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Mayor of Lisburn & Castlereagh City Council, Councillor Kurtis Dickson; Councillor Jonathan Craig & Lady Mary Peters with other guests and pupils from Fort Hill Integrated Primary School at the launch of a new walking trail honouring Lady Mary's Olympic achievements.

LADY MARY'S WOODLAND WALK OFFICIALLY OPENS

A new walking trail honouring Lady Mary Peters has been officially opened by the Olympic gold medallist and the Mayor of Lisburn & Castlereagh City Council, Councillor Kurtis Dickson.

The woodland trail, set within the scenic grounds of Aberdelghy Golf Course, was proposed by pupils at Fort Hill Integrated Primary School in recognition of Lady Mary's historic victory at the 1972 Olympic Games in Munich.

The 1.2km walk links

the Lagan towpath with the golf course and travels down Conway Lane reconnecting with the towpath. Over the past 12 months pupils at Fort Hill Integrated Primary School have worked with Lisburn & Castlereagh City Council to participate in a series

of planting schemes designed to enhance the biodiversity of the area.

Mayor of Lisburn & Castlereagh City Council, Councillor Kurtis Dickson, said: "This woodland trail is a fitting tribute to Lady Mary Peters — a local legend whose

achievements continue to inspire generations. It's a wonderful addition to our parks network, offering a peaceful and scenic route that celebrates both her legacy and the natural beauty of our area."

**Continued on
page 4**

First Baby Event for Happy Days

Happy Days Lisburn is excited to host its very first Baby Event on June 28th, and the whole community is invited to join in.

Manager Tracey Kennedy knows just how important it is for families to have access to good quality baby clothes, especially for little ones up to five years old, as many continue to feel the pressure of rising living costs.

This event is all about supporting local families and coming together as a community.

Donations Welcome for Baby Event

Happy Days Lisburn are currently accepting donations of clean, pre-owned baby items in preparation for the upcoming Baby Event. Items such as baby clothing (up to five years), maternity wear, high chairs, and other essentials are greatly appreciated.

Donations can be

dropped off at Happy Days and will be made available to families attending the event on the day.

Parents will be able to avail of up to 10 items for a donation of just £2

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PRIMARY SCHOOL SWIMMERS MAKE A SPLASH AT LAGAN VALLEY LEISUREPLEX

Lagan Valley LeisurePlex was filled with excitement as over 400 local school children made a splash at the annual Lisburn & Castlereagh Primary Schools Swimming Gala.

The event brought together P4 – P7 pupils for a day of friendly competition in what has become one of Northern Ireland's

largest swimming galas.

A total of 22 schools were cheered on as they dived into the pool to compete

in the backstroke, breaststroke, butterfly, freestyle and relay races.

During the event, the P4 – P5 Special Achievement Award was presented to Katie Glenn from Carr Primary School while the P6 – P7 award was presented to Robyn Gordon from Maghaberry Primary School.

The P4 – P5 freestyle relay was won by Downshire Primary School with Friends Prep achieving a well-deserved 2nd place and Harmony Hill Primary

School achieving 3rd place. In the afternoon session, St Joseph's Primary School picked up 1st place in the P6 freestyle relay with Riverdale Primary School securing 2nd place and Friends Prep claiming 3rd place.

Friends Prep secured a first place win in P6-P7 medley and the P7 free style relays. Downshire Primary School achieved 2nd place in the medley event followed closely by Wallace Prep in 3rd while Harmony Hill Primary School picked up a 2nd place in the free style relay with Downshire Primary School in 3rd place.

Success continued for Friends Prep after they secured first place in the overall schools event, taking home the prestigious champion's title.

Presenting the morning session medals, the Mayor of Lisburn & Castlereagh City Council, Councillor Kurtis Dickson, said, "The



Success continued for Friends Prep after they secured first place in the overall schools event, taking home the prestigious champion's title presented by Councillor Jonathan Craig, Chair of the Communities & Wellbeing Committee. Second prize was closely contended by Downshire Primary School with Pond Park Primary School achieving 3rd place.

swimming gala is always a highlight in the school calendar. It is a wonderful opportunity for every child to take part, challenge themselves, and most importantly have fun. Many swimmers were representing their school for the first time, and it was

fantastic to see every child supporting one another and cheering them across the finish line.

Congratulations to everyone who took part this year. You should all be very proud of your achievements!"

Councillor Jonathan Craig, Chair of the

Communities & Wellbeing Committee presented the medals in the afternoon session and added, "Swimming is a vital life skill and a fun way for children to stay active.

The gala is a great event to help children try the sport and most importantly build their confidence in the

water.

I would like to thank all the schools for supporting the event, the students at the South Eastern Regional College for volunteering on the lanes and the staff at Lagan Valley LeisurePlex organising such a successful event."

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enjoy the outdoors and cherish our natural environment."

Councillor Jonathan Craig, Chair of the Communities and Wellbeing Committee, said: "Lady Mary's Woodland Walk is a shining example of how we are enhancing biodiversity while creating beautiful, accessible green spaces for everyone to enjoy. Our parks and open spaces across Lisburn & Castlereagh are among our greatest assets. Projects like this demonstrate our commitment to protecting nature and

promoting wellbeing through enhancing and developing our parks and outdoor spaces."

To support local wildlife, a native hedgerow has been introduced, featuring species such as Blackthorn, Crab Apple, Hawthorn, Hazel, Holly and Rowan trees — providing both habitat and nourishment for birds and other wildlife. Additionally, native wildflowers and pollinator-friendly bulbs have been planted to sustain vital pollinators throughout the seasons.

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First female Mayor committed to inclusivity in the year ahead

Today LCCC elected their first female Mayor, Alderman Amanda Grehan (Alliance).

Speaking at the Annual Meeting, Mayor Grehan said: "It is truly an honour for me to take on this important leadership role. I couldn't be more excited about the year ahead and I will put my heart and soul into supporting the people of Lisburn and Castlereagh.

"I am really passionate about inclusivity and ensuring that people with disabilities can engage fully in society. Through my work as a Councillor, for many years, I have been inspired by the young people, schools and groups that I have worked with.

"In my role as Mayor I will continue this work on a bigger platform. My theme for the year is 'inclusivity for disabilities – a city that sees everyone.'

"With empathy and understanding, we can make sure everyone in our community feels part of society. I want people with disabilities to feel seen and heard and to know that they are important.

"I would like to pay tribute to former Mayor,



Kurtis Dickson and former Deputy Mayor, Ryan Carlin who have represented us with great pride and dignity throughout their term, bringing the importance of mental health to the forefront."

Announcing her Mayoral Charity, Action Cancer, Mayor Grehan added: "Cancer can affect anyone, and I have seen the impact it can have on families. During my Mayoral term I will be working with Action Cancer to raise money specifically for breast cancer screening in local communities. I also want to raise awareness so that for more people, early diagnosis is possible. There will be many events and initiatives throughout the year that everyone can get involved in."

Following her election as Deputy Mayor, Alderman Hazel Legge (UUP), added: "I feel deeply privileged to take up the role of Deputy Mayor and to be working alongside Mayor Grehan. I have always championed the role of females in our council through initiatives such as International Women's Day and I am delighted that two women have been elected into key leadership roles in our council. This is further evidence of our commitment to equality and empowerment of women in society and I look forward to representing everyone right across all of our local communities.

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Wallace Park play park set for major redevelopment

Lisburn & Castlereagh City Council has announced ambitious plans to redevelop its much-loved Play Park at Wallace Park, Lisburn.

The move marks a significant investment in the future of children's play and inclusive outdoor recreation.

Located just minutes from Lisburn city centre, Wallace Park covers 26 acres

and attracts around 810,000 visitors annually. The Play Park, last refurbished in 2010, is a key priority within the Council's play park programme.

