



# THE ARDS ADVERTISER

Issue 223 - BT22 • BT23

Support Local



## 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](http://www.reidblinds.com)





Singer Daniel O'Donnell with Christine McMenamin who lives in Cook Court and Eileen Mitchell, Cook Court Scheme Coordinator

## DANIEL JOINS IN CELEBRATIONS AT THE NEW LOOK COOK COURT

People living at Cook Court, Newtownards had a huge surprise recently when singer Daniel O'Donnell called in for a cuppa.

The Clanmil-owned independent scheme was buzzing with excitement as the Donegal star chatted with residents and Clanmil staff who had gathered to mark the completion of a refurbishment.

He had been invited by Cook Court resident Christine McMenamin, who founded the first

Daniel O'Donnell fanclub in Northern Ireland.

Guests were entertained by local singer Brook Valentine while they enjoyed afternoon tea, before Daniel took up the mic and sang a few songs to the delighted guests. The party took place in the stunning new surroundings of Cook

Court common room, which has been given a revamp as part of a £244,000 investment.

Other work at the scheme included an upgrade of the lighting, fire alarm and warden call systems, as well as a complete redecoration throughout.

New flooring, paint and furniture in the common

room, kitchen, quiet area and guest room have transformed the scheme. Residents shared their ideas and feedback on the designs and are delighted with their new look home which is now modern and comfortable.

**Continued on page 4**

**WE BUY GOLD**  
**BEST PRICES PAID**  
ID REQUIRED

**Robinson Goldsmiths**

**38A Prospect Road,  
Bangor BT20 5DA**



## DfI Investment in Local Roads Around Strangford Lough

Alliance MLA Kellie Armstrong has welcomed the latest round of investment by the Department for Infrastructure (DfI) into the rural road network around the Strangford constituency.

The Department for Infrastructure's (DfI) latest investment in rural roads, with up coming works at B172 Ballyblack Road East, A20 Portaferry Road, C257 Kircubbin Road, A22 Killinchy Road and the previously completed works on the A20 Deerpark Road.

The improvement works, which are now underway, will see much-needed resurfacing and repairs across a number of local routes. While the works will result in some temporary disruption for residents and road users, Ms Armstrong has emphasised that the upgrades are essential for the long-term safety and quality of local infrastructure.

"This investment is a welcome and necessary step in addressing the poor condition of many of our rural

roads," said Ms Armstrong. "Rural roads like Ballyblack Road East are vital links for residents, farmers, and local businesses, and they deserve the same level of maintenance and care as any urban route." She acknowledged that road users may experience some inconvenience while the works are ongoing, but urged residents to see the benefits that the improvements will bring once complete.

A full list of scheduled works and associated road closures can be found via TrafficWatchNI website at: <https://www.trafficwatchni.com/twni/roadworks>

Ms Armstrong added that she will continue to press for further investment in local transport infrastructure to ensure rural communities are not left behind.

**HelensBayDental**

TRANSFORMING SMILES

**'Mithing' something?**

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

Call us today  
**02891 853 304**

[helensbaydental.co.uk](http://helensbaydental.co.uk)

1b Station Square, Helens Bay, BT19 1TN

**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**







**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](http://www.airambulanceni.org)  
or call 028 9262 2677**



# Asda colleague praised for helping customers spot ‘gift card’ scammers

A supermarket security specialist has been hailed for helping customers fight back against mobile phone scammers.

Harry McCandless, security section leader at Asda Newtownards, says he and store colleagues have identified as many as 10 to 15 potential victims in the past six months.

“We’re seeing people receive messages on social media platforms from someone who pretends to be famous,” says Harry. “Or it could be someone pretending to be in a relationship with them, someone they’ve never met.

“Once they’ve gained this person’s trust, they’ll say any number of things – that their career is in trouble or they need help for some other reason. We’ve seen the messages. We’ve gone through them with our customers, some of whom have been quite vulnerable in one way or another, and they’re awful.”

Harry, 48, says the most common he has spotted is one where victims – who he says vary in age, gender and background – are asked to buy gift cards in store, sharing the bar codes with their scammers via social media.

He says: “The amounts aren’t small, these

customers could be spending a couple of hundred on gift cards, even more. In most cases, we can spot it quite quickly simply because the amount people are spending is a red flag.

“Once we speak to them, we’re often able to chat through the details of the scam and advise them to go to the police. It can be very upsetting for some to accept they’ve been tricked because they’ve become emotionally involved with the scammer – or the person they thought they were speaking to.

“But for me, it’s a rewarding thing to do. In one case, a customer we spoke to retrieved around £1,000 following intervention from the police, while another, who believed he was spending £750 on gift cards for a so-called ‘girlfriend’ in Canada, stopped just short of losing all that money because we felt uncomfortable with that amount, and once we’d spoken to him it became clear this was a scam. He later came back and thanked us.

“Something like this would have been unheard



of a few years ago, but it’s become alarmingly common. We’re more than happy to step in and advise when we can if something doesn’t feel right for our customers. That’s what we’re here for.”

Andrew Alderdice, General Store Manager at Asda Newtownards, praised Harry for the work he has done.

He said: “We have fantastic colleagues right

across our store who care about our customers. Harry just goes to prove this, stepping in and providing great on the ground support – and pointing them to the police if necessary. I’ve witnessed Harry first hand talking to customers about the possibility they may have been scammed, with customers then returning to thank him. We’re incredibly proud of him. Well done Harry!”

# PASSPORT, ID & VISA PHOTOS

Baby Passport Photo Experts

Your Digital ID Photo Code: 

1234 56 789101112

Apply For UK Passport

HM Passport Office

Digital ID Photo Codes available

Visit: [www.mykodakmoments.co.uk](http://www.mykodakmoments.co.uk)

## Kodak Express

Digital Solutions

## Kodak Express

Tech Repair Solutions

13 Frances Street, Newtownards ■ Tel: 9182 8601

- New & Refurbished Laptops
- Laptop & PC Repairs
- Game Console Repairs
- Photo & Poster Printing
- Convert VHS to DVD / USB
- Ink and Toner Cartridges

NO FIX NO FEE We also recycle old damaged laptops

# Sign up to our FREE Digital Magazine Today!

# AgriLife

farm | equestrian | life

[subscriptions@edamedia.co.uk](mailto:subscriptions@edamedia.co.uk)

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

From Belfast Grand Central Station

Book your trip today!

[www.hannoncoach.com](http://www.hannoncoach.com)

Tel: 028 9265 0700

Bags go Free!



# MAYOR OF ARDS AND NORTH DOWN, COUNCILLOR GILLIAN MCCOLLUM, ANNOUNCES CHOSEN CHARITIES

Pre-Paid Funeral Plans Available

**MARK PATTON**  
FUNERAL SERVICES  
24 HOUR PERSONAL SERVICE  
Victoria Square, Ballygowan  
Tel: 028 9752 8333 - 028 9751 1212

The Mayor of Ards and North Down, Councillor Gillian McCollum, has announced the three charities she will support during her term of office: Orchardville, St Vincent de Paul, and North Down & Ards Women’s Aid.

Commenting on her choices, the Mayor said: “I am proud to support these three charities, each of which provides vital assistance to the people of Ards and North Down. The work they do within our Borough is invaluable. The overarching theme of my

upcoming year as Mayor is that of belonging. “As a former school governor, chair of several PTAs, and through my work with volunteers and local charitable organisations, I believe passionately in the power of community and what can be achieved when we work together. I look forward to hosting fundraising events throughout the year and would love for as many people as possible to get involved. With your support, we can help make a positive difference.” Orchardville is a Northern Ireland-based charity that supports young people and adults with a learning disability or autism to live, learn and work. Established in 1982 by a group of parents, it is now one of the leading providers of services for people with disabilities in Northern Ireland. With a vision of an



The Mayor of Ards and North Down, Councillor Gillian McCollum, with Lydia Lynas (Orchardville), Sean Johnston (St Vincent de Paul) and Emalyn Turkington (North Down & Ards Women’s Aid).

inclusive society for all, Orchardville works in partnership with participants to support their independence and employability. The charity offers a range of opportunities including employment services, community day programmes, and social groups that help participants become more confident, independent, and healthy. Founded in 1833 by a group of students in Paris, the Society of Saint Vincent de Paul was inspired by the life and work of St Vincent de Paul. The organisation quickly expanded, with the first groups in Ireland established in 1844 and a local presence in Newtownards from 1893. Today, SVP operates in 130 countries worldwide. Saint Vincent de Paul is a volunteer-led organisation that believes everyone should have the means to live with dignity. Within Ards and North Down, there are six local groups – two in Bangor and one each in Newtownards, Holywood, Portaferry, and Kircubbin. The organisation provides practical assistance to individuals and families experiencing financial hardship. This support includes help with food, gas, electricity, essential white goods, and clothing. North Down & Ards Women’s Aid is a local charity that provides support and protection to women, children and young people affected by domestic abuse. Established in 1982, the organisation offers confidential, non-judgemental services that aim to empower those affected and help them rebuild their lives. Services include emergency refuge accommodation, floating support in the community and specialised programmes for children and young people who have witnessed or experienced abuse. Women’s Aid also works in the community to raise awareness about domestic abuse and promote safe, healthy relationships. Every year, North Down & Ards Women’s Aid supports hundreds of women and children across the Borough. Their work plays a vital role in creating safer communities and offering hope and support to those most in need. All funds raised throughout the Mayoral year will be divided among the three charities. To make a donation, visit: [www.ardsandnorthdown.gov.uk/MayorsCharityDonation](http://www.ardsandnorthdown.gov.uk/MayorsCharityDonation). For more information on upcoming fundraising events or how to get involved, contact the Mayor’s Office: 0300 013 3333 or [mayors.office@ardsandnorthdown.gov.uk](mailto:mayors.office@ardsandnorthdown.gov.uk).

## THE ARDS ADVERTISER

Support Local

Pick up your **FREE** copy at:

- NEWTOWNARDS**  
Scrabo Service Station,  
SPAR 181 Mill Street,  
Newtownards  
Top Spot  
2 Frances Street,  
Newtownards
- COMBER**  
Livingstones Newsagents  
5 Bridge Street,  
Comber  
Campbell Spar  
2 Killinchy Road,  
Comber
- BALLYGOWAN & MONEYREAGH**  
Campbell Spar  
2 Saintfield Road,  
Ballygowan  
D Drury  
1 Hillmount Drive,  
Moneyreagh
- BALLYHALBERT, CLOUGHEY, PORTAFERRY & PORTAVOGIE**  
Spar Ballyhalbert  
24-28 High Street,  
Ballyhalbert  
Watsons Centra  
2 The Square, Cloughey  
Portaferry Costcutters &  
Post Office Portaferry  
28 The Square
- KILLINCHY & LISBANE**  
Bell’s Killinchy  
16 Comber Road,  
Killinchy Spar  
3 Comber Road, Killinchy  
Lisbane Service Station  
175 Killinchy Road, Comber,  
Lisbane
- KIRCUBBIN**  
Costcutters  
83 Main Street, Kircubbin

### Continued from page 1

Isobel Thomas, who has lived at Cook Court for three years, is full of praise for the work. She said: “It has made such a difference to us all. We all love that it is so bright and cheerful. Everyone that comes through the door compliments how modern the makeover

is.” Clannmil’s Director of Assets and Building Safety, Tony Giffen, commented: “The work we’ve completed at Cook Court is part of a wider investment of £5.4m in planned upgrades we’re delivering during 2024/25 to maintain and improve properties. We’re grateful to the people

living here for sharing their ideas with us, and we always aim to focus on customers’ needs. We hope they can continue to enjoy living in a place that’s modern, safe and comfortable and that provides a welcoming social space.” Cook Court is one of 33 independent living schemes managed by Clannmil for active

older people. It has 27 apartments and a common room where residents can gather for social activities, as well as a guestroom for visitors. If you are interested in living in an independent living scheme like Cook Court, please email [housing@clannmil.org.uk](mailto:housing@clannmil.org.uk) or phone 028 9070 6000.

