



SOUTH SIDE ADVERTISER

Support Local

Printer Cartridges Tel: 028 2564 0025 | E: belfast@printercartridgesni.com
NOW DELIVERING ALL OVER N.IRELAND
 For all your printer needs... Celebrating over 20 years in Business! **10% OFF** All compatible cartridges Offer valid until 31st April
 Free next day delivery to homes & businesses Save on laser & inkjet cartridges

BUY CARTRIDGES ONLINE AT www.printercartridgesni.com Find us on



Image L-R: Pictured at the Celebration Event at ICC Belfast are Julia Corkey, Chief Executive at ICC Belfast, Zara Flanagan, student at Our Lady's Grammar School, Newry, Maka Chinanayi, student at Hazelwood Integrated College, Romy Maguire, student at Glenlola Collegiate

Ambitious targets for Belfast!

These include 150,000 new trees, 6,000 new homes and 7,000 new business start-ups by 2028

Plans to support the most vulnerable in Belfast while growing the economy, regenerating neighbourhoods and achieving climate targets have been published in a refreshed strategic plan for the city. The Belfast Agenda was first published in 2017, setting out a joint vision for the city up to 2035. With significant economic, social and environmental changes in recent years, it has been reviewed and updated to reflect current priorities.

City partners have agreed to deliver a significant programme of actions by 2028 which will include building 6,000 new homes, planting 150,000 trees, reducing chronic homelessness, increasing the number of business start-ups by 20 percent and reducing the economic inactivity rate by five percent each year. Belfast Lord Mayor Councillor Ryan Murphy said: "Developing the Belfast Agenda is a complex process as it involves numerous community planning partners, the community and voluntary sector, educational institutions and representatives from the private sector. Today therefore marks a major milestone for the city as we move forward together with a comprehensive strategic plan which aims to ensure that Belfast will become the city that we want it to be." Statutory and community partners involved in co-designing the Belfast Agenda include Belfast City Council, Belfast Health and Social Care Trust, Council for Catholic Maintained Schools, Education Authority, Invest NI, Libraries NI, Northern Ireland Fire and Rescue Service, Northern Ireland Housing Executive, Police Service of Northern Ireland, Public Health Agency, South Eastern Health and Social Care Trust, Sport NI, Tourism NI, Belfast Area Partnership Boards and the Voluntary, Community and Social Enterprise Sectoral Advisory Panel. For more information visit www.belfastcity.gov.uk/belfastagenda

Jacksons
OF SAINTFIELD | MOIRA
WEDDING GIFT LIST SERVICE

SALE NOW ON

GARDEN FURNITURE SALE
1/2 PRICE FASHION & SHOE SALE
HEALTH STORE, BOUTIQUE, HARDWARE, COFFEE SHOP, INTERIORS

SALE NOW ON

HEAR IT FOR THE GIRLS: EXECUTIVE MINISTERS JOIN PUPIL-LED FEMALE LEADERSHIP CELEBRATION

Schoolgirls from across Northern Ireland successfully delivered a large-scale event at ICC Belfast recently as part of the SistersIN programme.

It was attended by First Minister Michelle O'Neill and deputy First Minister Emma Little-Pengelly, underscoring the importance of the shaping the future of young women across the region. Attended by over 1,000 people,

Romy Maguire, a pupil at Glenlola Collegiate, was amongst almost 400 sixth-form schoolgirls from 28 schools across Northern Ireland who took part in this year's SistersIN programme. Dedicated to enabling, empowering, and

developing young girls across Northern Ireland, the leadership programme is a collaborative ecosystem between the schools who deliver leadership training, the senior female leaders who mentor the pupils, and

the pupils who put their leadership into action through projects in their schools, local communities, and often, wider society.

Continued on page 4

THE BLIND SPOT
Providing a wide range of Blinds & Sante Fe Shutters

Vertical blinds - 3 windows from £99
 Venetians - from £35
 Rollers - from £30

- ✓ FREE FITTING
- ✓ FREE MEASURING
- ✓ FREE QUOTATIONS
- ✓ FAST TURNAROUND

Finance available

Tel: 028 9059 5255 Unit 33, East Belfast Business Park, Belfast
 Email: theblindspot@mail.com Web: www.theblindspotbelfast.co.uk

Getty Glass
windows doors verandas

SPRING INTO SUMMER

- Windows**
A+ Energy Efficient uPVC Windows
Heritage Sliding Sash Windows
Residence8 Period Style Windows
- Doors**
• Composite Doors
• Patio Sliding Doors
• French Casement Doors
• Bifolding Doors
- Verandas**
Live life a little morealfresco!

We're a leading member of the glass and glazing federation. We offer superior quality and service at a very competitive price.

freephone **0800 169 3455** website **gettyglass.com**

SHOWROOM (appointment)
46a The Brae Ballygowan BT23 5TJ



We are Looking for individuals that meet the below requirements to join our team, under the JobStart Scheme in conjunction with the Department for Communities (DfC). Our aim is to provide 3 job opportunities within our Saintfield offices.

2 X ONLINE AND PRINT MARKETING FOR BUSINESSES 1 X SOCIAL MEDIA MARKETING

This scheme will offer a number of 3 placements as listed above for a period of six months. These paid job opportunities aim to provide appointees with the prospect to learn important work skills such as teamwork, problem solving and communication skills which will enhance their CV and future job prospects whilst increasing their confidence and transferable employability skills.

TO BE ELIGIBLE TO APPLY FOR THE JOBSTART SCHEME YOU MUST:

- Be aged 16-24 years old.
- Be at risk of long-term unemployment or struggling to get employment.
- Be currently unemployed.
- Have a National Insurance number and the right to work in Northern Ireland.

If you receive Universal Credit, Jobseeker's Allowance, Employment and Support Allowance or Income Support, contact a Work Coach on 0300 200 7807 or visit your local Jobs & Benefit's office.

If you are unemployed and not receiving benefits, contact the JobStart & Work Experience Programme Branch within the Department for Communities on jobstart.scheme@communities-ni.gov.uk or 028 90726788 to find out more.

You will not be eligible to apply for the JobStart Scheme if:

- You are planning to take up an apprenticeship or enter education or further education in the future.
- You are awaiting the outcome of a job interview.
- Your parent or guardian is receiving Child Benefit on your behalf.
- You have already reached 25 years of age.

Full details of the jobs as they become available can be found by searching for 'Online and Print Marketing for Businesses' or 'Social Media Marketing' on www.jobapplyni.com.

JOBSTART ➤



Hopefully, at the end of the six months, the trainee will be able to secure permanent employment with us, which is a win for them and a win for us.

Internationally renowned street artist brings vibrancy to Ormeau

Internationally renowned street artist, Dan Kitchener, 'DANK' has just completed his latest mural at 135 Ormeau Road, depicting the Ormeau Bridge at night.

Known for his epic scale wall murals, canvas shows and live painting events, Dan Kitchener has collaborated with artists including Paul McCartney, Lenny Kravitz, Kylie Minogue and The Prodigy and his work has been seen by millions over the years.

Lower Ormeau Traders Association commissioned Dan thanks to a "Supporting Vibrant Business Destinations" grant, led by Belfast City Council and funded through the Department for Communities Revitalisation programme.

Deputy Lord Mayor Councillor Áine Groogan, said: "It's fantastic to see the spotlight being shone on the Lower Ormeau. Recently, retailers have been hit hard by the pandemic and a much more challenging economic climate.

"Our Belfast Agenda commits to growing a diverse and inclusive economy and the Supporting Vibrant Business Destinations pilot scheme is all about promoting economic growth throughout Belfast, by focusing on enhancing infrastructure, marketing, and animation along the city's arterial routes.

"It's particularly good



to see this addition to our street art during Belfast 2024, our city's biggest ever creative and cultural celebration – we're starting to see even more beautiful artworks bringing vibrancy to Belfast neighbourhoods north, south, east and west.

"This important investment from the Department for Communities is helping to strengthen Belfast's competitiveness by supporting start-ups, independent retailers, social enterprises and cultural and voluntary organisations to attract greater footfall and spend."

Communities Minister Gordon Lyons said "My Department is committed

to the regeneration of cities and towns across Northern Ireland through initiatives which promote urban renewal and development of public spaces. We do this in collaboration with a range of partners and stakeholders, and in conjunction with the local community. With this in mind, the Supporting Vibrant Business Destinations scheme is designed to enhance Belfast's arterial routes, help local traders drive forward the regeneration and economic competitiveness of their area, and to enrich communities."

The mural was officially unveiled on Saturday March 16 as part of the

Lower Ormeau Spring Festival from 12 noon-3pm, including an artisan market with crafts and food.