Councillor Jonathan Craig,



Chair of the Communities & Wellbeing Committee, said: "Play is an important part of a child's development and play parks provide important spaces for children to engage in physical and mental activity, social interaction, and creativity. Wallace Park is one of our premier parks, serving families, sports clubs, and community groups across the region. This redevelopment offers an exciting opportunity to create a flagship play area that meets the evolving needs of today's children—delivering inclusive, adventure-focused play that nurtures curiosity, learning, and wellbeing."

To ensure the new play park meets community expectations, public consultations will be held with parents, young people, schools,

and community partners.

This redevelopment is expected to position Wallace Park as a major local attraction and a regional, even international, destination—boosting city centre footfall, supporting regeneration, and improving connectivity.

Wallace Park is currently home to three football pitches, a changing pavilion, indoor tennis courts, a multi-sports area, and the historic Lisburn Cricket Club. It also regularly welcomes high-profile events like the Mayor's Family Fun Day and Twilight Nights.

Lisburn and Castlereagh City Council owns and manages 52 play areas across the council area, ranging from local playgrounds to larger play destinations such as Wallace Park, Hillsborough Forest and Moira Demesne.

Neonatal Leave Policy launched During Carers Week

Lisburn & Castlereagh City Council is proud to announce the launch of a new Neonatal Leave Policy, introduced during Carers Week recently, reinforcing its commitment to supporting employees with caring responsibilities.

This policy provides additional paid leave to employees whose babies require specialist neonatal care within the first 28 days of life. Foster carers will also be eligible for this vital support - a first for local government in Northern Ireland.

Cllr Brian Higginson, Chair of the Corporate Services Committee, welcomed the policy, saying: "We know that the first few weeks of a baby's life can be unexpectedly challenging—especially when specialist neonatal care is required. This policy is a reflection of our values as an organisation: compassionate, responsive, and committed to the wellbeing of our staff."

The council's new policy is a timely addition to its family-friendly framework, acknowledging the emotional, physical, and logistical challenges faced by parents and carers



navigating neonatal care. It ensures staff can focus on what matters most without the added pressure of work commitments during a critical time.

Alderman Sharon Skillen, who recently became a mother, added:

"Having experienced neonatal care first-hand, I know how vital it is to have time, space and support during those early days.

This policy gives parents the reassurance that their employer stands beside them, offering real help when it's needed most. It's a meaningful step that will make a real difference to many families across our workforce."

Cllr John Laverty BEM, a foster carer himself, welcomed the inclusive approach: "As a foster carer, I'm especially

pleased to see this policy recognise the reality we face from the moment a child enters our care. Lisburn & Castlereagh City Council has set a strong example in acknowledging that every carer deserves support, regardless of how they come to parenthood. This change will mean a great deal to fostering families across our organisation."

Summer in the City returns

This year's programme is jam packed with activity schemes and sports camps to keep children entertained throughout the summer months.

It's the perfect guide for busy parents looking to get their little ones active!

The Council's summer scheme is open to children aged 5 – 12 years and features a mix of sports, games, arts and crafts, bouncy castles and much

more. Schemes will be delivered at various leisure facilities across the council area.

Children can also explore the exciting world of sports through a wide choice of camps and courses, including golf, swim camps,

racquet sports, jag tag and pickleball. These courses offer expert coaching and provide a fun-filled environment where children can try a new sport while having fun with friends.

In addition to the Schemes and Sports Camps, there is a Disability Kids Club and access to the Disability Hub Inclusive Cycles at Lough Moss Leisure Centre. These activities are designed to ensure that all children, regardless of ability, can fully participate and enjoy the summer programme.

Launching the programme, Councillor Jonathan Craig, Chair of the Communities and Wellbeing Committee, said, "Summer in the City is a fantastic opportunity for children to

fill their summer holidays with a different activity each week. I know many parents look forward to the launch of the programme to help get their children out of the house and mixing with friends of a similar age.

Keeping active helps improve our health and wellbeing so it is important that children can have fun through our programmes. We hope many find a passion for a new sport or an interest in a new skill which will inspire a lifetime of staying active."

The enrolment date for the 'Summer in the City' programme is open. For full details on the programme and to enrol online see <https://www.theleisureplex.com/summer>

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New 3G pitch opens at Laurelhill sports zone

The local community has welcomed the official opening of an exciting new 3G soccer pitch at Laurelhill Sports Zone.

The facility will provide schools and clubs with a state-of-the-art venue for training and matches.

John McQuillan Contracts commenced construction last year, following £1.7 million investment from Lisburn & Castlereagh City Council. Work included the creation of one new 3G pitch and additional parking, which complemented the synthetic hockey pitch previously on site.

The pitch is already widely used by both Laurelhill Community College and Killowen Primary School as part of their curriculum programme. Bookings have also been attracted from local clubs and the community, providing a valuable open space for everyone to enjoy.

Councillor Jonathan Craig, Chair of the Communities and Wellbeing Committee said, “The council is pleased to invest in another 3G project to offer both local schools



and the community access to quality sporting facilities.

“Taking part in physical activity has a positive impact on our health and wellbeing so it is essential that we can support groups who encourage young people to get involved in sport either competitively or just for fun.

“I know the community has been looking forward to playing on the pitch so it will be fantastic to watch some games over the coming weeks and hopefully see many goals hitting the back of the net.”

Mervyn Storey, Chair of the Education Authority added, “Laurelhill Sports Zone will provide valuable grounds for local schools to offer PE sessions and after school activities.

Inspiring young people to get active plays a vital role in supporting their mental health inside and outside the classroom. We see first-hand, how sport helps build confidence, reduces anxiety and boosts concentration throughout the school day.

The new pitch will make a real difference to local schools as it offers a fun way to get children active or even encourage an interest in soccer at grassroots level.”

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Specsavers Lisburn sponsors local football team who celebrate success at Blackpool tournament

LISBURN Youth 2015 Football Team is celebrating victory after placing third out of 32 teams from across the UK and Europe at a recent international tournament in Blackpool - and they did so in style thanks to support from their local opticians, Specsavers Lisburn.

As part of the sponsorship, Specsavers Lisburn provided the team with branded boot bags and water bottles ahead of their trip. They also supply prescription sports goggles for any of the team who needed them.

Established in 1972, Lisburn Youth 2015 is a talented youth football team for children known for its dedication, teamwork, and growing success in competitions both locally and further afield. The team's outstanding

performance in Blackpool at an International Football Tournament for the Blackpool Cup marks a significant achievement and reflects the hard work of both players and coaches.

Leanne Lindsay, store director at Specsavers Lisburn, said: "As a proud member of the Lisburn community and as a locally owned and run business here in Lisburn, we were thrilled to support Lisburn Youth 2015 on their recent journey to Blackpool. The team has shown incredible talent and determination, and to come third out of 32 teams is a remarkable result. Supporting

young people in sport is something that we care deeply about, and we're delighted to help the boys feel like a team with their new boot bags and bottles."

Club Coach, Nigel Blair, said: "We're incredibly grateful to Specsavers Lisburn for their support and generosity in sponsoring us with our brand-new boot bags and water bottles, which have already helped to boost morale amongst our players, as we brought home success from our trip to Blackpool. Having the support of a local business like Specsavers Lisburn means a lot to us as we pride ourselves on the



successful development of kids, producing many professional and international players. It shows our players that the local community believes in them and wants to see them succeed just as much as we do."

Johnathan Eve, Club Coach and parent to one of the players added: "The sports goggles provided by Specsavers Lisburn have been a game-changer for my son Matthew. His regular glasses just weren't practical for

sports and since he started wearing his goggles, his confidence, enjoyment and ability to play football have both grown massively.