A warm invitation is extended to come and listen to

**GOSPEL MESSAGES**

Applicable to everyday living

IN

Ballygowan Village Hall

MEETINGS EACH SUNDAY, 6-7PM

FREE AND EVERYONE WELCOME!

Tel: 07729 942414

A warm invitation is extended to come and listen to

**GOSPEL MESSAGES**

Applicable to everyday living

IN

Portavogie Community Centre

EACH WEDNESDAY, 8-9PM

FREE AND EVERYONE WELCOME!

Tel: 07729 942414



# Ballywalter Group Completes Multiply Initiative and Donates Blankets of Hope

**Deputy Mayor, Councillor Vicky Moore, recently visited a group in Ballywalter who had successfully completed a Multiply programme that took place over the months of January to March 2025.**

The initiative was delivered by Ards and North Down Borough Council's Community Development team and funded by the Department for the Economy.

The Multiply initiative was aimed at improving adult numeracy skills and encourage people over the age of 50 to come together. There is a close relationship between knitting, geometry, and maths, so three groups from across the Borough took part in a craft project of crochet and knitting.

This included a group at Ballywalter Village Hall who decided to create 'blankets of hope' that they could donate to children and families battling cancer through the Cancer Fund for Children.

The Deputy Mayor of



Ards and North Down, Councillor Vicky Moore, said:

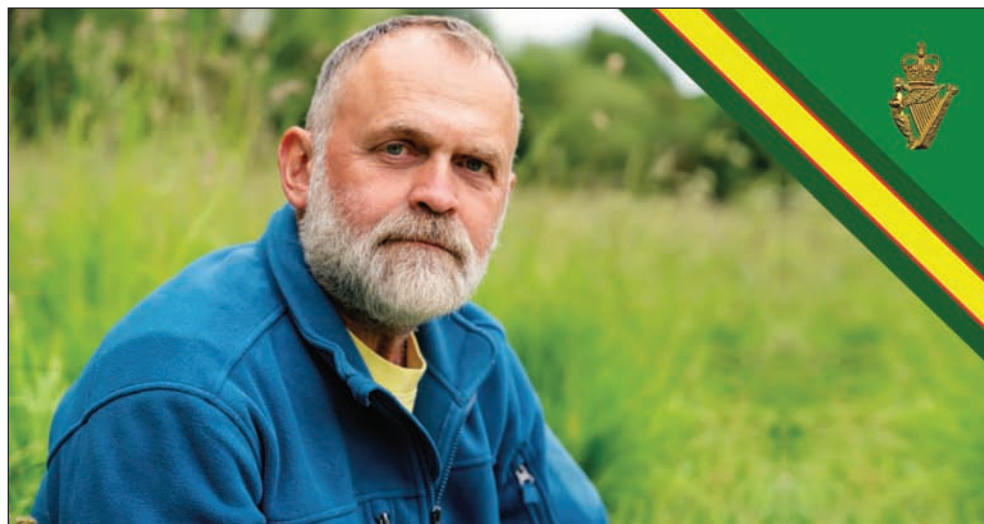
"I was delighted to meet the ladies who formed the Ballywalter group and see some of their very thoughtful creations. By working together, they created many blankets that will provide children with comfort and warmth

during their treatment." Following the successful completion of the programme, the Ballywalter group decided to continue operating as their newly formed knit and natter group.

They continue to create blankets of hope and donate them to the Cancer Fund for

Children.

The Department for the Economy led the delivery of the Multiply programme in Northern Ireland. The programme supported the Economic Vision for a regionally balanced economy with good jobs and increased productivity, which contributes to decarbonisation.



## Did you, a loved one, or someone you know serve in The Ulster Defence Regiment?

**The Ulster Defence Regiment Benevolent Fund is here to help!**

Through our delivery partners, we now provide help with financial advice and support, healthcare, mental healthcare and wellbeing.

**For more information:**

**T: 077 2067 7838 or E: [udrbenfund@outlook.com](mailto:udrbenfund@outlook.com)**

#KeepTheBenFundNumber Proof of service will be required.  
Registered with The Charity Commission for Northern Ireland: NIC107024



### A RESIDENTIAL HOME THAT REALLY CARES!

"Each tastefully decorated bedroom offers complete privacy where residents are encouraged to express their own personal tastes!"

[tullywestmanor@googlemail.com](mailto:tullywestmanor@googlemail.com)  
[www.tullywestmanor.com](http://www.tullywestmanor.com)



**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:

August  
Tuesday 12th  
Tuesday 26th

September  
Tuesday 9th  
Tuesday 23rd

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

**Housing Executive**  
Community Advice



TULLYWEST MANOR RESIDENTIAL HOME, TULLYWEST ROAD,  
SAINTFIELD, BALLYNAHINCH BT21 7LX TEL: 028 97511 234



# Horticulture vital to NI's agri-food sector

Minister Muir recently visited Roy and Alex Lyttle on their family farm to witness at first hand a new innovative product 'Lyttle Leaves' that they are producing on the shores of Strangford Lough.

This visit also served as a platform to discuss the latest advancements in horticulture and to address the sector's ongoing concerns.

Minister Muir said: "Roy and Alex have been at the forefront of horticultural innovation and their latest product exemplifies their commitment to progress and sustainability. This visit was an opportunity to engage with farm representatives; listen to their insights and understand the challenges they face in the current agricultural landscape."

DAERA Minister Andrew Muir has said horticulture is vital to Northern Ireland's agri-food sector.

The Minister made the comments as he announced the opening of expressions



Minister Muir with Alex Lyttle and Lyndsay Curran at their farm outside Newtownards

of interest for two schemes under the overarching Horticulture Pilot Scheme.

The Scheme aims to foster innovation, support sustainable practices and promote growth within the horticulture industry. It will develop cooperation

among growers, provide capital funding for the adoption of innovative crops, technologies and systems and support the development of new growers.

Minister Muir said: "Not only does horticulture provide essential food but it improves environmental wellbeing and creates vital economic opportunities for our agri-food sector in NI."

"I am delighted to launch the opening of the Expression of Interest stage for two schemes under the Horticulture Pilot Scheme. This four-year scheme, worth £7.7million, is a pivotal step in the right direction towards innovation and progress in the sector. Whilst significant progress has been made, I also recognise that there is still much work to be done to ensure the sustainability and success of horticulture."

The Minister continued: "I understand the challenges that horticulturists face, from regulatory requirements to market pressures. The Horticulture Pilot Scheme is designed to address some of these concerns by providing support, resources and opportunities for innovation. I would encourage all eligible growers and horticulture businesses to consider registering to the scheme."

Expressions of Interest for Pilot Schemes One and Three are open..

For more information on the Horticulture Pilot Programme and how to express an interest, please visit: <https://www.cafre.ac.uk/business-support/knowledge-transfer-programmes/horticulture-pilot-scheme/>.

Expressions of interest must be submitted by 5pm on 30 September 2025.

# LIVE HERE LOVE HERE SCHEME RETURNS

Northern Ireland's largest community and civic pride campaign, Live Here Love Here, has announced the return of its Small Grants Scheme for 2025, following a successful year in Ards and North Down Borough Council, where 14 local projects were awarded a total of £32,376 in funding.

Throughout 2024, volunteers contributed an impressive 1,554 hours, demonstrating the vital role of community effort in tackling environmental challenges and promoting local stewardship.

Delivered in partnership with ten local councils, the Northern Ireland Housing Executive, and Belfast Harbour, applications for the 2025 Small Grants Scheme are open until August 18. Community and volunteer groups, schools, not-for-profit organisations, and un-constituted groups are invited to apply, with successful applications awarded grants from £500 to £3,000.

Projects funded last year in Ards and North Down Borough Council included initiatives by Bangor Foodbank & Community Support, North Down YMCA, Millisle Health & Wellbeing Group, Peninsula Healthy Living Partnership, Holywood Shared Town, Portaferry in Bloom, and Victoria PS Ballyhalbert, all working towards transforming shared spaces, enhancing biodiversity, and strengthening local



engagement.

Crawfordsburn Primary School Garden received a grant to support planting trees and shrubs, tools, pond dipping kits, and other materials. The school gardening club came together to transform waste ground into a more enjoyable and engaging space for the school community. They enhanced existing facilities, including the school pond, to encourage wildlife and help children learn through hands-on

experiences. The project also opened up the area around the pond for wildlife investigation and expanded the vegetable garden to promote sustainability and community involvement.

The Small Grants Scheme had a record-breaking year in 2024, awarding £196,342 to 115 projects across Northern Ireland. With 4,500 volunteers revitalising neglected spaces, the scheme has supported environmental improvements, civic

pride, and community wellbeing across the region.

Live Here Love Here is currently hosting Connecting Communities events across Northern Ireland, offering opportunities to meet local volunteers and learn more about applying to the 2025 Scheme.

To apply for the Small Grants Scheme, or for more information on the Connecting Communities Events, visit [livehereandlovehere.org/smallgrants](http://livehereandlovehere.org/smallgrants).

## GRANSHA EQUESTRIAN CENTRE

### DONAGHADEE BEACH RELAY!

**Saturday 6th September**  
5pm (4pm competitor arrival)  
Register your team of 4 Competitors – entry via Gransha Equestrian App  
**Come along and enjoy an exciting local spectacle!**

10A KERRS ROAD, BANGOR, BT19 7QD.  
Enquiries to email – [granshariding@yahoo.com](mailto:granshariding@yahoo.com)

Find us on Facebook

## Plain English Computer Services

### NO FIX, NO FEE

Computer Sick? Or Just Sick Of Your Computer?  
PC & Laptop Repairs - New & Used Computer Parts - Spyware & Virus Removal - Full Data Recovery Service  
A Computer Company That Talks Plain English!

[sales@pecsni.co.uk](mailto:sales@pecsni.co.uk) [www.pecsni.co.uk](http://www.pecsni.co.uk)  
**Tel: 02891 820431**

## GILMORE FUNERAL DIRECTORS LTD

"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

**GOLDEN CHARTER PRE PAID FUNERAL PLANS**  
Headstones erected, lettering added, stones cleaned

[www.gilmorefuneraldirectors.co.uk](http://www.gilmorefuneraldirectors.co.uk) | 1 Kilinchy Street Comber BT23 5AP

Gilmore Funeral Directors Ltd is an appointed representative of Golden Charter Limited trading as Golden Charter Funeral Plans which is authorised and regulated by the Financial Conduct Authority (FRN:965279).  
Registered in England No. 02511598  
Registered Office: One Fleet Place, London EC4M 7WS.

**FUNERAL SERVICE ROOM**  
SEATING 100+ WITH RESTROOMS  
LIVE STREAM AVAILABLE

Direct Cremations Available

The event marked the finale of a year-long collaboration between Youth Voice Ards and North Down, the Over 50s Council and U3A groups, with support from Linking Generations Northern Ireland. What started as a series of exploratory meetings in April 2024 blossomed into a powerful partnership, bridging generational divides and sparking meaningful dialogue.

One of the standout achievements of the collaboration was the creation of an eight-episode podcast series that was launched during Global Intergenerational Week in April on Spotify. It explores themes of age, identity and community, and

aims to inspire both younger and older generations to build stronger, more connected lives.

The Intergeneration Event featured interactive workshops, storytelling sessions and a showcase of the podcast and campaign materials. Attendees left the event inspired by the creativity, compassion and commitment on display.

The Mayor of Ards and North Down, Councillor Gillian McCollum, said:

"This event was an excellent example of what can happen when generations come together with open hearts and shared goals. By working together, the future of our Borough is brighter



and everyone in Ards and North Down can feel a sense of belonging."

The event also highlighted two major youth-led campaigns:

**SEND Campaign:** Promoting Inclusion and Understanding  
Recognising a gap in awareness around Special Educational Needs and Disabilities (SEND), Youth Voice members developed a comprehensive campaign to promote inclusion and acceptance. The initiative aims to foster a borough where all young people, regardless of ability, feel that they are seen, supported, and empowered.

Mental Health Cam-

paign: Empowering Young Ambassadors

Another group of passionate young advocates focused on mental health, initially addressing challenges faced by young men before expanding their efforts to support all youth. In partnership with Action Mental Health, they completed a six-week Mental Health Ambassador programme, equipping them with tools to support peers and signpost vital services.