Expressions of interest for the Supporting Vibrant Business Destinations pilot grant scheme closed in May 2023. The £475,000 initiative is benefiting a number of areas outside Belfast's core city centre: Ballyhackamore, Cavehill, Cliftonville and Oldpark, Cregagh and Woodstock, Lower Ormeau and King's Square and Cherryvalley, Twin Spires, Belmont Road and Lisburn Road.

For more information on Belfast City Council's support for business, go to www.belfastcity.gov.uk/cityforbusiness



**You look after the kids,
we'll look after the lawn**

We provide a premium lawn care experience.

We seed them, feed them, even control the weeds. So, you don't have to.

For a FREE lawn analysis visit greenthumb.co.uk or contact our local team.

Belfast branch

Call 02890 741133 Email belfast@greenthumb.co.uk





MC UPHOLSTERY

Reupholstery Service

FURNITURE REPAIR & UPHOLSTERY SERVICE

DOMESTIC SERVICES:
Recover Cloth Suites, All Repairs

COMMERCIAL SERVICES:
Recover - Bar Seating, Office Chairs

FREE QUOTATION





We also re-upholster caravans and motorhomes!

230A Kingsway, Dunmurry, BT17 9AE
T: 028 9030 1899 M: 07786 062989

garolla.co.uk

SECURE YOUR GARAGE




FREE
 Intruder alarm
 worth £85*

+


FREE
 5yr Warranty

+


FREE
 Installation

BUY A NEW ELECTRIC GARAGE DOOR AND RECEIVE A FREE INTRUDER ALARM

- Unlock 25% more space
- UK's No.1 recommended
- 100,000+ doors installed
- Prices start from £995
- Expertly fitted by a local Garolla engineer
- Manufactured in the UK


Where reputation matters
 9.68 out of 10


4.7 out of 5 / 6,000+ reviews

GAROLLA

ELECTRIC GARAGE DOORS

CALL TO ARRANGE A FREE SURVEY

028 9246 0024

*Offer only available on selected products until 31st March 2024

TREE PLANTED AT CITY HALL TO MARK THE CORONATION OF KING CHARLES

Local school children recently joined the Lord Mayor of Belfast and His Majesty's Lord-Lieutenant to plant a special coronation tree in the grounds of City Hall.

Ahmed Hassan Greenspire (small leaf lime) tree in the grounds of City Hall. The tree was gifted to the city of Belfast by His Majesty's Lord-Lieutenant to mark the occasion of the coronation of King Charles and Queen Camilla. The tree is located to the rear of the cenotaph at Donegall Square West.



Continued from page 1

In addition to successfully delivering the celebration event, the schoolgirls secured Gill Tierney, Consultant Surgeon and President of the Association of Surgeons of Great Britain and Ireland (ASGBI), as a keynote speaker. She said, "It's been such an honour attending this year's SistersIN event and having the chance to speak to such a diverse

range of talented young women across Northern Ireland. Engaging with these future leaders was a real source of inspiration and I have no doubt that they will go on to achieve great things." SistersIN originated as a pilot in 2019, under the leadership of Assumption Grammar School's principal, Peter Dobbin. This year the programme and the event have grown in stature, signalling the ongoing demand

for professional development opportunities for young women, but also a willingness from the local business community to support female leaders of tomorrow. The schoolgirls also secured exhibitor support from almost 40 businesses, and hosted panel discussions with female leaders from Danske Bank, Education Authority, and Gilbert Ash, Queen's University Belfast, KPMG, Concentrix and ICC Belfast.

The local business community's support has been evident throughout this year's programme with participants receiving mentorship from business leaders at various local firms. Amongst the schools taking part were Glenlola Collegiate (Bangor), Our Lady's Grammar School (Newry), Hazelwood Integrated College (North Belfast) and St. Cecilia's College (Derry~Londonderry). Visit sisters-in.org for more information.

Mary Ann McCracken and Winifred Carney statues unveiled on International Women's Day

Striking bronze statues of Mary Ann McCracken and Winifred Carney have been unveiled at a ceremony at Belfast City Hall to coincide with International Women's Day 2024.

The statues are located on the front lawn area of City Hall either side of the statue which celebrates Queen Victoria's Diamond Jubilee in 1897. Mary Ann McCracken was an abolitionist, educator, social reformer and businesswoman who fought for the rights of many, while Winifred Carney was a suffragist, committed trade unionist and political activist.

The design of the two statues reflects the values and activities for which they are best known. Mary Ann is depicted handing out abolitionist leaflets while wearing a Wedgwood anti-slavery badge and Winifred's sculpture reflects her roles as a trade unionist, adjutant in the Irish Citizen Army and as James Connolly's personal secretary and political confidante. Belfast Lord Mayor Councillor Ryan Murphy said: "As these are two of the most notable and influential women in Belfast's history, it is important that they receive



this formal recognition by the council on behalf of the city. "Following the opening of the City Hall Visitor Experience in 2017, the installation of these statues marks another important step in the council implementing the recommendations of a 2012 report which focused on ensuring we created a 'good and harmonious

environment' through our displays at City Hall and its grounds. "These statues celebrate female achievement, inclusivity and the diversity of the people who have helped shape our city. They will therefore help to educate locals and visitors about our city's history, and I have no doubt that they will help attract more visitors to City Hall and

the city for decades to come. "I would encourage as many people as possible to come view the statues for themselves and find out more about the importance and influence of Mary Ann and Winifred." The statues were sculpted by internationally acclaimed artist Ralf Sander along with his daughter Naomi Sander.



Bunelos DONUTS

ANNACLOY | ARDS | ORMEAU RD

Justice Minister marks 10th anniversary of NI human trafficking charity

Flourish NI is commemorating 10 years of supporting survivors of human trafficking in Northern Ireland.

The charity, which is based in East Belfast, has helped over 500 people and their families over the course of 10 years, including 75 people in the past year alone.

Flourish supports survivors towards independence by improving wellbeing, providing advocacy services and helping to facilitate re-integration into the community. The charity aims to equip survivors to build brighter futures for themselves.

Justice Minister Naomi Long, who is marking the anniversary with the charity commented:

“Human trafficking is happening around us. It often goes unnoticed, is ignored or is hidden in plain sight. This issue requires a societal wide effort if we are to successfully combat it. We owe it to the victims to put an end to this brutal exploitation and trade in human beings.

“The partnership and collaboration between The Department of Justice and Flourish NI plays an important role in helping victims overcome trauma and rebuild their lives. I am pleased to mark the ten-year anniversary and thank



Jill Robinson, co-founder of Flourish NI and Naomi Long, Justice Minister mark 10th anniversary of Flourish

Flourish NI for the vital role they play in supporting victims and raising awareness of this heinous crime.”

Through the theme of ‘Hope beyond Trafficking’, the charity is planning to run 10 events in 2024. The largest event is planned for October 17th, during Anti-Slavery Week, when Flourish NI will be holding a conference, aimed at amplifying the voices, experiences and skills of survivors of human

trafficking.

The charity also provides training for companies around the Modern Slavery Act.

Jill Robinson, co-founder of Flourish NI said: “We are proud that Flourish has been providing tailored, long-term support for a decade to help ensure a brighter future for survivors of human trafficking. Rescue from trafficking is only the beginning of the journey for survivors. Recovery is a long and complex process

and the need for long term support for survivors is vital for them to overcome their trauma and rebuild their lives. “Empowerment is a core value of Flourish and our caseworkers will work with survivors to develop a care plan that best meets their long-term needs including coping mechanisms, developing resilience and employability skills.” To find out more information about the charity, please visit flourishni.org



Perfect for a city break in Glasgow!

BOOK NOW

BELFAST GLASGOW EXPRESS

ALSO AVAILABLE FROM

BELFAST STENA LINE TERMINAL	£43
LISBURN	£46
LURGAN	£47

£44



Bags go Free!

FROM BELFAST EUROPA BUS STATION

BOOK ONLINE

www.hannoncoach.com

Tel: 028 9265 0700

INCHMARLO

Prep Department

Royal Belfast Academical Institution







Limited Pre-Prep places available for September 2024

www.inchmarlo.org.uk

- Teacher led Pre-Prep
- Wraparound Care
- High Quality Education
- Child-Centered Curriculum
- Excellent outdoor facilities
- Natural transition to RBAI

For more information please contact us on

02890381454

info@inchmarlo.belfast.ni.sch.uk

Minister announces new £5m programme for entrepreneurs and high growth start-ups

Economy Minister Conor Murphy today announced a new programme of support to help early-stage, technology-based, start-up businesses and entrepreneurs become global businesses of the future.

The £5million Founder Labs accelerator programme is co-funded by Invest Northern Ireland and the Northern Ireland Office [2].

