coach Service is rated 5-Star on TripAdvisor.

A shopper's paradise, Glasgow is recognised as having the best retail therapy in the UK outside of London. Consistently voted 'top of the shops', the city is Scotland's premier shopping

destination.

Not just shopping, Glasgow is also famous for its fantastic nightlife, and great choice of restaurants and bars. Glasgow is the perfect choice for your next city break away.

With a simple flat fare of £44 which includes the cost of the ferry and your bag, our Belfast – Glasgow Express offers a really attractive, convenient and low-cost alternative to flying.

The service is operated by HANNON Coach and leaves



twice a day from Belfast, Grand Central Station (Stand 18) and drops visitors right in the heart of Glasgow's 'Style Mile'. The simple

flat fare allows passengers to pick and mix dates and times of travel to suit and with no luggage charges it makes a perfect travel option.

There are also a great range of hotels just minutes from Glasgow Buchanan Bus Station.

Company director Aodh Hannon says people seem to really love the convenience of the service as we take you right into the heart of the city centre.

"People love the fact that it's so hassle-free compared to flying, no airport transfers and with no extra charge for luggage it is a massive help with keeping the cost of a break down," said Mr Hannon.

The service can be booked online at www.hannoncoach.com up to 1 hour before departure or by phone using the very friendly telephone booking service.

Call 028 9265 0700 (Mon – Fri) or visit www.hannoncoach.com

CWA *claire whyte*
architect

Design to Inspire
RIBA Chartered Architect

Creating individual spaces for every scale or budget

Claire Whyte, 12 Mount Alexander, Comber, BT23 5QL
www.clairewhytearchitect.com and on facebook
Email: claire@clairewhytearchitect.com

T: 02891071300 M: 07595422433

Find us on Facebook



Perfect for a city
break in Glasgow!
BOOK NOW

BELFAST GLASGOW EXPRESS

ALSO AVAILABLE FROM

Belfast Stena Line

Terminal £43

Lisburn £46

Lurgan £47

£44



From Belfast Grand Central Station

BOOK ONLINE

www.hannoncoach.com

Tel: **028 9265 0700**



CCU
Credit Union



NEW LOAN LIMITS AVAILABLE
UP TO £35,000 OVER SHARES
RATES AS LOW AS 6% APR

TERMS AND CONDITIONS APPLY

02890 322507 FOLLOW US ON   

OPEN 6 DAYS A WEEK IN 9 LOCATIONS FOR OUR MEMBERS CONVENIENCE

TO APPLY NOW
SCAN THE QR CODE



THINK PINK: TITANIC SLIPWAYS TO TURN PINK FOR 5K RUN THIS OCTOBER

Cancer Focus NI's 5k Pink Run returns to Titanic Slipways on 13 October, sponsored by Dale Farm Sukie.

This flagship event encourages everyone, including families and pets, to participate and raise funds for breast cancer support services such as counselling, family support, bra & swimwear fitting, and specialist support groups.

Marking the announcement, Dale Farm who have supported the Pink Run for two years have unveiled a new Summer Fruits flavour of their iconic Sukie drink and will be providing refreshments to every participant at this year's race. The event will also include fun activities for all the family, including

games and prizes on the day.

Maeve Colgan, Director of Fundraising and Communications at Cancer Focus NI, commented:

"Following the success of our Pink Run event last year, we're so excited for this year's fun run and aim to raise even more awareness and vital funds for our breast cancer support services. We're thrilled to partner once again with Dale Farm as our title sponsor.

"Last year, this partnership helped our charity reach more people with breast cancer awareness messaging and encouraged a greater

number of people to fundraise for Cancer Focus NI. A massive thank you must go to Dale Farm's staff and customers for helping our charity to continue to support local people and families on their breast cancer journey."

Cool FM presenter and long-time Cancer Focus NI ambassador, Rebecca McKinney, will host the Pink Run event, feature in the charity's radio adverts, and host a pop-up fashion evening at the charity's Enniskillen retail shop in October.

Rebecca commented: "As a Cancer Focus NI ambassador, I am delighted to once again support the



Pink Run campaign. Unfortunately, like many people, cancer has touched my life, and I am so passionate about supporting the Breast Cancer Awareness Month campaign and

the 1 in 8 local women right here in Northern Ireland who have been diagnosed with breast cancer.

"The Pink Run is an amazing day out for the whole family, and

I cannot wait to cheer participants along on the day and hear more about why they've chosen to fundraise for this wonderful charity."

To register for the Pink Run or to organise

your own Breast Cancer Awareness Fundraiser, visit cancerfocusni.org,

email fundraising@cancerfocusni.org or call 028 9066 3281.

CCU Credit Union: Your Financial Partner in North Down

CCU Credit Union is a community-focused financial cooperative dedicated to providing exceptional services to its members. Founded on the principles of mutual benefit, CCU Credit Union strives to make a positive impact within the local community.