For more information, including links to the podcast series, visit [www.ardsandnorthdown.gov.uk/YouthVoiceAND](http://www.ardsandnorthdown.gov.uk/YouthVoiceAND).

## THE OLD PRIORY DENTAL LABORATORY

# Denture Repairs

The Old Priory Dental Laboratory, 6 Glastry Road, Kircubbin, Newtownards, Co Down, BT22 2QX.  
**Tel: 07713 260062**

## GHD Repairs DUNDONALD

Over 15 years in business

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

Unit 2, 57 Comber Road, Dundonald  
E: [ghdrepairsdundonald@hotmail.co.uk](mailto:ghdrepairsdundonald@hotmail.co.uk) | T: 028 9048 1334

## 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



# FINDING HOPE IN HEARTBREAK AS SARAH RAISES FUNDS TO HELP GRIEVING PARENTS

Seeking solace in running after the loss of her baby, Poppy, who was born on 2 April 2025, Sarah McGourty laced up to pound the course of the Comber 10k in June to raise funds for the Ulster Hospital's Forget Me Not Focus Group.

Sarah shared how she wanted to take on the challenge as a way of saying thank you to the Bereavement Midwifery Team at the hospital for the exceptional care and gentle compassion she received before and after the devastating loss of Poppy.

Sarah explained how she was in her second trimester of pregnancy with Poppy when it was discovered that her baby girl no longer had a heartbeat during a scan. "After losing Poppy, I felt a deep need to give something back to the Bereavement Midwives who supported me so compassionately during such a painful time. That is what inspired me to start running again and to sign up for the Comber 10k as a way to begin raising funds."

"Running became a much-needed outlet, giving me space to process our loss. I completed all my training runs at Billy Neill Country Park, where the Forget Me Not trees are planted in memory of precious babies. Passing those beautiful trees during each run gave me the strength to keep going," said Sarah.

The Forget Me Not Group in the Ulster Hospital Maternity Unit brings together parents who have experi-



Sarah and Jacqueline on the Forget Me Not bench

enced the death of a child or baby and provides support and connection to families throughout the year.

Sarah continued, "I spent four days in the Ulster Hospital Maternity Unit and during that time, Susan Stitt, one of the Bereavement Midwives, gave me incredible support. She spent time with me before Poppy was born, helping me prepare for the difficult days ahead. Her kindness and the time she gave meant so much, and it truly helped me face what was to come."

Sarah added that she did

not know what she would have done without the support of her husband, Gerard and the Midwifery staff. "Bereavement Midwife, Jacqueline Dorrian, was with me the day after Poppy was born. She sat with me and helped me process the whole experience. Both Susan and Jacqueline were such a great support for me, they are angels on earth, so selfless and experienced."

Through Sarah's fundraising efforts, £900 was raised for the Forget Me Not Focus Group, which will go towards the purchase of a

'cuddle cot' for families who will also be affected by baby loss. "I have now also joined the Forget Me Not group," said Sarah. "The support I received meant so much to me and my family."

South Eastern Trust, Bereavement Midwife, Jacqueline Dorrian added, "We are so thankful to Sarah for thinking of us and others in her grief. It was an honour and a privilege for me to spend time with Sarah after the birth of Poppy and we really appreciate her and her family's very generous and kind donation."

Community  
Advice  
Ards and North Down

Community Advice  
Ards & North Down



Previously known as Citizen's Advice Ards & North Down

Your FREE, LOCAL and INDEPENDENT advice agency for all your advice needs



## Debt Advice

Are you worried about or struggling with debt? We have a team of Local debt advisers who can help and there is a solution to every problem. Our service is completely confidential, impartial and our advice is free and without obligation so you can make an informed choice when you are ready to do so.



## Benefit Advice

Our team of benefit advisers are available to advise you on all areas of benefit entitlement and form filling including any problems you may be having. We offer benefit checks to ensure income maximization.



## Appeals and Tribunal Representation

We offer assistance with mandatory reconsiderations & benefit appeals and our advisers can represent you at tribunal. We also provide advice on taking an employment case to a tribunal at which we can provide representation.



## General Advice

We offer advice on consumer, employment, family and all other issues.



## Housing Advice

We can provide advice in relation to all aspects of housing, including issues with landlords or tenants, rent arrears, possible eviction,

Tel: 0300 123 9287 | Email [advice@caand.co.uk](mailto:advice@caand.co.uk)

You can also submit a query through our webpage at [www.caand.co.uk](http://www.caand.co.uk)

Call into any of our offices in Bangor @ 39A Hamilton Road,

Newtownards @ 30 Frances Street | Holywood @ Queen's Leisure Centre



LIKE US ON

facebook



# Lucy's Locks

## HAIR SALON

Wash & Blow Dry  
Tints  
Balayage  
Highlights  
Gents styling

07707 108 491  
For an appointment

[lucyslocks\\_](https://www.instagram.com/lucyslocks_)

[Lucy's Locks](https://www.facebook.com/lucyslocks)

73 Magherahamlet Rd, Spa, BT24 8PZ

# GAME LOCKER

UNLOCK THE PLAYER INSIDE

## NEW RACING SIMULATORS

### FOR SPEED ENTHUSIASTS,

Game Locker now features cutting-edge racing simulators, promising an adrenaline-pumping experience that puts you right in the driver's seat!

**BOOK THROUGH GAMELOCKER**  
[www.gamelocker.online/apex-racing/](http://www.gamelocker.online/apex-racing/)

**APEX RACING SIMULATORS**

**RACING SIMULATORS FOR 15+ DRIVERS**  
Feel what its like to drive high end track cars

**OUR CLIENTS INCLUDE**  
• Now Group • All State  
• Eastside Partnership • Victoria Square

**TAKING BOOKINGS FOR ALL BUSINESSES**  
• Staff do's • Corporate events • Team Building  
• Birthday Parties • Fun Days  
• Youth Groups • Charity Organisations

Carrowreagh Rd, Belfast, BT16 1QT  
Tel: 07519 312338  
Email: [gl.gamelocker@gmail.com](mailto:gl.gamelocker@gmail.com)  
**WWW.GAMELOCKER.ONLINE**



# 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](mailto:info@helensbaydental.co.uk) to book your first appointment. Your smile deserves the very best.

# Lord of the Flies

JV Allister asks if the common horse fly is predator or hero?

It’s a hot day in late summer some years ago. You’re cutting your lawn, or if you’re a farmer you’re saving late hay or harvesting barley, flies whizzing around your head, attracted to your sweat, and then it strikes, and you yelp. Cleg attack!

It’s likely that clegs as they’re known in Scotland and Ulster are in decline, along with other insects through loss of habitat and the impact of intensive farming, but common horse flies as they’re properly named, and flies in general, have been around for millions of years, an integral part of our connected environment.

We take flies for granted and sometimes want to kill them if they annoy us, but they’re important to our eco system, for instance having emerged as pollinators of plants even before bees evolved.

And they’re important to natural recycling. You see, we didn’t invent recycling as we know it over the past few decades,



nature has been doing it for eons. Many flies are attracted to decaying matter, animal or vegetable, feeding and laying the eggs that produce larvae.

Without flies, fungi and other organisms that recycle and convert dead and decaying matter, we’d have serious threats to our health and wellbeing.

Incidentally, there

are approximately 150,000 fly species globally, from fruit flies to mosquitoes and bluebottles, so they’re not just prolific and necessary to our nature systems, but successful, otherwise they wouldn’t be around in such numbers.

But back to clegs aka common horse flies, which are less interested in decaying matter than...blood!

While they mostly feed on nectar and plant juices in damp grassy areas, the females need blood to produce eggs, and so prey on cattle, and horses of course, and sometimes humans. That annoying bite on your bare wrist, ankle or neck will be painful, but because of the decline in our insect population it will be increasingly rare.

JVA

**Europa Abseil**  
Sunday 10th October 2025  
Conquer new heights for  
Air Ambulance NI



**Sign up today**

[www.airambulanceni.org/upcoming-events/](http://www.airambulanceni.org/upcoming-events/)  
Help YOUR air ambulance save lives, brains & limbs!



# Welcome expansion of support for school age childcare from September 2025

Many families with school aged children across Northern Ireland rely on registered childcare providers every day to enable them to go to work.

## Employers For Childcare

This childcare may be being provided by a registered childminder or a day nursery, or in a setting attached to a primary school. While childcare costs remain a significant expense it is welcome news that there is an increase in the number of families who will be able to claim vital support from September 2025.

NI Childcare Subsidy Scheme extended

The Northern Ireland Childcare Subsidy Scheme currently provides a 15% subsidy on childcare costs for eligible working

parents of children under Primary school age, who are in receipt of Tax-Free Childcare.

The Education Minister, Paul Givan, has announced that from 1 September 2025 the Northern Ireland Childcare Subsidy Scheme will be extended to include school age children who attend a registered childcare facility. These families will now also qualify for the 15% subsidy.

It is estimated that this extension could give financial support to the families of a further 8,000 children who are currently



unable to access support through the Northern Ireland Childcare Subsidy Scheme. The NI Childcare Subsidy Scheme is administered by Early Years, their website [www.early-years.org](http://www.early-years.org) will be updated in due course as more information becomes available.

Get advice to make sure this is right for your family

While these changes will provide valuable additional support to more families, working out which is best form of support for your family can be confusing. We would encourage anyone using registered childcare to call the Family Benefits Advice Service on 028 9267 8200 for advice to ensure they are receiving the best form of support or email [hello@employersforchildcare.org](mailto:hello@employersforchildcare.org).

# Heroic Northern Irish educators bringing parents to tears – in the best possible way

New research reveals that Northern Ireland's teachers and teaching assistants (TAs) are making an extraordinary emotional and lifelong impact, well beyond the classroom walls.

Three-quarters (75%) of Northern Irish parents say they have been moved to tears of joy by something their child's teacher has done. This is significantly higher than the UK average, which is more than half (57%).

The study, commissioned by multi-store gift card, One4all Gift Cards, also found that three in four (75%) adults in Northern Ireland credit a teacher or TA from their own school days with having had life-long impact on them.

For many, this impact included their educators having boosted their confidence (75%), and three-quarters (75%) remember teachers regularly going above and beyond for them.

Current teachers and teaching assistants are just as heroic. In the past year alone, 88% say their child's teacher or TA has stepped up beyond the call of duty, most often by nurturing a hidden talent (29%) or introducing their child to a brand-new topic or culture (29%).

When asked what skills the Northern Irish admire, half (50%) said delivering life lessons between maths problems, followed by the power to turn a meltdown into a teachable moment (25%), and having seemingly inhuman patience (13%).

Modern classrooms demand serious multitasking, with nearly three-quarters (72%) of Gen X parents saying today's educators have to

do more than just teach.

Top of the list? Acting as mentors or personal-development coaches (69%), caregivers for pupils' wellbeing (62%) and emotional support providers (54%) were named as the extra roles teachers and TAs have to juggle.

Despite this, over half (56%) of Northern Irish parents feel

these extra efforts go under-recognised.

The One4all Gift Card is a multi-store gift card, fast becoming one of the UK's most popular, and a perfect gift for every occasion. It can be spent directly in-store or online with 100s of retailers on 1000s of brands, so there is something to suit everyone's taste.

Ranging in value from £10-£120, you can pick up a One4all Gift Card at your local Post Office, Tesco, selected Morrisons and Morrisons Daily, Sainsbury's, John Lewis, Waitrose, Co-op, Aldi, Poundland, Payzone, Iceland, The Food Warehouse, Argos, Currys or Farmfoods stores, or buy online at Amazon or [one4all.com](http://one4all.com).

# NORTH DOWN AND ARDS WOMEN'S AID

North Down and Ards Women's Aid work with women, children and young people affected by domestic and sexual abuse.

We currently have funding to deliver our Safe Relationship Awareness Project which works to educate young people about the dynamics of healthy relationships and the warning signs of abuse to develop a project committed to ensuring young people have the tools to navigate relationships safely.

