



**Mallusk Enterprise Park** has teamed up with **People Plus NI** to offer the following FREE workshops:

All sessions take place at: Mallusk Enterprise Park, Mallusk Drive, Newtownabbey, BT36 4GN 10am to 12noon.

Registration Essential

Call FREEPHONE 0800 980 7990 to book a place

Over 16's only for all Courses

#### **Weight Loss and Healthy Eating**

Are you keen to lose weight and to understand more about healthy eating?

Session 1 – 11<sup>th</sup> August General overview on nutrition

Session 2 – 18<sup>th</sup> August Meals and portions

Session 3 – 25<sup>th</sup> August Putting it all together.

#### **Additional Courses:**

4<sup>th</sup> August: Flower Arranging

12<sup>th</sup> August: Stress Management 19<sup>th</sup> August: Stress Management

9<sup>th</sup> September: Intro to Social Media

13<sup>th</sup> & 16<sup>th</sup> September: Preparing a CV



## **Education**



#### **Learning on your** Doorstep

NRC provides a wide range of accredited and non-accredited courses for adults in community venues within the council areas of Causeway Coast & Glens, Antrim & Newtownabbey, Mid & East Antrim and Mid Ulster.

Courses are set up in response to requests from community and voluntary groups. Course fees upon request.

#### **ESSENTIAL SKILLS courses are delivered FREE of charge**

Essential Skills qualifications can be achieved at a range of different levels - from complete beginners to achievement at Level 2, which is comparable to GCSE standard.

- **Communication/Literacy** speaking and listening, reading / writing skills
- Application of Number/Numeracy skills in working with figures / numbers
- **ICT** computer skills to use in your current/future workplace or for personal needs

Northern Regional College in partnership with local Community Groups seeks to continue delivery of more FREE Essential Skills qualifications.

For further information on our full range of courses and how NRC can provide community based learning in your area, please contact:

#### **Arlene Watson**

Community Education Co-ordinator

#### Address:

NRC, Trostan Avenue, Ballymena, BT43 7BN **Tel:** 028 25636226 / Mob: 07 55411 8578

**Email:** 

arlene.watson@nrc.ac.uk Web: www.nrc.ac.uk



Rathcoole Neighbourhood Renewal Partnership

### 10 Years of **Synergy**



August 2016

It is hard to believe but April marked the tenth anniversary of Synergy@JVC, which officially opened its doors in 2006.

Currently the centre facilitates just under 300 people annually, attending both regular weekly activities and the various events which take place throughout the year.

In our ten years we have had sessions in Indian dance, genealogy, history, after school clubs, computer courses (at lots of different levels), digital photography, film making, drugs awareness, drama, therapeutic arts, craft, cookery, drum workshops, keep fit, archaeology, acrylic painting, and many more covering subjects more diverse than could be imagined. We have also hosted Christmas parties, summer and Easter schemes, and trips to Scotland!

The centre is open five days a week, Monday through Friday between the hours of 9.30am and 4.30pm. Currently the sessions we are running are, therapeutic art, crafts, history, computers for leisure/ genealogy, and sociology, (where we study/talk about various topics of interest).

interested in any of these things why not contact us on 9086 8661 or follow us on Facebook.

If you are





#### **Memory Café**



Are you concerned about your memory or the memory of a loved one or friend? Would you like to meet others with memory problems and their carers?

The Memory Cafe is run by trained volunteers. We aim to provide support and information within a relaxed, friendly environment.

You will have an opportunity to socialise with others over a cuppa and enjoy a programme of events and activities which are developed for both carers and those with memory problems.

You are welcome to join us at: **Inniscoole Day Centre,** Rathcoole, BT37 9EZ.

On the first Wednesday of every month from 6.30pm -8.00pm

For more information, please contact Judith Anderson Tel: 028 9085 4333 E-mail: <u>imayne3@sky.com</u>

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### **Breakaways Update**

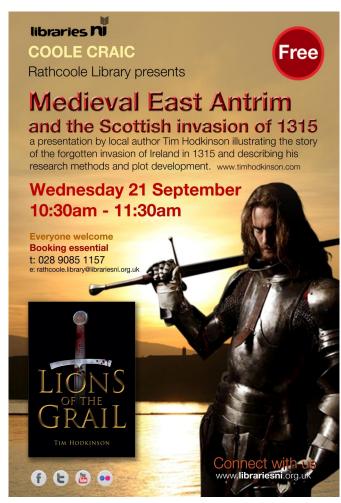
The Breakaways have been busy as always. They are currently undertaking 'Strictly Come Dancing' style dance lessons under the expert tuition of Dance Unlimited to widen their skills and they are partnering with SPARK to host a Tea Dance in Abbots Cross Presbyterian on 19 August.

52 members paid a visit to Rose Week in Sir Thomas and Lady Dixon Park where they not only enjoyed the roses but also relaxed with refreshments, music, a photographic exhibition and some even picked up gardening tips!

Looking ahead, members are planning a Charity Tea Dance to raise money for local Service Veterans and are in the early stages of arranging a Pampering Day for members in September.









# WITH AFTERNOON TEA SERVED

SPECIAL GUESTS:

FOR MORE INFORMATION CONTACT ASHLEY McBRIDE ON 07929104234





From Monday 15th to Saturday 20th August teams of people from churches across Newtownabbey will be serving the community through a range of projects in Rathcoole.

It will be a week packed full of activities for all ages - read on for more details and keep in touch through Facebook and Twitter.





