



PeoplePlus^{NI}
People Skills Jobs

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 – 11th August
General overview on nutrition

Session 2 – 18th August
Meals and portions

Session 3 – 25th August
Putting it all together.

Additional Courses:

4th August: Flower Arranging

12th August: Stress Management
19th August: Stress Management

9th September: Intro to Social Media

13th & 16th September: Preparing a CV



Office of the
**First Minister and
Deputy First Minister**

Community Education

NORTHERN
Regional College **nrc**

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



10 Years of Synergy



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).

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



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: jmayne3@sky.com

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.



**FRIDAY 19TH
AUGUST
2-4 PM**

FREE EVENT!
AT ABBOTS CROSS PRESBYTERIAN CHURCH HALL

TEA DANCE 
WITH AFTERNOON TEA SERVED



SPECIAL GUESTS:
THE BREAK AWAYS

FOR MORE INFORMATION
CONTACT ASHLEY MCBRIDE
ON 07929104234

 SPARK



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.  

For more info contact:
Andrew Cuthbert: 07817125832 /
abbotscrossimpact@gmail.com

Spark is supported by  Antrim and Newtownabbey BOROUGH COUNCIL

**RATHCOOLE'S GOT
T★LENT**

Saturday 20th August
Rathcoole Primary School
7:30pm - late
(doors open: 7:15pm)

Open auditions at Youth Drop-In, Dunanney Centre
7:30pm to 9:30pm
16th to 18th August
All ages and talents welcome.

For more info contact Stephen on 07956647201

**ROC
care
RATHCOOLE**

in partnership with  

**VOLUNTEER
OPPORTUNITY**
Befrienders Needed

New befriending scheme opening in Rathcoole for socially isolated and lonely people.

We need befriender volunteers to give 6-8 hours per month to visit and chat. Full training and support will be provided.

Over 18's only. Application form and ACCESSNI check to be completed.

Application packs available from Newtownabbey Methodist Mission Office, Dunanney Centre or contact keevawatson@roc.uk.com

Part funded by: 

libraries NI
COOLE CRAIG
Rathcoole Library presents

Free

**Medieval East Antrim
and the Scottish invasion of 1315**
a presentation by local author Tim Hodkinson illustrating the story of the forgotten invasion of Ireland in 1315 and describing his research methods and plot development. www.timhodkinson.com

Wednesday 21 September
10:30am - 11:30am

Everyone welcome
Booking essential
t: 028 9085 1157
e: rathcoole.library@librariesni.org.uk





Connect with us
www.librariesni.org.uk

**YOUTH
DROP IN**
Tuesday 16th - Thursday 18th August
7:30pm - 9:30pm beside Dunanney Centre
10-15 year olds

Dodgeball | BubbleBall | Beauty/Nail Bar | food & snacks | chill-out zone | music & much, much more!

**123
STREET PARTIES**

Tue 16th Aug	Altmore Green 2:30pm - 4:00pm
Wed 17th Aug	Colderry Gardens 2:30pm - 4:00pm
Thur 18th Aug	Dunanney Avenue 2:30pm - 4:00pm
Friday 19th Aug	Glanroy Crescent 2:30pm - 4:00pm

BOUNCY CASTLE, GAMES, FOOD, FACE PAINTING, CRAFTS AND MORE!

Gardening Support
If you need any help with gardening Monday 15th to Friday 19th August please call or text Michael on 07858029344

**FOOTBALL
COACHING
AND
TOURNAMENT**

For boys and girls
**Monday 15th -
Friday 19th August**
The Diamond Pitches
2:00pm to 4:00pm

Ages 9-14

Rathcoole Primary School
Monday 15th - Friday 19th August
6.30 - 8.30pm

P1 - P7
(starting 2016)

KIDS CLUB
Stories, Games, Puppets, Quizzes
and so much more; it's definitely
not to be missed!