As a not-for-profit organization, CCU Credit Union's primary goal is to serve the needs of its members. By continually assessing the financial landscape and listening to member feedback, CCU ensures that its services remain relevant and beneficial.

With over 31,500 members and a network of 9 branches across Northern Ireland, CCU Credit Union offers a wide range of financial products and services. Additionally, we open 6 days a week for our members convenience.

CCU Credit Union provides a variety of FREE financial services, all designed to benefit its members:

Free Loan Protection: Ensures that your loan is covered in the event of unexpected circumstances.

Free Life Savings Insurance: Protects your savings in the event of your passing.

Free £2000 Death Benefit Insurance: Provides a financial safety net for your loved ones.

Dividend-Earning Current Account: Enjoy competitive interest rates and convenient features like a debit card, standing orders, and direct debits.

Saving Accounts: Earn attractive interest on savings of up to £40,000 while maintaining easy access to your funds.

Competitive Loans:



Benefit from competitive interest rates and quick decision-making processes on loans up to £35,000 above your shares.

Online and Mobile Banking: Conveniently manage your finances from anywhere.

DocUsign: Apply for products and services online and sign digitally for a

faster and more efficient experience.

CCU Credit Union is committed to providing affordable and accessible financial services to its members. By choosing CCU Credit Union, you're not only getting great financial products but also supporting a local organization that

is dedicated to making a positive difference in your community.

There are three branches of CCU Credit Union in the North Down Area, in Bangor, Holywood and Millisle

You can find more information and contact details on their website see www.ccupi.org



NORTH DOWN, ARDS AND EAST BELFAST SERVICES PATIOS, DRIVEWAYS, ROOFS AND GUTTERS

TEL: (0)79 1727 5915



AUTUMN DOOR SALE

Killeen Hardware

WHITE PRIMED LUXURY MARSEILLE (44MM SOLIDCORE) 2 PANEL

FLORENTINE BRONZE, POLISHED CHROME OR SATIN CHROME MORTICE KNOB

TUBULAR LATCH & BALL BEARING HINGES

WAS £209.95 + VAT
NOW £169.95 + VAT

MULROY WOODS HOTEL

Letterkenny Rd, Loughnakey, Milford
Email: info@mulroywoodshotel.com

Stay, Dine & Explore

2 NIGHTS B/B

AND

A MEAL ON AN EVENING OF YOUR CHOICE.

From €318

SEPTEMBER / OCTOBER ONLY

QUOTE "AUTUMN24" ON BOOKING TO ENJOY 2 COMPLIMENTARY COCKTAILS DURING YOUR STAY

CALL +353(0)74 915 3313 OR BOOK ONLINE
MULROYWOODSHOTEL.COM

THE GOOD SHUTTER COMPANY

The Good Shutter Company is a family business and leading provider of custom-made Interior Shutters throughout Northern Ireland



They specialize in plantation shutters, offering a wide range of styles and finishes to suit various tastes and budgets.

Here's what you can expect from The Good Shutter Company:

High-quality craftsmanship: Their shutters are meticulously handcrafted using premium materials, ensuring durability and longevity.

Custom-made solutions: They offer a personalized service to ensure your shutters perfectly fit your windows and complement your home's décor.

Variety of styles: Choose from classic plantation shutters, tier-on-tier shutters, and other options to find the perfect style for your space.

Professional installation: Their experienced team will install your shutters with precision and care, ensuring a seamless fit and finish.

Competitive pricing: The Good Shutter Company offers competitive pricing on their high-quality shutters.

If you are looking to add a touch of elegance and functionality to your home do consider contacting The Good Shutter Company where you will receive professional no-obligation advice to help create that beautiful and stylish space in your home using their expertly crafted custom shutters.

You can find more information by visiting their website: www.thegoodshuttercompany.co.uk

Tel: 028 90 445929/028 7035 7001/ M. 07816 585 184

Common wasps are social insects, living in colonies of as many as 10,000 individuals during the late-summer peak. Only young queens survive the winter, in hibernation, and in late spring will seek suitable places for a new colony, in trees, holes in the ground, garden sheds, sometimes attics (if you're unlucky), often in bird nest boxes, and will start to build, using chewed up wood mixed with saliva to form a papery pulp moulded into chambers for their eggs, which hatch into larvae and become infertile female workers.

Eventually, when there are sufficient numbers, the workers take over, expanding the nest, tending as many as 25,000 eggs over the summer and feeding the larvae, which require protein, delivered by the workers which kill insects and other invertebrates, turning them into tiny food pellets. In return, the larvae exude a sweet fluid that the workers lap up. This reciprocal feeding is thought to play an important part in wasp society, keeping individuals bonded.

