



NORTH DOWN ADVERTISER

Issue 210 - North Down BT18 • BT19 • BT20 • BT21

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



Mayor and Mayoress visit Ward Park Play Park with pupils from Bangor Central PS

Borough gains Blue Flag and Seaside Awards

The Mayor of Ards and North Down, Councillor Alistair Cathcart, recently visited Bangor Marina and Groomsport Beach after their recent success in Keep Northern Ireland Beautiful's Beach and Marina Awards.

Bangor Marina has again received a Blue Flag award, one of the world's most recognised standards for water quality, safety, accessibility and environmental management in marinas. Meanwhile, Groomsport beach was one of four beaches in the Borough that retained its Seaside Award status, with Ballywalter South Beach, Cloughey Beach and Millisle Beach also retaining the award. This award recognises these beaches as being clean,

safe and well-managed. The Mayor said: "Ards and North Down Borough Council continues to deliver high standards in environmental protection, sustainable tourism, and accessible coastal experiences. These awards are a testament to the tireless work of Council teams, volunteers, local businesses and partner organisations who work year-round to ensure our coastline is welcoming, clean and safe for everyone to enjoy."

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

NEW PLAY PARKS IN BANGOR AND NEWTOWNARDS

The Mayor of Ards and North Down, Councillor Alistair Cathcart, recently visited the new and refurbished play parks in Bangor's Ward Park and Newtownards' Londonderry Park.

In Newtownards, the Mayor joined students from Victoria Primary School to try the new equipment. This £220,000 refurbishment has enhanced the park with modern, inclusive equipment and improved play features. Carnival

Promotions entertained pupils with a magic show, balloon modelling, and a lively disco.

In Bangor, pupils from Bangor Central Integrated Primary School joined the Mayor in Ward Park to see the brand new play

park after its £250,000 investment. Vikki Lynn from Plant and Play provided engaging activities for the children to get involved in.

These upgrades bring the parks up to contemporary standards, offering more inclusive

and exciting play experiences. Ards and North Down Borough Council is committed to enhancing its recreational spaces, with additional upgrades planned for Seapark in Holywood as well as other parks throughout the Borough.

WE BUY GOLD
BEST PRICES PAID
ID REQUIRED

Robinson Goldsmiths

38A Prospect Road,
Bangor BT20 5DA



HelensBayDental
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





DesignerTM Door Co.

- ✓ Aluminium Windows/Doors
- ✓ Double/Triple Glazed uPVC Windows
- ✓ uPVC/Composite Doors
- ✓ Bi-Fold/Sliding Doors
- ✓ Sunrooms/Pods
- ✓ Home Extensions
- ✓ Conservatories
- ✓ Verandas
- ✓ Roofline/Fascia
- ✓ Roof Lanterns
- ✓ Heritage Collection (Steel look)



The Designer Door Company specialises in designing and installing high-quality windows, doors, sunrooms and conservatories for homes throughout Northern Ireland.

252 Upper Newtownards Road. Belfast - BT4 3EU



<https://designerdoorcompany.com/>



02890-996009

Muir marks twenty years of Integrated Education at Glencraig Primary.

North Down Alliance MLA Andrew Muir has congratulated Glencraig Integrated Primary School on twenty years of Integrated Education.

The MLA attended a special assembly at the school to mark the anniversary (Friday 23 May) alongside past and present staff and the pupils, including the former Principal David Hewitt who oversaw the transformation process at Glencraig Primary.

Following the special assembly, Mr Muir said, "This anniversary is a significant milestone for Glencraig Integrated Primacy and I was delighted to celebrate with the school.

"Over the past twenty years, pupils, staff and the wider community have enjoyed an integrated ethos that promotes understanding, inclusion and diversity. Glencraig continues to go from strength to strength, providing much-needed provision for Integrated Education



Andrew Muir MLA with Principal John Mawhinney at Glencraig Integrated Primary School.

in North Down and demonstrating the benefits such an ethos brings.

The North Down MLA added, "It was a pleasure to hear from David Hewitt at the school assembly, given he spearheaded

the transformation of Glencraig Primary. He is a champion of Integrated Education and spoke passionately about the journey the school went on two decades ago."

"There is a bright future ahead for

Glencraig under the care of Principal Mawhinney and all of the staff there. I know that it will continue to be an exemplar for other school communities considering

HANNON

Operating every day
in both directions
Book Online Now!

BELFAST
GLASGOW
EXPRESS

Coach & Sail

ALSO AVAILABLE FROM

Belfast Stena Line
Terminal £45
Lisburn £48
Lurgan £49

£47


Bags go Free!

From Belfast Grand Central Station

Book your trip today!

www.hannoncoach.com

Tel: 028 9265 0700



THE CHIP STOP

139-141 Belfast Road,
Bangor

OPENING HOURS:
12PM - 9PM
SEVEN DAYS A WEEK

DELIVERY AVAILABLE
TUESDAY - SUNDAY
5-8PM

PHONE ORDERS
WELCOME
07895 207472

BANGOR
EATS

LUNCHTIME SPECIALS
GLUTEN FREE OPTIONS

thechipstopbangor.com

 Check our Facebook for daily offers & competitions

CIVIC AWARD WINNERS ANNOUNCED AT PRESTIGIOUS AWARDS CEREMONY

Ards and North Down Borough Council hosted the 2025 Civic Awards at a prestigious awards ceremony in Bangor Castle.

The awards provided an opportunity for the heroes of Ards and North Down to be recognised for their exceptional contribution to civic life

in the Borough.

The Council invited nominations across five categories that included a Community Champion Award,

Community Group Award, Youth Impact Award (for those aged under 18), Arts, Culture or Heritage Award, and the Environmental Sustainability Award.

In addition, the Mayor of Ards and North Down, Councillor Alistair Cathcart, selected an additional recipient to receive the Mayor's Special Civic Award in recognition of outstanding service.

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

“One of my priorities

as Mayor was to ensure the Civic Awards was rejuvenated so it was my absolute pleasure and privilege to host our first Civic Awards ceremony since 2018. The awards evening provided an opportunity to honour some of our very special local people and local groups who have made an exceptional contribution to civic life in our Borough. Congratulations to all.”

The winners were:
Community
Champion Award:
Charlene Lappin, for an
outstanding contribution
to her community in
Ballvgowan.

Community Group Award: Ards Peninsula First Responders, for providing a vital service to the people of Ards and North Down.

Youth Impact Award:
Ben Mooney, for his

A group photograph of 18 people, including students and staff, posing in a room with large stained glass windows. Several individuals are holding certificates or awards. The group is arranged in two rows, with some people seated in the front and others standing behind them. The setting appears to be a formal or semi-formal event, possibly an awards ceremony or a presentation.

charity raising efforts and the dedication of his time to help others.

Arts, Culture or Heritage Award: Kieran and Alison Gilmore, for being the driving force behind 25 years of Bangor's annual Open House Festival, together with the more

recent refurbishment of Bangor's heritage listed Court House.

Environmental Sustainability Award: Inler Angling Club, for acting as custodians of the River Inler in Comber, County Down.

Mayor's Special Civic Award: Roberta Dunlop,

the founder of Bangor
International Choral
Festival.

Highly Commended
(Community Champion
Award): Lt. Brian
Harvey RNR, for
dedicating over 30 years
to Bangor Sea Cadets.
Highly Commended
(Environmental

Sustainability Award): Harry Wilson, for being a valued member of Donaghadee Community Development Association's management committee since 2017 where he has demonstrated a clear passion for sustainability.

Foot Healthcare Clinic

A mobile foot health practice

- Caring and professional service
- Home Visits
- Treatments tailored to your needs!

Your feet, your health, our concern

Call Obrain DipCFHP
MPSPract: 07756 335092







professional standards authority

 LISBURN
HEARING
CENTRE

CALL TODAY
02892 640302

Ear Wax Removal
by
Micro-Suction

Qualified hearing aid audiologist



GLOBAL DRIVES LTD

**30%
DISCOUNT
WITH THIS
FLYER**

- TARMACADAM
- BLOCK PAVING
- PATIO SLABS
- BRICKWORK
- TURFING
- FENCING
- GRAVELING
- PRESSURE CLEANING
- UPVC & ALL
EXTERIOR HOME
IMPROVEMENTS

PLEASE KEEP YOUR DRIVEWAY
2m
6 ft
(NHS)
STAND HERE

All Work Guaranteed 7 Years • No Deposits • Free Estimates • 14 Day Cooling Off Period

FREE: 0800 1583273
OFFICE: 02895 800142 - MOBILE: 07428 767470

Find us on:
facebook.

Google

www.globaldrivesltd.co.uk - info@globaldrivesltd.co.uk

486 Antrim Road, Glengormley BT36 5DB

Muir celebrates 65 years of St Columbanus' College.

North Down Alliance MLA Andrew Muir has expressed his appreciation for St Columbanus' College on its 65th Anniversary.

As part of the celebrations, the North Down MLA attended a Golf Day, held at Carnalea Golf Club for staff, pupils, past pupils and businesses, with funds raised going towards the school.

Speaking at the event,

Andrew Muir stated, "St. Columbanus' College is such a wonderful school that has served the local community and its students for many, many years. I am grateful to all the teachers, past and present, who worked at the college



L-R) Photo of staff at St Columbanus's College with Andrew Muir MLA at Carnalea Golf Club: Marie Cannon, Kevin Blaney and Barbara Dempster.

and have provided such a valuable education to all the pupils who have come through its doors,

including myself as a
past pupil!

"It was great to get along to the Golf Day, which was a fantastic opportunity to celebrate St Columbanus with the wider community and raise funds that will benefit the current cohort of students.

Well done to all those who part in the tournament, it was a beautiful morning on a great course."

bw
bowman windows

Find us on  

Up to 30% OFF

*domestic customers only



Our Big Summer Sale

SALE STARTS MONDAY 21st JULY 2025

- "A" Rated Windows
- PVC Sliding Sash Windows
- PVC and Composite Doors
- Fascia, Soffit & Guttering
- PVC Dry Verge Edging to Gables
- Aluminium Patio & Bi Fold Doors
- Manual & Automatic Garage Doors 

Celebrating
55
years

☎ 028 4066 2000
✉ info@bowman-windows.co.uk
www.bowmanwindowsni.co.uk

Showroom and Sales Office 50a Newry Street, Banbridge BT32 3HA
Showroom Opening Hours: Mon-Thurs: 8.30am - 4.30pm • Fri 8.30am - 1.30pm • Saturday: Closed

GHD Over 15 years in business
Repairs DUNDONALD

REPAIRS DONE WHILE YOU WAIT!
£25 SPECIAL OFFER: 2 PAIRS FOR £40
ALSO
TV REPAIRS, VACUUM CLEANERS AND
SMALL APPLIANCES REPAIRED

f Unit 2, 57 Comber Road, Dundonald
E: ghdrepairsdundonald@hotmail.co.uk | T: 028 9048 1334

Communities Minister Gordon Lyons recently announced that work will commence on-site this month for the highly anticipated Queen's Parade project in Bangor.

Mayor of Ards and North



Communities Minister Gordon Lyons pictured with (from L-R) Alistair Cathcart, Mayor of Ards and North Down Council, Aran Blackbourne, Bangor Marine Ltd and Damian Mitchell, Oakland Holdings Ltd at the signing of legal agreements for Queens Parade at Parliament Buildings.

"However, like many Bangor residents I will only

“Bangor has been waiting for this for a long time and deserves both the investment and the regenerative potential that it will release for the city. I hope residents and business will be reassured by the Minister’s update and engage positively with

Bangor Marine secured UK Government Funding of £9.8m for the Marine Gardens public realm element of the Queen's Parade regeneration project, which will include a new play park, two pavilions, kiosks with food and beverage offerings, an events space, and associated landscaping. Bangor Marine aims to have construction completed on this part by July 2026.

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:

July
Tuesday 8th
Tuesday 22nd
August
Tuesday 12th
Tuesday 26th

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

Housing Executive






EXCEL DANCE COMPANY

REGISTRATION
IS NOW OPEN FOR
SEPTEMBER 2025.
GET IN TOUCH TODAY









EXCEL

DANCE COMPANY

Excel Dance Company
22b Crawfordsburn Road
Industrial Estate
Crawfordsburn Road,
Newtownards, BT23 4EA

Email: exceldancecompany@gmail.com
www.exceldancecompany.co.uk







MAYOR OPENS FIRST PURPOSE-BUILT SOFTBALL DIAMOND

The Mayor of Ards and North Down, Councillor Alistair Cathcart, has officially opened Ards and North Down Borough Council's purpose-built softball diamond facility in Bangor's Ward Park - the first of its kind in Northern Ireland.

This sports facility will be home to several softball teams including North Down Softball Club's Bangor Buccaneers, Bangor Barracudas and Scrabo Sluggers. The facility will also be used by many other teams

during competitive matches within the Ulster Softball league and for tournaments.