Thank you to Specsavers Lisburn for providing this support to our team and for helping Matthew and other children to thrive on the pitch."

This sponsorship reflects Specsavers Lisburn's ongoing commitment to the health, wellbeing, and development of the local community, as

the store team recently announced their support for Belfast and Lisburn's Women's Aid, offering vital support to vulnerable women and children, ensuring that they have access to eye and hearing tests whenever they need them.

They have also joined in the Specsavers UK-wide initiative to tackle homelessness, helping to support local charity Simon Community. The store continues to support local initiatives and promote

the importance of eye health for people of all ages.

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For more information on Lisburn Youth 2015 visit: Lisburn Youth Football Club - #OrangeArmy

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Big Summer Sale

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

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

Our Story
55 years ago a young but determined glazier called Victor decided to chase his dream of supplying top quality glazing products to the public and the building trade. Together with his wife Helen, over the next

few decades they developed and grew the business until Bowman Windows became a trusted household name. 55 years on, Bowman Windows are still one of the leading window and door suppliers throughout Ireland.

- Our Offer**
- Up to 30% Summer Sale starts Monday 21st July 2025
 - Low upfront costs – only a 50% deposit secures any order
 - Easy payment via card, bank transfer or cash
 - 10 Year guarantee
 - Our own sales, survey, showroom and fitting teams
 - Showroom visits can be arranged by appointment
- "Special Promotion" during the sale**
- Win a local £55 Voucher to spend in Banbridge*
 - Win £550 off your order total*

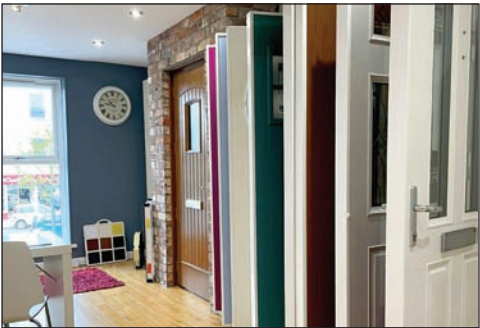
*With every order placed you enter our prize draw to win one of 10 local £55 vouchers.

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

Our Service
When you place an order with us you can be sure you're in trusted hands. From our first survey until your job is completed our dedicated sale team will look after you.

To help other customers we welcome your 'before and after' photographs for our social media platforms.

Bowman Windows sale office and showroom is located at 50a Newry Street Banbridge BT32 3HA
Opening Hours Monday – Thursday 8.30am – 4.30pm



and Fridays 8.30 am – 1.30pm Saturday – Closed
Don't Forget! We can install your windows if you have a grant from the Affordable Warmth Scheme or the Northern Ireland Housing Executive. Please contact us for more information.
Don't Forget! We supply and fit roller, insulated roller and insulated sectional garage doors. Manual or

Automatic
Don't Forget! Our BIG Summer Sale starts Monday 21st July 2025
Bowman Windows can be contacted –
028 40662000
info@bowman-windows.co.uk
www.bowmanwindowsni.co.uk
Or find us on Facebook & Instagram

Lizards and Legends

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



beyond. Most reptiles, and all birds of course, lay eggs, but our female common lizards give birth to live young. In more southern, warmer climates, common lizards are known to lay eggs.

While their overall numbers here are not exactly known, it's thought likely that they are in decline, mainly because of habitat loss; and the extensive wildfires this year will have destroyed precious habitat for many

years to come, as well as killing many lizards. Despite their adaptations, they live precarious lives, particularly as weather patterns change and people do stupid things like setting fire to wild places.

Incidentally, St. Patrick didn't banish the snakes from Ireland, for the simple reason that there were none in his time, since before the last Ice Age. Rather, it seems that snakes served as an allegory for paganism,

which Patrick 'banished' as he brought Christianity to our shores.

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

JVA

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

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

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

They might be slow when cold but can run fast when fully heated, which is their main means of escape if birds or mammals try to catch and eat them. But they have another much more cunning plan: they can shed their tails (still wriggling) to confuse predators, and regrow them, even if they're usually shorter than the originals. A remarkable adaptation for survival of an otherwise vulnerable creature.

They have also adapted to living in colder northern regions as they spread through Europe and

Slimming World

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THURSDAY 9.30AM
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Friday 9.30am
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For more information:
T: 077 2067 7838 or E: udrbenfund@outlook.com

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

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

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

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

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

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

With a simple flat fare of £47 which includes the cost of the ferry and your bag, the Belfast – Glasgow Express



offers a really attractive, convenient and low-cost alternative to flying.

The service is operated by HANNON Coach and leaves twice a day from Belfast, Grand Central Station (Stand 18) and drops visitors right in the heart of Glasgow's 'Style Mile'.

The simple flat fare allows passengers to pick and mix dates and times of travel to suit and with no luggage

charges it makes a perfect travel option for a shopping trip.

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

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

"People love the fact that it's so hassle-free

compared to flying, no airport transfers and with no extra charge for luggage it is a massive help with keeping the cost of a break down," said Mr Hannon.

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

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

Saturday Slimming World Moves back to Harmony Hill Presbyterian

Saturday Slimming World Lisburn 8am, 9.30am & 11am has moved back to Harmony Hill Presbyterian Church, Moss Road, Lambeg BT27 4NW with the addition of a new session added at 11am.

Linda Mackay the Consultant for the group returned last year to the Saturday Group which was running at Graham Gardens, she has also reopened the Hillsborough Morning Group on Wednesdays at 9.30am earlier this year.

"It has been 5 years since the Saturday Slimming World Group was last running at Harmony Hill

and it is very good to be back to this lovely venue with amazing parking facilities and new faces. Everyone will be assured of a very warm welcome in our gorgeous group and of course support." Says Linda

With Slimming World you can fill up on real healthy, tasty foods that help cut calories without counting them. You will

never go hungry. There are 1000's of recipes the whole household will love, so you can enjoy the same meals as everyone else. You also get help to navigate the ups and downs of weight loss with inspiration and motivation from real people who get it, along with a members only app and support from Linda. Your goals are going to

be supported along the way. Linda has 10 years experience as a Slimming World Consultant as well as being trained in the holistic field, wellbeing and life coaching.

Linda Says; "The Saturday Group is a joy to be part of. It is so friendly and welcoming, a lovely place to be."

Contact Number 07568 476044

NOTICE OF THANKS from David Beatty

A Christian Aid Street Collection took place in Hillsborough on Saturday 10 May 2025 and was organised by Hillsborough Parish and Presbyterian Churches.

I am pleased to report that a sum of £947.30 was collected on the day and, on

behalf of the two churches, would like to thank all who volunteered their

time to do the collection and the generous people who

contributed to this successful collection for a very worthwhile charity.

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Discover The Drumlins at Temple Golf Club

Tucked away in the peaceful surroundings of Temple Golf Club, The Drumlins is here for you all day — whether you're after a great start to your morning, a relaxed lunch, or a tasty dinner with friends.

We offer our services to not only our Golf Club Members, but any member of the public wanting to take a break.

Our talented kitchen team takes pride in serving up fresh, locally sourced food, from hearty breakfasts and light bites to classic mains and weekend specials. Every dish is prepared to order, so whatever you fancy, you can count on it being cooked just the way you like it.

And it's not just about the food. The Drumlins is a welcoming, comfortable spot with lovely views across the green. Whether you're catching up over coffee, dropping in after a round of golf, or looking for a new place to enjoy dinner midweek, you'll feel right at home.

We also offer our restaurant as a place to



book events, with our stunning views and delicious food to go in hand making us the perfect place for family and friends to gather.

We pride ourselves on

being a great place to relax and unwind — whatever the time of day. So, next time you're looking for somewhere to eat, drink, or simply take a breather, remember that The

Drumlins is here and ready to look after you.