The Minister was joined by Steve Baker, Minister of State for Northern Ireland, and Kieran Donoghue, CEO, Invest Northern Ireland, at the launch event.

Speaking at the launch event, Minister Murphy said: "This new support programme is committing up to £5million to support a total of 40 businesses over the next four years. It will play a key role in helping them to improve their market fit, grow to scale, succeed in global markets and ultimately attract future

investment for rapid growth.

"In line with my Economic Vision the consortium brings real strength to this programme by fostering the opportunity for regional and all-Island partnership and learning. I firmly believe that by working in partnership, Founder Labs can help boost productivity in our economy by supporting high growth starts ups to scale and grow."

Founder Labs will be delivered by Ormeau Baths in Belfast in partnership with Dogpatch Labs in Dublin, The AMP in Derry and Queen's University Belfast. It is targeted at tech start-ups and will provide support for high

growth Innovation Driven Enterprises [3]. These types of businesses invest in R&D to bring new and innovative technology-based products and services to market and are focused on selling internationally.

Minister Baker said: "The UK Government is committed to supporting Northern Ireland's entrepreneurs of the future, ensuring a pipeline of innovative businesses to provide more employment opportunities for all."

"I'm delighted that 40 businesses will be supported over the next four years as a result of the £5million being provided by the UK Government's New Deal for Northern Ireland funding and Invest NI; ensuring they have the knowledge and skills to grow and prosper, and attract investment into Northern Ireland."

"I'm confident that the local firms involved in the consortium will make the most of the opportunities on offer, benefitting the wider Northern Ireland economy."

Kieran Donoghue, CEO, Invest NI, said: "Technology-based companies are crucial to our economy. They grow our R&D base and have

high-growth potential which can lead to above average salaries and enhanced living standards for all.

We are delighted to have such a strong team on board to deliver the programme and have no doubt the companies accepted on to the programme will gain a lot from the experience."

As Co-Founder and Manager of Ormeau Baths, the consortium and programme delivery lead partner, Claire Halliday said: "I am passionate about supporting tech-based start-ups and really excited to help deliver this programme. I know from personal experience just what an impact this type of support can have on a business."

"Participants also have access to shared-working space at Ormeau Baths in Belfast and at The AMP in Ebrington Square, Derry-Londonderry and in Dogpatch Labs in Dublin. We will also visit international markets to explore opportunities to collaborate globally and scale internationally."

Founder Labs is open for applications. For full details and how to apply visit www.investni.com/FounderLabs.

High Society brings style and vibrancy back to the High Street

Independent barbers High Society Cut Club launched their business on the ground floor of 29 Gresham Street recently, with the support of a Belfast City Council Vacant to Vibrant capital grant, bringing the property back into use after 20 years of vacancy.

Bywater have used the funding to complete external and internal works, including replacing the shopfront, front door, signage, and external rendering, as well as carrying out internal repairs and decoration. The opening of High Society Cut Club is part of their ongoing commitment to responsibly bring this historic part of the city back to life by supporting independent retail businesses across their portfolio of properties in the area.

Next year, High Society Cut Club plan to repurpose the first floor of the property to develop a training academy, offering a beginners' training programme, creating additional employment opportunities and pathways to employment.

High Society Cut Club join Verona Bridal, Skull and Bones Tattoo Studio, Hench Gym and Flax Art Studios in the roster of 19 successful Vacant to Vibrant applicants to date who are breathing new life into Belfast city centre, with

many more progressing – ranging from retail, beauty and food and beverage offerings.

Vacant to Vibrant is a key project in Belfast City Council's Future City Centre Programme, which aims to create a vibrant, unique, and thriving place where people spend time, live, work, study, visit and invest. The £1 million pilot capital grant scheme opened in July 2022 in response to the high levels of city centre vacancy, aiming to incentivise both property owners and potential occupiers to bring vacant Belfast city centre spaces back into use, while supporting the city centre's revitalisation and ensuring sustainable rates growth.

As part of the council's wider programme to tackle vacancy, and to support the Vacant to Vibrant scheme, council also provides a matchmaking service through a partnership approach with commercial agent Frazer Kidd, linking businesses with potential units, with the opportunity to access capital funding through the scheme.



Applicants on the scheme also benefit from wrap around support from council's Enterprise and Business Growth team, providing resources to support the start-up or expansion of the business or organisation, including access to one-to-one mentoring and workshops to help with growth and long-term sustainability.

Grants of up to £2.5k are available for pop-up ground floor use (minimum four months), up to £15k for active floor usage up to 150m², and up to £25k for active floor usage over 151m².

For more information, and to watch a video featuring Skull and Bones on North Street, Verona Bridal on Bruce Street and Flax Art Studios on Bedford Street, go to www.belfastcity.gov.uk/vacanttovibrant

Individuals and organisations wishing to find out more about the Vacant to Vibrant scheme can email the team at vacanttovibrant@belfastcity.gov.uk

SCRAP GOLD WANTED

We accept any gold, no matter what condition. Free, no obligation evaluation available.

Trade-In

Joseph Rea Jeweller

Est. 1895

76 Ann Street, Belfast
(beside Subway)

Tel: 028 9032 0477

Europa Abseil
28th April 2024

Conquer new heights for Air Ambulance NI

AIR AMBULANCE NORTHERN IRELAND CHARITY

Sign up today
www.airambulancenir.org/upcoming-events/

Help YOUR air ambulance save lives, brains and limbs

School pupils are special guests at Seachtain na Gaeilge event in City Hall

Over 100 school pupils were in City Hall recently as part of Seachtain na Gaeilge which ran in March.

The event was organised by Belfast City Council as part of its Language Strategy to reflect on, and celebrate, the diverse nature of the city and its different languages and cultures.

The schools enjoyed Irish language song and story workshops with performances from musicians Cormac 'Buzz' Ó Briain and Aodhán Mac Sheafraidh.

Schools attending were Scoil na Fuiseoige, Scoil an Droichid, Gaelscoil Éanna, Bunscoil Bheann Mhadagáin, St Malachy's College and St Dominic's Grammar.

Lord Mayor, Councillor Ryan Murphy, who opened the event, said: "I'm delighted to be at this special event to mark Seachtain na Gaeilge.

"Irish language impacts on all communities in the city and it is a huge part of the rich, shared history of Belfast.

"It's wonderful to see so many school pupils



here today who not only speak the Irish language but want to ensure it develops and is integrated in communities.

"It is these young people with their vibrant and positive attitudes who will continue to boost and promote language diversity in our city. This event is a fantastic opportunity to celebrate

all that is great about the Irish language.

"As a council, we are committed to Belfast becoming a more inclusive city, as outlined in the city's community plan, Belfast Agenda, and are delivering on ensuring language equality and diversity be at its forefront."

The event in City Hall was among the council's

St Patrick's Day programme of events for Belfast.

Spraoi Cois Lao - an Irish language fun day - took place at Custom House Square, organised by Conradh na Gaeilge and Feile an Phobail. The event featured musicians, dancers, activities, games, food and entertainment, all celebrating the Irish language.



Surgical Skin Clinic Same Day See & Treat Service

Treatments available include:

- Mole, Cyst, Wart & Skin Tag Removal
- Lipoma Removal
- Cosmetic Surgery
- Anti-Wrinkle Treatments
- Thread-Lifts
- Dermal Fillers
- Varicose Vein Removal

Hollywood | Belfast | North West

To book an appointment please contact
028 9042 3200 or e-mail frontdesk@cosmetech.co.uk
cosmetech.co.uk



Part of Kingsbridge Healthcare Group.

The OLD INN
Est. 1614

C. S. Lewis
Early Bird Menu

MAIN COURSE £19.58*
4 - 6PM
*EXCLUDES PUBLIC AND BANK HOLIDAYS

THEOLDINN.COM
028 9185 3255

Live life at full volume

For exceptional care and outstanding service, make an appointment with a member of our team today.

- Ear wax removal
- Hearing aid sales and repairs
- Custom hearing protection

2a Smithfield Square,
Lisburn BT28 1TH
028 9264 0302
hello@lisburnhearing.com
lisburnhearing.com

LISBURN HEARING CENTRE

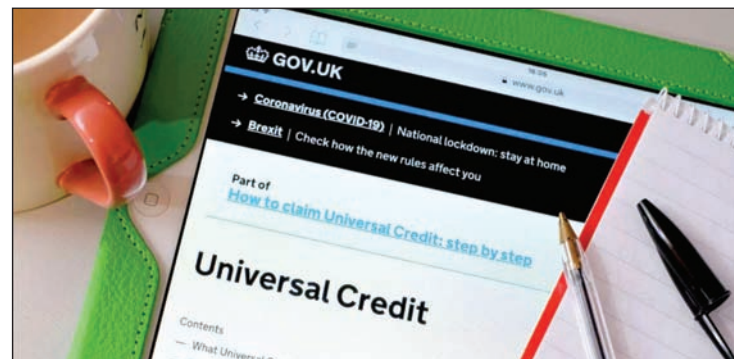
Moving from Tax Credits to Universal Credit – important information

Over the past few months lots of working parents who have been in receipt of Tax Credits have received notification that they have to move onto Universal Credit instead.