Wasps use their sting to subdue prey, but also aggressively in defence of their nests. If disturbed, they are thought to release a pheromone, a chemical signal that encourages other wasps to join in the attack. And of importance, squashed wasps release the same pheromone, so swatting

WHY WASPS PUT THE STING IN THE TAIL AT SUMMERS END

JV Allister reports

It's late summer or early autumn. You're having a barbeque, or a picnic, or your kids are happily licking ice lollies in the garden. That's when they zoom in, intent it would seem on spoiling the fun, everyone scattering, waving their arms.

It's the dreaded stinging wasps!

In fact, wasps are really only a nuisance between late August and the end of September. For the rest of the year, unless we inadvertently disturb a nest, we're generally unaware of these busy insects as they go about their daily lives. And there's a specific reason why they seek out sweet treats in late summer, as I'll explain later.

Wasps use their sting to subdue prey, but also aggressively in defence of their nests. If disturbed, they are thought to release a pheromone, a chemical signal that encourages other wasps to join in the attack. And of importance, squashed wasps release the same pheromone, so swatting

to subdue prey, but also aggressively in defence of their nests. If disturbed, they are thought to release a pheromone, a chemical signal that encourages other wasps to join in the attack. And of importance, squashed wasps release the same pheromone, so swatting

is a bad idea if you don't want to be stung by a dead wasp's extended family!

Towards the end of summer, the queen lays eggs which will develop into the next generation of males and queens, and when there are no larvae left to feed and no sugary fluids to lap, the workers,



near the end of their life-cycles, become like sugar addicts in search of a fix, intently focussed on replacing that which they have lost...which might include your kids' ice lollies.

It's nature. Understand it better and live with it. Indeed, nurture it.

JVA

JVA



Donegal Hotel Collection



Active RETIREMENT

STAY & DINE IN THE HEART OF DONEGAL TOWN TO EXPLORE THE WILD ATLANTIC WAY

- NO SINGLE ROOM SUPPLEMENT
- BEST PRICE GUARANTEE
- COMPLIMENTARY WI-FI
- FULL IRISH BUFFET BREAKFAST
- ACCESS TO LEISURE CLUB
- LOCAL SHOPPING VOUCHER DISCOUNTS
- DISCOUNTED RATES AT DONEGAL GOLF CLUB

One of the longest established hotels in the North West

- 3-Star Hotel of the Year, the Irish Hotel Awards
- Restaurant Manager of the Year, Ireland - Ann Boyle

www.abbeyhoteldonegal.com

++353 74 97 21014

www.centralhoteldonegal.com

++353 74 97 21027

Want to work 9 to 5 Monday to Friday with no weekend work or late nights?

Want to earn commission on top of a basic salary?

- Free parking
- Early release
- Staff outings
- Ad-hoc bonuses

TRAINEE SALES POSITION AVAILABLE 18YEARS UPWARDS

Interested?
email hr@edamedia.co.uk

NEW JOB?...SCAN HERE!





Headteacher Peter Chambers says that Hollywood Steiner school offers an alternative to mainstream education!

IN A RECENT BEST OF BELFAST PODCAST PETER DISCUSSED HOW THE SCHOOL HAS DOUBLED IN BUDGET, SIZE, AND STAFF SINCE 2020. HE ALSO HIGHLIGHTED THAT MOST PEOPLE IN NORTHERN IRELAND ARE UNAWARE OF ALTERNATIVE EDUCATION OPTIONS!

One of the key aspects Peter emphasized was the power of delaying traditional desk-based learning until the age of six. Instead the school focuses on practical skills like outdoor play, baking and crafts. Peter explained that smaller class sizes create a more conducive learning environment, allowing teachers to focus on teaching rather than constantly managing poor behaviour. He also shared how the school encourages a more informal atmosphere by allowing students to call teachers by their first names and eliminating school uniforms.

Founded in 1975, Hollywood Steiner school is looking forward to celebrating 50 years in the anniversary year, 2025!

A co-educational, independent and integrated school the educator is a proud member of the global Steiner school network, with over 1400 schools in 75 countries. Within the UK and Ireland, there are 29 and 6 Steiner schools, respectively, making us the sole representative in Northern Ireland.

At Hollywood Steiner School, you'll find a welcoming community that feels like an extended family. The campus serves as a community hub, hosting events throughout the year.

At the heart of Hollywood Steiner is the Waldorf Curriculum. This curriculum prioritizes childhood development, starting with preschool and kindergarten. Nature-based experiences and imaginative play are key components. Formal reading and writing instruction begins at age 6, aligning with global standards. The approach fosters moral responsibility, empathy, and a sense of wonder, leading to emotionally mature and academically successful students.

Unlike traditional education, the Waldorf model allows children to learn at their own pace. This personalized approach ensures a deep understanding of concepts and skills. This independent school offers a rich, diverse, and integrated education that emphasizes cooperation over competition.

Why Choose Hollywood Steiner School?

The school consistently scores well above the NI average and in this years GCSE results 88% of students achieved seven GCSE A* - C (pass grades), including English and Maths.