Stop by and discover why it's quickly becoming a favourite in Temple — we can't wait to welcome you.

From Lisburn to the Coast: Summer Events Lighting Up Northern Ireland

With summer in full swing, a wave of events is drawing locals and visitors from Lisburn City to the sparkling coastline of Northern Ireland.

From family festivals to live music and historic reenactments, there's something for everyone along this cultural corridor.

Lisburn kicks off the season with Lisburn City Centre Summer Festival, featuring street performers, artisan markets, and open-air concerts throughout June and July. Nearby, Hillsborough Castle hosts weekend garden tours and outdoor theatre performances, including Shakespeare classics under the stars.

Travelling east, Saintfield Summer Fair brings traditional charm in late July, with vintage tractors, craft stalls, and local food. Further on, Downpatrick celebrates its heritage with the annual St Patrick's Pageant and historical walking tours tracing the saint's footsteps.



For coastal fun, Newcastle Summer Nights offers beachside live music and fireworks every Friday in August. The town also welcomes the Festival of Flight—a dramatic airshow over Dundrum Bay featuring the RAF Red Arrows.

Meanwhile, Bangor's Open House Festival runs all summer long, with comedy nights, poetry readings, and concerts set in quirky venues like the Walled Garden and historic churches. Families can also enjoy the Seaside Revival Vintage Festival,

celebrating all things retro on Bangor's seafloor.

From city festivals to coastal celebrations, the route from Lisburn to the sea is buzzing with events that showcase the very best of Northern Ireland's spirit, creativity, and community.



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Saturday 10am to 8.45pm

Sunday 10am to 7pm

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028 9263 9213

YOUR GUIDE TO HAY FEVER REMEDIES

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



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EMAIL INFO@WBTENNISCOACHING.COM

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

Hay fever occurs when the immune system mistakenly identifies harmless pollen particles as a threat. This triggers the release of histamine and other chemicals, leading to the characteristic symptoms. Different types of pollen are prevalent at different times of the year.

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

Grass pollen: The most

common culprit, usually peaking from mid-May to July.

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

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

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



stronger medications or immunotherapy.

Alongside medication, several lifestyle adjustments can help minimise pollen exposure and alleviate symptoms such as

Monitoring pollen counts; Keep windows and doors closed, Shower and change clothes after exposure, Wash hair regularly, Dry clothes indoors, Use a pollen filter in your car, Vacuum

regularly, Dust with a damp cloth, Apply petroleum jelly around nostrils and wear wraparound sunglasses.

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

Game Locker: Unleash Your Inner Gamer in Dundonald

Get ready to step into a digital realm where pixels meet passion!

Game Locker, a premier gaming destination, is revolutionizing the gaming experience, offering an immersive environment for individuals, groups, and even corporate events.

More than just a gaming company, Game Locker prides itself on being "architects of epic experiences" and game-changers that set new standards of epic fun.

Located at Carrowreagh Rd, Belfast, Game Locker provides a unique opportunity to "unlock the player inside." Their

state-of-the-art arena is designed to elevate your play, forge new friendships, and power up positive vibes.

Experience Gaming Like Never Before: Game Locker offers a diverse range of gaming experiences to cater to every interest:

Levelling Up Community: Beyond

just individual Game Locker extends its arena to schools, community groups, and workplaces, bringing the joy of gaming directly to the doorstep. This initiative aims to build a vibrant gaming community and foster connections through shared experiences.

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.

Private, Personal & Corporate Events: Looking for a unique venue for your next gathering? Game Locker is the perfect spot for:

- Birthday Parties: Host and plan an unforgettable birthday celebration with Game Locker.

- Corporate and Private Events: Offering a virtual pistol in your hands with kickback and rumble, these events are perfect for team-building or private gatherings.

- Family Time: Spend quality time with loved ones through some competitive gaming.

- Playing with Friends: Gather your gaming crew and create lasting memories in a dynamic and exciting environment.

With a focus on providing unparalleled gaming experiences, Game Locker is quickly becoming a go-to destination for gamers of all ages and skill levels in the Belfast area.

You can reach Game Locker at:

- Tel: 07519 312338
- Email: gl.gamelocker@gmail.com

- Website: WWW.GAMELOCKER.ONLINE

Follow Game Locker on their social media channels (Facebook and Instagram) to stay updated on their latest offerings and events.



GAME LOCKER

UNLOCK THE PLAYER INSIDE

EXPERIENCE GAMING LIKE NEVER BEFORE. LEVELLING UP COMMUNITY.

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

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

NEW RACING SIMULATORS

PRIVATE, PERSONAL & CORPORATE EVENTS AVAILABLE!

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 -
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LINHOL BEAUTY, LISBURN IS UNDER NEW MANAGEMENT

Now under the management of Christopher Cork and his team Linhol Beauty stands as a testament to relaxation, rejuvenation, and comprehensive beauty care.

More than just a salon, it's a dedicated space designed to offer a tranquil escape and a wide array of treatments to enhance both inner well-being and outer radiance.

Located at 5 Haslems Lane, Lisburn, BT28 1TW, Linhol Beauty boasts an impressive menu of services, catering to a diverse range of beauty needs. From head to toe, clients can find treatments tailored to their specific needs:

Facials & Skincare: A cornerstone of their offerings, Linhol Beauty provides various facial treatments designed to address different skin concerns. This includes

popular options like dermaplaning, microdermabrasion, acne facials, and chemical peels, alongside classic facials for general skin health and radiance. Men's facials are also available, ensuring everyone can benefit from professional skincare.

Other treatments include Hair Removal, Nail Care, Lash & Brow Enhancements, Makeup Services, Tanning and Holistic & Relaxation.

Linhol Beauty is conveniently located at 5 Haslems Lane, Lisburn, BT28 1TW, and can be contacted at 028 9266 7769. While specific pricing can vary based on the

treatment, information regarding general services and booking is available through platforms like Fresha.

Cut & Grind: Blending the art of barbering with the warm embrace of a modern coffee shop, Cut & Grind isn't just about getting a trim; it's an experience. On one side, highly skilled barbers deliver precision cuts, classic shaves, and modern styling, catering to all hair types and preferences.

Their attention to detail and commitment to client satisfaction are already earning them a loyal following. It's clear that the team at Cut & Grind views barbering

as a craft, dedicated to helping every client look and feel their best.

The coffee bar serves a range of high-quality beverages, from expertly pulled espressos to creamy lattes, along with a selection of pastries and light bites.

Whether you're waiting for your appointment, catching up with friends, or simply seeking a quiet spot to work, the coffee side of Cut & Grind provides the perfect setting. Now Cut & Grind also home to Moon Ink – expert Tattoo & Body Art.

What truly sets Cut & Grind apart is its vision as a community hub. The owners have

intentionally created a space where people can connect, relax, and feel at home. It's more than just a place to get a haircut or grab a coffee; it's a place where conversations flow, friendships are forged, and the daily grind can be momentarily forgotten.