The Council was approached by Dr Christopher Stange of the Consulate General of Saint Vincent and the

Grenadines in Comber with a proposal for the development of the new softball diamond in Ward Park in 2024. During 2024/25, Council Officers liaised with Dr Stange to progress the technical aspects of the proposal prior to installation in readiness for the 2025 Softball season.

Mayor Cathcart cut the ribbon to officially open the much-anticipated softball facility. The Mayor and Consul General Dr Stange then exchanged gifts to mark the event and each other's commitment to continue to support and provide opportunities for participation in sport within the Borough through this project.

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

"I am honoured to officially open the first softball diamond in Northern Ireland. This facility is testament to the Council's commitment

to increase its range of sports and most importantly providing a purpose-built space to try a different sport."

"The softball diamond compliments the diverse range of leisure and community facilities operated by the Council. This space encourages sports development, providing teams a place to practice and compete, host tournaments, grow the sport, and increase tourism to the area."

"I would like to thank Dr Christopher Stange for his kind gift and extend thanks to everyone involved in making this project a great success."

Consul General Dr Stange said:

"I would like to commend Ards and North Down Borough Council, and everyone involved in providing the much-needed softball infrastructure through this sporting initiative. This unique facility brings together both local and newer communities, not just



(L-R): Marc Taylor (Bangor Barracudas); David Kelly (Bangor Buccaneers); Mayoress Ashley Cathcart; Councillor Alistair Cathcart (Mayor of Ards and North Down); Dr. Christopher G. Stange (Consul General); Will Gilpin (Chairperson, North Down Softball Club); Peter Maxwell (Scrabo Sluggers). Image: Ian Pedlow.

within the Borough but across Northern Ireland. Those from North America, Caribbean, South America, and Asia, hail from countries where softball is a main sport and can now feel more at home

in Northern Ireland."

Mr Will Gilpin, Chairperson of North Down Softball Club, said:

"We are indebted to the Council for their continued investment in softball, promoting physical

activity, wellbeing and improved mental health, through this new and unique sports facility in Ards and North Down."

Following the ribbon cutting, the Mayor, along with the team captains,

took to the pitcher's plate to throw out the ceremonial first pitch.

For more information on softball in the Borough, visit www.leisureardsandnorthdown.com/activities/all-activities/softball.

Annaglinny Fishery & Caravan Park Farm
40B Annaglinny Road, Newmills, Dungannon, BT71 4DZ
Tel: 028 87 747808 Mob: 07922276445
Email: leonabraham551@gmail.com
Co Tyrone's very own Caravan Park & Camp Site with wild animals from all over the world, fishing with the fishing shop, lessons available on request, BBQ facilities, picnic tables, childrens play park & ride the ginny train!

CAROLINE'S PILATES
FITNESS & AQUA PILATES
IN THE ABBEY
Monday 12.30, 6.30, Thursday 9.30, 11, and 6pm.
IN THE PARK Sat 9.30
IN THE SEA Sat at 11.15
"I've been around professional sport for many years, but seldom have I come across a fitness programme that is as well presented as Caroline's."
- BOB ZELLER, Founder Belfast Giants
OPEN TO ALL | CALL FOR INFO
TEL. 07528445460

NORTH DOWN ADVERTISER

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

UPDATE ON QUEEN'S PARADE PROJECT

Long-awaited work on Queen's Parade must start imminently after years of disappointment, says Alliance representatives

Alliance North Down MLAs Connie Egan and Andrew Muir were speaking following the Communities Minister's announcement recently

that work will commence this month for the Queen's Parade project in Bangor.

Ms Egan said: "This announcement from the Communities Minister is long-awaited news and is a positive step forward in boosting Bangor's potential to attract both economic and tourist opportunities.

"We have witnessed continuous delays to this project, and Alliance, alongside many constituents, have continued to call for the prioritisation of this

investment.

"Queen's Parade is one of Bangor's main streets overlooking the seafront. However, this area has been left to deteriorate for years and has become a huge eyesore, overshadowing the beautiful views of our shoreline.

"This is only the beginning of a lengthy process, and after years of false promises, the people of Bangor won't believe it until they see it.

"We now need to see the work started imminently so the redevelopment of Queen's Parade can begin as soon as possible."

Mr Muir added: "I'm pleased to hear that work on Queen's Parade is finally set to begin.

However, this has come at the cost of continued disappointment among constituents who have witnessed numerous false starts on the project for decades.

"I am proud to have been born and bred in Bangor, but for years the city hasn't been able to reach its potential due to the continued delays to this project.

"There is a long road ahead to deliver a rejuvenated Queen's Parade, and in Alliance, we will continue to work hard to get the long-awaited redevelopment delivered.

"This investment will not only enhance our seafront area but also positively impact tourism in Bangor and our local economy."

Anne Thomas
B. Ed., B.A. (Hons), T.E.S.O.L., NVQ 3 & NVQ 4 (Careers Advice & Guidance)
PERSONAL TUTOR & CAREERS ADVISER
I can help prepare your P6 child for SEAG (Schools Entrance Assessment Group) entrance test being adopted by 60 Grammar Schools across Northern Ireland!
• 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

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
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 3WS.

CHIROPODIST/PODIATRIST
HPC REGISTERED
BARBARANNE CROSBIE
BSc(Hons)BMedSci(Hons) MChS
6 Ranfurly Avenue
BANGOR
BT20 3SN
028 9146 8207

Five Awards for Ards and North Down at 2025 Beach and Marina Awards

Northern Ireland’s award-winning beaches and marinas have been revealed at a ceremony at Belfast Harbour Office.

Keep Northern Ireland Beautiful, who manage the accreditations locally, announced 22 winning sites across 5 council areas.

Bangor Marina is one of 16 sites across Northern Ireland to earn the iconic Blue Flag Award- one of the world’s most recognised awards for beaches and marinas.

Winning sites met international standards in criteria such as safety, accessibility, cleanliness, environmental education and, for beaches, water quality.

Kevin Baird, Bangor Harbour Master said -

“Earning the Internationally recognised Blue Flag once again is a clear reflection of our commitment to our marine environment. It’s not just about meeting standards—it’s about taking responsibility for protecting our waters now and for the future. This recognition highlights the consistent efforts of our team at Bangor Marina and the shared values of the wider Boatfolk community.”

A further 6 beaches across NI received Seaside Awards, the UK’s mark of



quality that ensures visitors are guaranteed to find a clean, safe, attractive, and well-managed coastal stretch. Ballywalter South, Cloughie, Groomsport and Millisle Beaches were among the sites to receive a Seaside Award.

Eric Randall, CEO of Keep Northern Ireland Beautiful said:

“We are extremely pleased that 22 beaches and marinas are being recognised with either a Blue Flag or a Seaside Award. Northern Ireland can rightly be proud of

the amazing beaches and marinas we have to enjoy. Our offering is world class, and the public can be assured of an excellent experience when they visit one of these sites.

As we recognise these areas, we need to take steps to protect them for future generations. All parts of government and society must proactively adopt approaches that reverse the devastating impact of the climate emergency and ensure that these areas thrive into the future.”

Mayors from across

councils, and beach and marina operators were invited to collect the awards.

Award-winning beaches will now have their respective flags in place for this year’s bathing season. In the event that water quality is not safe for members of the public to swim in the water, Blue Flags and Seaside Awards Flags are lowered until the water is safe to swim in.

Blue Flag Marinas, which are not designated bathing waters, fly their flags all year round.

Free prescription sunnies

Part of 2 for 1 from £70, with single-vision lenses to same prescription

See everything under the sun

Book an eye test at [specsavers.co.uk](https://www.specsavers.co.uk)

Bloomfield Shopping Centre

Unit 34, Bangor

Tel 028 9145 5001

You're better off with

[Frames subject to availability]. Cannot be used with any other offers. Second pair from the same price range or below. Both pairs include standard 1.5 single-vision lenses (or 1.6 for £170 Rimless ranges). Varifocal/bifocal: pay for lenses in first pair only. Excludes SuperDigital, SuperDrive varifocals, SuperReaders 1-2-3 occupational lenses and safety eyewear. Additional charge for extra lens options.

Air Ambulance Northern Ireland Charity

Air Ambulance NI is a charity needing £6,850 per day to operate

SCAN TO SIGN UP

Help save lives like Cillian, by becoming a CLUB AANI MEMBER

Membership starts from £2 per week

You'll receive an exclusive welcome pack, gold pin badge & an annual invitation to our base

Visit www.airambulanceni.org or call 028 9262 2677

CLUB AANI

NIC103900

Lizards and Legends

JV Allister focuses on our only native reptile, The Common Lizard

Legend has it that St. Patrick banished all the snakes from Ireland, but if he had had all the reptiles in mind, he overlooked one, the Common Lizard. Maybe it was hiding under a stone at the time!

In any case, it's our only native reptile, and a very interesting animal.

Like all reptiles, common lizards are cold blooded, relying on external heat to regulate their body temperature, and are often found sunbathing on rocks or sand in the mornings in their known habitat 'hot spots', mostly in mountainous areas such as the Mourne and Sperrins, even the Belfast Hills, as well as some bogs and coastal dunes.

They might be slow when cold but can run fast when fully heated, which is their main means of escape if birds or mammals try to catch and eat them. But they have another much more cunning plan: they can shed their tails (still wriggling) to confuse predators, and regrow them, even if they're



usually shorter than the originals. A remarkable adaptation for survival of an otherwise vulnerable creature.

They have also adapted to living in colder northern regions as they spread through Europe and beyond. Most reptiles, and all birds of course, lay eggs, but our female common lizards give birth to live young. In more southern, warmer climes, common lizards are known to lay eggs.

While their overall numbers here are not

exactly known, it's thought likely that they are in decline, mainly because of habitat loss; and the extensive wildfires this year will have destroyed precious habitat for many years to come, as well as killing many lizards. Despite their adaptations, they live precarious lives, particularly as weather patterns change and people do stupid things like setting fire to wild places.

Incidentally, St. Patrick didn't banish the snakes from Ireland,

for the simple reason that there were none in his time, since before the last Ice Age. Rather, it seems that snakes served as an allegory for paganism, which Patrick 'banished' as he brought Christianity to our shores.

Myths and legends have their place in our folk memories, but we also need to know the stories about our highly adaptable native wildlife, and in the case of common lizards, protect our only native reptile.

JVA

5 STAR CARE AT HELENS BAY DENTAL

Helens Bay Dental Practice frequently emerges in patient narratives as a place that genuinely transforms confidence and well-being.

Reviewers often speak of life-changing outcomes—from implants that restore chewing function to cosmetic treatments that revive self-esteem

- One patient shared how broken front teeth were fixed with “three implants to carry five front teeth,” enabling them to eat comfortably and smile radiantly. The whole process was praised as “very efficient, pain free” with “a new lease of life”
- Another described overcoming discoloration, unevenness, and gaps through whitening, implants, and fillings—a journey so successful they “no longer ashamed to let people see” their smile
- Cosmetic cases also thrive, such as Invisalign or Six Month Smile users who highlight how previously camera-shy individuals now feel able to flash genuine grins: “now I have straight teeth and I couldn't be happier”



Across 229 Google reviews, the practice consistently earns five-star praise for its clean, welcoming environment and gentle, professional staff.

Recent reviews underscore that the team—especially hygienists Lorraine and Emily—delivers dependable, reassuring

care: “Staff are very pleasant ... I felt at ease,” and “Seamless as always”

In essence, a visit to Helens Bay Dental not only addresses practical dental needs but often leads to profound personal transformation—granting renewed comfort, confidence and a smile patients are proud to

share.

New patients are welcome now—with the added convenience of online booking and flexible hours.

Call today on 028 9185 2444 or email info@helensbaydental.co.uk to book your first appointment.

Your smile deserves the very best.

Sign up to our Digital Magazine Today!



Family Focus

 subscriptions@edamedia.co.uk

NOWHERE TO RUN

On Sunday 8th June 2025, Ward Park, Bangor was the setting for the 3rd ‘Nowhere to Run to’ event, hosted by the Ards & North Down Sub Group of the South Eastern Area Domestic & Sexual Violence & Abuse Partnership.

North Down & Ards Women’s Aid help organise this event alongside other members of the Partnership. Attached photo, from left to right, Traci Kimber, South Eastern Domestic & Sexual Violence & Abuse Co-ordinator, Emma Keenan, Policing & Community Safety Partnership Officer, Madam Mayor Gillian McCollum, Ards & North Down Borough Council and Emalyn Turkington, North Down & Ards Women’s Aid CEO.

The aim of the event is to raise awareness of domestic and sexual abuse in the area, whilst raising

funds for North Down & Ards Women’s Aid and the Men’s Advisory Project. Emalyn Turkington, North Down & Ards Women’s Aid CEO, says, “this year has seen the highest number of people registering for the event and wanted to thank everybody for their support”.