Hollywood Steiner school is suitable for every child. For academically advanced students, we provide a balanced approach that nurtures their social-emotional and creative strengths. For those who may need additional support, our curriculum offers a nurturing environment that allows them to grow at their own pace and reach their full potential. The Waldorf curriculum fosters well-rounded individuals who are both happy and successful!



Where the magic of childhood lives

Curious about Steiner Waldorf Early Years education and want to discover more?

To view a prospectus and book a walkthrough, visit hollywood-steiner.co.uk or speak with Jude on 028 9042 8029

[hollywoodsteiner](https://www.facebook.com/hollywoodsteiner) [hollywood_steiner_school](https://www.instagram.com/hollywood_steiner_school)

Hollywood Steiner School, 34 Croft Road, Hollywood, BT18 0PR

Registered with the Charity Commission for Northern Ireland NIC 103712



Bunelos

Airstream Trailer

Also available for:

- Staff Appreciation Days
- Corporate Events
- Sporting Fixtures
- Street Festivals
- Private Functions

Getting married?

*Let us come to you
with freshly baked
donuts, home made
gelato & coffee*



Algram: Northern Ireland's Modern Furniture Specialist

Algram, a leading name in the furniture industry right across the Island of Ireland.



They have been providing stylish and functional modern furniture solutions for over 60 years. With a commitment to exclusively modern European made furniture showcased in their 20,000 square foot showroom based in Ballymena.

A Wide Range of Modern Furniture

Algram offers a diverse collection of modern furniture to suit every taste and lifestyle. From sleek and minimalist designs to bold and statement-making pieces, their range includes:

- Living Room Furniture: Comfortable sofas, stylish coffee tables, and elegant TV stands.
- Dining Room Furniture: Dining tables, chairs, and

sideboards to create the perfect dining experience.

• Bedroom Furniture: Beds, wardrobes, and dressers to ensure a restful and organized sleep space.

Quality and Craftsmanship Algram is dedicated to providing furniture that is not only stylish but also built to last. They source high-quality materials and work with skilled craftsmen to ensure that every piece meets their exacting standards. Each piece of furniture is carefully constructed with attention to detail, resulting in products that are both functional and aesthetically pleasing.

Exceptional Customer Service

At Algram, customer satisfaction is paramount.

Their friendly and knowledgeable staff

are always on hand to offer expert advice and guidance. Whether you're looking for a complete home makeover or simply need help choosing the perfect piece of furniture, Algram's team is committed to providing you with an exceptional shopping experience.

Visit Algram Today

If you're looking for stylish, modern furniture that is both functional and durable, be sure to visit Algram. With their wide range of products, commitment to quality, and exceptional customer service, Algram is the perfect destination for your furniture needs.

START OFF THE NEW TERM BY FINDING OUT WHAT SUPPORT IS AVAILABLE WITH YOUR CHILDCARE COSTS

The new school term is a great time for families to find out what financial support they may be entitled to, including with registered childcare costs.

Employers For Childcare



Many parents don't realise that they can claim support with childcare for older children who are using registered childcare provision that 'wraps around' the school day such as breakfast and after school clubs.

We would encourage all working parents, whatever their circumstances, to do a quick check with the Family Benefits Advice Service to make sure they aren't missing out

on financial support they are entitled to. This can include help with school costs such as uniforms or school meals, or with other costs (such as housing) as well as childcare costs.

Childcare support Most working parents are entitled to help paying for registered childcare through one of the following schemes:

- Tax-Free Childcare
- Universal Credit
- Childcare Vouchers (existing claimants

only)

- Tax Credits (existing claimants only).

In addition, for parents who use Tax-Free Childcare and have children below school age, there is a new Northern Ireland Childcare Subsidy Scheme in operation from September, which reduces the

childcare costs for eligible working parents by 15% for all qualifying children.

Find out what your family is entitled to. The Family Benefits Advice Service can help you work out what form of support is best for your family, considering your circumstances both now and in the future.

Call the team on 028 9267 8200 or email hello@employersforchildcare.org for free, impartial and confidential advice. Last year, we identified an average of over £5,000 for parents who received a personalised 'better off' calculation, so it's a call well worth making.

ALGRAM

MODERN LIVING

Northern Ireland's Modern Furniture Specialist

feefo ★★★★★

VISIT OUR SHOWROOM

Bridgewater House, 1-5 Railway Street, Ballymena

T. 028 2564 0206

www.algram.co.uk

Locally Built

BUILT BEYOND

R240

2-STALL HORSEBOX

overlandervehicles.co.uk

Antrim > N.Ireland



OVERLANDER

INFO@OVERLANDERVEHICLES.CO.UK

SALES ENQUIRIES +44 (0) 7400 623891

New Grandland: The Stylish and Sustainable SUV now available at Ballyrobert Vauxhall!

Vauxhall has officially launched the New Grandland, a spacious and versatile SUV that sits at the top of the brand's refreshed SUV lineup.