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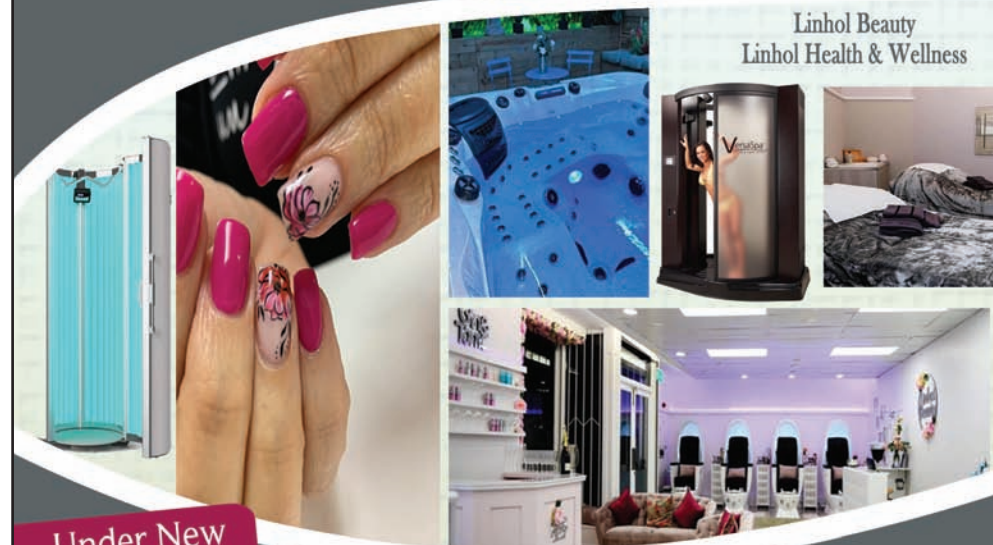
CLOSED: Saturday the 12th of July to
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Who uses us

- Every equine needs us and our clients range from family ponies to top level competition horses across all disciplines





FUN DOG SHOW & BIG DAY OUT AT LITTLE GREEN ALLOTMENTS

Little Green Allotments is wagging its way to the 14th annual Fun Dog Show & Big Day Out on July 26th, and it's a paw-some party for everyone!

Every penny raised goes to Lost Paws NI & Rescue Cats NI. With a lineup of tail-tastic classes, dog lovers will have plenty to howl about. It's a fun show, so all furry friends are welcome to strut their stuff. The fancy dress class is always a hoot, it's a day you can't miss! Get ready for scrumptious hot food, a crafty market, and oodles of free fun. Little Green is a conservation gem with a Green Flag Award, perfect for a stroll with stunning views of Lagan Valley, Mourne Mountains & Lough Neagh. Circle the date and fetch more details at: www.thelittlegreenallotment.com

Premiere Care and Premiere Caring at The Irish Equine Rehabilitation & Fitness Centre

Located just outside Lisburn, lies a facility that is redefining equine recovery and performance: the Irish Equine Rehabilitation & Fitness Centre (IERFC).

This state-of-the-art centre offers a holistic and innovative approach to equine rehabilitation and fitness, catering to horses of all disciplines and levels, from top-tier athletes to beloved companions. Due to impressive results The IERFC has quickly established itself as a leader in its field and in 2022 received a Royal Visit from The Princess Royal, Princess Anne!

What underlines the success of the centre? Founder and Owner Michelle Kane reveals that

the business grew out of her own need to access quality rehab and fitness resources in order to rehabilitate her own injured horses.

Michelle, who has over 50 years experience, and a wealth of industry experience says: "It's vital that family ponies and horses belonging to hobby owners can access the same quality rehabilitation services as a grand prix show jumper, a 4* eventer or a Grade 1 racehorse as those horses and ponies mean the world to their owners and that the cost is achievable for all. Every equine client through the doors has a bespoke plan and access to the best resources available."

A family run and family friendly business (where each resident pony or horse even gets a bedtime carrot!) The IERFC



A purpose built state of the art bespoke Equine Rehabilitation & fitness centre offering water treadmill with incline, cold saltwater spa, cryogenics, dry salt therapy and post operative care and ancillary rehab services such as tenses.

prides itself on providing bespoke, individually tailored rehabilitation or fitness programs. The tranquil setting, with 12 stables, promotes relaxation and recovery, essential for a horse's physical and mental well-being during rehabilitation. The team at IERFC

team was the first team in Ireland to achieve formal qualification in Water Treadmilling. The Centre works closely with a network of world class sports injury specialist vets, chiropractors, dentists, physiotherapists, massage therapist, body workers and farriers

to ensure every horse receives comprehensive and integrated care. Care packages are reviewed daily

The IERFC boasts an impressive array of facilities designed to optimise equine recovery and enhance fitness including: ECB Water Treadmill with Incline; ECB Cold Saltwater Hydrotherapy Spa; Treatment Room with Solarium; State-of-the-Art Stabling; Carpet Gallop Sand Arena and Indoor Lunge Pen; Cryotherapy Sessions and Salt Room Therapy.

A range of hand-picked products and supplements are available from the Centre, after being successfully trialled. Plans are afoot for further expansion of the business!

Whether it's a day visit for specific treatments or a longer-term livery for fitness bootcamp, recuperation and recovery or for post-operative care, the IERFC offers flexible options to meet each horse's individual needs. By combining cutting-edge technology with experienced horsemanship and a dedicated team, IERFC is helping horses across Ireland and beyond return to soundness, achieve peak fitness, and enjoy a better quality of life.

The IERFC is located at 6 Aghalee Road, Lower Ballinderry, Lisburn Tel: 07522 227335 and Michelle is happy to discuss your equine's needs.

Email: ierfc@outlook.com or see www.ierfc.co.uk

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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
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Century Electrical Wholesale (CEW) continues growth

Century Electrical Wholesale (CEW) continues its growth with the opening of a new branch in Downpatrick recently.

This expansion brings CEW's total network to eight locations across the region, reinforcing its position as a leading supplier to the electrical trade. Headquartered in Belfast Dunmurry, the company also operates branches in Lisburn, Belfast North, Cookstown, Enniskillen, Newry, and Junction 14 Dungannon.

Backed by the buying power of the National Group, which also includes sister company National Electrical Wholesale (NEW) in the Republic of Ireland and NEW Electrical Distributors (UK), CEW offers a wide array of products. These include cables, wiring accessories, lighting, heating, ventilation equipment, switchgear, smoke alarms, cable management, fixings, tools, and workwear.

Ross Hutchinson, from the company, emphasizes CEW's dedication to exceptional customer service, in-depth product knowledge, and reliable



advice, catering to projects of all sizes. All CEW locations are supported by a fleet of 15 delivery vans, ensuring efficient service across Northern Ireland.

Beyond its extensive stock, CEW differentiates itself through offerings like a dedicated cable expert, technical support, and a cable cutting service.

The company also houses a specialist Solar

& Renewables division, headed by Peadar McCoy, providing a full range of high-quality solar PV equipment and EV charging solutions.

Furthermore, CEW supports contractors through supply and upskilling, offering the NICEIC Level 3 Solar PV course at its branches. This training equips electricians with the necessary skills for solar system

design, installation, and maintenance.

The opening of the Downpatrick branch underscores CEW's focus on personalised service and its ability to source specialised solutions, further solidifying its growth and commitment to the electrical trade in Northern Ireland.

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SUMMER BARBEQUE GUIDE

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

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

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

In many cases your budget might well dictate your choice for you, as charcoal barbeques tend to be significantly more cost effective. For those barbeque stalwarts, nothing

will compare to a traditional charcoal barbeque and using a gas equivalent is as good as cheating. It is also widely held that the taste from cooking on a charcoal barbeque is distinctive and cannot be reproduced by a modern gas counterpart.

Charcoal does, however, take a considerable length of time to heat up whereas with gas, you can begin cooking almost immediately – providing an obvious advantage.

For the sheer convenience of instantaneous cooking, gas barbeques are hard to beat.

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



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

barbeques. Over time, this can add up depending on how frequently you cook outdoors, so it's worth factoring into your decision.

Other factors that should be considered

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

Buying a barbeque with a lid brings a

degree of versatility to your barbequing that is not otherwise available. It grants you far greater control over the heat and allows you to cook food more thoroughly as opposed to burning the outside

whilst leaving the inside underdone. If you are sticking to traditional burgers and sausages then perhaps charcoal is for you; however, if you wish to branch out and cook chicken or pork then gas may be the safest option.