Employers For Childcare

Universal Credit moving to Universal Credit by providing 'Transitional Protection' to make up the loss between what is received under the old benefits, and Universal Credit. However, there are strict rules around the eligibility for Transitional Protection so you should always

seek independent advice before applying for Universal Credit. Other benefit changes in 2024 In addition to households being moved to Universal Credit as mentioned above, the amount that is being paid through all benefits, including Universal Credit, Tax Credits, Housing Benefit etc, is increasing from April 2024 by at least 6.7%. So, if you receive benefits, you may be entitled to more money from



For free, independent advice on the financial support your family is entitled to, including with registered childcare costs, call our Family Benefits Advice Service on Freephone 0800 028 3008. Last year, where we did a 'better off' calculation for a family, we identified an average of £5,600 in additional financial support.

CANCER RESEARCH UK
 Cancer Research is celebrating 20 years in business
CAN YOU HELP? VOLUNTEERS REQUIRED!
 Contact us on 028 9073 8907 for more information.
 Visit us at 6 Cregagh Road, Belfast, BT6 9EQ

Foot Healthcare Clinic
 A mobile foot health practice
 • Caring and professional service
 • Home Visits
 • Treatments tailored to your needs!
 Your feet, your health, our concern
 Call Obrain DipCFHP
 MPSPract: 07756 335092

Belmont Barbers
 OAP £9 | Kids £10 | Adults £12
 Open: Mon, Tues, Wed & Fri 9.30-5.30
 Thursday 9.30-8pm & Sat 9.30-5pm
 CLOSED: Monday May 6th for May Day Bank Holiday
KIDS HAIRCUTS ONLY £10!
 33 Belmont Road, Belfast, BT4 2AA
 Tel: 028 9047 1745
 ESTABLISHED 1994

Belvoir Park Primary School Nursery highly commended at Families First Early Years Awards!

Belvoir Park Primary School has had a dedicated Nursery Unit since 1970.

The purpose-built building contains a shared kitchen and dining space with two large classrooms. Each classroom is serviced with its own quiet room and toilets. Mrs McDowell, Miss Megaw and Mrs McCormick are the extremely dedicated Nursery teachers and are supported by three assistants, Mrs Hamilton, Mrs Orr and Miss McCall. The team provide an inclusive

child-led curriculum that is stimulating and rich in language, early literacy and numeracy to ensure that early experiences prepare children for the educational journey ahead. This year the team has also been supported by Mrs Johnston, Miss McCaighy and Mrs Lawther.

Recently the nursery attended the Families First Early Years Awards where Mrs Hamilton received highly commended in the Nursery Assistant category. Mrs Hamilton has worked in the Nursery for over 25 years and was overwhelmed by

the wonderful comments received as part of the nomination and voting process. A small sample of over 100 comments made during the voting/nominations were as below:
 "Always greets the children with a warm smile"
 "Full of compassion and warmth"
 "So much passion and love for her role"
 "Heart of gold"
 "Displays excellent patience and understanding"
 The Nursery were also highly commended in the Pre-school category, an achievement which demonstrates how well



the team work together to achieve such a high standard of education and care. Some of the comments included:
 "Excellent principal and teaching staff who genuinely care about the wellbeing and education of the pupils, meeting each of their individual needs."
 "Brilliant school with caring staff"
 "Amazing opportunities offered to the local community by the school. With a dedicated staff team and wide-ranging curricular provision, Belvoir puts the development of pupils at the forefront. The school also offers a vast range of extra-curricular activities and out-of-school opportunities thanks to its connections with the wider community and the facilities available on the school's doorstep."
 Please look out for our assistant Mrs Johnston, during the Families First Primary Awards as she has now also been nominated for providing exceptional support for a pupil with Special Educational Needs!

BELVOIR PARK PRIMARY SCHOOL Nursery Unit

FIND OUT MORE

WHAT WE OFFER

- 56 full-time places
- 9am - 1:30pm
- Award winning team
- Inclusive environment
- Forest Schools Accredited
- Outstanding outdoor space
- Child-focussed learning

CONTACT US
 Ph 02890 491810

THE WOOL DEN
 Find us on The Wool Den
 Contact: Elizabeth 078 3337 1000
 OPENING HOURS:
 Tues to Fri 10am-5pm
 Sat 10am-2pm
 3 Chilton Drive, Ballynahinch

QIBB ROOFING & CHIMNEY SPECIALISTS
 Specialists In Chimney and Roof Repairs
 Celebrating over 30 years in Business!
 We provide a range of Roofing and Chimney services across Belfast, Bangor and beyond!
 We specialise in providing skilled roofing services to domestic & commercial customers.
 This includes re-roofs, repairs and a full range of chimney services such as chimney rebuilds, repairs, removals and re-pointing. We also provide uPVC fascias, soffits & guttering.

Problems with your Roof? We're on top of it!

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

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

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

GLENEAGLE COACH TOURS – DISCOVER WEST CORK

For almost 20 years guests from across the north have journeyed to southwest Ireland on a Gleneagle Coach Tour.

For many years this popular holiday service was provided by Ulsterbus Tours but in 2020 the service ceased. Since then, Gleneagle Coach Tours, part of the Gleneagle Group, has brought guests on a choice of tours to Bantry in West Cork and Killarney, Co. Kerry.

A holiday to County Cork is a memorable one. With some of the most stunning scenery in Ireland and close to the Wild Atlantic Way, this tour brings guests to these fabulous locations. Day tours to Mizen Head, the Beara Peninsula and the quaint fishing villages of West Cork are included.

Guest accommodation is the harbour-side Maritime Hotel, a



4-star hotel overlooking Whiddy Island and Bantry Bay. All guests have access to the great leisure amenities and dining options.

The Maritime Hotel always has a warm welcome for guests and that unique West Cork hospitality approach.

Many tour guests have returned year after year to familiar faces in the hotel. During these years the hotel has continued to enhance its offering with a great selection of bedrooms, improved pool and gym options along with enhancements to guest's

dining experience. This year guests can enjoy a 5-day tour to Bantry with tours, meals and transport included. Prices start from £349 per person and bookings can be made easily at the Tour Shop, 10 Great Victoria Street or by phone.



SPRING & SUMMER TOURS TO KERRY & CORK

ESCORTED HOLIDAYS TO SOUTHWEST IRELAND

Luxury coach with local collection points | Breakfast and dinner daily | Scenic day trips
Use of leisure facilities | Hotel entertainment in the Gleneagle Hotel

Gleneagle Hotel, Killarney

Sun 14 Apr	Kerry Highlights Tour - Gleneagle Hotel	5 Nights	£479pps
Mon 29 Apr	Kerry Highlights Tour - Gleneagle Hotel	4 Nights	£409pps
Sun 26 May	Kerry Highlights Tour - Gleneagle Hotel	5 Nights	£479pps

Maritime Hotel, Bantry

Mon 15 Apr	Wonders of West Cork Tour - Maritime Hotel	4 Nights	£349pps
Mon 06 May	Wonders of West Cork Tour - Maritime Hotel	4 Nights	£375pps
Mon 10 Jun	Wonders of West Cork Tour - Maritime Hotel	4 Nights	£385pps

29TH APRIL - 02ND MAY 2024 * Entertainment subject to change

DAVID JAMES & BAND • DECLAN NERNEY
JIMMY BUCKLEY • ROBERT MIZZELL*

4 Night Country Music Break **£409pps**

For reservations or information contact:
02890 310101 | info@irishtourtickets.com
Visit the Tour Shop at 10 Great Victoria Street

GLENEAGLE
COACH TOURS KILLARNEY

SERVING BREAKFAST FROM 6AM DAILY



**SAINTFIELD ROAD
CARRYDUFF**



What use are slugs and snails?

I belong to a generation which routinely killed or removed anything which might eat or otherwise damage a plant we admired or wanted to eat, bedding plants perhaps or home-grown lettuce or radishes.

Enemy number one was the slimy slug, closely followed by snails (a wee bit less slimy because of their shells).

Back then, I gave little thought to their use or function in nature, but in recent years, as I have experienced the decline in our wildlife, particularly other invertebrates such as insects, I've become more aware of the importance of all creatures and how they interact as part of a balanced natural world.