This new model is the first to showcase many of the bold design features first seen on the Vauxhall Experimental concept, including the 3D Vizor and illuminated Griffin logo. The New Grandland is available in three well-equipped trim levels: Design, GS and Ultimate.

The New Grandland offers a choice of fully electric or fuel-efficient hybrid powertrains, giving drivers greater flexibility. The electric version features a 73kWh battery and a range

of up to 325 miles (WLTP). Vauxhall has also announced plans to introduce a long-range electric version with a 98kWh battery and an estimated range of 435 miles next year.

Inside, the New Grandland boasts a spacious and comfortable interior with plenty of storage options. The driver-oriented infotainment system features a 10-inch touchscreen and wireless Apple CarPlay and Android Auto compatibility. The New Grandland also comes with a range of

advanced driver assistance systems, including adaptive cruise control, lane keep assist, and traffic sign recognition.

Pricing for the New Grandland starts from £34,700 OTR, with first deliveries expected to begin in October. Vauxhall is also offering a number of incentives to encourage customers to switch to electric, including a free wallbox or one year of free charging.

For more information see www.ballyrobert.co.uk






BODYWORK REPAIRS

Free estimates and all new parts guaranteed
E: joanne.ammotors@outlook.com
2a Isoline Street, Belfast, BT5 5GF | 028 9045 4201

PART WORN TYRES, CARRYDUFF
NEED-A-TYRE?
We supply tyres for any car, any van, any make, any model.
Call: 07707 560688
EXCELLENT OFFERS ON TYRES - NEW TYRES ALSO AVAILABLE
PLUS we guarantee not to be beaten on price!
Tullyard Business Park, Drumbo, 66 Tullyard Road, Drumbo

Garolla Doors: Quality Craftsmanship and Unrivalled Service

At Garolla, we pride ourselves on delivering the perfect door for your home, crafted in the UK and at the right price. As the UK's top provider of electric garage doors, our reputation is built on quality craftsmanship and exceptional service.

Built to Last in Yorkshire Our doors, crafted in our Yorkshire-based factory, are made from durable aluminium and high-density polyurethane, ensuring longevity. Each door is powder-coated in a range of colours and finishes for enhanced weather protection and customisation to match your home's style.

Exceptional Installation Service Garolla stands out not just

for craftsmanship but also for our service. The same local engineer who conducts your initial survey will install your door, ensuring consistency and peace of mind. A few weeks after the survey, the engineer returns to fit your door seamlessly. Plus, our free five-year warranty ensures your investment is protected.

Why Choose Garolla? Choosing Garolla means investing in quality, durability, and style.

Our doors, crafted from the finest materials and installed with precision, offer space-saving solutions, enhanced security, and superior insulation. Transform your garage with Garolla and contact us today to book a free survey.

Experience the Garolla Difference

By choosing Garolla, you're not just purchasing a garage door; you're investing in functionality,

accessibility, and modernisation for your home. Our attention to detail and commitment to quality ensure our doors meet the highest standards. From the initial survey to final installation, we provide unrivalled service, ensuring your satisfaction every step of the way.

Join the Garolla family today and see why over 100,000 homeowners across the UK trust us to enhance their homes.





BALLYMENA ENGINE SPARES LTD

Specialist in engine components and supplier of filtration, braking & drive components
Open
9am to 5.30pm Mon - Fri and 9am - 1pm on Saturdays
Multiple Daily Deliveries
Tel: 028 2564 3161
counter@ballymenaenginespares.co.uk
www.ballymenaenginespares.co.uk
36 Railway St, Ballymena, County Antrim BT42 2AE



VEHICLE REPAIRS IN BANGOR

Celebrating over 30 years in Business!





NEW!

Maha brake testing available

15e Clifton Road, Bangor, County Down, BT20 5EW
Tel: 02891 454 304 | Mob: 07802 453 221
EMAIL: cliftonmotorsbangor@gmail.com
cliftonmotorsbangor.com



Do you receive the enhanced Motability rate?

We have cars available from NIL Advanced Payment PLUS, receive £750 New Vehicle Payment*



BALLYROBERT



402 Belfast Road BT19 1UE
www.ballyrobert.co.uk Tel: 028 9185 2262

We've got dedicated parking you can reserve for your visit. Just let us know and we'll save you a space right outside.

Ballyrobert is regulated by the Financial Conduct Authority ("FCA") and is registered with the FCA as a credit broker of Motability Operations Limited, who is the lender in relation to the Motability Contract Hire Scheme. The Motability Contract Hire Scheme is administered by Motability Operations Limited (Registered Company No. 1373876). To qualify you must be in receipt of the Higher Rate Mobility Component of Disability Living Allowance, the Enhanced Rate Mobility Component of Personal Independence Payment, the War Pensioners' Mobility Supplement or the Armed Forces Independence Payment, which will be taken in lieu of the four weekly rental. Prices vary depending on vehicle selected. Terms and conditions apply. *£750 New Vehicle Payment available to customers newly joining the scheme when ordering or taking delivery of your first vehicle during 2024. Anyone who is already a customer as of 31 December 2021 will become eligible for the payment when they take delivery of their next vehicle, whenever that may be. This payment is only available once and is limited to one payment per customer.