The project is delivered over a six-week period, comprising of weekly hour-long sessions, each delving into various aspects of relationship dynamics. There are a multitude of topics covered across the six-week period, all chosen to align with the needs of young people as well as the current societal issues that can impact our understanding of relationships.

We explore what a healthy and unhealthy relationship can look like, educate on forms of abuse and coercive control, tackle the influences of social media and technology

# SAFE Relationships

## AWARENESS PROJECT

### 6-week course

\*featuring true stories of our service users depicted by actors

**Women's Aid**  
NORTH DOWN & ARDS

abuse, discuss the lines of consent all while ensuring the space is kept safe and open for discussions. This project is completed in groups, which can be a great advantage for learning but also creating a safe space for attendees to share experiences.

We have received

fantastic feedback from students and teachers about their experience of the Safe Relationship Awareness Project to date and we look forward to continuing on this work in the months ahead. We hope to continue the education of our young people as when it comes to

relationships, knowledge truly is power and through this work we plan to continue the empowerment of the next generation.

If any school, youth group or community organisation are interested in The Safe Relationship Awareness Project, please contact our Bangor office on 028 9127 3196.

# HYDRAQUIP

## HOSE & HYDRAULICS

Making Hoses Since 1989

### NORTHERN IRELANDS FIRST CHOICE

HOSE AND FITTINGS SUPPLIER SUPPORTING BUSINESSES ACROSS NORTHERN IRELAND

Our hydraulic trade counter provides instant access to a range of over 70,000 fluid power products. Engineers available 24/7 Extensive coverage across Northern Ireland.

Visit Our Website: [www.hqonsite.com](http://www.hqonsite.com)

# 028 92 29 4000

## NEW TRADE COUNTER NOW OPEN IN LISBURN

19 FERGUSON DR, KNOCKMORE HILL INDUSTRIAL ESTATE, LISBURN, NORTHERN IRELAND, BT28 2EX

# Locally Built

# BUILT BEYOND

# R240

## 2-STALL HORSEBOX

[overlandervehicles.co.uk](http://overlandervehicles.co.uk)  
Antrim > N.Ireland

**OVERLANDER**

[INFO@OVERLANDERVEHICLES.CO.UK](mailto:INFO@OVERLANDERVEHICLES.CO.UK)  
SALES ENQUIRIES 078 3445 1800



# COMMUNITY ADVICE ARDS AND NORTH DOWN

50 years Of Helping and Supporting Everyone In Our Community

2025 marks the 50th year of Community Advice Ards and North Down. As we continue to witness the increasing cost of living, with everyday costs of food, rent and mortgages increasing, Community Advice Ards & North Down (CAAND) formerly known as Citizen's Advice is here in our community to offer advice help and support.

CAAND is one of the largest independent advice agencies in Northern Ireland, with over 40 highly trained staff and volunteers dedicated to providing advice on a vast array of issues, including housing, employment, consumer, benefits, debt, form completion, neighbour disputes and tribunal representation (including employment

tribunals). Last year, we advised over 10,000 people on 30,000 issues. Our work resulted in an income generation for our clients of over 6.1 million pounds.

CAAND continues to expand the service that it offers, with a new initiative which involves working with GP Surgeries, having an advisor based in the respective surgery for either a morning or afternoon each week.

Our service is free, confidential and non-judgemental. We have extensive experience on offering advice and support on everything and anything.

If you have a query, please don't wait. Contact CAAND by calling into one of our offices, or you can phone

our advice line on 0300 123 9287.

Our offices in Bangor and Newtownards are open Monday to Friday from 9-00 to 16-00, with our Hollywood Office open Monday and Wednesday 09-00-16-00.

We also have outreach advice clinics throughout the Ards and North Down Area, please see our webpage ([www.caand.co.uk](http://www.caand.co.uk)) for details.

You can also send us an email ([advice@caand.co.uk](mailto:advice@caand.co.uk)), or, use the email enquiry form on our website [www.caand.co.uk](http://www.caand.co.uk)

CAAND Offices: The Bangor Community Hub, 39 Hamilton Road, Bangor, BT20 4LF.

30 Frances Street Newtownards, BT23 7DN and

The Queen's Leisure Centre, Hollywood, BT18 9HL

# Autism NI celebrates 35 years of inclusion

Northern Ireland's longest serving autism charity, Autism NI, celebrates its 35th anniversary this month, marking over three decades of advocacy, campaigning and support services for autistic people and their families.

Autism NI's CEO, Kerry Boyd, said: "I am proud to say that Autism NI was the first autism charity established in Northern Ireland, founded in 1990, at a time when very little was known, or understood, about autism. The Charity's work back then was very much pioneering, and the staff team had to navigate an environment and system that was not familiar, or ready, to support the needs of autistic people.

There are so many 'firsts' that Autism NI was at the forefront of, and we are all very proud to have been part of that journey, including the successful lobby for the first autism specific legislation for Northern Ireland, the Autism Act (NI) in 2011. The passing of this legislation was a real turning point for the Charity in realising its vision of creating a better future for our autistic community – one where autistic people can thrive and reach their full potential. Our legacy of leading the way and driving positive change, still runs through the heart of our work today. But we could never have existed without the support of our incredible families, volunteers, staff, and supporters who have



helped to build, develop and expand this Charity over the years.

Local Support Group Vice-Chair, Anne Hayward, said: "It's amazing to see Autism NI reach such a milestone. The invaluable work the Charity has done over the decades has changed so many lives, including my own.

After receiving my son Ben's diagnosis over 21 years ago, I joined Autism NI's Lisburn Support Group, which I'm proud to say I'm still very much

part of. All those years ago, I felt that the Charity was a lifesaver to me as I got practical support, guidance, and most of all, hope, when I needed it the most. At that time, I felt so isolated and wanted to meet other parents who were in a similar situation, so it was great to find a Support Group of likeminded people that supported me and understood me, as well as my son. The Group offered friendship not only to me, but it was also a safe place

where my son was able to make friends too, and he is still friends with those children all these years later. It has been incredible to see his confidence and skills grow over the years and as a young adult, Ben has a very positive future ahead of him and I want to acknowledge Autism NI's support in being part of that."

Today, Autism NI continues to support thousands of families and autistic people every year through vital services

including a Helpline, Early Intervention Service, Autistic Adult Service, Support Group Network, Training Service as well as their ongoing campaigning and lobbying work. The Charity remains focussed on amplifying the voices of autistic people and empowering them to continue its legacy of influencing positive change within society.

To find out more about Autism NI and its support services, please visit [www.autismni.org](http://www.autismni.org)

Sign up to our  
Digital Magazine  
Today!



Family  
Focus

 [subscriptions@edamedia.co.uk](mailto:subscriptions@edamedia.co.uk)





**SOLAR PV, BATTERY & OFF-GRID BACKUP FOR HOME, BUSINESS & AGRI**



21A Brookside Road, Ballynahinch, BT24 8LE  
[www.cloverenergysystems.com](http://www.cloverenergysystems.com)

Contact us for a FREE consultation  
**0800 048 7716**

# Claire Whyte Architect, building for you...

Claire Whyte Architect has been designing bespoke buildings for over 20 years.

Current and past projects include one-off house designs, extensions and refurbishments as well as housing & apartment developments and commercial design.

Working from her Comber studio at Mount Alexander, in a bright, lofty workspace designed to animate and inspire, CWA continues to focus on client-centred, contemporary, thoughtful design that is respectful of place and purpose.

Claire takes the time to listen, working alongside clients to develop a strong project brief before finding innovative, cost effective solutions that best meet your requirements.

Time and again the Comber architect is reassured to receive feedback from clients who welcome the transparency of her approach to the design process, the



willingness to listen and ability to transform their ideas into reality whilst always keeping them informed of progress.

Every project is equally important no matter the scale or budget and is developed in phases, beginning with an initial meeting prior to Claire's appointment. A scheme

then proceeds through appraisal and if required a dimensional survey, before developing into concept sketches.

CWA will prepare planning and building control applications and can provide tendering and contract administration, tailored to suit respective clients.

Should you require a feasibility study, concept sketches, or if you would prefer CWA to take control of a full build for you, a bespoke service can be tailored to meet every client's needs.

If you are looking for an Architect to begin your adventure, please contact Claire.

# BRING YOUR OUTDOORS TO LIFE THIS SUMMER WITH URBAN OUTLET!

Looking to transform your garden or outdoor space? Head straight to Urban Outlet, located at 163 Moneyreagh Road – your one-stop destination for all things landscaping and hardware!

Whether you're revamping your patio, fencing in your garden, or just giving your outdoor area a fresh new look, Urban Outlet has it all. From a massive selection of fencing, paints, patio flags, and timber, to eye-catching decorative stones and aggregates – available in both bulk bags and full loads – we've got everything you need under one roof.

Need tools, accessories, or building supplies? We've got you covered. We even carry concrete, screed, and both building and plastering mortar. Our shelves are stocked and updated daily, so there's always something new to discover.

And don't worry about delivery – with our fleet



of tipper and Hiab crane lorries, we'll get your order right to your doorstep. Or if it fits in your car, we'll gladly help you load up and hit the road.

From railway sleepers and

kerbs to decorative bark and agricultural supplies, Urban Outlet is your go-to place to create the perfect outdoor living space.

Our friendly, knowledgeable team is

always on hand to offer expert advice and answer any questions you have.

Stop by today and see why Urban Outlet is the ultimate destination for outdoor inspiration!



claire whyte  
rchitect

**Design to Inspire**  
RIBA Chartered Architect

Creating individual spaces for every scale or budget

Claire Whyte, 12 Mount Alexander, Comber, BT23 5QL  
[www.clairewhytearchitect.com](http://www.clairewhytearchitect.com) and on facebook  
Email: [claire@clairewhytearchitect.com](mailto:claire@clairewhytearchitect.com)

**T: 02891071300 M: 07595422433**

 Find us on Facebook



**FOR ALL YOUR LANDSCAPING & HARDWARE NEEDS!**

**WE'VE GOT YOU COVERED**



**URBAN OUTLET**

**DIY & LANDSCAPING**

**163 MONEYREAGH ROAD**

**FENCING • PAINTS • DECORATIVE STONE • PATIO  
FLAGS • TIMBER • TOOLS • DELIVERY SERVICE**



# Is your Laptop running extremely slow? We can fix that!

**A slow laptop can be very frustrating, but several steps can be taken to improve its performance.**

Common causes include insufficient RAM, a full hard drive, too many background programs, outdated software or drivers and dreaded viruses. Addressing these issues can significantly speed up your laptop. At Tech Repair Solutions we can solve those prob-

lems. We provide professional Laptop and game console repairs such as getting a misbehaving laptop up and running to replacing a HDMI port on a Sony PS5 or Xbox game consoles. We also offer new and refurbished laptops, printers

and ink cartridges. "Our mission is to provide clear and simple advice on technical issues that everyone can understand. The launch of our home service will assist you with various issues from helping with a Blue Badge application to repairing your broken

laptop screen and everything in between. "We will offer a home service every Monday, Tuesday and Thursday to help those who cannot easily come into Newtownards ensuring everyone who needs technical support can access it."

You can easily schedule a repair appointment by calling 02891 828601 or Google - Tech Repair Solutions Newtownards. We provide a free, no-obligation diagnostic on your device along with a 1-year limited warranty on all repairs

## The DIY Boom Transforming Homes Across the Country

**Homeowners are rolling up their sleeves and diving into DIY projects that enhance their living spaces.**

This season, 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.