If you have a large family or intend on cooking for guests on a regular basis, it might be worth investing in a gas barbeque as it will give you the reliability and accuracy that is required when hosting for numerous guests.

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

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

Some premium models even include side burners, built-in thermometers, or rotisserie kits—offering a near-professional cooking experience right in your own back garden.

Ultimately, the best barbeque is the one that suits your lifestyle. Whether you favour the smoky flavour of charcoal or the clean efficiency of gas, your choice should reflect how you like to cook, entertain, and enjoy those long summer evenings with family and friends.

Balcony Gardens – What You Need To Know

With house prices rising year-on-year, many are finding themselves having to compromise for living accommodation with little or no outdoor living space.

For those in cities across the globe, apartment living is becoming more and more common as contractors have begun building towards the skies on account of the limited ground space.

A consequence of this drive towards urban living has been that apartment dwellers have had to be pragmatic in the use of their outdoor space – often limited to only a balcony area. This has allowed for the rise of balcony gardens, a feature that has grown in popularity over the last number of years. These unique spaces are the ideal compromise for urban dwellers, providing a comfortable outdoor seating area surrounded by plants whilst limiting the amount

of maintenance work required. Balcony gardens are very low maintenance on account of the fact that they do not have soil, weeds or pests and yet still offer the openness and beauty factor of any outdoor space.

When planning your own balcony garden, you must firstly consider whether it is in the sun or shade. This tends to be relatively binary, either you have sun or you don't and can be a determining factor as to if a balcony garden is realistic option.

It is vital that you think about safety when considering balcony gardens. One of the main issues is the risk of something falling from a significant height and causing damage to a person

or their property below. Be careful that adequate drainage is in place and that not too much weight is put on the balcony.

Pragmatism is also key. Work with what is on offer, if you have natural sun, think about providing shade and if it's windy then consider wind-breaks. Even if the view leaves a lot to be desired, this can be blocked by plants or trellis.

In such a confined space, the scent of your balcony is an essential element of your space. Creating a scented garden can both create a magical area to relax outdoors, whilst also defusing throughout your home. Scented plants can reap rewards year round by providing beautiful scents.

Maintenance is of the



utmost importance for any balcony. Even with the most beautiful display, if left untouched it will begin to depreciate and lose the

beauty factor that it once had. Even 10 minutes a week to water, clean and maintain your balcony can make a huge difference.

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THE BEST FLOWERS TO PLANT FOR A VIBRANT GARDEN

As summer arrives, gardens across the country burst into color with an array of stunning flowers.

Whether you're a seasoned gardener or a beginner, choosing the right blooms can ensure your outdoor space remains lively and inviting throughout the season. This year, the focus is on long-lasting, pollinator-friendly flowers that thrive in the summer heat.

One of the top choices for summer planting is the hardy geranium.

These easy-to-grow perennials provide beautiful, pollinator-friendly blooms throughout the season and can flourish in both sun and shade. Similarly, erigeron, a spreading perennial daisy, is perfect for filling gaps in walls, steps, and paving stones,

offering delicate flowers well into autumn.

For those looking to add a tropical touch, abutilons are a fantastic option. With proper winter protection, these plants can bloom year-round, making them a worthwhile addition to any garden. Another standout is the campanula, which thrives in cracks and crevices, producing vibrant flowers that attract pollinators.

If you're aiming for a bold display, consider dahlia Black Forest Ruby, a striking variety with deep red flowers against dark foliage. This plant is sturdy enough to stand upright without staking and is praised for its ability to withstand heat



and drought. Dianthus Capitán Magnifica is another excellent choice, offering beautiful pink flowers with light pink edging that continue

to bloom even in high temperatures.

For a splash of warm hues, marigold Mango Tango is a must-have. Its yellow and red bicolor flowers provide a long flowering period from summer to frost, making it a reliable choice for borders and containers.

With these vibrant selections, your garden can become a haven of color and life throughout the summer months. Whether you prefer delicate daisies or bold dahlias, there's a perfect bloom for every space. So, grab your gardening gloves and start planting—your summer oasis awaits!

Summer Interiors: The 2025 Trends Bringing Light and Freshness to Homes

As the warm season arrives, homeowners are embracing light, airy, and nature-inspired interiors to create refreshing spaces that feel both stylish and comfortable.

This summer, the focus is on soft textures, organic materials, and breezy color palettes that enhance relaxation while keeping homes cool.

One of the standout trends is coastal chic, which brings a beachy, laid-back vibe indoors. Think soft blues, sandy neutrals, and crisp whites, paired with natural elements like rattan, linen, and driftwood. This aesthetic creates a serene atmosphere that feels effortlessly elegant.

Another popular approach is bringing the outdoors inside. Large windows, indoor plants, and botanical prints are being used to blur the lines between indoor and outdoor spaces. Vertical gardens and hanging planters are particularly trendy, adding a lush, green touch to interiors while improving air quality.

For those looking to add a touch of luxury, sculptural lighting is making a statement. Hand-blown glass globes, matte brass finishes, and artistic silhouettes are transforming lighting into



a focal point rather than just a functional element.

Soft textiles are also playing a key role in summer interiors. Linen curtains, cotton throws, and bamboo-blend bedding provide a cooling effect while maintaining a cozy feel. These materials are perfect for creating a relaxed yet sophisticated ambiance.

When it comes to color, warm neutrals and pastel tones are dominating the scene. Shades like soft peach, mint green, and powder blue reflect light beautifully, making spaces feel open and inviting. Accent walls with understated floral prints or textured paint techniques add depth without overwhelming the room.

With homeowners prioritizing comfort and style, these summer interior trends are all about creating spaces that feel fresh, breathable, and effortlessly chic. Whether you're revamping your living room, bedroom, or outdoor patio, this season's design choices ensure that your home remains a sanctuary of relaxation and beauty.

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and beyond. This includes essential garden maintenance like general tidy-ups, lawn mowing and edging, and lawn

treatments such as scarification. For year-round beauty, they provide hedge cutting and flower bed maintenance.

Beyond routine care, Patterson Home & Garden excels in larger projects, offering power washing, paving, planting, and turfing and seeding for new lawns. They cater to both one-off bespoke jobs and ongoing regular maintenance, ensuring your outdoor

space remains pristine.

With a focus on customer satisfaction, Patterson Home & Garden is now taking bookings for the 2025 season regular lawn mowing and other services. Contact them at 078 9470 4069 or via email at patterson.gm@hotmail.co.uk. You can also visit their website at www.pattersonhomeandgarden.co.uk to learn more and connect with their services on Facebook.

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HIGH STREET HEROES NI 2025 LAUNCHED – A CELEBRATION OF LOCAL EXCELLENCE

Retail NI's annual High Street Heroes campaign returns for 2025, offering a unique opportunity to honour Northern Ireland's outstanding independent retailers and vibrant high streets.

In partnership with National Lottery operator, Allwyn, SSE Airticity and Gig Gifter, Retail NI has officially launched the High Street Heroes NI 2025 campaign. The initiative is a celebration of the businesses that are at the heart of communities across Northern Ireland.

Unlike traditional awards programmes, High Street Heroes is entirely driven by the public. There are no judging panels. Local people are invited to vote for their favourite businesses across 13 categories, ranging from food and drink to fashion and essential services.

Voting opens on Friday 4th July. This symbolic date marks the independence and resilience of local trade. Among the top honours

are High Street of the Year and Independent Retailer of the Year. These awards recognise excellence in customer service, sustainability, innovation and community impact.

Retail NI Chief Executive Glyn Roberts said:

"The High Street Heroes NI campaign continues to grow from strength to strength, with a record-breaking 15,000 votes cast last year. Our high streets are more than shopping destinations. They are vital centres of employment, entrepreneurship and community life."