Slugs and snails are loosely related over eons of evolution (slugs may have had shells at one time) and both live on the mess that nature often leaves behind, mostly dead and dying plants, and, like earthworms and fungi, recycle that waste (more efficiently than we do).

Of course, if they



encounter a juicy flower seedling or vegetable, they'll eat it. But in fact, in most gardens, the 'damage' they do is relatively minor, and outweighed by their value...as food!

Most people like to see birds, and animals such as hedgehogs, in their gardens, but killing off all the slugs and snails would

remove an important food-source from them (frogs are also partial to a slug or two, and they are prey for some insects). Even worse, unless properly controlled, slug pellets can actually kill other garden wildlife. I no longer think it makes any sense to scatter poisons in flower or vegetable beds.

We may not like the look

of them or be happy when they munch on a particular plant, but slugs and snails are important to natural recycling, and as food for others...even us. Yes, I recall with satisfaction a meal of Escargot served in garlic oil and butter... but not from my garden of course.

Vive les limaces, vive les escargots! JVA

Why make a break for Ballina Manor Hotel, Mayo this spring?

Great bedrooms, beautiful food and an instagrammable location are just three reasons to consider!

The bedrooms are just awesome! More than half of guestrooms are river view rooms - overlooking the river Moy and the picturesque town of Ballina which is on the doorstep. There are a great choice of standard, junior suites, family and superb rooms each offering a world of relaxation and guaranteeing a great night's sleep. Take for example the family rooms. Each of the family rooms includes all the facilities you would expect and more. There is a wide range of layout options to suit your clan. Choose from the family 2+1 room (3 single beds or 1 double and 1 single), family 2+2 room (1 double bed and 2 single beds), family 2+3 room (3 single beds & 1 double bed or 2 double beds and 1 single bed) and then there are the family suites! The family suites are extremely spacious and ideal for larger families who want extra space in their rooms to unwind in the evenings with separate bedrooms and living area and these can comfortably fit up to 2 adults and 4 children.

The yummy Food! Ballina Manor Hotel, Mayo offers a varied menu that has been compiled by the talented head chef and features a wide range of dishes made with locally sourced ingredients. The Ridgepool Restaurant boasts more stunning views of the River Moy.

Ballina Manor Hotel is perfectly situated in the centre of town close to all amenities such as tourist attractions, shops, and pubs. Take in the stunning coastlines and fresh sea air on Lacken Strand or Ross Beach. Bingo takes place in Ballina and the surrounding local areas most nights of the week!

A location to Love! Ballina Manor Hotel is the perfect location and base for a fun-filled break in Mayo, situated in the



heart of Ballina and only a 1-minute stroll to the town centre, this is the perfect base for exploring and enjoying all that North Mayo and the spectacular Wild Atlantic Way has to offer!

Mayo is full of the brim with attractions, wonderful scenery, and activities to keep all ages entertained. Explore Belleek Woods, where you can wander around the Fairy Trail, discover Ceide Fields, go back in time with a visit to The Jackie Clarke Collection, burn off energy at the spectacular Tom Ruane Park or local playgrounds and even if the weather isn't on your side the kids will love a few

hours at Waterpoint Aqua Park in Enniscrone. In addition to Lacken Strand, Enniscrone Beach or Ross Beach you can choose to enjoy a fun day out at Westport House, visit Achill Island or set a family challenge to climb Croagh Patrick or Nephin. Ballina Manor Hotel is also an ideal location for a break from Northern Ireland. Belfast is just a few hours drive.

Book direct on our website - save up to 15% by booking direct with our stay and save offers! Book your break today at www.ballinamanorhotel.ie or contact the reservations team on T: +353 (0)96 80 900

Leap into spring this year at Urban Outlet!

Urban Outlet, a family run hardware and gardening store, situated on the Moneyreagh Road is your one stop shop for all things gardening and outdoor.

With a massive range of garden furniture, decorative aggregates, lawnmowers, power hoses and gardening tools, everything you need is right here. To top it off, Rockys Roast, located on the upper floor serves a wide variety of freshly baked traybakes and scones, fantastic coffees, and daily specials, all cooked

in-house.

At Urban Outlet, you can find everything you need under one roof. From lawn treatments and grass seed to doors and floors, power tools and paint, everything you need is here.

With friendly staff who will help you find exactly what you want, to load your car for you, you don't need

to go anywhere else.

Whether it is a patio heater for those late evenings outside, or plant pots for the shrubs, you can find it at Urban Outlet. We also have a massive range of gazeboes and BBQ's, gas and charcoal. There is something for everybody at Urban Outlet.

We stock a massive range

of decorative aggregates from slate to golden flint, as well as our own unique RockinColour product, you can bring your outdoors to life.

Why not pop in, grab a coffee and a soda, or a fantastic tray bake, and browse our offerings.

Go on, leap into spring this year at Urban Outlet.

Leap into spring at Urban Outlet.



A wide range of garden accessories, outdoor furniture and much, much more, all available at Urban Outlet

Tel: 028 9044 8899

Email: sales@urbanquarryoutlet.com

Urban Quarry Outlet, 163 Moneyreagh Road, Castlereagh, Belfast, BT23 6BH





GreenThumb seed and feed, even control the weeds - so, you don't have to
Find your local team on greenthumb.co.uk



Home interior design trends for Spring 2024.

The interior design world is buzzing with new trends and ideas. According to House Beautiful and Zillow, the following are the top interior design trends for spring 2024:

Statement pieces: In 2024, we will see a shift from filler pieces to conversation starters. Sculptural furniture is coming to the fore, which means that even your smallest side table can make a big statement.

New neutrals: The evolution of Scandi-inspired design, from cool and minimalist to cosy and cocooning, informs an array of warm neutrals in 2024. Greys are being swapped for earthy beiges, contemporary off-whites and taupes that sit so well with the natural materials and modest decoration of Scandi homes.

Ruffles: Ruffles – for the most part applied to cushions and table linen – are adding a bit of fun and whimsy to our homes. It's usually matched with a gingham print, ice cream shades or candy cane stripes like these fabulous Amuse Bouche examples from Rose

& Grey.

The one-wall kitchen: The one-wall kitchen is truly an exercise in ingenuity. This diminutive layout requires a real balance between storage capacity, functionality and flow – it can be tempting to install a whole row of cabinets on your one-wall kitchen, but that can be imposing. Open shelving can be a bit of a visual break, and adds opportunity for decoration – an important element in an otherwise functional space.

L-shaped and chaise sofas: The pragmatic amongst us are saving space with L-shaped and chaise sofas, turning awkward alcoves into seating. These sofas are perfect for small spaces and can be used to create a cozy and inviting atmosphere in the living spaces.

Relaxed silhouettes: In 2024, we will see new relaxed silhouettes



in interior design. This means that we will see more of comfortable and cozy furniture in our living spaces.

Playful trimmings: Playful trimmings are making a comeback in 2024. We will see more of bold patterns, textured fabrics, and personalized decor items in our living spaces.

Vintage shopping: Vintage shopping is becoming more popular in 2024. It's a great way to save money and reduce waste. You can find

unique pieces from flea markets and secondhand sellers destined for upcycling and repurposing.

Sensory gardens: Sensory gardens are becoming more popular in 2024. They are a great way to connect with nature and create a relaxing atmosphere in your home.

Murano glass chandeliers: Murano glass chandeliers are making a comeback in 2024. They are perfect for adding a touch of elegance and sophistication to your living spaces.

With 'Bags go Free' HANNON Coach & Sail is perfect for city shopping in Glasgow!

Direct Belfast – Glasgow Express now departing from Belfast, Europa Bus Station.

An award-winning service offering hassle-free travel with very generous baggage allowance, HANNON Coach & Sail is ideal for spring shopping 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 £44 which includes the cost of the ferry and your bag, our 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, Europa Bus Station 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.

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

20% OFF

marked price on all BBQs



£205.95
Onyx 2 Burner



£319.95
Spectrum 2 Burner



£189.99
POLYRATTAN 4 PIECE GARDEN FURNITURE SET



£429.99
ROMA 4 SEATER RATTAN SOFA SET



Come up and enjoy some delicious coffee, treats and good company.



163 Moneyreagh Road, Castlereagh BT23 6BH
sales@cesquarryproducts.com | 028 9044 8899
www.cesquarryproducts.com





ROCKY'S ROAST

NOW OPEN

URBAN OUTLET

163 MONEYREAGH ROAD

Flat white, Latte or Cappuccino, which is your favourite? Not to mention Breakfast baps, Sausage Rolls, Paninis, Toasties, Rocky Roads, Caramel Squares, or even a Tea Cake or two! Decisions decisions decisions...