### a&r Interiors

- Fitted Kitchens • Fitted Bedrooms
- Free Home Visit, Measurement & Design Service
- Quality Locally Manufactured Cabinets & Doors
- Complete Installation Package Including... Plumbing, Plastering & Electrical

**Tel: (0)28 9079 9664**

3 Elesington Court, Bells Bridge Roundabout, BT6 9JY  
**www.aandrinteriors.co.uk**



**impact SIGNS**

- Signage
- Digital Print
- CNC Routing
- Laser Cutting
- Trade Installations
- Window Graphics
- Vehicle Graphics

Unit 23-24, East Belfast Enterprise Park,  
308 Albertbridge Road, Belfast, BT5 4GX  
028 9073 9402 | sales@impactsignsni.co.uk

## VERTICAL BLINDS

**3 windows starting from £99!**  
**ROLLERS - from £30!**  
**VENETIANS - from £35!**

**FREE measuring and fitting service**  
**FREE estimates with no obligation**

**FAST TURNAROUND**  
we have a wide range of stock for fast turnaround



### 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.

**Our Curtain Department is NOW OPEN**

**At The Blinds Spot we also measure, supply and fit curtain rails, curtains and romans. Introducing the new soft cloth collection offering timeless and elegant designs for home interiors.**



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

**Finance available**  
Buy now, pay monthly  
powered by Deal  
U



# MOURNE LIVING CELEBRATES STORE OPENING WITH BIG PRIZE GIVEAWAY

We're excited to announce the launch of our brand-new contemporary furniture store, opening this August at House of Vic-Ryn, Lisburn.



With over 30 years of family history in furniture, Mourne Living offers stylish, high-quality interiors to suit every home and budget. Our modern, curated collection blends design and comfort — perfect for creating a space you love. To celebrate, we're giving you the chance

to win a luxurious corner sofa, plus £100 vouchers every week! **HOW TO ENTER:**

- Follow @mourneliving on Instagram or Facebook
- Like the competition post
- Tag a friend in the comments
- Share the post for a bonus entry

£100 voucher winners drawn every

Friday from August 15th. Grand Prize Sofa Winner announced September 5th. Double your chances — enter on both platforms!

- Opening August 2025

Find us at House of Vic-Ryn, Lisburn. Follow us for updates and sneak peeks!

S

SOLUTIONS

FOR SYSTEMS

Commercial/Residential

Fire alarms, CCTV & security alarms!

028 90 995191

info@solutionsforsystems.com

www.solutionsforsystems.com

Unit 25, Innotec Drive, Balloo Road, Bangor. BT9 7PD

Demo/Training Room Available!

\*ask us for details

## The 2025 Trends Illuminating Interiors with Style

Homeowners are embracing warm, layered, and sculptural lighting to create inviting spaces that reflect the essence of late summer.

This season, lighting is more than just functional—it's a statement piece that enhances ambiance and transforms interiors. One of the standout trends is organic and sculptural lighting. Designers are opting for fixtures that mimic natural forms, such as branch-like chandeliers, petal-shaped pendants, and asymmetrical handcrafted silhouettes. These artistic pieces not only illuminate a space but also serve as captivating focal points. Another key trend is layered lighting, which moves away from harsh overhead fixtures in favour of a mix of ambient, task, and accent lighting.

This approach creates depth and flexibility, allowing homeowners to adjust the mood of a room throughout the day. Dim-to-warm technology is gaining popularity, offering a seamless transition from bright daylight tones to cozy evening hues. For those looking to add a touch of timeless elegance, vintage-inspired lighting is making a comeback. Think matte brass finishes, hand-blown glass globes, and bespoke shades that bring a nostalgic yet sophisticated charm to interiors. These pieces blend seamlessly with both modern and classic decor styles. Sustainability is also at the forefront of

summer lighting trends. Natural materials like rattan, wood, and aged brass are being used to craft fixtures that feel organic and eco-friendly. These elements not only add warmth to a space but also align with the growing preference for sustainable home design. With homeowners

prioritizing comfort and aesthetics, this season's lighting trends are all about creating spaces that feel inviting, stylish, and effortlessly illuminated. Whether it's sculptural showpieces, layered lighting, or vintage accents, the right fixtures can transform any room into a glowing sanctuary.

THE DISABILITY  
AND BATHROOM CENTRE

Leader in Walk in Baths

across Belfast & Northern Ireland

GET A FREE QUOTE

www.thedisabilityandbathroomcentre.com

thedisabilitycentre@hotmail.co.uk

20, The Square, Portaferry,  
Newtownards,  
Co.Down, BT22 1LW.

Tel: 078 0229 8910  
or 028 42 728 580

MOURNE LIVING

WIN A CANNES  
CORNER SOFA

+ Weekly £100 Vouchers !

HOW TO ENTER:

- FOLLOW@MOURNELIVING ON INSTAGRAM OR FACEBOOK
- LIKE THE COMPETITION POST
- TAG A FRIEND IN THE COMMENTS
- SHARE THE POST FOR A BONUS ENTRY

ENTER ON BOTH PLATFORMS  
TO DOUBLE YOUR CHANCES!

SCAN HERE

FOLLOW FOR YOUR  
CHANCE TO WIN

Voucher winners drawn every Friday from August 15th.  
Grand Prize Draw on our socials on September 5th .

CHECK OUR SOCIALS FOR MORE UPDATES.

website: www.mourneliving.com - Phone: 0289 202 7563

OPENING  
AUGUST 2025,  
HOUSE OF VIC - RYN , LISBURN





# URBAN JUNGLE

## Tree Surgeons

### STUMP GRINDING

#### NARROW ACCESS MACHINE

**FREE QUOTATIONS!**  
(7 days a week)  
Fully Insured



**Fits through Garden Gates, Garage Doors etc**

**TEL: 02891 274428**  
**MOB: 07528812413**  
**EMAIL: michael.ujungle@gmail.com**

# CREATING A COZY HOME SPACE

## Embrace the Warmth of Colour

Autumn's palette is rich and inspiring. Incorporate shades of deep orange, burnt sienna, mustard yellow, forest green, and earthy brown into your decor. This

doesn't mean repainting your entire house! Think about accent pieces: new throw pillows, a cozy blanket draped over your sofa, or a vibrant centerpiece for your dining table. Even a few strategically placed items in autumnal hues can dramatically shift the mood of a room.

Layer Up with Textiles  
Texture is key to coziness. Swap out lighter summer fabrics for heavier, more luxurious materials. Think chunky knit throws, faux fur

blankets, velvet cushions, and wool rugs. Layering these textiles not only adds warmth but also creates a visual depth that's incredibly inviting. Imagine sinking into a sofa piled high with soft throws on a chilly evening!

The Power of Warm Lighting  
As the days shorten, lighting becomes paramount. Ditch harsh overhead lights and opt for multiple sources of soft, warm illumination. Table

lamps, floor lamps, and even strings of fairy lights can create a magical glow. Consider smart bulbs that allow you to adjust the colour temperature to a warmer, more amber hue, mimicking the comforting glow of a fire. Don't forget the timeless appeal of candles – their flickering flames instantly add a touch of romance and coziness. Scented candles with notes of pumpkin spice, cinnamon, or sandalwood can further enhance the autumnal atmosphere.

Bring the Outdoors In  
Autumn offers a bounty of natural beauty. Collect fallen leaves, pinecones, acorns, and branches to create rustic displays. A simple vase filled with colourful autumn leaves or a bowl overflowing with pinecones can bring the essence of the season indoors. Pumpkins and gourds, in their various shapes and sizes, are also



quintessential autumn decor.

Create Inviting Scents  
Our sense of smell is powerfully linked to memory and comfort. Fill your home with the delightful aromas of autumn. This can be achieved through scented candles, essential oil diffusers (cinnamon, clove, orange,

cedarwood are great choices), simmering potpourri on the stove, or even baking autumn treats like apple pie or pumpkin bread. The smell of freshly brewed coffee or hot chocolate also adds to the cozy atmosphere.

Designate a Cozy Nook  
Every home benefits from a dedicated cozy corner. This could be an armchair by a window, adorned with a soft throw and a good book, or a reading nook piled with cushions. Make it a space where you can unwind, relax, and truly feel at peace. Add a small side table for your warm drink and a lamp for reading.

Prepare for Comfort  
Finally, think about the

practical aspects of autumn coziness. Ensure your heating system is in good working order. Stock up on your favourite hot beverages – teas, coffees, hot chocolate mixes. Keep warm socks and slippers readily available. These small considerations contribute significantly to your overall comfort and enjoyment of the season.

By incorporating these elements, you can transform your home into an autumnal sanctuary, a warm and welcoming retreat from the crisp air and changing landscapes outside. So, as the days grow shorter and the leaves fall, embrace the opportunity to make your home the coziest place to be.



## 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

## 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

## BANGOR FENCE COMPANY

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

**10% DISCOUNT for Over 60's**

**CALL GLENN ON 07907 527 903**

## DC Joinery

All types of joinery work

- Doors
- Floors
- Decking
- Stairs
- Kitchen/Bathroom units
- Garden fencing
- Radiator covers

Find us on f  
**Tel: 077 0332 0111**

## GREENDAY TREE & GARDEN SERVICES

- TREE SERVICES • HEDGE CUTTING • CONIFER REDUCTION
- FENCING • POWER-WASHING
- DIGGER WORK • GROUND CLEARANCE

**10% DISCOUNT FOR OVER 60'S**

**CONTACT GLENN ON 079 0752 7903**  
www.greendaygardenservices.co.uk



## Summit Roofing NI

Leading Northern Ireland Roofing Experts  
35 YEARS  
ROOFING EXPERIENCE IN NORTHERN IRELAND

**Summit Roofing NI specialise in roof & chimney repairs & replacements and more.**  
We aim to be cost effective & all work is guaranteed, insured, and carried out by fully qualified tradesmen.

**Want A Free Estimate?**  
No Call Out Charge and No Obligation!  
Tel: 073 5221 6341  
49 Quarry Road, Killinchy



## 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



## BATESY

**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!**

EST 1978 - CELEBRATING 40 YEARS IN BUSINESS



## A&C MORROW CHIMNEY SWEEPS

**Cleanest Sweep in Town**

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

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

## Need a skip?

www.ballooskiphire.com



## BALLOO SKIP HIRE


**T: 02891 898365**  
E: ballooskiphire@mail.com



## arches lighting centre

**AVAILABLE IN-STORE OR ONLINE**  
**www.archeslightingcentre.co.uk**

T: 028 9047 1849 E: info@archeslightingcentre.co.uk  
Free Parking Available  
@archeslightingcentre @ArchesLightingCentreBelfast



## THE CHANDELIER GUYS

**REFRESH & REVIVE** **RELAmp & RESTORE** **REPAIR & REHANG**

If you want to speak to one of our team, call us on  
**Tel: 02890 184557 | www.thechandelierguys.com**  
16-22 Upper Newtownards Road, Belfast, BT4 3EL

## 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**





# CHECK OUT OUR SOCIALS FOR DAILY OFFERS & EVENTS TAKING PLACE

1A Valentine Road, Bangor, BT20 4JH  
028 9185 7000 | Email :bangor@oasis-bingo.co.uk  
www.oasis-bingo.co.uk



## 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](http://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.hannon-coach.com](http://www.hannon-coach.com)

## 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



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.

# COMING SOON

# THE PHAT

## F R Y E R

# AT GRANSHA ROAD, BANGOR





# Quality Potatoes FOR SALE

## FROM FIELD - TO FARM - TO FORK

British Queens | Pentland Dell | Kerr Pinks | Maris Piper | Navan

Contact James on 078 8935 8650 | 75 Windmill Road, Donaghadee



# PLANNING YOUR PERFECT AUTUMN GETAWAY

As the vibrant greens of summer begin to mellow into a kaleidoscope of fiery reds, rustic oranges, and golden yellows, Northern Ireland transforms into an enchanting autumn wonderland.

With crisp air, fewer crowds, and a magical quality to the light, it's an ideal time to explore its dramatic coastlines, ancient landscapes, and charming cities. If you're dreaming of a cozy and captivating escape, here's how to plan your perfect autumn getaway in Northern Ireland.

Beyond the breathtaking foliage, autumn offers several advantages for visitors:

- **Stunning Scenery:** From the Sperrin Mountains to the Glens of Antrim, the natural landscapes are ablaze with colour, offering incredible photographic opportunities.
- **Fewer Crowds:** Popular attractions, while still accessible, are generally less busy than in the peak summer months, allowing for a more relaxed experience.
- **Cozy Vibes:** Think roaring fires in traditional pubs, hearty local food, and a sense of warmth and welcome that perfectly complements the cooler weather.
- **Harvest Festivals & Events:** Many towns and villages host harvest festivals, food events, and cultural gatherings throughout the autumn, offering a taste of local life.