"Independent retail is the lifeblood of communities right across Northern Ireland, and this campaign is the biggest celebration of our thriving local retail sector. This

year, we are preparing to host our biggest ever showcase and a major celebration of the individual businesses that form the beating heart of our towns and cities."

The economic value of shopping local is clear. For every £1 spent at an independent retailer, 70p stays in the local economy. That money supports farmers, producers, jobs and neighbourhood vibrancy.

High Street Heroes will be promoted across Northern Ireland through Translink bus advertising, with striking T-side branding designed to raise awareness and drive public voting. Retail NI is delighted to collaborate with Translink to amplify the campaign's visibility and to recognise the vital role public transport plays in connecting people to



their local high streets.

Shortlisted finalists will be announced in early August. The campaign will conclude with a celebration event on

Thursday 21st August 2025.

To cast your vote or find out more, visit www.RetailNI.com/High-Street-Heroes

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Hydraquip Opens New Trade Counter in Lisburn, Northern Ireland

Established in 1989, Hydraquip Hose & Hydraulics, one of the UK's leading providers of hydraulic solutions, is proud to announce the opening of its new hydraulic trade counter in Lisburn, Northern Ireland.

This exciting development coincides with Hydraquip's first anniversary of operating in Northern Ireland. The launch of the Lisburn branch marks a key milestone in strengthening support for local customers and enhancing service delivery throughout the region. The company is proud of the progress made over the past year and is looking forward to further

growth in the years ahead.

Hydraquip's trade counters provide access to over 70,000 products, offering customers immediate availability of essential parts. From hoses and fittings to vital hydraulic components, there is no need to wait for delivery, helping projects to stay on schedule.

Alongside the trade counter, Hydraquip operates a dedicated

fleet of mobile hydraulic service engineers across Northern Ireland, delivering a 24-hour HQ Onsite Hose Replacement Service. The team, equipped with up-to-date and specialised training, achieves a 95% first-time fix rate for on-site repairs. From hose replacements to full hydraulic installations and maintenance contracts, Hydraquip offers tailored

solutions to meet the diverse needs of various industries.

Avoid costly downtime by visiting the Lisburn trade counter, open from 8 am to 5 pm at 19 Ferguson Drive, Knockmore Road, BT28 2EX.

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CREATING EYE-CATCHING SUMMER CONTAINERS

Summer is the season of vibrant life, and what better way to bring that energy to your doorstep than with overflowing window boxes and cascading hanging baskets?

These portable gardens offer a fantastic opportunity to showcase a riot of colour and texture, transforming even the smallest outdoor space into a floral paradise.

But creating truly eye-catching displays takes a little more than just scattering some seeds. Let's delve into the secrets of crafting stunning summer

containers that will have your neighbours green with envy.

The Foundation: Choosing the Right Containers and Location

Before you even think about plants, consider the containers themselves. For window boxes, ensure they are sturdy, have adequate drainage holes, and are the

right size for your window ledge. Hanging baskets should also be well-draining and strong enough to support mature plants and moist soil. Consider the material too – terracotta offers a classic look but dries out faster, while plastic is lightweight and retains moisture better.

Next, assess the location. How much sunlight does the area receive? This will dictate the types of plants that will thrive. South-facing spots bake in the sun, ideal for heat-loving varieties, while shadier north-facing walls call for different selections. Understanding your microclimate is crucial for long-lasting, vibrant displays.

Selecting Your Summer Stars

To create eye-catching arrangements, consider these key elements:

- **Thrillers:** These are your focal point – tall, upright plants that add height and drama. Think geraniums (Pelargoniums), petunias with interesting habits, snapdragons, or even small ornamental grasses.

- **Fillers:** These bushy plants fill out the container, adding volume and supporting the thrillers. Consider calibrachoa (Million Bells), lobelia, verbena, or cascading petunias.

- **Spillers:** These trailing plants cascade over the edges, softening the look and adding movement. Ivy geraniums, trailing lobelia, sweet potato vine (Ipomoea), and Dichondra 'Silver Falls' are excellent choices.

Adding Texture and Colour Harmony

While choosing individual beauties is important, the magic happens when they work together. Think about: Colour Palette: Do you



prefer a bold and contrasting scheme, a harmonious blend of similar hues, or a cool and calming white and green display? Consider your home's exterior and your personal style.

Foliage Interest: Don't underestimate the power of foliage! Silvery leaves of dusty miller, the vibrant lime green of creeping Jenny, or the deep purple of Alternanthera add texture and visual interest even when flowers aren't in full bloom.

Varying Forms and Textures: Combine plants with different leaf shapes and flower forms for a more dynamic look. The delicate blooms of lobelia contrast beautifully with the bolder flowers of geraniums.

Once you've selected your plants, it's time to get your hands dirty:

Good Drainage is Key: Ensure your containers have adequate drainage holes. You can add a layer of gravel or broken pottery shards at the bottom, although modern advice often suggests using a good quality potting mix alone is sufficient.

Use Quality Potting Mix: Avoid using garden soil, which can become compacted in containers. Opt for a lightweight, well-draining potting mix specifically formulated for containers.

Planting Technique: Gently remove plants from their nursery pots and loosen any circling roots. Arrange your "thrillers," "fillers," and "spillers" in the container, ensuring they have enough space to grow. The thrillers usually go in the center or back, fillers

around them, and spillers towards the edges.

Watering Wisely: Water thoroughly after planting until water drains from the bottom. During the summer months, you may need to water daily, especially for hanging baskets which dry out quickly. Check the soil moisture by sticking your finger about an inch deep – if it feels dry, it's time to water.

Feeding Frenzy: Container plants rely on you for nutrients. Use a balanced liquid fertilizer every 2-4 weeks to encourage continuous blooming. You can also use slow-release fertilizer granules at planting time.

Deadheading Diligently: Regularly remove spent flowers to encourage more blooms and keep your displays looking tidy.

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

The new Renault 4 E-Tech 100% electric first seen at the 2024 Paris Motor Show is now available.

Just as the original Renault 4 was born in response to the challenges of its time, the new Renault 4 E-Tech 100% electric is a retro-futuristic reinvention that reflects Renault's commitment to accelerating the energy transition.

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

These are just two of the many nods to the original Renault 4's design; others include the bonnet lines that continue to the bottom of the grille, the shape of

the rear quarter window, the three lines sculpted into the doors that bring to mind the plastic protectors of the original and the distinctive forms in the roof, now adorned with roof bars.

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

The dual horizontal screens give the cabin a contemporary look. The central 10-inch multimedia screen is standard, and can feature the award-winning OpenR Link system with Google built-in.



It provides access to a range of Google services, including Google Maps, which offers charging-optimised route planning, even activating pre-conditioning of the battery as a charging stop approaches, as well as a variety of apps from the Google Play store.

First seen on the Renault 5, Reno – the virtual travelling companion – is also present on Renault 4 E-Tech 100% electric. An avatar with real personality, Reno supports customers throughout their ownership experience, both inside and outside the car. Reno

can answer questions and perform tasks such as scheduling charging, helping to make everyday life easier.

Built on the same AmpR Small platform as the R5, the Renault 4 E-Tech 100% electric continues the original Renault 4's sense of go-

anywhere practicality, with its increased ground clearance (1.2cm more than Captur). The suspension has been optimised for a smoother, more comfortable ride for all occupants, while the steering system has been revised with a shorter ratio (14:5) and a tight

turning circle of just 10.8m, perfect for city streets and easy driving.

Two powertrains are available, both of which are equipped with a heat pump to maximise their efficiency as well as bidirectional charging with V2L (vehicle-to-load) and V2G (vehicle-to-grid) functionality that can power external devices from the battery or feed electricity back into the grid as necessary**.