Rocky's Roast COFFEE SHOP

NOW OPEN
7.30 - 2.30PM
MONDAY-FRIDAY

FREE TEA OR COFFEE

with every voucher presented instore.

One free tea/coffee per voucher





REGENCY
CARPET MANUFACTURING



Full Time Permanent Positions Open to All – Apprentices and Craft Technicians

Regency Carpet Manufacturing, based in Balloo Industrial Estate in Bangor, is an nationally and internationally renowned domestic carpet manufacturer. We are continuing our exciting initiative, with the aim of attracting more talented individuals with diverse gender, ethnic and or cultural backgrounds. Our hope is to continue to employ, educate and develop individuals to the highest standards, affording them the opportunity to attain nationally recognised vocational qualifications. We will help them achieve their full potential whilst working in a safe, progressive and forward-thinking environment.

Although academic qualifications can indicate intelligence and discipline, we certainly recognise that qualifications do not define ability or potential. We strongly believe that everyone deserves a chance to demonstrate your ability and be enabled to fulfil your potential, whilst being cared for and rewarded accordingly.

If you believe that you can commit yourself to a four year craft apprenticeship, or craft technician course, whilst being paid to the industry highest standard then please contact:

**E-mail - foneill@regencycarpet.co.uk
or phone 028 9127 0900
for more information and an application pack.**



028 9127 0900 | 9 Balloo Ave, Bangor BT19 7QT

7 TIPS TO CONSIDER WHEN ADDING AN EN SUITE

These days many potential buyers consider at least one en suite bathroom a must-have for the master bedroom.

You want the en suite to be attractive and seem as spacious as possible so that it gets the use it deserves. Here are 7 top tips to consider when planning your en suite addition:

It's important to check your water supply and drainage accessibility. If you cannot access the main soil pipe then you will need to install a macerator, thus increasing the overall cost of your installation.

Be sure to plan all

pipework and electricity supply cables carefully, ensuring that they are well hidden whenever possible. Be sure to utilise your ceiling or under floor space if you have it.

Remember that ventilation is now a building regulations requirement. When planning anything within a small space, it's important to implement good ventilation to ensure plenty of fresh air.

Be sure to insulate

the entire area properly to prevent condensation, especially if the en suite has one wall as an outer brick wall.

When consider what furniture and bathroom equipment you will be using in the en suite, look to keep your design minimal and maximise the available space.

Space isn't something most of us have in abundance. Look to utilise a single colour scheme so the



eye doesn't become distracted, and utilise mirrors and decorative spot lights wherever possible.

Not every en suite addition needs to be limited to a small space added to your master bedroom. Of

course, the toilet area needs to be private but other additions can potentially be placed in the bedroom area.

Regency Carpet Manufacturing

Regency Carpet Manufacturing Limited a national and internationally renowned domestic carpet producer based at Balloo Industrial estate Bangor.

We are the largest manufacturer of Carpet in Ireland and probably third largest in the U.K. We are also probably the BEST company you've never heard of. We are an organisation totally committed to progressive sustainable carpet manufacturing. We continue to seek out talented individuals with diverse gender, ethnic and or cultural backgrounds which will help us become a truly inclusive, caring group of individuals with a shared aim and vision. We choose to employ, educate,

and develop people to the highest standard, affording them the opportunity to attain nationally recognised qualifications. We will help you fulfil your full potential whilst working in a safe progressive and forward-thinking organisation. Although academic qualifications can indicate intelligence discipline and commitment, we also recognise that qualifications do not define everyone's ability or potential. We strongly believe that you deserve a chance to demonstrate your ability and fulfil your potential



whilst being well cared for. If you believe that you can commit yourself to an engineering apprenticeship

whilst being paid to the industry's highest standard then please contact us on 028 9127 0900 for

more information and an application pack or please contact via email foneill@regencycarpet.co.uk

R.A.O.B Club is celebrating 35 years

R.A.O.B. Club

Function Room Available

- Club Functions
- Birthdays • Anniversaries
- Family Get Togethers
- Missed Moments

Please check out our [f](#) page or contact us
17 Church Street, Belfast
Call 028 9032 9961

Our historic building is celebrating 100 years!

H2 BUILDINGS

DURABLE RELIABLE HIGH QUALITY

CELEBRATING 10 YEARS IN BUSINESS

With years of experience and in-depth industrial knowledge, H2 Buildings UK bring to the market a comprehensive product portfolio of Modular Steel Sheds, Modular Steel Garages or Modular Steel Garden Office solutions. We offer a cost-effective and much faster alternative to traditional concrete garages and concrete sheds.

H2 Buildings UK is a family run business manufacturing a wide range of steel products within specialist building sectors.

We have been manufacturing Steel Sheds and Steel Garages in Northern Ireland for over a decade and in that time have grown rapidly to become successful and respected in all aspects of the market in which we operate.

If you are looking for a Modular Steel Shed, Modular Steel Garage or Modular Steel Garden Office anywhere in the UK Mainland, Northern Ireland or the Republic of Ireland, please contact us.

MODULAR STEEL GARAGES



MODULAR OFFICES



MODULAR SUNROOMS



BUILT TO MATCH

All of our external finishes for your Modular Garage / Building will be matched to your home.

WALL FINISHES



PARK HOME GARAGES & SHEDS



BESPOKE BUILDINGS



INTERNAL FINISHES



ROOF FINISHES





BALLINA MANOR
Ballina | Mayo

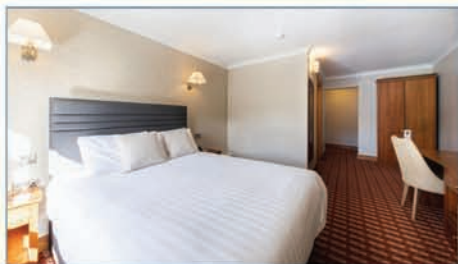


GOLDEN BREAKS

2 NIGHTS FROM ONLY €205 pps!

When you choose Ballina Manor Hotel for your relaxing Golden Years break away, you can leave all your stresses and worries at home as our friendly team will be on hand to look after you, ensuring you have a memorable stay that will have you wanting a return to us here at Ballina Manor Hotel in Mayo again and again.

- €205.00 per person sharing - Two Nights Bed & Breakfast & Two Evening Meals.
- €245.00 per person sharing - Three Nights Bed & Breakfast & Three Evening Meals.



MISSED MOMENTS

2 NIGHTS FROM ONLY €210 pps!

Missed out on a special birthday, anniversary, baby shower, pre-wedding get together, golfing, adventuring or just a night away with the lads or ladies? Then book our Missed Moments Break here, your stay includes

Included in your stay:

- 2 Nights accommodation
- Full Irish breakfast each morning
- Free bottle of prosecco in your room on arrival
- €205.00 per person sharing - Double room, B&B, based on 2 pps.
- 3 Course meal on the evening of your choice
- Unlimited free Wi-Fi
- Complimentary parking (Limited Availability)
- 48 hour cancellation



BUSINESS TRAVEL BREAKS

FROM ONLY €109 per night!

Centrally located in the heart of Mayo and in the centre of town, Ballina Manor Hotel is the ideal location for corporate guests travelling regularly for business and for those travelling to and from Sligo, Killala, Belmullet, Foxford, Swinford, Castlebar, Westport and the surrounding areas. Ireland West Airport, Knock is located just 40 minutes away and there are also daily buses and trains from across the country with both stations only a 7-minute walk from our hotel, making it the ideal location for your business trip.

- €109 per night one night bed & breakfast (Single Occupancy)

Book online at www.ballinamanorhotel.ie

Email: info@ballinamanorhotel.ie



A FRESHER LOOK WITHOUT SURGERY

A Thread-lift is a cosmetic procedure that offers a minimally invasive alternative to Facelift Surgery.

Thread-lifts tighten your skin by inserting medical-grade thread material into your face and then "pulling" your skin up by tightening the thread. Also called a barbed suture lift, it aims to lift and sculpt the shape of your face. Thread-lifts use temporary, medical-grade sutures to tighten the skin and stimulate collagen production.

Thread-lifts have been around since the 1990s, but innovations in the material used for Thread-lifts have led to an increase in popularity in recent years. The typical candidate for a Thread-lift is in their late 30s to

early 50s. A person who is generally in good health and is just starting to notice the signs of aging may benefit the most from the subtle impact of a Thread-lift.

Those who can't have a Surgical Facelift because of medical conditions that make general anaesthesia risky may consider a Thread-lift as a safer alternative. To book a consultation with one of Cosmetech's Consultant Surgeons please call Cosmetech on 02890423200 or e-mail frontdesk@cosmetech.co.uk. Visit www.cosmetech.co.uk for further information.