In the 12 months from 1st January 2024 to 31st December 2024, the PSNI recorded 30,509 domestic abuse incidents in Northern Ireland, 18,656 which were domestic abuse crimes. From 2020, 26 women in Northern Ireland have been murdered. In



February 2025, a recent report from the National Women’s Federation Northern Ireland (WAFNI) states that Northern Ireland’s femicide rate is the second highest in Europe.

If anyone is affected by domestic and sexual abuse, please phone North Down & Ards Women’s Aid on 028 9127 3196 or the 24hr domestic and sexual abuse helpline on 0808 802 1414.

Keeping Kids Happy and Engaged When School’s Out

The school holidays are a much-anticipated break for children, but for parents, they can sometimes feel like a marathon of “I’m bored!” declarations.

Whether it’s the long summer stretch, a half-term break, or an unexpected school closure, keeping kids entertained, stimulated, and happy requires a blend of planning, creativity, and a healthy dose of flexibility.

The key is to embrace a mix of experiences that cater to different ages, interests, and energy levels, without breaking the bank.

Embracing the Great Outdoors (Rain or Shine!)

Nature Exploration: Parks, local woods, and even your own garden offer endless possibilities. Organise a nature scavenger hunt – create a list of items to find (a smooth stone, a specific leaf, something red) to encourage observation.

Den building using blankets, branches, and cushions is a timeless activity, fostering creativity and a sense of adventure.

Active Play: Bike rides in national parks or local trails are fantastic for burning off energy. Set up a DIY obstacle course in the garden or a park using household items like hula hoops, chairs, and blankets. Classic garden games like hopscotch, skipping, or a good old-fashioned ball game are simple yet effective.

Picnics and Outdoor Dining: A picnic doesn’t have to be a grand affair. Even a “carpet picnic” indoors

on a rainy day can feel like an adventure. If the sun is out, head to a local park or even your garden for a change of scenery.

Weather-Proof Outdoor Fun: Don’t let a bit of rain deter you! Puddle jumping in wellies can be incredibly fun. If you’re near the coast, a blustery beach walk is invigorating, offering opportunities for shell collecting and stone skipping, even if it’s too cold for a paddle.

Unleashing Creativity and Learning Indoors

Arts and Crafts Extravaganza: Stock up on basic supplies like paper, paints, markers, glue, and recycled materials (cardboard boxes, toilet roll tubes, old magazines). Encourage junk modelling, create homemade greeting cards, or embark on a family storybook where everyone contributes a page.

Websites like Pinterest are a treasure trove of inspiration for all ages and skill levels.

Kitchen Creations: Getting kids involved in cooking and baking is a fantastic way to teach life skills, maths (measuring!), and the joy of creating something delicious. Simple recipes like cookies, rice krispie cakes, or even designing a family meal can be immensely rewarding.

Board Games and



Puzzles: Dust off those board games! They’re excellent for family bonding, teaching turn-taking, strategy, and patience. Jigsaw puzzles are also brilliant for quiet concentration and problem-solving.

Imaginative Play: Building an indoor fort with sheets and cushions is a classic for a reason – it provides hours of imaginative play, reading nooks, or even a cosy cinema space for a family movie day with popcorn.

Dress-up with old clothes sparks endless role-playing scenarios.

Children’s Farms and Zoos: A visit to see animals is always a hit. Many farms offer hands-on experiences, while zoos provide an opportunity to learn about wildlife from around the world. Look out for “kids eat free” deals at participating

restaurants too!

Adventure Parks and Attractions: For a bigger treat, consider theme parks, adventure centres, or even residential camps like PGL or SuperCamps which offer a huge range of activities and childcare options. Look out for 2-for-1 deals or family passes.

Sports and Leisure Centres: Many local leisure centres offer holiday programmes, swimming sessions with reduced rates, or even free taster sessions for various sports.

The key to a successful school break is to strike a balance between structured activities and free play, indoor calm and outdoor adventure, and to involve the children in the planning. Remember, it’s not about constant entertainment, but about creating

opportunities for fun, learning, and making cherished family memories.

PLANET BINGO

NEWTOWNARDS

CHECK OUT OUR SOCIALS FOR DAILY OFFERS & EVENTS TAKING PLACE

Planet Bingo Group

OPEN 7 DAYS A WEEK

3 BIG LINK JACKPOTS EVERY NIGHT! **IN HOUSE JACKPOT UP TO £10,000**

100's & 1000's

£5550 TO BE WON

23 Regent Street, Newtownards, BT23 4AD

Tel: 028 9182 7827

AIR AMBULANCE NORTHERN IRELAND CHARITY

Air Ambulance NI is a charity needing **£5,500** per day to operate

Help save lives like Hannah's, by becoming a CLUB AANI MEMBER

Membership starts from **£2 per week**

You'll receive an exclusive welcome pack, gold pin badge & an annual invitation to our base

Visit **www.airambulanceni.org** or call **028 9262 2677**

CLUB AANI

NIC103900

There's something undeniably captivating about the open water, the wind in your hair, and the gentle rhythm of waves against a hull.

Beyond the natural connection, sailing is a fantastic boost for physical and mental well-being. While it might not seem as strenuous as some sports, sailing engages various muscle groups, particularly in core strength, balance, and coordination, as you trim sails, steer, and move about the boat. More significantly, the mental benefits are immense. Navigating, problem-solving on the fly (whether it's an unexpected gust of wind or a navigational challenge), and constantly adapting to changing conditions sharpen your cognitive abilities. The



Furthermore, sailing inherently promotes teamwork and communication. While solo sailing is possible, many sailing experiences, especially learning and cruising, involve a crew. Effective communication,

Finally, sailing fosters a strong sense of community. Marinas and yacht clubs are hubs of like-minded individuals who share a

The RYA is the national governing body for dinghy, yacht, and windsurfing in the UK. Their website (www.rya.org.uk) is the best starting point. They have a "Find a Course" or "Find a Centre" tool where you can search by location and type of sailing (e.g., dinghy, keelboat, sail cruising, windsurfing, powerboating).

Here are practical and effective ways to make every drop count this summer:

Install Drip Irrigation or Soaker Hoses: These systems deliver water



Small changes in your daily routine indoors can add up to significant water

Fix Leaks Promptly: A

Keep a Pitcher of Water in the Fridge: Avoid running the tap until the water gets cold. Keep a pitcher of chilled water in your refrigerator for drinking.



Lucy's Locks

HAIR SALON

- Wash & Blow Dry
- Tints
- Balayage
- Highlights
- Gents styling





07707 108 491
For an appointment



lucyslocks_



Lucy's Locks

73 Magherahamlet Rd, Spa, BT24 8PZ



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

edamedia

Interested?

email hr@edamedia.co.uk

NEW JOB?...SCAN HERE!



edamedia



HANNON Coach & Sail is perfect for a 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 a 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 £47 which includes the cost of the ferry and your bag, the 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 for a shopping trip. 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

Milne adds two more sites to Holiday Park Portfolio

Milne Holiday Parks has recently expanded its portfolio with the exciting acquisition of two new holiday parks, now known collectively as Groomsport Bay.

This significant development further solidifies Milne Holiday Parks’ position as the leading provider of high-quality holiday destinations along the stunning Northern Irish coastline. Milne Holiday Parks now boasts a collection of seven beach-front parks, offering an enviable selection of locations for those dreaming of owning a home by the Sea. The addition of Groomsport Bay complements their existing parks: Cranfield Bay, Mourneview, Silvercove, Pebble Beach, Cranfield House and Shanlieve All 12x month holiday parks. Each of these parks offers unique characteristics and access to the beautiful beaches and landscapes that Northern Ireland is renowned for. The appeal of owning a holiday home at a Milne Holiday Park is further enhanced by the attractive financial options available.

Prospective owners can step into their dream with deposits starting from as little as 10%. Flexible finance options are available at low rates, making holiday home ownership more accessible than ever. This allows families and individuals to invest in a lifestyle of relaxation and coastal enjoyment without undue financial strain. Currently, Milne Holiday Parks offers an impressive selection of over 200 new and pre-owned holiday homes for sale. This extensive range ensures that there is something to suit various tastes and budgets. Adding to the appeal, Milne Holiday Parks is currently offering free site fees for 2025 & 2026 on new purchases, representing a significant £6000 saving for new owners. This limited-time offer presents a compelling reason to explore the opportunities available at their six beach-front locations.



Owners at Milne Holiday Parks can enjoy their holiday homes ALL Year Round, allowing for extended breaks and the flexibility to visit whenever they desire. This extended season maximizes the value of ownership and allows for enjoyment across different seasons, from summer beach days to cosy autumn retreats and refreshing spring escapes with the added bonus of being able to rent out their holiday homes with great returns. For those interested

in learning more about owning a holiday home at any of the Milne Holiday Parks, including the new Groomsport Bay, further information can be found on their website: www.milneholidayparks.com. Additionally, individuals can text “HOLIDAY HOME” to 07860 617 616 to request a call-back and speak directly with a representative who can provide personalised assistance and details on available properties and financing options.

ABBEY HOTEL JULY COUNTRY MUSIC WEEKEND

11th to 13th July 2025 at the Abbey Hotel Donegal
www.abbeyhoteldonegal.com info@abbeyhoteldonegal.com + 353 (0)74 97 21014

FRIDAY 11TH JULY 2025

Jimmy BUCKLEY
9:15 pm

Mike DENVER
11:30 pm

Kieran MCAREE
1:30 am

SATURDAY 12TH JULY 2025

Maeve FARRELL
2:30 pm - 4:30 pm

Jack KEOGH and his band 9:15 pm

Michael ENGLISH
11:30 pm

Stuart MOYLES
1:30 am

SUNDAY 13TH OF JULY

Patrick FEENEY
3pm to 5 pm

Trevor LOUGHREY
9 pm to 11 pm

AH

ABBEY HOTEL

2 NIGHTS B&B INCLUDING ADMISSION TO ALL DANCES
STAY SUNDAY NIGHT FOR AN EXTRA €40PPSS

MILNE HOLIDAY PARKS

Cranfield Bay:	028 417 65242
Mourneview:	028 437 23327
Silvercove:	028 417 63136
Pebble Beach:	028 417 63136
Shanslieve:	028 417 64344
Cranfield House:	028 417 64344
Groomsport Bay:	028 9146 4323

6 BEACH FRONT PARKS 12 MONTH SEASON AVAILABLE

OWN A NEW HOLIDAY HOME FROM AS LITTLE AS 10% DEPOSIT

FLEXIBLE FINANCE OPTIONS AVAILABLE AT LOW RATES

OVER 200 NEW & USED HOLIDAY HOMES FOR SALE & 2025 FREE SITE FEES

TEXT "HOLIDAY HOME" TO 07860 617 616 FOR A CALL-BACK

WWW.MILNEHOLIDAYPARKS.COM

SUMMER'S HERE, SHIFT THE GEARS!

02892693999 (Opt 2) | rent@thompsonleisure.com | www.thompsonleisure.com

MARINE HOTEL

BALLYCASTLE

SUMMER BY THE SEA
FROM £150 A NIGHT

SAND, SEA AND SCOPE FOR ALL

T | 028 2076 2222
marinehotelballycastle.com

GAME LOCKER

EXPERIENCE GAMING LIKE NEVER BEFORE.
LEVELLING UP COMMUNITY.

Step into our digital realm in Dundonald, Belfast - where pixels meet passion!
We're not just a gaming company; we're architects of epic experiences. Our events are game-changers, and our parties set new standards of epic.

Our Arena extends to schools, community groups and workplaces, bringing the joy of gaming to your doorstep. Elevate your play, forge friendships, and power up your positive vibes.

NEW RACING SIMULATORS

BIRTHDAY PARTIES
Host and plan your next birthday celebration with Game Locker!

CORPORATE AND PRIVATE EVENTS
A virtual pistol in your hands with kickback and rumble

FAMILY TIME
Spend quality time with your loved ones through some competitive gaming.

PLAYING WITH FRIENDS
Gather your gaming crew and create lasting memories!

Carrowreagh Rd, Belfast, BT16 1QT
Tel: 07519 312338 Email: gl.gamelocker@gmail.com
WWW.GAMELOCKER.ONLINE

Beautiful Beaches on Northern Ireland's North Coast

The North Coast is a paradise for outdoor enthusiasts, offering a stunning array of coastal walks and pristine beaches that cater to all preferences, from leisurely strolls to challenging hikes.

The raw beauty of the Atlantic, the dramatic geological formations, and the ever-changing light create a truly immersive experience for anyone looking to connect with nature.

Portstewart Strand: Golden Sands and Natural Wonders

Stretching for a magnificent two miles between the popular resort town of Portstewart and the mouth of the River Bann, Portstewart Strand is a jewel of the North Coast. This golden sandy beach is not just for sunbathing and swimming; it's a dynamic landscape shaped by wind and tide, offering endless opportunities for exploration.