Northern Ireland might be compact, but it's packed with diverse regions, each offering unique autumn experience.

The Causeway Coast & Glens: This iconic stretch of coastline is spectacular at any time of year, but autumn adds an extra layer of drama.

- **Giant's Causeway:** Witness the hexagonal basalt columns against a backdrop of autumnal hues and crashing waves.
- **Carrick-a-Rede Rope Bridge:** The walk to the bridge offers stunning coastal views, made even more vibrant by the changing leaves.
- **Dark Hedges:** Famous from Game of Thrones, these intertwined beech trees are particularly atmospheric in autumn, especially with morning mist or a golden sunset.
- **Glenariff Forest Park:** Known as the "Queen of the Glens," its waterfalls and walking trails are magnificent amidst the autumnal colours.

The Mourne Mountains: For hikers and nature lovers, the Mournes are a must-visit.

- **Walking Trails:** Explore the numerous trails, from gentle rambles to challenging ascents, all offering panoramic views of the golden landscape and coastline.
- **Tollymore Forest Park:** A truly magical spot with ancient trees, follies, and the Shimna River, all bathed in autumn's glow.
- **Fermanagh Lakelands:** Discover a serene landscape of shimmering loughs and ancient islands.
- **Lough Erne:** Take a boat trip to explore monastic sites like Devenish Island, surrounded by the peaceful autumn scenery.
- **Marble Arch Caves Global Geopark:** While underground, the surrounding landscape of Cuilcagh Mountain is stunning for autumnal walks.
- **Belfast & Derry/Londonderry:** These vibrant cities offer a blend of history, culture, and excellent food.
- **Belfast Botanic Gardens:** A peaceful oasis showcasing beautiful autumnal displays.
- **Ulster Folk & Transport Museum:** Experience traditional rural life and see how autumn harvests were celebrated in days gone by.
- **Derry/Londonderry City Walls:** Walk the historic walls and admire the city and surrounding Foyle Valley bathed in autumn light.

Autumn in Northern Ireland is a truly magical experience. With careful planning, you can immerse yourself in its stunning natural beauty, rich history, and warm hospitality, creating memories that will last long after the golden leaves have fallen. So pack your bags, embrace the crisp air, and prepare to be enchanted!



## 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

**maldron**  
HOTELS

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

Want to **earn commission** on top of a basic salary?

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

TRAINEE SALES POSITION AVAILABLE 18YEARS UPWARDS

**Interested?**  
email hr@edamedia.co.uk



NEW JOB?...SCAN HERE!



# Levelling Up the Community: Game Locker Redefines Gaming Experiences in Dundonald

Celebrating five years of success, Game Locker has become synonymous with "levelling up" the local gaming scene, creating a hub where pixels meet passion and camaraderie thrives.

A Hub for All Gamers: From Schools to Corporate Teams

Beyond educational and community outreach, Game Locker also caters to a wide array of private, personal, and corporate events.

Looking for a unique way to celebrate a birthday? Game Locker provides the perfect setting for unforgettable birthday parties. Businesses seeking innovative team-building activities can find a "virtual pistol" with "kickback and rumble" in the corporate and private events available. The venue also encourages quality family time through competitive gaming and offers a fantastic environment for friends to gather, game, and create lasting memories.

New Heights of Immersion: Introducing Racing Simulators

Further solidifying its commitment to cutting-edge experiences, Game Locker is thrilled to announce the arrival of new racing simulators. For speed enthusiasts, these aren't just games; they are cutting-edge racing experiences that promise an adrenaline-pumping immersion, putting you right in the driver's seat. This addition underscores Game Locker's continuous effort to innovate and provide the most thrilling and engaging experiences for its patrons.

Five Years of Excellence and Beyond

As Game Locker proudly celebrates its five-year anniversary, it looks back on a journey of consistent growth and community impact. Their dedication to unlocking the player inside, coupled with their forward-thinking approach to gaming as a communal activity, has firmly established them as a beloved institution in Belfast.

Visit Game Locker Online: To learn more about their services, events, and new racing simulators, visit GAMELOCKER.ONLINE. You can also contact them at Carrowreagh Rd, Belfast, BT16 1QT | Tel: 07519 312338 | Email: gl.gamelocker@gmail.com. Follow them on social media for the latest updates.





# THE FIERY TRANSFORMATION: WHY AUTUMN LEAVES CHANGE COLOUR

As summer’s verdant embrace loosens its grip, a spectacular transformation sweeps across our landscapes.

The lush greens of trees give way to a breathtaking palette of fiery reds, brilliant oranges, sunny yellows, and deep purples. This annual display, a hallmark of autumn, isn’t just a pretty show; it’s a fascinating natural process driven by biochemistry and the changing seasons.

The Science Behind the Spectacle:

The primary player in the green of summer leaves is chlorophyll, the pigment essential for photosynthesis. Throughout the warmer months, trees are busily converting sunlight into energy, and chlorophyll efficiently absorbs light in the red and blue spectrums, reflecting green, which is what we see.

However, as days shorten and temperatures drop in autumn, trees begin to prepare for winter dormancy. This preparation involves a gradual shutdown of photosynthesis. With less sunlight and colder conditions, the production of chlorophyll slows down and eventually stops. The existing chlorophyll then starts to break down, revealing other pigments



that have been present in the leaves all along, but were previously masked by the dominant green.

These “hidden” pigments are:

- Carotenoids: These are responsible for the vibrant yellows and oranges. Carotenoids are present in leaves year-round but become visible once the chlorophyll degrades. They are also found in carrots, corn, and bananas.

- Anthocyanins: These pigments produce the striking reds, purples, and even some deep blues. Unlike carotenoids, anthocyanins are not present in the leaves throughout the summer. They are actively

produced in the autumn, particularly when there are warm, sunny days followed by cool, crisp nights (but not freezing). Sugars trapped in the leaves by cool temperatures and bright sunlight contribute to their formation. The specific hue of red or purple can depend on the acidity of the leaf’s sap.

The combination and concentration of these pigments, along with environmental factors, determine the precise colour we see. Some trees, like maples and oaks, are renowned for their spectacular reds and oranges due to their ability to produce abundant

anthocyanins. Others, like birches and aspens, typically showcase brilliant yellows from their carotenoids.

A Last Hurrah Before Winter:

The shedding of leaves in autumn is a vital survival mechanism for deciduous trees. By dropping their leaves, trees reduce water loss during the colder, drier winter months when water can be scarce or frozen. It also helps them shed accumulated waste products. The stunning display of colour is a beautiful, albeit temporary, farewell to the growing season, preparing the tree for a period of rest before the cycle begins anew in spring.

## La Mon Hotel & Country Club

Nestled in the scenic County Down countryside just outside Belfast, La Mon Hotel & Country Club blends refined comfort with dynamic live entertainment.



Known for its elegant facilities and full-service hospitality, it sets the stage for a seamless fusion of showbiz and serenity.

La Mon’s tribute and live show packages offer immersive experiences, combining energetic performances with a three-course dinner and overnight stay - from just £245 per couple. From country legends to comedy icons, guests enjoy iconic hits in sophisticated surroundings.

On-site dining at Charlie’s Bistro and access to wellness amenities -pool, gym,

sauna - complete the all-round entertainer’s retreat. Guests can savour a relaxed pre-show meal, enjoy the show, and retire to luxurious accommodation.

Upcoming events span decades and genres: The Abba Experience, Impact Decades, Motown Sensations, The Rat Pack, The Drifters, Story of Rock, and Garth Brooks tributes - offering broad appeal across generations.

La Mon also hosts family-friendly seasonal experiences, including the Taylor Swift Afternoon Tea, Princess Academy shows,

and the Halloween Spooky Ball. Perfect for little ones, these events deliver special memorable moments for everyone!

A festive highlight is the hotel’s Christmas Party Nights and New Year celebrations, featuring a DJ and live music from acts like This Way Up, keeping the energy high into the early hours.

Whether planning a group outing, romantic getaway, or family celebration, La Mon delivers more than just a night away. It curates memorable event experiences with themed ambiance,

entertainment, and warm Northern Irish hospitality, all under one roof.



## Country Comes To Town

### 20TH SEPTEMBER 2025

#### A Fun-filled Festival for all the famliy



**COUNTRY MUSIC**

- VINTAGE DISPLAYS STEAM TRACTION ENGINES - AMUSEMENTS
- MULTI CULTURAL PRESENTATIONS
- CRAFTS AND WORKING HISTORY - MAGICIANS
- PETTING FARM ANIMALS - CLOWNS AND ENTERTAINERS
- COMMUNITY COMPETITIONS - GREAT STREET FOOD
- BEST DRESSED LADY AND GENT



**FOR MORE INFORMATION, PLEASE CONTACT:**  
**BRYAN MCLAUGHLIN ON 07927963092**  
**BRYANMCL48@LIVE.CO.UK**

## LA MON

HOTEL & COUNTRY CLUB

★ ★ ★ ★

# What's on at La Mon?



### FUN AFTERNOON WITH...

**SUN 24TH AUG - 1PM-3PM**

**Tickets: £16pp**



### Prosecco Masterclass & Afternoon Tea

Friday 29th August  
2pm – 4pm  
£49.00

**VALDO**  
MARCA ORO PROSECCO



### TAYLOR SWIFT

TRIBUTE AFTERNOON TEA

**SUN 28TH SEPT 1-4PM**

CHILDREN'S TICKET - £27.95  
ADULT TICKET - £10

WWW.LAMON.CO.UK | 028 90 44 8631



### MOTOWN Sensations

**FRIDAY 17TH OCTOBER 2025**

£25 SHOW ONLY  
£50 DINNER AND SHOW  
DOORS OPEN: 8PM | SHOW STARTS: 9PM



### SPOOKY BALL

WITH LOTS OF YOUR FAVOURITE CHARACTERS INCLUDING LOOKALIKES OF THE SANDERSON SISTERS, WEDNESDAY ADDAMS AND MORE!

**SAT 25TH OCT 3PM-5PM**

Scan for more Information & To Book Tickets



028 90448631

info@lamon.co.uk

www.lamon.co.uk



# BOOK A GOLDEN STAY AT THE STATION HOUSE HOTEL

**laura walker**  
ballet  
Intergenerational ballet classes for children and adults.



Tuesdays : St John's Malone Wednesday : Holywood Old School  
Thursday : St John's Malone Friday : Holywood Old School  
Saturday : Carnmoney Presbyterian.  
Laura Walker BA Hons. ARAD. Life Member of the RAD  
**Contact Laura on 07368275235**  
email : [laurawalkerballet@hotmail.com](mailto:laurawalkerballet@hotmail.com)  
f Laura Walker Ballet School

Superbly located in the heart of the thriving town of Letterkenny so you only have to open the doors at the Station House Hotel and you are right where all the action is.

From the endless number of family friendly activities to shopping centres, charming boutiques, the vibrant nightlife scene, relaxing restaurants, the theatre and more, and with easy access to all major routes and natural attractions, Letterkenny has so much to offer over the winter season.

The hotel is built on the grounds of where the old Station House once stood when the Railway system in co. Donegal was in operation from 1901 to the 1940's. It was bought by the Gallagher family in 1953, four years after the last train passed the old building. It became their home up until 2004 at which point it was demolished and developed into a wonderful hotel boasting 81 spacious bedrooms.

Choose from a range



of their guestrooms for your accommodation, whether you are travelling as a couple, with family members or friends they have a number of room types for you to choose from including family, interconnecting, twin, triple, double, accessible and executive. All of which are vibrant and fresh

and a contemporary approach to the décor and designed with your comfort in mind and feature plasma TVs with Chromecast allowing you to connect your phone or device directly to the screen so you can stream your favourite TV shows and films during your stay

and relax, unwind and feel right at home at the Station house Hotel.

The Station House is also home to the Depot Bar and Restaurant, a true "locals local", and one of Letterkenny's best and most popular bars and restaurants. It provides the perfect excuse for a pause and to pamper your palate,

offering a wide range of sumptuous dining options. Since opening in 2006 their focus has been to provide good quality food using the finest of fresh seasonal local produce to create dishes that just ooze with flavor.