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

Renault 4 E-Tech 100% electric features the new

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

It joins an array of advanced driving aids that enhance safety and driving comfort, many of which are rarely seen in the B-segment, including rear occupant safe exit alert, active driver assist combining adaptive cruise control with Stop & Go and lane centring assist, as well as blind spot monitoring and hands-free parking^.

Renault 4 E-Tech 100% electric will also feature My Safety Shield, a feature that can be found across the Renault product range, which allows drivers to activate their preferred settings at the touch of a button.

FEARS NEW CAR TRENDS WILL DRIVE UP YOUR INSURANCE

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

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

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

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

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

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

the case.

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

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

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



New technology in cars could also affect insurance premiums. Whether it's the very latest audio system or lane departure warning system, the more technology present,

the more expensive the car is likely to be and the greater the risk of theft, something insurance providers take into consideration when determining risk.

Also, the larger the

amount of software systems and the greater online connectivity the car has, the greater the cybersecurity risk.***

Encryption and firewall systems can help control this but

it's an additional risk insurance providers are likely to take into consideration.

AI will also leave its mark on the automobile revolution, with AI powered braking systems and advanced driver assistance systems. AI can look out for the blind spot and help with a smooth transition to a new lane. ****The sensors in the car can keep drivers a safe distance from the car in front, but be aware that the more advanced features a vehicle has, the higher the insurance cost is likely to be as they can be expensive to repair and replace and increase the overall cost of the vehicle.

The arrival of the

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

currently on the market.*****

Car ownership is also changing in 2025. The subscription-based model is becoming more popular, as motorists can pay a monthly fee to use the car for a set period.*****

The insurance can be included in the subscription fee and drivers can change the car whenever suits them. Given the financial pressures currently facing the UK, this may pose an interesting proposition for many drivers.

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

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ESSENTIAL HOME MAINTENANCE CHECKLIST FOR SUMMER

Essential Home Maintenance Checklist for summer

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

Don't let the allure of barbecues and beach trips distract you entirely. Investing a little time and effort now can save you significant headaches and expenses down the line. Here's a rundown of the most popular and crucial home maintenance tasks to add to your summer to-do list:

Embrace the Great Outdoors (and Maintain It!):

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

Guard Your Gutters: Clogged gutters are a silent menace.

Overflowing rainwater can damage your roof, fascia boards, and even your foundation. Take a ladder and scoop out any accumulated leaves, twigs, and debris. A good clear-out at the start of summer is a smart move.

Roof Review: While you're up high (exercise caution!), take a good look at your roof. Are there any missing, loose, or cracked tiles or slates? Check the flashing

around chimneys, vents, and skylights for any signs of damage or gaps. Addressing these small issues now can prevent costly leaks. If you're unsure, a professional inspection is always a wise investment.

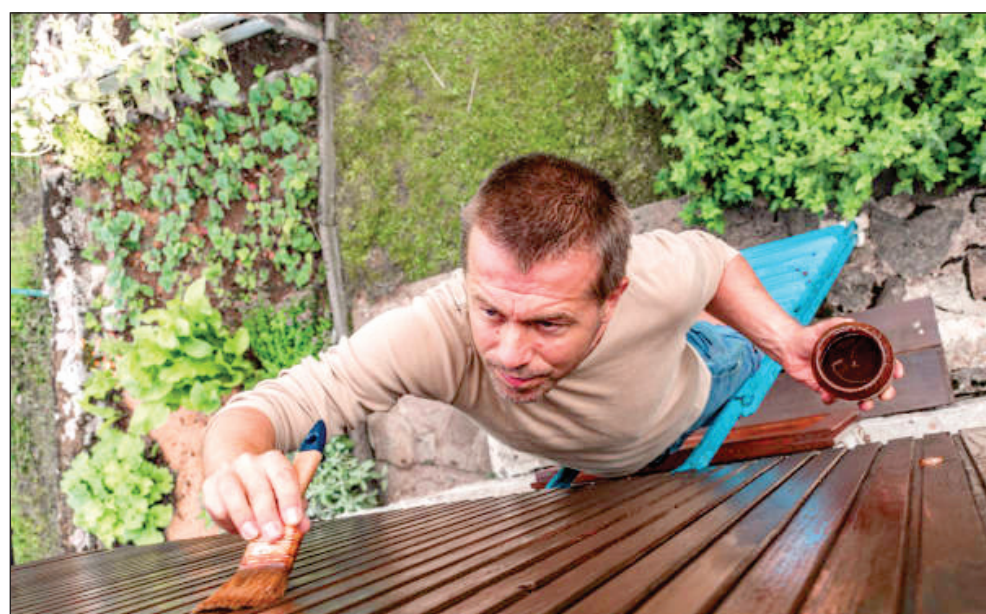
Wash Away Winter's Grime: Winter can leave your home's exterior looking dull. A good power wash can revitalize siding, walkways, driveways, and patios, removing dirt, mildew, and algae. This not only improves aesthetics but also prevents potential damage.

Window and Door Wisdom: Give your windows a sparkle inside

and out to maximize natural light. Inspect frames for any rot or damage and ensure seals and weather stripping are intact to maintain energy efficiency.

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

Deck and Patio TLC: Your outdoor living spaces deserve some attention too. Clean decks and patios to remove slippery algae



and dirt. Inspect for any signs of damage and apply sealant or stain to wooden decks for lasting protection.

Green Thumb, Safe Home: Keep trees and shrubs trimmed, especially those close to your house, to prevent potential damage from strong winds or overgrown branches.

Ensure proper drainage in your garden to avoid water pooling near your foundation.

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

Don't Forget the Details:

Outdoor Play Safety: If you have a playset, inspect it for any signs of wear or damage and ensure it's safe for children to use.

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

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

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

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DESIGNING A DREAM PATIO OR DECK

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

This outdoor extension of your living space can become the heart of summer gatherings, a tranquil spot for relaxation, and a valuable asset to your home. But where do you begin? Designing your dream patio or deck involves careful consideration of layout, furniture, and those all-important finishing touches like pergolas, shade sails, and outdoor rugs. Let's delve into the elements that will transform your outdoor area into a true oasis.

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

Dining Area: Allocate enough space for a table and chairs, ensuring comfortable

movement around the seating. Consider proximity to your kitchen for easy serving.

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

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

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

Consider the Sun's Path: Observe how sunlight hits your space throughout the day. Plan for shaded areas if your patio or deck receives intense afternoon sun.

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

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

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

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

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



inclement weather.

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

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

Shade Sails: A more contemporary and flexible

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

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

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

Finally, incorporate greenery through potted plants, hanging baskets, or even small trees in containers. Plants add life, colour, and can help to soften the hardscaping, creating a more inviting and natural atmosphere.

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

Cultivating Tomato Perfection: Tips for an Exceptional Harvest

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

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

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

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

Planting Deep: When

transplanting seedlings, plant them deeper than they were in their pots, up to the first set of true leaves. This encourages more root growth along the buried stem, resulting in a stronger, more resilient plant.

Consistent Watering: Inconsistent watering can lead to problems like blossom-end rot. Water deeply and regularly, especially during dry spells, aiming for consistently moist but not waterlogged soil.

Mulching: Mulching around the base of the plants helps retain moisture and suppress weeds.

Feeding for Flavour: Once the first flowers appear, begin feeding your tomato plants with a balanced, tomato-specific fertiliser. As fruits develop, switch to a fertiliser higher



in potassium to promote ripening and flavour development.

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

Pest and Disease Management: Regularly inspect your plants for pests like aphids and whiteflies, and address any infestations promptly using organic methods

if possible. Ensure good air circulation to prevent fungal diseases.

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

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