Beyond the inviting waters, you can wander through its ancient, 6,000-year-old sand dunes, which have been declared an Area of Special Scientific Interest due to their rich biodiversity. Keep an eye out for vibrant wild pansy flowers dancing in the breeze and various species of butterflies, including the common blue and

dark green fritillary. The nearby Bann Estuary is a vital sanctuary for waterfowl and wading birds like curlew and redshank, making it a fantastic spot for birdwatching - there are even bird hides with facilities for disabled visitors, keys to which can often be obtained from the National Trust.

Portstewart Strand is notably one of the few remaining beaches in Ireland where cars are permitted to drive onto designated areas of the sand, making it incredibly convenient for families with picnics or those with mobility considerations. It has also gained recognition as an "Inclusive Beach," partnering with the Mae Murray Foundation to provide accessible facilities, including all-terrain wheelchairs and mobility aids, ensuring everyone can enjoy its beauty. For the more adventurous, local surf schools offer lessons and equipment hire, while a new-for-2023 wood-fired Finnish-style sauna provides a unique way to

enjoy the coastal views.

Whiterocks Beach: Sculpted Cliffs and Surfing Hotspot

Just a short distance from Portrush lies Whiterocks Beach, a truly distinctive stretch of coastline renowned for its striking white limestone cliffs and dramatic sea stacks. These soft sedimentary rocks have been sculpted over centuries by the relentless power of the Atlantic, creating a labyrinth of arches, caves, and unique formations such as the Elephant Rock, the Lion's Paw, Shelagh's Head, and the Wishing Arch. Many of these natural sculptures are best viewed from the sea, but the accessible sections offer plenty to marvel at.

Whiterocks is a magnet for water sports enthusiasts, particularly surfers, bodyboarders, and surf kayakers, thanks to its consistent waves.

Equipment hire is often available seasonally. Beyond the waves, the beach is popular for rockpooling



at low tide, revealing a hidden world of marine life. Its panoramic views, stretching across the Atlantic to Donegal and the distant islands of Scotland, make it a favorite among photographers. While dogs are welcome, restrictions apply during the peak summer months (June to September).

Runkerry Beach (or Bushfoot Strand): Situated near Portballintrae, Runkerry is often considered one of the quieter beaches in the area, less publicised than many others. It's a lovely way to approach the Giant's

Causeway, as you can walk along the sand or a boardwalk through the dunes. This wild, windswept beach offers stunning views, particularly towards the Giant's Causeway and Donegal.

It's an excellent spot for reflective walks away from the crowds, allowing you to truly appreciate the serene beauty of the North Coast. Access is often via signs for Bushfoot Golf Club, parking near the club car park and then walking down. Be mindful of tide timings, as some sections might be rocky at high tide.

Your Guide to Hay Fever Remedies

This common allergic reaction to pollen can turn pleasant days into a misery of sneezing fits, runny noses, itchy eyes, and a general feeling of discomfort.

While there's no definitive cure for hay fever, a range of effective remedies can help manage symptoms and allow sufferers to enjoy the outdoors. Understanding these options is key to finding relief.

Hay fever occurs when the immune system mistakenly identifies harmless pollen particles as a threat. This triggers the release of histamine and other chemicals, leading to the

characteristic symptoms. Different types of pollen are prevalent at different times of the year:

Tree pollen: Typically affects sufferers from late March to mid-May.

Grass pollen: The most common culprit, usually peaking from mid-May to July.

Weed pollen: Can cause symptoms from late June to September.

Keeping an eye on the

daily pollen forecast, often available on weather websites and apps, can help you anticipate and prepare for high pollen days.

For many, over-the-counter (OTC) medications provide significant relief from hay fever symptoms. These include: Antihistamines, Steroid Nasal Sprays, Decongestants and Eye Drops. If OTC treatments don't provide sufficient relief,



your GP may prescribe stronger medications or immunotherapy.

Alongside medication, several lifestyle adjustments can help minimise pollen exposure and alleviate symptoms such as Monitoring pollen counts; Keep windows and doors closed, Shower and change

clothes after exposure, Wash hair regularly, Dry clothes indoors, Use a pollen filter in your car, Vacuum regularly, Dust with a damp cloth, Apply petroleum jelly around nostrils and wear wraparound sunglasses.

Don't let hay fever keep you indoors - take action and reclaim your summer!

Park, Stay & Fly

With Maldron Hotel Belfast International Airport

Our Park, Stay & Fly packages offer excellent hassle-free parking and overnight accommodation; perfect for early morning departures or late touchdowns

- Two-minute walk to the terminal
- Spacious family rooms
- Delicious dining options

To book, please contact:

T: 028 9445 7000
E: reception.belfast@maldronhotels.com
W: maldronhotels.com

Silverwing

MOBILE SPA

Silverwing Salon is MOBILE!
Bringing pampering right to your doorstep!
BOOK IN FOR A PAWSOME EXPERIENCE FOR YOUR PET!
Contact us on 028 9122 8172 kaitlyn@silverwingsalon.co.uk



CHECK OUT OUR SOCIALS FOR DAILY OFFERS & EVENTS TAKING PLACE

1A Valentine Road, Bangor, BT20 4JH
028 91 85 7000 | Email :bangor@oasis-bingo.co.uk
www.oasis-bingo.co.uk



Sunglasses aren't just for Summer... and other MYTHS debunked

It's officially summer, time to don the sunglasses, right? Well, yes, but did you know we should be wearing them all year round and not just when the sun has got its hat on?

If you didn't know that, you're in good company. According to new research from Specsavers, only 22% of us are wearing sunglasses all year round with a majority of us (62%) reaching for the sunglasses only when its sunny.

Bangor's Specsavers experts are debunking some more sunglasses myths for us so we can stay well protected from harmful UV rays throughout the summer, and all year round.

You should only wear sunglasses when its sunny.

False! UV rays can penetrate cloud cover and reflect off surfaces like water, sand and snow, so even when it is overcast, there could still be risk to your sight.

The darker the lens on your sunglasses the higher the UV protection.

False! 25% of people in Northern Ireland mistakenly believe that darker lenses offer better protection from UV rays, however UV defence has nothing to do with the tint of the lens.

Sunglasses block all types of light damage

and they never expire.

False! Sunglasses, even with UV protection, will not protect your eyes from other kinds of light, such as blue light from screens or intense light, such as the bulbs on tanning beds.

I need to figure out what kind of protection I need by myself.

False! Regular eye tests are always the best way to look after your eye health, all year round. Local experts at Specsavers Bangor at Bloomfield Shopping Centre can provide tests and advice on the best



Stuart Douglas from Specsavers Bangor, Bloomfield Shopping Centre.

protection for your eyes throughout the year. To book an eye test and find the right pair of UV protection sunglasses for you, visit [specsavers.co.uk/stores/bangorbloomfield](https://www.specsavers.co.uk/stores/bangorbloomfield).

THE CAUSEWAY COAST WAY: AN EPIC COASTAL JOURNEY

For those who crave a more immersive hiking experience, the Causeway Coast Way offers a spectacular long-distance walking trail that traces the rugged beauty of Northern Ireland's most celebrated coastline.

Spanning approximately 33 miles (53 km), this trail connects many of the region's iconic attractions, offering a diverse landscape of high cliffs, secluded beaches, and charming villages.

Typically broken down into sections, the Causeway Coast Way provides hikers with breathtaking vistas at every turn. Highlights include: Portstewart to Portrush: This section begins with the expansive Portstewart Strand, leading to cliff-top paths around Ramore Head in Portrush, offering excellent views towards Dunluce Castle.

Portrush to Portballintrae: This part of the trail features the impressive Whiterocks Beach and leads towards the picturesque village of Portballintrae, often providing views of the dramatic Dunluce Castle perched on its basalt crag.

Portballintrae to Giant's Causeway: A truly iconic stretch, this section takes you past Runkerry Head and directly to the UNESCO World Heritage site of the Giant's Causeway, allowing for ample time to explore its unique hexagonal columns.

Giant's Causeway to Dunseverick Castle: This rugged cliff-top walk offers continuous dramatic scenery, leading to the ruins of Dunseverick Castle, an ancient royal site steeped in history.

Dunseverick Castle to Ballintoy Harbour: This segment passes the serene White Park Bay (easier to walk at low tide) before arriving at the charming Ballintoy Harbour, with its distinctive geological

features and "Game of Thrones" fame.

Ballintoy Harbour to Ballycastle: The final section of the Way, while sometimes involving short road sections, offers glimpses of Kinbane Castle and ultimately leads to the vibrant seaside town of Ballycastle. While parts of the trail involve road walking, continuous efforts are made to improve and reroute sections to keep walkers closer to the coastline. The Causeway Coast Way is generally considered easy to moderate in difficulty, but proper walking shoes, layered clothing, and preparation for changeable weather are essential. Conveniently, a coastal bus service (Translink Service 402/402a) runs along much of the route, making it easy



to undertake shorter sections or return to your starting point.

The North Coast's allure extends beyond these well-known spots:

- White Park Bay: Located between Ballintoy and the Giant's Causeway, this secluded bay offers a stunning white sandy beach backed by dramatic cliffs and lush green hills. It's often quieter than other beaches and is a fantastic

- spot for a peaceful walk, with cattle often grazing on the dunes.
- Downhill Beach & Mussenden Temple: Further west, the vast expanse of Downhill Beach stretches for miles, offering a dramatic setting for a walk beneath the impressive Mussenden Temple, perched high on the cliff edge. This area is also popular for surfing and is part of a longer beach stretch that

- includes Benone Strand.
- Castlerock Beach: A beautiful, sandy beach popular with families, stretching towards the mouth of the River Bann and offering views towards Donegal.
- Runkerry Beach / Bushfoot Strand: Near Portballintrae, this sandy beach is often less crowded and offers a wild, windswept feel, with opportunities for quiet walks.



GRANSHA SUMMER FAIR

On Saturday 2nd August 2025

- Horse and pony classes
- Craft Stands • Dog Show
- Food Village
- Bouncy Castle

Funds in Aid of The Air Ambulance in Northern Ireland

The Schedule for all the competitions will be available on the [Gransha Equestrian App](#) and [www.granshaequestrian.com](#)

10A KERRS ROAD, BANGOR, BT19 7QD |
Enquiries to email – granshariding@yahoo.com





Margaret's Cottage

Relax & unwind and recharge your batteries at the perfect seaside hideaway.



To book, please contact visit www.margarets-cottage.com or call 028 4484 3328
Margaret's Cottage, 9 Castle Place, Ardglass, Co. Down, BT30 7TP





laura walker

ballet

Intergenerational ballet classes for children and adults.



Tuesdays : St John's Malone Wednesday : Hollywood Old School
Thursday : St John's Malone Friday : Hollywood Old School
Saturday : Carnmoney Presbyterian.
Laura Walker BA Hons. ARAD. Life Member of the RAD
Contact Laura on 07368275235
email : laurawalkerballet@hotmail.com

 Laura Walker Ballet School





AGRI-WEB

Rubber Stable Mats | Shredded Rubber for horse Arenas | 100% no tyres used
 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

Create memories at Chestnutt Holiday Parks

Escape the everyday hustle and unwind with a refreshing caravan holiday at Chestnutt Holiday Parks.

Imagine a peaceful retreat where you can relax, reconnect with nature, and spend quality time with loved ones, all just steps away from the stunning blue flag beach at Cranfield. Whether you're looking to explore the great outdoors, enjoy family adventures, or simply relax by the sea, a caravan holiday offers the perfect balance of comfort and adventure.

Our modern, fully-equipped caravans provide a cozy and homely atmosphere, offering all the amenities you need for a stress-free getaway. With the flexibility to come and go as you please, and the freedom to explore the



beautiful Mourne Coast, a caravan holiday at Chestnutt Holiday Parks is an experience you'll want to repeat year after year.

Book your stay today, and let us help you create unforgettable memories. Whether it's a weekend getaway or a longer break, a caravan holiday

promises the perfect blend of relaxation and adventure. Don't wait – the open road and the great outdoors are calling!



There's still time to book your summer stay!

Enjoy a getaway in our hire caravans at Chestnutt and Annalong 5* Holiday Parks along the Mourne Coast

028 4176 2653

chestnuttholidayparks.com



STEPPING OUT WITH EXCEL DANCE COMPANY

FOUNDED IN 2016, EXCEL DANCE COMPANY IS ONE OF NORTHERN IRELAND'S MOST REPUTABLE DANCE AND PERFORMING ARTS SCHOOLS.

Under the direction of our Creative Directors, Lynda Spiers and Brooke Porter, all of our students receive first class training from highly experienced and qualified teachers in a safe and encouraging environment. All classes take place in our purpose-built studios in Newtownards.

EXCEL DANCE COMPANY IS REGISTERED WITH THE BRITISH THEATRE DANCE ASSOCIATION (BTDA) AND THE ASSOCIATED BOARD OF DANCE (ABD). We offer graded examinations to all students in Classical Ballet, Tap, Modern Jazz, Speech and Drama, Acrobatics, Lyrical, Contemporary and Musical Theatre.