FENCING & DECKING SPECIALISTS

- Gates • Powerwashing • Handyman • Decorative stone
- Raised railway beds • Deck and Fence Repairs & Restoration

Work fully guaranteed
Covered by Public Liability Insurance

Phone Colin: 07955 011066 D-Deck Property Services
Website: www.d-deck.co.uk
Facebook: D-Deck Property Services

SPIDER MONKEY TREE SERVICES

ALL TREE MAINTENANCE SERVICES.

- Pruning • Removal
- Inspections
- Storm Damage

Fully Insured & Qualified

15 YEARS EXPERIENCE NORTH DOWN BASED

GET IN TOUCH FOR A FREE QUOTE!
Free Call 07419341313
www.spidermonkeytreeservices.co.uk

Child-Friendly Water Features: A Splash of Fun for Your Garden

A water feature can transform your garden into a magical oasis, especially when designed with children in mind. Here are some ideas to incorporate a splash of fun and excitement into your outdoor space:

Shallow, Safe Ponds
Bubbling Brooks: Create a gentle, flowing stream through your garden using a pump and stones.
Miniature Waterfalls: A small waterfall can add a soothing sound and visual interest to your pond.
Frog Ponds: Encourage wildlife by designing a shallow pond with plants that attract frogs and other amphibians.
Interactive Water Features

Splash Pads: These ground-level water features are perfect for toddlers and young children. They offer a variety of interactive elements, such as fountains, sprays, and jets.
Water Tables: A water table is a classic outdoor toy that provides endless hours of fun. It can be filled with water and sand, and comes with various accessories for imaginative play.



Water Walls: These vertical structures feature cascading water and provide a unique sensory experience. They can be designed with different shapes and sizes to suit your garden.
Safety First
Depth: Ensure the water is shallow enough for children to stand safely.
Surrounding Area: Provide a soft, non-slip surface around the water feature to prevent injuries.
Supervision: Always supervise children when they are playing near water.
Creative Ideas
Water Maze: Create a maze-like path through your garden using stones and water features.
Water Lily Pond: A pond filled with water lilies can add a touch of elegance and provide a habitat for aquatic plants and animals.
DIY Fountains: Build a custom fountain using recycled materials, such as old pots or buckets.
Remember, the most important thing is to choose a water feature that suits your family's needs and preferences. With a little creativity and planning, you can create a magical and safe outdoor space for your children to enjoy.

TARMAC / ASPHALT DRIVEWAYS

OVER 25 YEARS IN BUSINESS | FREE QUOTE

Contact: Jackie McMullan, Moneyreagh Contracts
126a Ballystockart Road, Comber, BT23 5PP
Tel: 078 6053 4507
Email: moneyreaghcontracts@live.co.uk

OVENEZE OVEN CLEANING SPECIALISTS

WE CLEAN OVENS, AGAS, GRILLS, HOBS, EXTRACTORS, MICROWAVES & BBQS

- Removes stubborn burnt on grease & carbon
- No fumes, no mess & minimum disruption
- Low odour, biodegradable products
- Bulb & filter paper replacement service
- Landlords & letting agents welcome

Why not call us today and get a free quote over the phone. No hidden costs, our price depends on the size of the oven, not how dirty it is.

£5 OFF WITH THIS ADVERT

Tel. 07780 986777

mobile services POWER WASHING

Driveways - Patios - Decking - Walls etc
Block Paving Re-Sanding & Sealing Service
Using the latest High Powered LOW MESS Flat Surface Cleaners
DOMESTIC & COMMERCIAL
FULLY INSURED call Colin on

m 07790 864682
www.mobilepowerwashing.co.uk

HANDYMAN

Established over 17 years
Experienced Interior & Exterior Painter/Decorator
Hedgecutting Services available

- Grass Cuts • Garden Tidy-Ups
- Powerwashing & Spouting

Call Ric: 078 6856 1415 (Before 7pm)

SPECIAL BRANCH

15 years experience, professional and reliable service

- Grass cutting
- Hedge and tree pruning stump removal garden tidy ups
- Power washing chemical treatments.
- Winter garden clean up, Fence Erecting & Repair.
- Fully insured professional service

T: 028 9147 1954
M: 079 2740 9535
contracts@yahoo.com

HOME IMPROVEMENTS & MAINTENANCE

Doors, Floors, Skirting, Decking, Fencing, Kitchens, Painting, Flatpack Assembly etc.
25 Years Experience FREE ESTIMATES

Call James: 07826 926408

Need a Decorator? HPI

Interior and Exterior Painting
Quality Wallpaper Hanging
Established & Insured Local Firm
Free Quotations & Keen Rates