Grab yourself a great hotel deal with this incredible value Golden Years offer.



*Feeling 40, Over 50!*  
**GOLDEN YEARS BREAK**

*Package includes;*

Box of Chocolates in your room on arrival

Breakfast each morning

1 Evening Meal & Complimentary Bottle of Wine

**2 NIGHTS**  
**FROM €290**

**3 NIGHTS**  
**FROM €370**

**4 NIGHTS**  
**FROM €450**

\* Offer subject to availability and valid for stays Sun to Fri only until the end of December 2025 based on 2 people sharing.

You must be over 50 years of age to avail of this offer!\*

Station House Hotel, Lower Main Street, Letterkenny, Co. Donegal F92 ERV1

Tel; +353(0)749123100 Email; [info@stationhouseletterkenny.com](mailto:info@stationhouseletterkenny.com)

Website; [www.stationhouseletterkenny.com](http://www.stationhouseletterkenny.com)

**SEPTEMBER**  
**COUNTRY**  
**MUSIC WEEKEND**  
**AT THE ABBEY HOTEL**  
**12TH - 14TH SEPTEMBER 2025**

**AH**  
**ABBEY HOTEL**  
**Package €249pps**

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

**FRIDAY 12TH SEPTEMBER 2025**

**STACEY BREEN & BAND**  
9.15PM-11.30PM

**DEREK RYAN**  
11.30PM-1.30AM

**STUART MOYLES**  
1.30AM

**SATURDAY 13TH SEPTEMBER 2025**

**KIERAN MC AREE**  
2.30PM-4.30PM

**PATRICK FEENEY**  
9.15PM-11.30PM

**JIMMY BUCKLEY**  
11.30PM-1.30AM

**GAVIN GRIBBEN**  
1.30AM

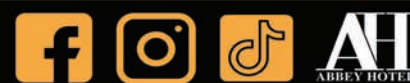
**SUNDAY 14TH SEPTEMBER 2025**

**MIKE DENVER**  
3.00PM-5.00PM

**TREVOR LOUGHREY**  
9.00PM-11.00PM

**ADMISSION:**  
**FRIDAY: €20**  
**SATURDAY: €20**  
**SUNDAY: €15**

[www.abbeyhoteldonegal.com](http://www.abbeyhoteldonegal.com)  
t: +353 (0)74 97 21014  
e: [info@abbeyhoteldonegal.com](mailto:info@abbeyhoteldonegal.com)





**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**











High Quality Horse Haylage, Produced in N. Ireland to the highest standards, to provide a consistently high quality product you can trust and rely on.

**Kingsfield Farm , Downpatrick**  
**Tel 07802 661178**

# COUNTY DOWN RIDER MAKES IRISH SQUAD!

County Down rider Molly O'Connor (17), has become the only rider from Northern Ireland to be selected for Juniors at FEI Eventing European Championship STRZEGOM 2025! Young Riders & Juniors.



Photography by Prime Photography



Molly who will compete on Stillbrook Aoife (owned by her father Paul O'Connor) has also made the long list in the Young Rider category. Molly had an impressive final run in the EI Junior 110 Eventing Ireland

Northern Region Event at Loughanmore, taking the win on a dressage score of 23.5, and is looking forward to the upcoming trip to Poland!

Speaking about her selection Molly said: "I am very proud of Stillbrook Aoife and

appreciate the support of my fantastic sponsors Hoofprints Innovations and Overlander horseboxes throughout qualification. I'd also like to thank my coaches, trainers, vets and physios. A huge thank you also to Joseph Walls, Glebe

Equine, Equestrian Waste Removals and Kingsfield Haylage for sponsoring the Haylage for all 12 of the riders horses for the trip and to Erin at Rockvale Equestrian for helping to keep the horses well protected with fly spray.




WWW.  
Equestrian Waste Removals  
.com

**NORTHERN IRELAND'S LEADING  
EQUESTRIAN WASTE  
REMOVAL COMPANY.**





- SKIP HIRE
- PIT EMPTYING SERVICE


**Tel: 07748 771990**

**Joseph Walls Ltd** 


**Agri - Merchants**







**We supply the  
farming  
community with  
Agricultural  
supplies  
including  
Fertilisers, Lime,  
Animal Feeds**



Visit us today at:  
4 Downpatrick Road, Clough, Co Down BT30 8NN  
Tel: 028 44 811 552



**The Young Riders Squad** for FEI Eventing European Championship STRZEGOM 2025! Young Riders & Juniors

The Young Riders Squad is: Ben Connors – OLS King Aragon (ISH), owned by Kieran Connors and Michelle Nelson  
Oleana Cowan – RCA Royal Mist, owned by Amaya Cowan

Godfrey Gibbons – Kilroe Lego Land (ISH), owned by Maurice Coleman by OR Kilnmac Kasu (ISH), owned by Marie Dunne

Amelia McCarthy – Finsceal Endeavour (ISH), owned by Zazel McCarthy  
Tom Nestor – Cooley Diamond Dancer (ISH), owned by David Nestor  
Momo Sheehy –

TMX Herby, owned by Morgan Sheehy OR HHS Noble Call (ISH), owned by Morgan Sheehy

**The full junior squad is:**

Gearoid Bolger – Into Mischief (ISH), owned by Margaret Bolger  
Ali Fitzpatrick – Kelly, owned by Emma Fitzpatrick  
Katie Gibbons – Milchem Free Spirit (ISH), owned by Marie Dunne

Ciara O'Connor – Cooley Rebound (ISH), owned by Cooley Farm or Ashwood Iron Lady (ISH), owned by Sharon O'Connor

Carla Williamson – Goldman, owned by Jane Hancock or Powers (ISH), owned by Janet Williamson  
Molly O'Connor – Stillbrook Aoife (ISH) (TIH), owned by Paul O'Connor



Photography by Louise O'Brien

# ROCKVALE

*Equestrian Ballynahinch*

We offer an extensive range of horse and rider wear, feed, bedding, supplements and more.

Can't find what you are looking for?

Give us a call on **028 9756 3555**, or find us on Facebook and a member of our friendly team will be more than happy to help.



**44 Dromore Road, Ballynahinch, BT24 8HS**

Mon - Fri, 12am - 6pm Saturday, 10am - 4pm  
Sunday, Closed



Glebe Equine Fitness & Rehabilitation barn *Royal Hillsborough, County Down.*

At Glebe Equine, we are dedicated to optimizing horse health, happiness, and performance. Whether your horse requires rehabilitation, fitness training, or therapeutic care, we offer a comprehensive range of services designed to support their well-being.

**What we offer:**

- State-of-the-art rehabilitation & fitness facilities
- ECB water treadmill for low-impact strength training
- K-Laser therapy for pain relief & tissue healing
- BEMER therapy for enhanced circulation & recovery
- Instant Cryo for targeted inflammation reduction
- Combi-Floor with vibration, PEMF & weigh scale
- Private treatment room for vet, physio & therapy sessions

**Why Choose Us?**

- Horse welfare is at the heart of everything we do
- Highly trained & experienced staff, fully insured and certified
- Work with leading professionals – vets, physios, farriers & more
- Drive-in appointments available for convenience

Unlock your Horse's Potential, Expert Care,  
Cutting-Edge Therapies & Proven Results at Glebe Equine.  
*Where Horse Welfare Meets Performance Excellence*



**T: 07801 448 269    [www.glebeequine.co.uk](http://www.glebeequine.co.uk)**





**S&R TILING**  
**Porcelain, Ceramic & Natural Stone**  
**All Catered For**



**FOR FREE ESTIMATES CONTACT STEPHEN ON:**  
**T. 028 4277 2111 M. 07840 657014**

**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**

**RUDDALL METALS LTD**  
**CASH PAID FOR SCRAP**  
**Excellent prices paid!**  
**Collection and disposal of scrap**  
**Steel fabrication**

North Road Industrial Park, Newtownards  
**Tel: 028 9181 0245**  
**Mob: 07714 396 849**  
**www.ruddallmetals.co.uk**

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

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

**Call Ric: 078 6856 1415 (Before 7pm)**

**VERTICAL BLINDS**  
**New Vertical Blinds**  
**3 from £99**

Venetians Cleaned - 6 for £49 • Blinds over 8ft count as 2

Re-cord & Repair Service Available

**NELSON BLINDS**  
**028 9186 1346 anytime**  
**Mobile: 077 4535 7041**  
**Email: nelsonblinds@gmail.com**

**NG DIGGER HIRE**



**Fully insured mini digger and driver hire.**

**Available for all aspects of digger work.**  
**Call Nigel on 07749519511**  
**nigelgilliland@gmail.com**

**OVENEZE**  
**OVEN CLEANING SPECIALISTS**  
 WE CLEAN OVENS, AGAS, GRILLS, HOBBS, 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**

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

**MULLVIEW GARDEN & HOME MAINTENANCE**

- GARDEN MAINTENANCE/GARDEN DESIGN: • QUALIFIED GARDENER
- PRUNING & PLANTING • HEDGEWORK, HEDGE REMOVAL, GRASS CUTTING, SEEDING • FENCING, DECKING, SHED BUILDING & FLOWER BEDS
- PAVING, GRAVEL, BARK & PONDS

Home improvements:  
 Power Hosing  
 Painting inside & out  
 Joinery  
 Kitchen fitting

**FREE NO OBLIGATION QUOTATION**  
 (SPECIAL RATE FOR PENSIONERS)

**TEL: 028 9186 2161**  
**MOB: 079 0591 6164** Upcycling of old tired furniture

**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**

**M.D. SHEDS**



124 Derryboye Road, Crossgar

Garden Sheds, Workshops, Dog Kennels, Dog Runs & More.  
 Example: 8x6 Garden Shed Delivered & Erected From £710

**07763158129**  
**www.md-sheds.co.uk**

**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**

**FAY PLUMBING**  
**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

**OFTEC**

**GS PROPERTY SERVICES**

Fencing | Decking  
 Bespoke Sheds & Log Cabins  
 Patios | Brick Paving | Concrete Work  
 Digger & Groundwork  
 Digger Driver Hire

**T: 028 4275 7011 | M: 07967 664 369**  
**Facebook - GsPropertyServices**

**HANDYMAN**

Home / Garden Maintenance  
 Painting / Decorating  
 Fencing & Patios

No job too small.

Call Peter On:  
**07919 106488**

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**

**STAND OUT FROM THE CROWD!**

**IF YOU WISH TO ADVERTISE IN OUR PROFESSIONAL SECTION**

Please contact us on:  
**028 9751 1002**  
**for further information**

**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**

**CECIL SMYTH LTD Est. 1961**  
**BUILDING CONTRACTORS**

**NEED AN EXTENSION? PROPERTY MAINTENANCE? or BUILDING PROJECT?**

Contact John on  
**078 0241 4484**  
**cecilsmythltd@hotmail.com**

**FREE QUOTE!**

**ARDS LANDSCAPES**  
**M: 07746 228 760**

- Paving in Brick or Flags
- Fencing, Walls and Steps
- Low Maintenance Gardening

Visit Facebook or website **ardslandscapes.com**

SERVING THE COMMUNITY AND BEYOND SINCE 1979

**Gary Davidson Bloomfield Blinds**

**SPECIALISTS IN CLEANING VENETIAN BLINDS**

PHONE FOR QUOTATION • Venetian • Vertical Blinds • Curtain Rails • Roller Blinds

- Supplied, Fitted & Repaired

**COMPETITIVE RATES**

Contact Gary 07884 090505 Email: gary.davidson02@virginmedia.com

**BM GARDEN & TREE SERVICES**  
**FULLY INSURED | FREE ESTIMATES**  
**25 YEARS' EXPERIENCE - COVERING BT24 & BT30**  
**GRASS SEED SOWING & TURF LAYING**  
**LOGS FOR SALE**

TREE FELLING/PRUNING THINNING OUT OF WOODLAND:  
 SPECIALISTS IN CONIFER MAINTENANCE:  
 SMALL DIGGER WORK: MAINTENANCE: PATIOS:  
 GARDEN LEVELLING: FENCING: HEDGES  
**ALL WASTE MATERIAL TAKEN AWAY**