STUDENTS WHO WISH TO COMPETE AND REPRESENT EXCEL DANCE COMPANY, HAVE THE OPPORTUNITY TO BECOME A PART OF OUR COMPETITION TROUPE. Competition work is offered in all subjects. Excel

Dance Company compete in many local and national competitions. We have also recently represented Northern Ireland at the Dance World Cup (2019, 2021 & 2024), receiving many top 6 world rankings and winning medals.

EXCEL DANCE COMPANY PRODUCE TWO ANNUAL SHOWCASES EACH YEAR, AT CHRISTMAS AND IN THE SPRING TERM. All students have the opportunity to participate in our showcases, building performance skills, teaching theatre etiquette and enhancing confidence.

We pride ourselves on being a forward-thinking dance company. Whether training for fun, or in preparation for a career in the performing arts, everyone really does EXCEL. Registration is now open for September 2025. Please get in touch today or visit us online www.exceldance-company.co.uk



Excel Dance Company caters to a broad spectrum of students, from tiny tots taking their very first steps in a "Parent & Toddler Ballet and Jazz" class (for ages 1-3) to advanced dancers honing their craft for professional careers.

Our impressive facilities in Newtownards boast over 8,000 sq. ft. of space, comprising four spacious studios

specifically designed for dance, acrobatic, and performing arts training. The studio also features a large reception area, a dancewear shop, a coffee lounge, changing areas, and a vast costume wardrobe, providing a truly unparalleled environment for dancers.

Summer timetable commences on Monday 30th June

Unveiling the Wonders of a Rock Pool

Rock pools are miniature marine worlds, teeming with fascinating life just waiting to be discovered.

Investigating them is a rewarding adventure, but remember to be gentle and respectful of their delicate ecosystems.

Before you begin, check the tide times and only explore during low tide. Equip yourself with a clear bucket or a magnifying glass for a closer look. Approach the pool slowly

and quietly to avoid startling its inhabitants.

Begin by observing from a distance. What larger movements do you notice? You might spot small fish darting amongst the seaweed or scuttling crabs hiding under rocky overhangs.

Next, gently peer into the water. Look



We also offer colour correction, upstyles, restyles and wedding packages!

Award winning salon!

DE JA VU

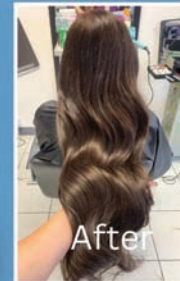
BRIDAL PACKAGES

HAIR EXTENSIONS

FREE CONSULTATIONS

Tel: 028 9182 6888

44 Francis Street, Newtownards



After

Before

for anemones, often resembling colourful jelly blobs, that will retract their tentacles if disturbed. Keep an eye out for limpets and periwinkles clinging to the rocks, and common starfish, sometimes nestled in crevices. If you're lucky, you might even spot a tiny, translucent prawn or a camouflaged blenny.

Remember to touch as little as possible. If you pick something up for a closer look, return it carefully to exactly where you found it. After your exploration, leave the rock pool as undisturbed as possible, ensuring these vibrant habitats continue to thrive for others to enjoy.

UNMISSABLE SIGHTS AND EXPERIENCES ON THE NORTH COAST

The Giant's Causeway: A UNESCO World Heritage Site

No visit to the North Coast is complete without experiencing the geological marvel that is the Giant's Causeway. This iconic site features tens of thousands of interlocking basalt columns, formed by volcanic activity over 60 million years ago. Legend attributes its creation to the giant Finn McCool, who built a causeway to Scotland to fight another giant. Explore the various formations like the Wishing Chair, the Organ, and the Giant's Boot, and learn about the science and folklore behind this natural wonder at the excellent visitor centre.

Carrick-a-Rede Rope Bridge: A Thrilling Walk

For those with a head for heights, the Carrick-a-Rede Rope Bridge offers an exhilarating experience. Suspended 30 meters above the sea, this historic salmon fishermen's bridge

connects the mainland to the tiny island of Carrick-a-Rede. The views from the bridge and the island itself are breathtaking, encompassing rugged cliffs, turquoise waters, and distant Rathlin Island. It's a fantastic spot for birdwatching too, with various seabirds nesting on the cliffs.

Dunluce Castle: A Romantic Ruin

Perched dramatically on a basalt outcrop overlooking the wild Atlantic, Dunluce Castle is one of Northern Ireland's most iconic and photogenic ruins. This medieval castle has a rich and turbulent history, changing hands between various powerful families. Explore its crumbling towers, battlements, and the intriguing legend of the kitchen that fell into the sea. The castle's atmospheric setting makes it a popular spot for photographers and history enthusiasts alike.

Bushmills Distillery: A



Taste of Irish Whiskey

Discover the art of Irish whiskey making at the Old Bushmills Distillery, the world's oldest licensed whiskey distillery. Take a guided tour to learn about the distillation process,

from mashing and fermentation to distillation and maturation. The tour concludes with a tasting of their renowned single malt whiskeys. It's a fascinating insight into a cherished Irish tradition.

The Dark Hedges: An Atmospheric Avenue

Instantly recognizable from its appearance in "Game of Thrones" as the Kingsroad, the Dark Hedges is an enchanting avenue of intertwined

beech trees. Planted in the 18th century by the Stuart family, the trees have grown to create a natural archway that is both beautiful and slightly eerie. It's a popular spot for photographers, especially at dawn or dusk when the light creates dramatic shadows.

Charming Towns and Villages

Explore the characterful towns and villages that dot the North Coast:

Portrush: A lively Victorian seaside town with two beautiful beaches, a bustling harbour, and a vibrant nightlife.

Portstewart: Another popular resort town with a charming promenade, independent shops, and excellent restaurants.

Ballycastle: A traditional market town and ferry port, offering access to Rathlin Island.

Castlerock: A quieter village with a beautiful beach and the dramatic Mussenden Temple nearby.

Mussenden Temple and Downhill Demesne: Grandeur and Views

Perched precariously on the cliff edge overlooking Downhill Beach, Mussenden Temple is a stunning circular temple built in the late 18th century as a library. Part of the wider Downhill Demesne, a National Trust property, the temple offers incredible panoramic views of the coastline. Explore the ruins of Downhill House and enjoy the landscaped gardens.

Make for the Coast on the Ards Peninsula

As summer arrives, the urge to escape the hustle and bustle of city life grows stronger.

Fortunately, Northern Ireland offers some of the most breathtaking coastal destinations, perfect for a refreshing getaway. Among them, the Ards Peninsula stands out as a hidden gem, offering a tranquil retreat with stunning landscapes, charming villages, and rich maritime heritage.

For those seeking a secluded escape, the Ards Peninsula provides a stunning alternative. Nestled between Strangford Lough and the Irish Sea, this peninsula boasts 185km of scenic shoreline, making it one of Northern Ireland's most picturesque coastal regions.



Whether it's a scenic drive, a quiet beach, or an exhilarating coastal hike, Northern Ireland's coastline—especially the Ards Peninsula—offers

the perfect escape from city life. With fresh sea air, stunning landscapes, and welcoming communities, a coastal retreat is just what's

needed to recharge and reconnect with nature. So, pack your bags, leave the city behind, and embrace the beauty of Northern Ireland's shores.



HILLSIDE TROUT FISHERY

OPEN TO THE PUBLIC - FLY FISHING ONLY

177 CHURCH ROAD - HOLYWOOD - BT189RN

Open Tuesday / Wednesday / Friday / Saturday / Sunday

08:00 - CLOSE

Call Us 07988223121

www.hillside trout fly fishery.co.uk



Active Escape



FROM €270 PPS

October 20th to 24th 2025



ESCAPE TO COMFORT & FUN

Relax, Unwind, Enjoy & Meet new people and make friends for life with Scenic & Relaxing Waterbus Trip, an Engaging Storytelling Session, and a Cozy Movie Night. A Well-Deserved Break for You! Enjoy good company, great food, and delightful experiences in a welcoming atmosphere.

Get the 30 Bus from Dublin to our door!



PACKAGE HIGHLIGHTS:



4 NIGHTS BED & BREAKFAST



2 DELICIOUS EVENING MEALS



1 LIGHT LUNCH

GET IN TOUCH

PHONE: +353 (0) 749721027

info@centralhoteldonegal.com

www.centralhoteldonegal.com

Central Hotel
The Diamond
Donegal Town
Co. Donegal F94 X79D

SUMMER BARBEQUE GUIDE

With the sun beating down and heat slowly rising, it is clear to see that barbeque season has finally arrived. However, if you are thinking of investing in a barbeque, there is a great deal to consider.

Prices for barbeques can range from £10 to the multiple thousands and the extensive range has something to cater for every possible need. Depending on the number of grills, number of additional features and quality of its production – there is

a lot to consider when choosing your perfect barbeque.

The timeless debate which has been had over many a family barbeque once again raises it's head on this occasion – gas or charcoal?

In many cases your budget might well dictate

your choice for you as charcoal barbeques tend to be significantly more cost effective. For those barbeque stalwarts, nothing will compare to a traditional charcoal barbeque and using a gas equivalent is as good as cheating. It is also widely held that the taste from cooking on a charcoal barbeque is distinctive and cannot be reproduced by a modern gas counterpart.

Charcoal does, however, take a considerable length of time to heat up whereas with gas, you can begin cooking almost immediately – providing an obvious advantage. For the sheer convenience of instantaneous cooking, gas barbeques are hard to beat.

In terms of running costs, with gas barbeques you will often 'rent' a cylinder and pay for

each refill of gas that you require – a 13Kg canister costs approximately £35. With charcoal however, costs approximately £15 for a 10kg bag which will serve up to three medium barbeques.

Other factors that should be considered include if the barbeque has a lid, the number of people you are likely to be cooking for and what type of food you intend to be cooking.

Buying a barbeque with a lid brings a degree of versatility to your barbequing that is not otherwise available. It grants you far greater control over the heat and allows you to cook food more thoroughly as opposed to burning the outside whilst leaving the inside underdone. If you are sticking to traditional burgers and sausages then perhaps charcoal is for you, however if you wish



to branch out and cook chicken or pork then gas may be the safest option.

If you have a large family or intend on cooking for guests on a regular basis,

it might be worth investing in a gas barbeque as it will give you the reliability and accuracy that is required when hosting for numerous guests. It

also brings unrivalled convenience that allows its owner to mingle freely knowing that the cooking is fully under their control. More upmarket barbeques will

also come with various features such as heating racks that allow food to sit above the heat of the grill whilst still in the barbeque to ensure that it will remain warm.

PROPERTY SOLUTIONS CELEBRATING 49 YEARS IN BUSINESS

**Do you need plans drawn?
Do you require a Survey
Inspection with Report?**

Loft Conversion – Open Plan Kitchen

Garden Hub – Bedroom with Ensuite

Building & Land Survey Services

Site Surveys GPS/ Setting out

Legal Mapping / Boundary Issues

Planning & Building Control Applications

Damp and Timber Inspections

Property Health Checks (Rent/Sale)

M&S Associates established in 1976
Please contact a friendly member of our team
T: 028 9048 3822
E: msassociates@surveyors-nationwide.co.uk

DESIGNER DOOR COMPANY – WHERE DESIGN MEETS DISTINCTION

At the Designer Door Company, Ballyhackamore, we believe your home should make a statement.

From sleek architectural glazing to elegant entranceways and bespoke living spaces, every product we offer is a fusion of form, function, and flawless craftsmanship.

While we're known for our stunning composite and aluminium doors, we also design and install premium uPVC and aluminium windows, sunrooms, conservatories, porches, and full home extensions.

Our portfolio includes high-end renovations for both homeowners and businesses across Northern Ireland – all tailored to reflect your individual taste and lifestyle.

We don't do "off the shelf." Instead, our knowledgeable team works closely with you to create thoughtful, design-led solutions – from the first consultation through to final installation. Every detail

matters, whether you're updating your front door or transforming your entire home.

At our Belfast showroom, you'll find full-size displays and an inspiring range of options, all backed by honest advice and a no-pressure approach. We're known for combining a refined aesthetic with practicality and performance, using the best materials from trusted manufacturers

across the UK and Europe, offering quality and innovation that stand the test of time.

With in-house installers, a ten-year warranty, and a reputation built on trust, professionalism, and care, we deliver results that not only look exceptional – but feel right from the moment you step inside.

Designer Door Company – More Than a renovation. A Complete Transformation.

The Blind Spot

Our Curtain
Department
is
**NOW
OPEN**

The Blind Spot is a well-established blinds and shutters company in Belfast.

With over 30 years of experience in the business, manufacturing and fitting, we work closely with our clients to achieve the best results. Whether you're looking for Santa Fe shutters or Roman blinds, we have got you covered.