MOORE
HORTICULTURE EQUIPMENT

Husqvarna

- AUTOMOWER® 450X**
 - Up to: 5000 m²
 - Maximum slope 45 %
- AUTOMOWER® 415X**
 - Up to: 1500 m²
 - Maximum slope 40 %
- AUTOMOWER® 305**
 - Up to: 600m²
 - Maximum slope 40 %

NEVER MOW AGAIN...
It costs less, saves you time and gives you a healthier lawn...

Contact Reggie 028 9751 0804
MOORE HORTICULTURE EQUIPMENT
9 Drumalig Road, Boardmills
Lisburn BT27 6UD

Rest & Reflect at The Causeway Hotel

Experience the epitome of springtime bliss with our exclusive Rest & Reflect package at The Causeway Hotel.

Nestled amidst the breathtaking landscapes of the Causeway Coastal Route, this offer is your gateway to rejuvenation and relaxation like never before.

Indulge in the ultimate overnight retreat, where every detail is meticulously crafted to ensure your comfort and satisfaction. From the moment you arrive, you'll be greeted with a delightful array of treats including chocolates and Prosecco, setting the tone for a truly memorable stay.

As the sun sets, delight your taste buds with a sumptuous three-course meal prepared by our talented chefs, showcasing the finest local ingredients and flavors. Then, retire to your cozy room where luxury awaits, providing the perfect sanctuary to unwind and recharge.

In the morning, awoken to the gentle sounds of nature and savor a delicious breakfast to fuel your day of exploration. And the adventure doesn't end there – with complimentary entrance

into the renowned Giant's Causeway Visitor's Experience, you'll have the opportunity to marvel at one of nature's most spectacular wonders.

Priced at just £105 per person based on two adults sharing, this exceptional package offers unbeatable value for an unforgettable springtime escape. Whether you're seeking a romantic getaway or a serene solo retreat, Rest & Reflect at



The Causeway Hotel promises to exceed your every expectation.

Book now and embark on a journey of tranquility and wonder amidst the stunning

landscapes of the Giant's Causeway. Your perfect spring escape awaits at The Causeway Hotel. To book your stay, contact our friendly reception team

on +44(0)28 2073 1210, email reception@thecausewayhotel.com or book via our website www.thecausewayhotel.com/packages

BLOOMFIELD
BLINDS & CURTAINS

Professional blinds to suit you

We want to help you find the perfect blinds that will be everything you want them to be. We offer a large variety of blind designs that come in different colours, slat sizes and finishes.

We do...

- Venetian • Vertical • Roller • Plisse • Duette
- Wooden • Roman • Roll-up and Motorised Blinds

Specialists in cleaning and repairing venetian blinds

Tel: 07884 090 505
Email: gary.davidson02@virginmedia.com
Web: www.bloomfieldblinds-belfast.co.uk

arches lighting centre

INSPIRATION FOR INDOORS AND FOR OUTDOORS

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

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

[@archeslightingcentre](https://www.instagram.com/archeslightingcentre) [@ArchesLightingCentreBelfast](https://www.facebook.com/ArchesLightingCentreBelfast)



CAUSEWAY HOTEL
ROOMS · DRINKS & DINING

REST & REFLECT PACKAGE

- Overnight accommodation
- 3 course dinner & breakfast
- £105pp based on 2 adults sharing
- Free entrance to Giant's Causeway Visitor Experience
- Chocolates & Prosecco in room on arrival

CONTACT US

- +44 (0) 28 2073 1210
- [@thecausewayhotel](https://www.instagram.com/thecausewayhotel)
- reception@thecausewayhotel.com



HillheadSheds

Hillhead Sheds, 190 Hillhead Road,
Ballyclare, Telephone 028 9335 4699

SPRING SALE



**FREE
DELIVERY &
ASSEMBLY!
WITHIN 25 MILE
RADIUS OF
BALLYCLARE**

**Check
Our Website
or Phone our
Offices for
Monthly
Offers**

Ideal 4 Finance **Finance Available**
— Retail Finance Specialists —

Visit: www.hillheadsheds.com
Open: Mon - Fri 8am - 5pm • Sat 9am - 1pm
Email: info@hillheadsheds.com

LEAF IT TO THE EXPERTS!

Retro trends for Houseplants.

While many garden centres say it is rare and unusual indoor plants that are most wanted now, the wider trend is for old-fashioned foliage houseplants such as Monstera cheese plants, rubber plants, yucca, ficus and dracaena.

Houseplant sales continue to rise among existing garden centre customers. So much so that Growers have been struggling to meet demand for simple foliage plants.

Cacti and succulents (the darling buds of last year) are also still in high demand. FloraHolland

figures show houseplant sales have risen 1.1% this year, but the average price of the biggest seller, the Phalaenopsis orchid, has dropped by almost 10%, showing an oversupply in the market.

Driving demand is the relatively young generation — that is from teens to 30s — who have a need to return home to some sense of reality using green plants to balance their internet/social media hours spent in virtual worlds on a screen.

Indoor plants are companions that are beautiful, can be nurtured

easily, but do not need daily walking or feeding. Houseplants fulfil this role and are introducing a new generation to the world of plants, albeit in a small but vital way. These are the plant lovers of the future so in this respect the huge trend for indoor plants is opening a door to a greener future for all.

The Instagram effect is also driving the younger plant-buying market.. The Monstera [cheese plant] is super popular at the moment and has been for a few years. Nostalgic of the 1970s, the Monstera is in really



high demand and some sizes are not always available from growers, which results in having to pay a premium price.

Houseplants have seen huge growth of 50% or more in garden

centres and other retailers such as Ikea over the past two years, powered by Instagram pictures, nostalgia and appreciation of the benefits they have for cleaning air in homes.

Celebrating 13 Years in Business
Boarding kennels set in 12 acres of tranquil countryside
WHERE YOUR PET ALWAYS COMES FIRST
24 hour care
Prices per day: £15
"Home from Home" accommodation for your pet.
Don't forget our collection and delivery service of your pet within a 20 mile radius!
Tel: Rhona Kelly 07514265681

All's well when the lawn's well.

Over recent years many of us have found a new appreciation for our garden spaces.

They truly do provide a space for relaxation and recuperation and the best garden is enjoyed alongside a luscious green lawn. Whether your garden is large or small, we're here to help you achieve a lawn you can all enjoy.

GreenThumb Lawn Treatment Service expertly treat lawns - turning them from tired, weed infested grass areas, to lawns you can be proud of. GreenThumb Belfast is family-owned, with a team of fully trained, local lawn operatives.

We have three treatment programmes that include 5 treatments per year of unique bespoke feeds, professional herbicides, and our Oasis water conserver. Plus, additional beneficial treatments dependent on the treatment programme.

Whatever problems your lawn may suffer from, you can rest assured we will have a solution to transform your piece of grass into a lush, weed-free centrepiece to your garden.

It's not just when we treat your lawn, you'll benefit from GreenThumb. You

can contact us any time for advice on all things lawns, because we know the secret to a perfect lawn is working together. Get in touch today for a FREE lawn analysis and no-obligation quote: lisburn@greenthumb.co.uk or 02890 357 850.

TIP: One of the most important lawn care jobs for a good-looking lawn is correct and regular mowing. As the weather warms up it's likely your lawn will need mowing weekly. You should keep the cut between 25mm (1") and 40mm (1.6") in length.



Dad & Daughter Decorating
A Family Painting Business
introducing...
Juicy Summer tones
CYBER LIME
Tel: (0)78 5901 8791

AH ABBEY HOTEL
7TH - 9TH JUNE 2024

OLIVIA DOUGLAS Friday 7th 9:30pm
ROBERT MIZZELL Friday 7th 11:30pm
ADRIAN RYAN Friday 7th 1:30am

JUNE COUNTRY MUSIC 2024
WEEKEND AT THE ABBEY HOTEL DONEGAL

STEPHEN BENNETT Saturday 8th 2:30pm
DECLAN NERNEY Saturday 8th 9:30pm
PATRICK FEENEY Saturday 8th 11:30pm
STUART MOYLES Saturday 8th 1:30am

7TH - 9TH JUNE 2024
PACKAGE €249PPS
2 NIGHTS B&B INCLUDING ADMISSION TO ALL DANCES
STAY SUNDAY NIGHT FOR AN EXTRA €35PPSS

For more info visit:
www.abbeyhoteldonegal.com
e: info@abbeyhoteldonegal.com
t: +353 (0)74 97 21014

JIMMY BUCKLEY Sunday 9th 3pm to 5pm
TREVOR LOUGHREY Sunday 9th 9pm

AH ABBEY HOTEL

Donegal Hotel Collection

Stay in Donegal Town to explore The Wild Atlantic Way

DONEGAL ESCAPE

AH ABBEY HOTEL
CENTRAL HOTEL CONFERENCE & LEISURE CENTRE

www.abbeyhoteldonegal.com
www.centralhoteldonegal.com

Donegal Hotel Collection

ACTIVITIES & ATTRACTIONS ALONG THE CAUSEWAY COASTAL ROUTE

A whole host of attractions and activities await travelers along the Causeway Coastal Route.