David - 07795693537
www.facebook.com/HPIBangor
hamiltonpropertyimprovements@gmail.com

PHIL LANGFORD HANDYMAN

No job too small
QUALITY WORKMANSHIP AT A REASONABLE PRICE

Telephone: 07874 355 055

JM Garden Services

- Garden Maintenance
- Weeding • Grass cutting
- Tree work • Hedge cutting
- Fence repairs undertaken

Reasonable rates
Contact Jim on mobile - 075 5250 6526

McCracken CONTRACTORS & Landscape Specialists

SPECIALIZING IN:

- Brick Paving • Tarmac Sealing • Patios • Concreting
- Site Clearance • Complete Garden Refurbishments

SEALING OF TARMAC & BRICK DRIVEWAYS
FULLY INSURED - ALL WORK GUARANTEED FREE ESTIMATES
NO DISTANCE TOO FAR

T: 028 9181 6141 | M: 07771 803 961

KDL Rainwater Solutions

All roofing work carried out.
PVC fascia and guttering, including flat roofing

Tel: 07545842040

Washing Machine Repairs

Also: • Cookers • Tumble Dryers • Dishwashers

No Call Out Charge
We Sell All New & Re-conditioned Appliances
Find us on

Call 07784 844 744

Garage Door Repairs

Springs - Cables - Locks
077 4706 5343
Abbey Garage Door & Locksmith Services
NORTH DOWN

HANDYMAN

Home / Garden Maintenance
Painting / Decorating
Fencing & Patios

No job too small.
Call Peter On: 07919 106488

BRIAN EVANS ALL PLUMBING & CENTRAL HEATING INSTALLATIONS • REPLACEMENTS • REPAIRS

- Phoenix Natural Gas
- Oil Fired Heating & Servicing
- Oil Tank Replacement
- Free Competitive Estimates

3 Year Guarantee - Fully Insured
Cleanly & Efficiently Installed by Tradesmen

T: 028 9181 0640 | M: 078 9641 1510
www.evansplumbers.co.uk
50 Gregstown Park, Newtownards, BT23 8GW

ELECTRICIAN

ALL DOMESTIC & COMMERCIAL WORK UNDERTAKEN

- REWIRES
- MAINTENANCE
- NEW BUILDS
- SPOTLIGHT CONVERSIONS TO LED
- METER BOARD UPGRADES FREE ESTIMATES

PHONE MICHAEL ON: 077 3286 8662

Established 2000

DOUBLE GLAZING REPAIRS

UPVC - WINDOW LOCK - DOOR LOCKS
WINDOW HANDLES - DOOR HANDLES
GLASS - LETTERBOXES - WINDOW HINGES
ALL WORK GUARANTEED
FOR ALL ENQUIRIES CALL:
(028) 9186 2736
Mobile 07740 589615
UPGRADE YOUR EXISTING DOORS & WINDOWS TO FIVE POINT LOCKING SYSTEM
7 Millbank Crescent, Millisle, Newtownards, County Down, BT22 2FB

T.N. Watton Roof Repairs

Ridge Tiles - Tiles - Slates Repaired, Gutters Repaired
Butyl Rubber Flat Roofs - EPDN Roofs
GENERAL BUILDING
Estimates Free
075 9232 9933 / 9146 4436

D&M DECORATORS

- All Interior & Exterior Painting and Decorating
- Private & Commercial • Wallpaper Hanging

With over 15 years experience
Tel: 0751 4147 019

CSR CARPET, UPHOLSTERY & HARD FLOOR CLEANING

Average Lounge/Bedroom £40
3-1-1 Suites £80
Hall, Stairs and Landing £50
Leather Suites £75

Hygiene/virus cleaning to EN14476
9061 2883 or 07718 908677
chris.csrcarpetcleaning@gmail.com

P TULLY CONTRACTS Building + Roofing Specialists

ROOFS RETILED FROM £3,900

- Extensions
- Houses Repointed
- Chimneys Renewed
- Insurance Work Undertaken
- Sun Rooms
- Roofs Re-slatted
- Lead Work
- All Work Guaranteed
- Loft Conversions
- Roofs Repaired
- New Guttering & Fascia
- Free Estimates
- Garages
- Flat Roofs
- Vent Roof Tiles
- 25 Years' Experience

Mob: 078 6035 6648

BURNS Heating & Plumbing

Domestic and commercial work

- Central heating • Boiler work • Plumbing services
- Solar panel installation and repair
- Bathroom design and installation
- Natural gas appliance installation
- Blocked drainage

Call us on 028 9002 1794 or 07718 760 499

CLEAN SWEEP

(Coal Advisory Registered)
BIRDCAGES & CAPS FITTED
WOOD BURNING STOVES CLEANED
VACUUM & BRUSH

N.JAMISON
9146 2973 / 07949 050468
www.chimneysweepbangor.com

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>

Bright Ideas: Lighting Design Tips for Your Home

Illuminate Your Space with Style



white bulbs to create a warm and inviting feel.