Top quality Santa Fe shutters

We supply Santa Fe shutters that add a touch of style to your home. Choose from our range of shutters and create a unique set of finish that is designed especially for you. Our services are available in Greater Belfast and surrounding areas. We provide a free quotation and can guarantee that you will get the finished look you will love at a price that is competitive.

Unit 4 East Belfast Enterprise Park,
Belfast, BT5 4GX
T: 028 9059 5255 |
E: theblindspot@mail.com

Finance
available
Buy now,
pay monthly



Brand New
Alarm Systems

Repairs &
Updates

Other
Systems

CCTV

GMC Security Services

At GMC Security Services we pride ourselves on providing an excellent service. We install, service and repair CCTV/alarm systems/security lighting/video doorbells

✓ Qualified Professional

✓ No hidden charges

✓ Access NI checked

✓ Competitive Rates

FOR MORE INFORMATION SEE ABOUT SECTION OR GET IN TOUCH.

Tel: 07561 039383
Email: gmc-enquiries@outlook.com





RENEWABLE ENERGY SOLUTIONS FOR HOME, BUSINESS & AGRI

21A Brookside Road, Ballynahinch, BT24 8LE
www.cloverenergysystems.com

Contact us for a FREE consultation
0800 048 7716







HOWDENS BANGOR: A HUB FOR TRADE PROFESSIONALS

Located at Balloo Drive, Howdens Bangor is renowned for its expert design services and commitment to customer satisfaction.

Howdens Bangor offers a vast selection of products to cater to diverse needs and styles. Their core offering revolves around kitchens, with a wide array of designs ranging from classic and contemporary to trend-led schemes. These kitchens are highly customizable, allowing for tailored solutions to suit any room size, shape, and budget. Beyond kitchens, the depot also stocks a comprehensive range of joinery products, including internal and external doors, flooring, stair parts, and general joinery items.

One of Howdens' key strengths lies in its exclusive Lamona appliance brand, which has become the UK's biggest selling integrated appliance brand by volume. Alongside Lamona, the Bangor depot also offers appliances from other leading market brands such as Neff, Bosch, AEG, Hotpoint, Zanussi, Beko, and Rangemaster, providing customers with ample choice for their kitchen fit-out. Howdens Bangor prides itself on its customer-centric approach, offering

a range of services designed to simplify the renovation process: Free Home Survey and Design Service with skilled designers on hand to conduct home surveys and create bespoke kitchen designs, ensuring a perfect fit and aesthetic for each space. Expert Advice and Product Insight. The friendly team at Howdens Bangor, with their extensive experience in the kitchen and joinery business, provides valuable product insight and guidance to help customers choose the best solutions for their projects. Trade

Account Support. Recognizing their primary focus on trade professionals, the depot offers dedicated support for trade accounts, streamlining the ordering and supply process. Stock Availability. With a wide range of products held in local stock, Howdens Bangor aims to provide immediate availability, enabling trade professionals to get what they need quickly and efficiently. Customer reviews consistently highlight the positive experiences at Howdens Bangor. The depot has garnered an excellent reputation

for its expert design and customer service. Testimonials frequently praise the helpfulness and knowledge of the staff, the efficiency of the ordering and delivery process, and the overall quality of the products. Many customers commend the designers for their ability to translate ideas into practical and beautiful kitchen spaces, and the staff for going above and beyond to ensure customer satisfaction. Whether you're a seasoned trade professional looking for reliable supplies or a homeowner embarking on a

kitchen renovation, Howdens Bangor aims to be a valuable

partner, offering quality products, expert design, and

dedicated service to bring your vision to life.



Lyttle Smart HOMES NI

SMART HOME INSTALLATION

We specialise in the installation of smart products.

Commercial Smart Controls

Whatever your needs might be, we're confident that we can provide you with intelligent automation technology to suit your requirements, whether you're a large scale hotel or office.

Smart Heating Smart Security AV Control

45 Dickeytown Road, Ballymena, County Antrim, BT44 0BA
CALL US +44 (0)7447 089033
peter@lyttlesmarthomes.co.uk











**UP TO
70%
DISCOUNT
APPLIED
KITCHENS AND
BEDROOMS**



YOUR PERFECT HOME STARTS WITH A GREAT DESIGN

- **FREE KITCHEN & BEDROOM DESIGN SERVICE**
- **QUALITY TRUSTED BY THE TRADE**
- **LOCAL TRADESMEN AVAILABLE ON REQUEST**
- **WE WON'T BE BEATEN ON PRICE**

FREE DESIGN SERVICE

**1 WEEK
LEAD TIME ON
KITCHENS
AND JOINERY**





BANGOR

Call us now - 02891 641 450











UNIT 2-4 Balloo Drive, Bangor, BT19 7QZ • Balloodrivebangor@howdens.com

THE DIY BOOM TRANSFORMING HOMES ACROSS THE COUNTRY

As the sun shines brighter and the days grow longer, homeowners are rolling up their sleeves and diving into DIY projects that enhance their living spaces.

This summer, the trend is all about targeted upgrades—small but impactful changes that breathe new life into homes without requiring a full-scale renovation. According to recent reports, flooring

installations are among the most popular projects this season. Homeowners are opting for luxury vinyl planks and engineered hardwood, which offer durability and a sleek aesthetic while being easier to maintain than traditional hardwood. Similarly, tile installations are gaining traction, with geometric and marble designs adding texture and personality to kitchens and living rooms.

Another standout trend is accent wall curation. Instead of repainting entire rooms, many DIYers are focusing on a single wall, using wallpaper or bold paint colors to create a striking focal point. This simple yet effective approach allows homeowners to refresh their spaces without committing to a full redesign.

Bathroom remodeling remains a top priority,

with many opting for cabinet and fixture enhancements or new flooring and tile installations. These updates not only improve functionality but also add a touch of luxury to everyday routines.

Outdoor spaces are also receiving plenty of attention. Landscaping updates, including tree planting and sprinkler system installations, are helping homeowners

create lush, inviting gardens. Meanwhile, deck and porch remodels, concrete patio installations, and gazebo additions are turning backyards into stylish retreats perfect for summer gatherings.

With homeowners increasingly investing in their current spaces rather than moving, these DIY projects are proving to be both practical and rewarding. Whether it's

a fresh coat of paint, a new floor, or a revamped backyard, this summer's DIY boom is all about making homes more comfortable, functional, and visually appealing.

So, if you're looking for inspiration, now is the perfect time to pick up a paintbrush, lay down some tiles, or plant a tree. After all, nothing says summer like a home improvement project that brings lasting joy.

Noctura INTERIORS IN BUSINESS FOR OVER 30 YEARS
17-19 Castle Street, Bangor, BT20 4SU
Call 028 9145 6141

- Interior design and colour scheme service.
- Bespoke curtain making service on the premises.
- Library of over 1000 fabrics & wallpapers.
- Specialising in bay window tracks.

Monday to Wednesday 9-5 | Thursday and Friday 10-4
Saturday by appointment only
www.nocturainteriors.co.uk Find us on  

Cecil Smyth Ltd Building Contractors Est. 1961

- New Builds • Extensions
- Renovations • Structural Alterations
- General Maintenance

Tel: 07493 501697 | 07802 414484

Find us on Facebook  Cecil Smyth Ltd  @cecilsmythltd

URBAN JUNGLE
Tree Surgeons
STUMP GRINDING
NARROW ACCESS MACHINE
Fits through Garden Gates, Garage Doors etc

FREE QUOTATIONS!
(7 days a week)
Fully Insured

TEL: 02891 274428
MOB: 0752881 2413
EMAIL: michael.ujungle@gmail.com

Bowman Windows BIG Summer Sale starts on Monday 21st July 2025. We are now celebrating 55 years in business – so you can be confident you are dealing with a well-established local family business who care.

With up to 30% discount across many of our products, it's the perfect time to undertake some home improvements. Why not upgrade to new 'A' Rated PVC windows, install new fascia, soffit & guttering or design your stunning new Apeer composite door. You could also eliminate all that unsightly cement mortar along your gables with our attractive PVC dry verge edging system. Replace your old Velux roof window and get a bright new white PVC finish inside with optional black out blinds.

Our Story
55 years ago a young but determined glazier called Victor decided

to chase his dream of supplying top quality glazing products to the public and the building trade. Together with his wife Helen, over the next few decades they developed and grew the business until Bowman Windows became a trusted household name. 55 years on, Bowman Windows are still one of the leading window and door suppliers throughout Ireland.

Our Offer
• Up to 30% Summer Sale starts Monday 21st July 2025

• Low upfront costs – only a 50% deposit secures any order

• Easy payment via card, bank transfer or cash

• 10 Year guarantee
• Our own sales, survey, showroom and fitting teams

• Showroom visits can be arranged by appointment

"Special Promotion" during the sale

• Win a local £55 Voucher to spend in Banbridge*

• Win £550 off your order total*

*With every order placed you enter our prize draw to win one of 10 local £55 vouchers.

*With every order placed over £5000 value you will also have the chance to win £550 extra discount off your total price.

Our Service
When you place an



order with us you can be sure you're in trusted hands. From our first survey until your job is completed our dedicated sale team will look after you. To help other customers we welcome your 'before and after' photographs for our social media platforms.

Bowman Windows sale office and showroom is located at 50a Newry Street Banbridge BT32 3HA

Opening Hours
Monday – Thursday 8.30am – 4.30pm
and Fridays 8.30 am – 1.30pm
Saturday – Closed

Don't Forget! We can install your windows

if you have a grant from the Affordable Warmth Scheme or the Northern Ireland Housing Executive. Please contact us for more information.

Don't Forget! We supply and fit roller, insulated roller and insulated sectional garage doors. Manual or Automatic

Don't Forget! Our BIG Summer Sale starts Monday 21st July 2025

Bowman Windows can be contacted –

Tel: 028 40662000
info@bowmanwindows.co.uk

www.bowmanwindowsni.co.uk

Or find us on Facebook & Instagram

ONECALL
ROOFING & GUTTERING
www.onecallroofingandguttering.co.uk

ONE CALL DOES IT ALL!
NEW ROOFS

We specialise in leadwork, slate work and tiles

MENTION THIS ADVERT AND GET 10% DISCOUNT

FREE QUOTATIONS

Mobile: 07447 095 523 Landline: 028 9343 8689
Email: onecallroofingltd@gmail.com

Find us on Facebook 

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

Find us on Facebook 

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

NEW BIG GREEN EGG DISPLAY AT THE STOVE YARD

The Stove Yard in Newtownards has been Northern Ireland's leading Big Green Egg dealer for over eight years, supplying this iconic outdoor cooker to chefs, food lovers, and barbecue enthusiasts across the country.

Now, for 2025, they've taken things a step further with a brand new dedicated Big Green Egg display in their showroom — showcasing not only the full range of ceramic grills, but also the extensive collection of accessories that make the Egg a complete outdoor cooking system.

From roasting joints and baking sourdough to perfecting pizza and low 'n' slow brisket, the Big Green Egg is the ultimate all-in-one solution. Its high-grade ceramics lock in heat and moisture, offering unmatched control and flavour — all fuelled by natural lump charcoal.

The new display at The Stove Yard features fully built Egg setups, modular tables, and a wide selection



of tools and cooking surfaces — from cast iron pans and pizza stones to specialist racks and rotisseries.

As the go-to destination for Big Green Egg in Northern Ireland, The Stove Yard offers expert advice, product demonstrations, and all the support you need to get started or upgrade your outdoor cooking game.

Visit the showroom in Newtownards to see the new display and experience why the Big Green Egg continues to set the standard for outdoor cooking.

Commercial WINDOW BLINDS

We specialise in commercial and residential window blinds. With a huge range of fabrics available and styles to suit all your window needs.

Quick turnaround

Fire retardant

easy to maintain

Let's make your office area like new again—without hassle and providing an easy to use service. We measure and quote free of charge

www.theblindspotbelfast.co.uk

Unit 4 East Belfast Enterprise Park BT5 4GX

02890595255

Big Green Egg

The Stove Yard

UNIT 6 KILTONGA INDUSTRIAL ESTATE
NEWTOWNARDS BT23 4TJ
WWW.THESTOVEYARD.COM | 02891 81 4443

OLYMPIC LIFTS AND STANNAH HAVE THE LIFT SOLUTION FOR YOU!

GIBB
ROOFING & CHIMNEY SPECIALISTS
Specialists In Chimney and Roof Repairs

Celebrating over 30 years in Business!

We provide a range of Roofing and Chimney services across Belfast, Bangor and beyond!
We specialise in providing skilled roofing services.
This includes re-roofs, repairs and a full range of chimney services such as chimney rebuilds, repairs, removals and re-pointing.
We also provide uPVC fascias, soffits & guttering.

- Domestic roofing • Chimney rebuilds
- Chimney repairs • Chimney removals
- Chimney repointing
- uPVC fascias, soffits & guttering

"A family-run business that has been established since 1982. The Gibb Roofing office is run by Valerie who also knows a thing or two about your roofing needs!"