**Tel: 028 9754 3059**  
**Mob: 0781 0271073**

Established 2000

**DOUBLE GLAZING REPAIRS**




UPVC - WINDOW LOCK - DOOR LOCKS  
 WINDOW HANDLES - DOOR HANDLES  
 GLASS - LETTERBOXES - WINDOW HINGES  
**ALL WORK GUARANTEED**

FOR ALL ENQUIRIES CALL:  
**(028) 9186 2736**  
**Mobile 07740 589615**

UPGRADE YOUR EXISTING DOORS & WINDOWS TO FIVE POINT LOCKING SYSTEM  
 7 Millbank Crescent, Millisle, Newtownards, County Down, BT22 2FB

**MK AUTOMATION**  
 INSTALL • SERVICE • REPAIR

**HAVE YOUR GATES BEEN SERVICED..?**

**Matthew Kennedy**  
**T. 075 2307 0557**  
**E. MATT@MKAUTOMATION.CO.UK**  
**WWW.MKAUTOMATION.CO.UK**

- AUTOMATION OF NEW AND EXISTING GATES
- EMERGENCY CALL-OUTS AND REPAIRS
- SERVICE AND MAINTENANCE
- ACCESS CONTROL
- INTERCOM SYSTEMS

**Michael Noble LAWNMOWER & CAR CENTRE**

Lawnmowers & Garden Equipment  
 • All types of Garden Machinery  
 Sales & Servicing • Welding & Repairs  
 • Chainsaw Repairs & Servicing  
 MOT Preparation & Servicing

**VERY COMPETITIVE RATES**  
**46 MOSS ROAD, BALLYGOWAN**  
**TEL: 028 9752 8205**  
**MOB: 075 6435 7244**

**William McIlwrath Ltd**  
**Building & Joinery Contractor**

Over 30 years experience

EXTENSIONS, RENOVATIONS,  
 GENERAL BUILDING  
 & JOINERY WORK

**Tel: 028 9754 2756**  
**Mob: 078 0326 5543**

**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**

**Ballinderry Restoration**  
 4a Lower Ballinderry Road, Lisburn  
**M: 07748 751 940**  
 Celebrating over 20 years in business

**FURNITURE REPAIR AND ALL TYPES OF POLISHING**

*We also Buy and Sell all types of Furniture*

**THE ARDS ADVERTISER**  
**TO ADVERTISE IN THE LARGEST CIRCULATING PROFESSIONAL SECTION IN THE ARDS AREA**  
**CALL**  
**028 9751 1002**






# EFFORTLESSLY ELECTRIC: THE ALL-NEW NISSAN LEAF IS THE EV FOR EVERYONE

**Nissan Motor Co, Ltd. Recently launched the all-new LEAF. The third-generation electric vehicle (EV) benefits from over 15 years of real-world insights gained through global sales of nearly 700,000 units.**

Beyond appealing to EV intenders, the all-new LEAF provides a compelling alternative for internal combustion engine (ICE) buyers with its substantially increased maximum range, enhanced charging speed and a technology suite that makes daily driving easier and enriches owners lifestyles.

The all-new LEAF is targeted to arrive at retailers across the United States from autumn, with other regions to follow.

The all-new LEAF embodies Nissan's Timeless Japanese Futurism design with a distinctive Japanese aesthetic conveyed in a simple yet powerfully modern way.

A fastback-like silhouette and features such as flush front door handles, aerotuned wheels and a flat underbody combine to ensure the all-new LEAF not only looks bold and sleek, but also offers a 0.26

drag coefficient for U.S. and Japan models, and an even more impressive 0.25 for European variants.<sup>2</sup>

The interior is spacious with an almost entirely flat floor courtesy of Nissan's CMF-EV platform and the wide horizontal instrument panel appears to be floating.

A Nissan-first Dimming Panoramic Roof featuring heat shielding with embedded Polymer Dispersed Liquid Crystal (PDLC) technology allows owners to enjoy natural light and year-round comfort at the touch of a button.

The all-new LEAF delivers a responsive, ultra-smooth drive. The all-new, 3-in-1 EV powertrain with an integrated motor, inverter and reducer is 10% smaller than its predecessor and features Nissan's unique motor control, which enhances refinement.

The new motor, paired with a new, high-rigidity



motor-mount bracket, supports a 75-percent reduction in motor vibration compared to the outgoing model.

For select regions, newly available Intelligent Distance Control Assist helps intuitively maintain a set distance from the vehicle in front while driving in city traffic and

also optimizes regenerative braking.

The all-new LEAF is available with two liquid-cooled lithium-ion battery options, both of which offer thermal conditioning functionality.

Select models are powered by batteries with 52 kWh of usable capacity, supporting an output of

130 kW and 345 Nm of torque. Larger 75 kWh batteries are also available, providing 160 kW and 355 Nm of torque.

An enhanced thermal recovery and management system harvests heat created by the onboard charger (OBC) to warm up the battery, increasing its regeneration

potential in cold weather.

Additionally, on applicable grades a new intelligent navigation-linked thermal conditioning function optimizes battery cooling based on the selected drive route.

When connected to a fast charger, owners can replenish 10-80% of their

charge in as little as 35 minutes.

An available Intelligent Route Planner also enhances EV ownership by providing real-time route information, state of charge and identification of convenient charging stations.

The all-new LEAF features a comprehensive suite of advanced and innovative driver assist technologies to make daily driving easier and more intuitive. Beyond providing zero emission mobility, the all-new LEAF offers features and functionality to enhance the lifestyle of owners.

Specifically for Europe,

the all-new LEAF is Vehicle-to-Grid (V2G) compatible, such that in the future it will be able to send stored energy back to the power grid. This function will help customers reduce energy costs while supporting a more stable and sustainable energy system.

The all-new, third generation Nissan LEAF will be assembled at the Tochigi Plant in Japan, as well as at Nissan's state-of-the-art production facility in Sunderland, northeast England.

Further details including pricing will be provided closer to the start of sales in each respective market.

## Essential Car Maintenance for Autumn

**As the vibrant greens of summer give way to the golden hues of autumn, the change in seasons brings with it unique challenges for your vehicle.**

Cooler temperatures, increased rainfall, and falling leaves can all impact your car's performance and safety. Taking a proactive approach to car maintenance now can save you headaches and costly repairs down the line. Here's a rundown of essential checks to ensure your car is autumn-ready.

**Check Your Tyres: Grip and Pressure Are Key**

Your tyres are your car's only point of contact with the road, and their condition is paramount for autumn driving.

- **Tread Depth:** Aim for at least 3mm of tread depth for optimal grip in wet conditions. If your tyres are nearing the legal limit (typically 1.6mm in the UK), consider replacing them before the wet weather sets in.

- **Tyre Pressure:** As temperatures drop, so does tyre pressure. Check your tyre pressures regularly (at least once a month) when the tyres are cold, and inflate them to the manufacturer's recommended levels. Correct pressure improves handling, fuel efficiency, and tyre longevity.

- **Punctures and Sidewall Damage:** Inspect your tyres

for any bulges, cracks, or embedded objects that could lead to a sudden deflation.

**Inspect Your Wipers and Washer Fluid:** Clear Vision is Non-Negotiable

Autumn often brings more rain and even early morning mist.

- **Wiper Blades:** Worn or cracked wiper blades won't clear your windshield effectively, leading to reduced visibility. Replace them if they leave streaks or chatter across the glass.

- **Washer Fluid:** Top up your washer fluid reservoir with a good quality screen wash that includes an antifreeze agent. This prevents the fluid from freezing in colder temperatures and helps to clear grime and salt from the road.

**Test Your Lights:** Be Seen and See Clearly

Daylight hours shorten significantly in autumn, making properly functioning lights crucial.

- **All Lights:** Check all exterior lights – headlights (high and low beam), tail lights, brake lights, indicators, and fog lights – to ensure they are working correctly. Replace any blown bulbs promptly.

- **Headlight Clarity:** Over time, headlight lenses can become cloudy. Consider a headlight restoration kit if yours are looking dull, as this can significantly improve light output.

**Examine Your Brakes:** Stopping Power Matters

Wet and leafy roads can significantly increase stopping distances.

**Brake Pads and Discs:** Listen for any squealing or grinding noises when you brake, and pay attention to any changes in pedal feel (e.g., spongy or vibrating). If you have any concerns, have your brakes inspected by a qualified mechanic. They will check the thickness of your brake pads and the condition of your discs.

**Check Your Battery:** Don't Get Caught Out by the Cold

Cold weather puts extra strain on your car's battery.

- **Battery Age:** If your battery is over three years old, it's worth having it tested.

- **Terminals:** Look for any signs of corrosion on the battery terminals, and ensure they are clean and securely fastened.

**Top Up Your Coolant/Antifreeze:** Protect Against Freezing

Your coolant system not only keeps your engine from overheating but also prevents the water in the system from freezing in cold temperatures.

- **Level and Strength:** Check your coolant reservoir and ensure the level is between the min and max marks. If you're unsure about the strength of your antifreeze, a mechanic can test it for you.

- **Wiper Scuttle/Drain Channels:** Clear leaves from the area around your windscreen wipers and the drain channels beneath your bonnet. Blockages here can lead to water ingress into the cabin or affect electrical components.

By taking the time to perform these essential autumn maintenance checks, you'll not only enhance your driving safety but also extend the life of your vehicle, ensuring a smoother and more reliable journey through the changing season.

If in doubt about any of these checks, consult a professional mechanic.

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

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

**C&N AUTOS**  
Car Repairs & Accessories

Brewery Yard  
80 Church St, BT22 1LT  
Portaferry

CONTACT SEAN 07754449169  
CONTACT NIAL 07549282146

NOW ALSO SUPPLYING CAR ACCESSORIES  
Tyres, Batteries, Wheel Trims,  
Car Cleaning Essentials....

**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**

**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

Find us on Facebook

**TOYE VEHICLE REPAIRS**

UNDER NEW MANAGEMENT Owner Garry McClurg

**Reliable Garage Services**  
Looking for an experienced mechanic to get your vehicle back on road?  
Toye Vehicle Repairs is here to help.  
We provide all kinds of vehicle repair and restoration services at competitive prices.

Vehicle, Light Commercial, Servicing and Repairs  
M.O.T Preparation, Vehicle Diagnostic and Battery Checks  
Plus Classic Restoration

Book your appointment today! Call us on  
0289 754 1261 | Email us on info@toyevr.com  
64 Comber Road, Killinchy, BT23 6PD

City & Guilds Qualified

**EJ TRACTORS**

2014 Yanmar vio 25  
Massey Ferguson 5455 dyna 4 c/w loader  
Selections of new Dale Kane Trailers in stock and to order  
Massey Ferguson 265

2018 Massey Ferguson 6718s 3800 hours  
2012 Massey Ferguson 6475  
Massey Ferguson 6480 tier 3  
JCB 527-58

2013 New Holland T7.200  
2018 Case Luxxum 120 with loader 1900 hours  
Massey Ferguson 6715s c/w loader  
2011 Massey Ferguson 6470 c/w powerloader  
2018 Massey Ferguson 5712 with loader  
2004 Massey Ferguson 7480 dyna VT  
2019 MF 5713s full suspension front end loader 2200 hours

**TEL: 02897528436 | 07860704540**

**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

**DECLAN MURRAY**  
AUTO REPAIRS

CELEBRATING 11 YEARS IN BUSINESS  
MOT/PSV PREPARATION & SERVICING  
CLUTCHES | TIMING BELTS | BRAKES | DIAGNOSTICS

**T: 07967 882 554**  
LOCAL BALLYGOWAN AREA





# GAME LOCKER

UNLOCK THE PLAYER INSIDE

## EXPERIENCE GAMING LIKE NEVER BEFORE.



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.



**ENTER OUR GIVEAWAY 1 HOUR AND UP TO 25  
PEOPLE AT GAME LOCKER,  
SEE EDA MEDIA FACEBOOK FOR DIFFERENT  
PACKAGES AND ENTRY RULES**

**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](mailto:gl.gamelocker@gmail.com)  
**WWW.GAMELOCKER.ONLINE**