Remember: Lighting is a personal preference. Experiment with different fixtures, bulbs, and placements to find the perfect lighting solution for your home.

Good lighting can transform a room, making it feel cozy, inviting, or vibrant. Here are some expert tips to help you create a beautifully lit home:

Kitchen
Combine ambient and task lighting. Use recessed lighting or a pendant light for overall illumination, and install under-cabinet lights for focused task lighting. Consider natural light. If possible, place your kitchen near a window to maximize natural light.

Bedroom
Create a relaxing atmosphere. Use warm white bulbs and dimmers to create a soothing ambiance. Layer your lighting. Combine a ceiling light with bedside lamps and wall sconces for a versatile lighting solution.

Living Room

Set the mood with ambient lighting. A chandelier, pendant light, or floor lamp can provide overall illumination. Highlight features with accent lighting. Use wall sconces, picture lights, or table lamps to draw attention to artwork or architectural details.

Bathroom
Use waterproof fixtures. Choose lights specifically designed for bathrooms to prevent moisture damage. Combine ambient and task lighting. A ceiling light provides overall illumination, while vanity lights offer focused task lighting.

Hallway
Ensure adequate lighting. A well-lit hallway provides safety and security. Consider sconces or a ceiling light. Create a welcoming atmosphere. Use warm

BANGOR FENCE COMPANY

- BOARDED & PANEL FENCING
- FENCE REPAIRS
- GATES
- FENCES SUPPLIED & FITTED

10% DISCOUNT for Over 60's

CALL GLENN ON **07907 527 903**

Tree Cutting Services

- Trees Dismantled
- Dangerous Limbs Removed
- Conifers & Hedges Topped & Trimmed
- Trees Reduced or pruned
- Stumps Removed
- All Fencing & Paving
- All Waste Removed From Site
- Fully Insured
- Competitive Rates
- All Work Carried Out By Certified Tree Surgeons

For A Free Quotation Call: **07712 085390**

CARPET & UPHOLSTERY CLEANING

In Belfast East, North Down & Ards

Local, Trusted & Insured
Call Grant
07761 811 866
grant.baker@cleaningdoctor.net

BATESY FAST AND RELIABLE SKIP HIRE WASTE MANAGEMENT SERVICES

Telephone: 028 90 111 111
Email: info@acebates.com
1 Dunuree Pass Belfast BT3 9BS

02890 111 111
WE WILL BEAT ANY LEGITIMATE PRICE!

Rust Busters Specialists in Rust Removal & Powder Coating

GATES - RAILINGS - GARDEN FURNITURE
ALLOYS - RADIATORS - MOTORCYCLE FRAMES

Unit 22, 149 Glen Road, Comber, County Down. BT23 5QU
Telephone: **028 9044 8033**
www.rustbustersni.co.uk

R Tully Plumbing & Heating

Tel: **07711 644351**

OIL TO GAS CONVERSIONS
GENERAL PLUMBING WORK
BATHROOM REFURBISHMENTS
CENTRAL HEATING INSTALLATION
UNDERFLOOR HEATING
EXPERIENCED AND QUALIFIED

Free Initial Estimates on Request

Noel Adams
PLASTERING CONTRACTOR

All aspects of interior & exterior plastering
including cornicing & coving.
Commercial, domestic & insurance.
Free Estimates | Over 30 Years' Experience

Tel: **078 1746 7366**
Tel: **028 9028 5882**

BLAKELY

TARMAC CONTRACTORS
DRIVEWAY SPECIALISTS

• BITMAC • ASPHALT • SMA • SEALING • PAVING
NOW TAKING CREDIT & DEBIT CARD PAYMENTS
028 9186 1736 078 3629 0234
brian@blakelycontracts.co.uk www.blakelycontractsni.co.uk

EST 1978 - CELEBRATING 40 YEARS IN BUSINESS

A&C MORROW
CHIMNEY SWEEPS

Cleanest Sweep in Town

- All types of Chimney Swept
- Cows, Bird Guards
- Gutters Cleaned & Repaired
- Chimney Reaming and De-Scaling
- Fireback Replacement & Installation

Mob: **07 785 500 064** | Tel: **028 90 648 946**
E: acmsweeps@gmail.com
W: www.acmsweeps.com

Colourstone Ni

07488955287

- Driveways • Kerbing
- Resin bound • Fencing
- Block paving • Tarmac
- Drainage • Gravel stone
- Power washing
- Digger work



HOLYWOOD DENTAL CARE

CARING FOR YOU AND YOUR SMILE



OUR SERVICES:

- General Dentistry ✓
- Teeth whitening ✓
- Emergency Care ✓
- Cosmetic Dentistry ✓
- Hygiene Appointments ✓
- Invisalign for adults & teens ✓

 028 9042 3306

94-96
HIGH STREET,
HOLLYWOOD,
BT18 9HW



www.hollywooddentalcare.co.uk