No-obligation quotation on our whole range of chimney and roofing services, please get in touch to see what we can do for you.
T: 028 9337 2839 or 078 6050 1376

www.belfastchimneyspecialists.co.uk | contactus@djgibbandsons.co.uk

Celebrating 40 years of providing lifting solutions across the UK & Ireland, Olympic Lifts is your trusted partner for a wide range of accessibility products.

Based in Lisburn, our easily accessible showroom just off the M1 showcases several Home Elevators. Our strategic location allows us to provide rapid and efficient maintenance and support throughout Ireland, with vehicle tracking ensuring the closest technician is dispatched in the event of a fault.

A key area of our expertise lies in Stannah stairlifts, for which Olympic Lifts is sole distributor in NI. Our extensive range of Stannah products is designed with a refreshingly modern aesthetic to integrate beautifully into any home, whether classic or contemporary. We offer Stannah stairlifts for all types of staircases, including:

- Stannah curved stairlifts: Expertly designed to navigate winding or complex staircases, effortlessly handling curved bends, intermediate landings, and corridors.

Stannah



outdoor stairlifts: A revolutionary solution for split-level properties, cliff-set homes, or providing access to lower gardens, garages, or cellars.

- Stannah straight stairlifts: Reliable and space-saving options for straightforward staircases.

Beyond Stannah stairlifts, Olympic Lifts also supplies, installs, tests, and maintains Passenger Lifts, Access Lifts, Goods Lifts, escalators, and Moving

walkways. We are proud to have completed almost 20,000 projects over the past four decades. Recently, we launched our new machine room traction drive access passenger lift, a versatile Hybrid Lift suitable for both domestic and commercial properties, offering numerous sizes and finish options.

Our commitment to continuous development, investment, and product advancement

ensures that Olympic Lifts offers the most up-to-date, highest quality products and services. This dedication translates to an improved purchasing experience, enhanced efficiencies, and cost savings for our valued customers.

For more information on our range of Stannah stairlifts and other lifting solutions, please contact us at 02892 622331 or visit our website at www.olympiclifts.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

OLYMPIC LIFTS

The One-stop shop for all your business and domestic needs!

SOLE NI DISTRIBUTOR OF:

Stannah
Stairlifts & homelifts

A solution whether your staircase is straight, curved or even outdoors!

CELEBRATING 40th ANNIVERSARY

Head Office:
Olympic House, 2 Lissue Walk, Lisburn. BT28 2LU

Telephone:
+44 (0)28 9262 2331

www.olympiclifts.co.uk

BUREAU VERITAS

UKAS MANAGEMENT SYSTEMS

UKAS MANAGEMENT SYSTEMS

UKAS MANAGEMENT SYSTEMS

UKAS MANAGEMENT SYSTEMS

THE RETURN OF AN ICON: NEW RENAULT 4 E-TECH 100% ELECTRIC NOW AVAILABLE

The new Renault 4 E-Tech 100% electric first seen at the 2024 Paris Motor Show is now available. Just as the original Renault 4 was born in response to the challenges of its time, the new Renault 4 E-Tech 100% electric is a retro-futuristic reinvention that reflects Renault's commitment to accelerating the energy transition.

The front grille is the first aspect to catch the eye. Inspired by the original Renault 4, it is made from a single 1.45m-long piece and is unique in the industry, with its continuous and illuminated surround perfectly framing the Renault logo at its centre. At the rear, the original's iconic three-part lights are given a new lease of life, with modern lines and a distinctive LED signature.

These are just two of the many nods to the original Renault 4's design; others include the bonnet lines that continue to the bottom of the grille, the shape of the rear quarter window, the three lines sculpted into the doors that bring to mind the plastic protectors of the original and the distinctive forms in the roof, now adorned with roof bars.

Larger than the Renault

5 (with which it shares 68% of its components), the Renault 4 E-Tech 100% electric offers impressive interior space thanks to its extended 2.62m wheelbase. At 4.14m in length, rear seat occupants benefit from 16.4cm of knee room, while headroom of 85.3cm is particularly generous for a B-segment vehicle.

The dual horizontal screens give the cabin a contemporary look. The central 10-inch multimedia screen is standard, and can feature the award-winning OpenR Link system with Google built-in. It provides access to a range of Google services, including Google Maps, which offers charging-optimised route planning, even activating pre-conditioning of the battery as a charging stop approaches, as well as a variety of apps from



the Google Play store.

First seen on the Renault 5, Reno – the virtual travelling companion – is also present on Renault 4 E-Tech 100% electric. An avatar with real personality, Reno supports customers throughout

ownership experience, both inside and outside the car. Reno can answer questions and perform tasks such as scheduling charging, helping to make everyday life easier.

Built on the same AmpR Small platform as the R5, the Renault

4 E-Tech 100% electric continues the original Renault 4's sense of go-anywhere practicality, with its increased ground clearance (1.2cm more than Captur). The suspension has been optimised for a smoother, more comfortable ride for

all occupants, while the steering system has been revised with a shorter ratio (14:5) and a tight turning circle of just 10.8m, perfect for city streets and easy driving.

Two powertrains are available, both of which are equipped with a heat

pump to maximise their efficiency as well as bidirectional charging with V2L (vehicle-to-load) and V2G (vehicle-to-grid) functionality that can power external devices from the battery or feed electricity back into the grid as necessary**.

The 52 kWh battery uses NMC (Nickel Manganese Cobalt) technology and a simplified architecture that means it now weighs less than 300kg. It powers a 110 kW (150 hp, 245 Nm) electric motor that accelerates the Renault 4 E-Tech 100% electric from 0-62mph in less than 8.5 seconds, with a WLTP range of up to 250 miles*.

Renault 4 E-Tech 100% electric features the new One Pedal function. By optimising

regenerative braking, the vehicle decelerates smoothly when the driver releases the accelerator pedal, coming to a stop without the driver having to apply the brake.

It joins an array of advanced driving aids that enhance safety and driving comfort, many of which are rarely seen in the B-segment, including rear occupant safe exit alert, active driver assist combining adaptive cruise control with Stop & Go and lane centring assist, as well as blind spot monitoring and hands-free parking[^]. Renault 4 E-Tech 100% electric will also feature My Safety Shield, a feature that can be found across the Renault product range, which allows drivers to activate their preferred settings at the touch of a button.

FEARS NEW CAR TRENDS WILL DRIVE UP YOUR INSURANCE

Keeping up with the latest car trends could lead to drivers paying more on their insurance premiums, according to price comparison site CompareNI.

In a survey of 800 drivers in Northern Ireland, CompareNI discovered that when it comes to growing car trends such as the increase in vehicle size year on year, it seems many local drivers are not in favour and fear the expense.

When asked why they were not a fan of bigger cars, 15% of those surveyed felt these types of vehicles use too much fuel, while a further 15% said they were too expensive to buy.

Meanwhile, 14% were put off by the potentially higher cost of car insurance, while 11% pointed to larger cars being more difficult to park.

Only 11% said they liked bigger cars, claiming they felt safer driving these vehicles. Despite all the 'upscaling' going on in the motoring world, it would appear the public seem to prefer a smaller option.

A resounding 85% of those surveyed admitted they thought that the bigger the car, the more the insurance is likely to be, this however, is not always the

case.

Size alone is unlikely to affect insurance premiums. Chances are, bigger cars may be more expensive as they have more advanced technology on board, more powerful engines or in general, are more expensive to buy - all of which will likely have an effect on the price of the car insurance.

When it comes to other motoring trends, interest in the electric car option is starting to pick up pace, but drivers are being warned that unforeseen issues may lead to higher costs and higher insurance premiums. To replace an electric car battery for example, could cost from £4,000 to £16,500 depending on the type of car and the size of the battery. *

There's also a danger of accidentally voiding the insurance altogether, some home insurance providers recommend that EV home chargers get checked annually by a professional, **failing to do so may void the policy and leave people

unprotected.

New technology in cars could also affect insurance premiums. Whether it's the very latest audio system or lane departure warning system, the more technology present, the more expensive the car is likely to be and the greater the risk of theft, something insurance providers take into consideration when determining risk.

Also, the larger the amount of software systems and the more online connectivity the car has, the greater the cybersecurity risk.*** Encryption and firewall systems can help control this but it's an additional risk insurance providers are likely to take into consideration.

AI will also leave its mark on the automobile revolution, with AI powered braking systems and advanced driver assistance systems. AI can look out for the blind spot and help with a smooth transition to a new lane. ****The sensors in the car can keep drivers a safe distance from the car in front,

but be aware that the more advanced features a vehicle has, the higher the insurance cost is likely to be as they can be expensive to repair and replace and increase the overall cost of the vehicle.

The arrival of the hydrogen car could also mean a more expensive vehicle. While the hydrogen is converted into electricity and may indeed offer a cleaner option, the hydrogen fuel cell option is expensive to manufacture, costing much more than a gas or electric option. The fuelling points are not that prevalent, with only a handful across the UK, which creates an added problem. BMW intend to unveil a hydrogen powered car in 2028, which will be expected to travel further than the current hydrogen fuel cell options and potentially further than any electric vehicle currently on the market.*****

Car ownership is also changing in 2025. The subscription-based model is becoming more popular, as

motorists can pay a monthly fee to use the car for a set period.***** The insurance can be included in the subscription fee and drivers can change the car whenever suits them. Given the financial pressures currently

facing the UK, this may pose an interesting proposition for many drivers.

CompareNI helps drivers compare and find savings on all sorts of motoring products, such as car, van and motorbike insurance.-

ALLOY WHEEL
REPAIR CENTRE
Alloy Wheel Professionals
IRELAND'S LONGEST ESTABLISHED WHEEL REPAIR BUSINESS
PROPRIETOR D. TOLAND

Lissie Industrial Estate, Moira Road, Lisburn, BT28 2RE
Tel: 02892 621 681 Mob: (0)79 0281 8873
info@alloywheelslisburn.com

INDIVIDUAL CARS FOR EVERY BUDGET
WWW.TDCMOTORS.ORG
64B HILLSBOROUGH ROAD, MONEYREAGH BT23 6AY
TEL: 07717405792
INFO@TDCMOTORS.ORG
WE ARE OPEN MONDAY - SATURDAY
APPOINTMENTS ONLY
SUNDAY: CLOSED

B.E.S.
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

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

TruckRentals
Daily and Contract Hire Specialists
• VANS • TRUCKS 7.5 - 17 TON
• COMMERCIAL REPAIRS
028 90 827 100
www.truckrentals-ni.co.uk
354 COMBER ROAD, LISBURN BT27 6YE

CLIFTON MOTORS
Alan and Kristen Burgess
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

DESIGNING A DREAM PATIO OR DECK

The summer months in the UK beckon us outdoors, and what better way to embrace the sunshine and fresh air than with a beautifully designed patio or deck?

This outdoor extension of your living space can become the heart of summer gatherings, a tranquil spot for relaxation, and

a valuable asset to your home. But where do you begin? Designing your dream patio or deck involves careful consideration of

layout, furniture, and those all-important finishing touches like pergolas, shade sails, and outdoor rugs. Let's delve into the elements that will transform your outdoor area into a true oasis.

Mapping Your Space: Layout and Functionality

Before laying a single stone or plank, consider how you intend to use your outdoor space. This will heavily influence the layout:

Dining Area: Allocate enough space for a table and chairs, ensuring comfortable movement around the seating. Consider proximity

to your kitchen for easy serving.

Lounge Area: Designate a zone for comfortable outdoor sofas, armchairs, and perhaps a coffee table. Think about creating a cozy and inviting atmosphere.

Cooking Zone: If you plan on grilling or even installing an outdoor kitchen, ensure adequate space and consider ventilation and safety.

Transition Zones: Plan smooth transitions between different areas and from your indoor space to the outdoor area. Consider pathways and steps.

Consider the Sun's Path:

Observe how sunlight hits your space throughout the day. Plan for shaded areas if your patio or deck receives intense afternoon sun.

Outdoor furniture has evolved significantly, offering both comfort and style to withstand the elements. Consider these factors:

Material: Choose weather-resistant materials like wicker (synthetic), aluminium, teak, or treated hardwoods. Cushions should be made from durable, water-resistant fabrics.

Style: Select furniture that complements the overall aesthetic of your home and garden. Consider modern, rustic, traditional, or bohemian styles.

Functionality: Think about how you'll use the furniture. Do you need a large dining set, comfortable loungers, or versatile modular pieces?

Storage: Consider where you will store cushions and other soft furnishings during inclement weather.

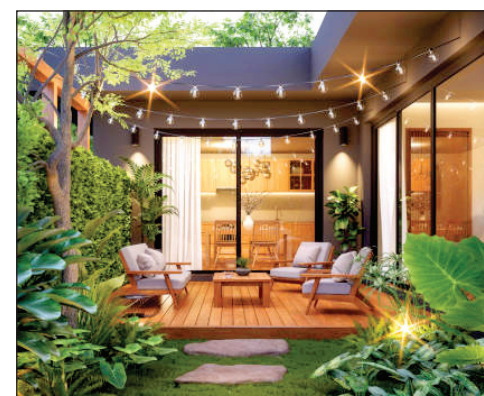
Adding Architectural Flair

and Comfort: Pergolas, Shade Sails, and Outdoor Rugs can elevate your patio or deck from functional to fabulous:

Pergolas: These open-roofed structures provide partial shade and create a defined space. They can be adorned with climbing plants for added beauty and natural cooling. Consider freestanding or attached pergolas.

Shade Sails: A more contemporary and flexible shading solution. These tensioned fabric canopies come in various shapes and sizes, offering stylish protection from the sun. They are relatively easy to install and can be moved or adjusted as needed.

Outdoor Rugs: These instantly add warmth, colour, and texture to your patio or deck, defining different zones and making the space feel more like an outdoor living room. Choose rugs made from durable, weather-resistant materials like polypropylene or jute.



The Finishing Touches: Lighting and Greenery

Don't forget the importance of lighting for extending the usability of your outdoor space into the evening. Consider string lights, lanterns, spotlights for pathways, and even integrated lighting in steps or railings.

Finally, incorporate greenery through potted plants, hanging baskets, or even small trees in containers. Plants add

life, colour, and can help to soften the hardscaping, creating a more inviting and natural atmosphere.

Creating your dream patio or deck is an exciting opportunity to enhance your outdoor living experience. By carefully considering the materials, layout, furniture, and those special features, you can design a space that not only looks beautiful but also perfectly suits your lifestyle and the unique charm of your garden.

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

D&M
DECORATORS

All Interior & Exterior Painting and Decorating
Private & Commercial • Wallpaper Hanging
Tel: 0751 4147 019

FAY PLUMBING & HEATING
Tel: 07712 173 734
Fayplumbing.enquiries@gmail.com

Oil to Gas Conversion • Boiler Changes
Power Flushing
System Upgrades
Bathrooms
Landlord Certificates
Leak Repairs
Emergency Call Out

SPECIAL BRANCH
18 years experience,
professional and reliable service

Patio creation • 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

PHIL LANGFORD HANDYMAN
No job too small
QUALITY WORKMANSHIP
AT A REASONABLE PRICE
Telephone: 07874 355 055

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

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

SPIDER MONKEY TREE SERVICES
15 YEARS EXPERIENCE
NORTH DOWN BASED

TREE MAINTENANCE SERVICES.
Pruning • Removal
Inspections
Storm Damage
Fully Insured & Qualified

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

HANDYMAN
Home / Garden Maintenance
Painting / Decorating
Fencing & Patios

No job too small.
Call Peter On:
07919 106488

Washing Machine Repairs

Also: • Cookers • Tumble Dryers • Dishwashers
No Call Out Charge
We Sell All New & Re-conditioned Appliances
Find us on f
Call 07784 844 744

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)

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

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

Cultivating Tomato Perfection: Tips for an Exceptional Harvest

The taste of a homegrown tomato, bursting with sunshine and flavour, is a gardener's reward.

But achieving truly exceptional tomatoes requires more than just planting seeds. Success lies in providing the right conditions and consistent care throughout their growing cycle.

Sunlight is Key: Tomatoes are sun-worshippers. Aim for at least 6-8 hours of direct sunlight daily. This fuels photosynthesis, leading to vigorous growth and intensely flavoured fruits. Choose the sunniest

spot in your garden.

Soil Matters: Well-draining, fertile soil is crucial. Amend your soil with compost or well-rotted manure before planting to improve structure and nutrient content. Tomatoes prefer slightly acidic soil with a pH between 6.0 and 6.8.

Planting Deep: When transplanting seedlings, plant them deeper than they were in their pots, up to the first set of true leaves.

This encourages more root growth along the buried stem, resulting in a stronger, more resilient plant.

Consistent Watering: Inconsistent watering can lead to problems like blossom-end rot. Water deeply and regularly, especially during dry spells, aiming for consistently moist but not waterlogged soil. Mulching around the base of the plants helps retain moisture and suppress weeds.

Feeding for Flavour: Once the first flowers appear, begin feeding your tomato plants with a balanced, tomato-specific fertiliser.

As fruits develop, switch to a fertiliser higher in potassium to promote ripening and flavour development.

Support and Pruning: Depending on the

variety (determinate or indeterminate), provide appropriate support with stakes, cages, or trellises. Indeterminate varieties, which continue to grow and produce throughout the season, benefit from regular pruning of "suckers" (the shoots that grow between the main stem and branches) to improve airflow and focus energy on fruit production.

Pest and Disease Management: Regularly inspect your plants for pests like aphids and whiteflies, and address any infestations promptly using organic methods if possible. Ensure good air circulation to prevent fungal diseases.

By paying attention to these key aspects, you can cultivate tomato plants that yield an abundant harvest of truly exceptional, flavourful fruits, making your summer salads and sauces sing.

T.N. Watton Roof Repairs
Ridge Tiles - Tiles - Slates
Repaired, Gutters Repaired
Butyl Rubber Flat Roofs
- EPDM Roofs
GENERAL BUILDING
Estimates Free
075 9232 9933 / 9146 4436

McCracken CONTRACTS
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

Celebrating over 35 Years in Business
MC Upholstery
(formerly Kingway Upholstery)
DOMESTIC SERVICES:
Recover Cloth Suites, All Repairs
COMMERCIAL SERVICES:
Recover - Bar Seating, Office Chairs
FREE QUOTATION
T: 028 9030 1899 M: 07786 062989
230A Kingsway, Dunmurry, BT17 9AE

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

HOME IMPROVEMENTS & MAINTENANCE
Doors, Floors, Skirting, Decking, Fencing,
Kitchens, Painting, Flatpack Assembly etc.
25 Years Experience FREE ESTIMATES
Call James: 07826 926408

HOW TO FIND A GOOD TRADESPERSON!

The majority of tradespeople are hard-working, reliable and will do a good job, but we've all heard of the cowboy horror stories.

Let's help you to avoid the bad eggs with this guide that looks at how to find a good tradesperson in your area.

Request quotes from at least 3 tradespeople

With all home improvement projects, we always recommend obtaining at least three quotes from different tradespeople in your area. You'll want to shop around to make sure you're paying a fair price for the work.

Make sure they have the relevant qualifications

To get the best results, it's important to hire tradespeople who are dedicated to their trade. Look for a tradesperson with relevant qualifications

and accreditations, and check if they're part of national trade schemes.

Choose tradespeople with local experience

Hiring a tradesperson with a lot of local experience can be really valuable. They'll have a working knowledge of local planning permission, have access to a local network of suppliers and labour, and will be close at hand should you need them during the course of your project.

Ask for customer references (and contact them)

We do this to make sure a tradesperson's reviews on our website are real, but there's certainly no harm in you following up



on customer references.

When you've found a tradesperson (or tradespeople) you think could be right for the job, ask them to provide you with references from previous customers

about the quality of the tradesperson's work, what it was like to work with them, and would they hire

them again.

Ask these 10 questions...

Before you hire a tradesperson, it's a good idea to meet with them in person to discuss the work you need them to do. That way, you can find out more about their experience and approach to their trade.

If you want to know how to find a tradesperson you can trust, ask potential candidates these questions:

1. How long have you been working in the business?
2. What qualifications and/or accreditations do you have?
3. Have you done many projects like this before?
4. Can you show me

examples of previous projects that you've worked on?

5. Do you have appropriate insurance, and can you provide valid certificates?

6. Could you provide me with references from previous customers for me to contact?

7. Do you offer a customer satisfaction guarantee?

8. How long will it take you to complete the work? And when can you start?

9. How much will it cost, and what are the payment terms?

10. What steps do you take to keep your work on schedule and within budget?

The average cost of a

tradesperson will depend on the trade, the nature of the work, and where they are located (labour costs in London tend to be higher than in the North).

To help you plan a budget, here are some average rates you can expect to pay:

- Plumber costs – £40 - £60 Per hour or around £350 per day
- Carpenter prices– £30 - £45 per hour
- Builder rates – £50 per hour or £400 per day
- Electrician rates – £50 per hour or £400 per day
- Painter and decorator prices– £250- £400 per day

For more info see <https://www.checkatrade.com/blog/hiring-guides/find-good-tradesperson/>

Essential Home Maintenance Checklist for summer

In summer our attention often turns to enjoying the outdoors. However, these months also present the perfect opportunity to tackle essential home maintenance tasks, ensuring our properties remain in top condition and ready for whatever the season – and beyond – throws our way.

Don't let the allure of barbecues and beach trips distract you entirely. Investing a little time and effort now can save you significant headaches and expenses down the line.

Here's a rundown of the most popular and crucial home maintenance tasks to add to your summer to-do list:

Embrace the Great Outdoors (and Maintain It!):

The exterior of your home bears the brunt of the elements year-round, so summer is the ideal time for a thorough check-up:

Guard Your Gutters: Clogged gutters are a silent menace. Overflowing rainwater can damage your roof, fascia boards, and even your foundation. Take a ladder and scoop out any accumulated leaves, twigs, and debris. A good clear-out at the start of summer is a smart move.

Roof Review: While you're up high (exercise caution!), take a good look at your roof. Are there any missing, loose, or cracked tiles or slates? Check the flashing around chimneys, vents, and skylights for any signs of damage or gaps. Addressing these small issues now can prevent costly leaks. If you're unsure, a

professional inspection is always a wise investment.

Wash Away Winter's Grime: Winter can leave your home's exterior looking dull. A good power wash can revitalize siding, walkways, driveways, and patios, removing dirt, mildew, and algae. This not only improves aesthetics but also prevents potential damage.

Window and Door Wisdom: Give your windows a sparkle inside and out to maximize natural light. Inspect frames for any rot or damage and ensure seals and weather stripping are intact to maintain energy efficiency.

Paint and Protect: Summer's warmer and drier conditions are perfect for tackling any peeling, cracking, or fading paint on exterior walls, fences, gates, and sheds. A fresh coat not only enhances curb appeal but also protects the underlying materials from the elements.

Deck and Patio TLC: Your outdoor living spaces deserve some attention too. Clean decks and patios to remove slippery algae and dirt. Inspect for any signs of damage and apply sealant or stain to wooden decks for lasting protection.



Green Thumb, Safe Home: Keep trees and shrubs trimmed, especially those close to your house, to prevent potential damage from strong winds or overgrown branches. Ensure proper drainage in your garden to avoid water pooling near your foundation.

Fortify Your Fences: Check fences for any

damage, loose posts, or broken panels. Summer is a good time for repairs or a fresh coat of paint or stain to keep your boundaries secure and looking their best.

Don't Forget the Details: Outdoor Play Safety: If you have a playset, inspect it for any signs of wear or damage and ensure it's safe for children to use.

Water Wise: Check outdoor taps and hoses for leaks and make any necessary repairs to conserve water.

Pest Patrol: Be vigilant for signs of pests both inside and outside your home and take appropriate measures to prevent infestations.

Insurance Insight: Summer can bring different risks, so it's a good time to review your home insurance policy to ensure you have adequate coverage.

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

Need a skip?
www.ballooskiphire.com
BALLOO SKIP HIRE
T: 02891 898365
E: ballooskiphire@mail.com

NK Locksmith
Aluminum Doors, Domestic Garage Doors, uPVC Doors, Fire Doors, Steel & Timber
• NO CALLOUT CHARGE
• Key Cutting Service including Car Keys
Neil Knox | M: 07725 892 957
www.nklocksmith.co.uk

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

TRAILER TRASH
RUBBISH REMOVAL
07933239140
- DUMP RUNS
- GARDEN CLEARANCE
- SHED/GARAGE CLEARANCE
- SHED REMOVAL
- HOUSE CLEARANCE
- END OF TENANCY CLEARANCE
We come and take all kinds of rubbish, old furniture, old appliances etc. Registered waste carriers.
07933239140

BATES
FAST AND RELIABLE SKIP HIRE
WASTE MANAGEMENT SERVICES
Telephone: 028 90 111 111
Email: info@acebates.com
1 Dunerue Pass Belfast BT3 9BS
02890 111 111
WE WILL BEAT ANY LEGITIMATE PRICE!

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

**20% OFF YOUR
FIRST ORDER***

*T&C's apply.

**EVERY 10TH
MEAL FREE***

*Based on the average of your previous orders.

GET THESE EXCLUSIVE DISCOUNTS!
ORDER DIRECT

**THE
CHIP
STOP**

MADE WITH POSTER MAKER



THECHIPSTOPBANGOR.COM

139-141, BELFAST ROAD, BANGOR, DOWN, BT20 3PP



GET IT ON
Google Play



Download on the
App Store



Powered by

flipdish