Become king or queen of the North

Whether you're a fan of the show or not, the Game of Thrones® Tour, by Giant Tours Ireland, offers you a great way to see some of the most spectacular parts of Northern Ireland. Many of Northern Ireland's remote locations featured as filming locations for the HBO hit TV series, and on an intimate tour like this, you'll be setting foot in the real life 'Westeros'.

Thronies will want to experience an aerial tour of the 'Seven Kingdoms', catch a boat from 'Lordsport Harbour' and enjoy themed afternoon tea in Ballygally Castle Hotel. Or why not pack up the car and do the Game of Thrones® self-drive tour, exploring the various filming locations at your own leisure? The official app will help you navigate your way around each of the '10 doors' and other filming locations from the show.

Cross that bridge when you come to it... if you're brave enough!

Having been inspired by all the stories of bravery and valour, you will no doubt have the courage to cross the famous Carrick-a-Rede Rope Bridge... or will you? It's much sturdier now than when it was originally built by salmon fishermen over 350 years ago, yet this experience never fails to stir up all the senses.

With a strong breeze

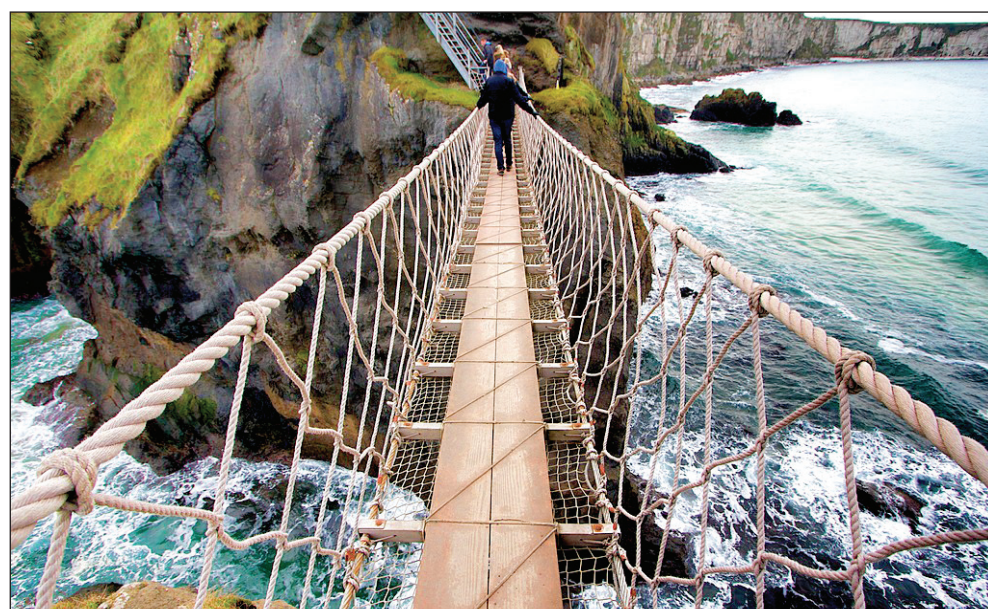
from the Atlantic Ocean blowing through your hair, the sound of the waves crashing and swirling 30 metres below your feet and the smell of the sea filling your nostrils, it's exceptionally exhilarating.

An unforgettable opportunity to get back to nature and test your nerves of steel. If you prefer to view the bridge from an alternative perspective, you can always see what it looks like from the water with Causeway Coast Kayaking Tours.

Embrace a Giant Spirit

Further along the Causeway Coastal Route is Northern Ireland's most famous site. Legend has it that the Giant's Causeway was created when legendary Irish giant, Fionn MacCool, constructed a bridge to Scotland to take on his arch foe Bannandonner. In reality, the famous causeway is the result of a volcanic eruption which left behind this strangely perfect hexagonal patchwork that reaches out into the sea.

The most straightforward way of experiencing the Giant's Causeway is to begin your visit at the Visitor Centre and then stroll down to the intriguing



stones to search out distinctive formations such as the Camel, Wishing Chair, Granny and Organ.

Whatever way you choose to explore it, the Giant's Causeway, the only UNESCO World Heritage site in Northern Ireland, is well worth the visit.

If you're keen to keep your feet dry, then you might prefer to take a day trip over to the rugged beauty of Rathlin Island. This is Northern Ireland's only inhabited

offshore island, though it's often so quiet you wouldn't really know. There are scenic walking trails that bring you to seal colonies and you can visit the popular RSPB Seabird Centre situated at the distinctive West Lighthouse, known as Ireland's only 'upside down' lighthouse!

Inspiring spirits from the past

Back on the coast road is the stunning Dunluce Castle. Built around 1500 by a local family, the castle sparked

the imagination of writer C.S. Lewis who reimagined it as the Cair Pereval, home to the rulers of Narnia. Though it has been a ruin for many years, it remains as inspiring as ever and is likely one of the most Instagrammed castles on the planet.

Equally dramatic is the Mussenden Temple which perches some forty metres above the Atlantic Ocean and offers spectacular views west over Downhill Strand towards County

Donegal and back east towards Castlerock beach Portstewart and Portrush.

With all that going on, where else would you prefer to be?

Whilst every effort has been made to ensure information is correct, we strongly advise checking in advance before you travel to your intended destination to ensure its open and book tickets if applicable.

For more ideas see www.discovernorthernireland.com/destinations

THINKING OF BUYING YOUR OWN HOLIDAY HOME ON THE STUNNING NORTH COAST OF IRELAND

NEW CUSTOMER EXCLUSIVE

FREE 2024 Pitch Fees
FREE Set Up & Install
FREE Wi-Fi Router
FREE Aerial Set Up
FREE Gas Test & Certificate

With Every Holiday Home Purchase

PORTRUSH | PORTBALLINTRAE
For Holiday Home Sales
028 7082 4644
www.golflinksholidayhomes.co.uk

140 DUNLUCE ROAD | PORTRUSH | COUNTY ANTRIM | BT56 8JQ

Portrush named seaside with the third cheapest parking!

In a new study conducted by car check experts, Motorscan, Brighton has been ranked as the most expensive seaside to park your car this Easter holiday.

Collating data via Parkopedia, the study evaluates the average parking costs across 30 prominent UK seascides. The analysis focuses on parking spots available on an

8-hour basis within a 30-minute or less walking distance from the centre.

Parents always look for ways to keep their kids entertained during half term, and a beach trip is a top choice. However, parking costs can put a dampener on the day.

This is particularly true in Brighton, which takes the top spot as the seaside with the most expensive parking, averaging at £24.21 for an eight-hour stay.

Ranking as second most expensive is popular Cornish town, Newquay, where the average parking fee stands at £12.32 for eight hours. While still a significant expense, this rate is half that of Brighton's, offering a much more affordable option.

Claiming the third

spot is another beloved Cornish spot, Falmouth, with a marginal difference of just £0.20, totalling £12.12 for parking over the same period.

Southeast-on-Sea claims the fourth spot with an average cost of £11.50, while Bournemouth, a popular Dorset seaside destination, follows closely behind in fifth place with an average of £10.42 for eight hours.

The ten seascides with the most expensive parking:

Seaside parking costs appear to decrease as visitors venture further north. For instance, St Andrews, Fife, claims the title of cheapest seaside to park, with an average cost of just £1.90 for eight hours—12 times less than Brighton.

East Yorkshire seaside town, Hornsea, takes the title of second cheapest, coming in at an average of £1.98 for parking this Easter, over the same time period.

Portrush, in Northern Ireland, ranks as the third cheapest seaside parking spot, with an average cost of £3.47 - three times less than Falmouth.

Morecambe, located in Lancashire, clinches the fourth spot for the most budget-friendly seaside parking options in the UK, with an average eight-hour cost of £4.33.

Speaking on the findings, Head of Vehicle Intelligence at Motorscan, Oliver Thompson said "As evidenced by our latest study, parking costs can

significantly impact holiday experiences, especially during peak periods like Easter half term. Brighton's staggering average parking fee of £24.21 tops the charts, highlighting the financial strain families may face when planning beach outings".

"On the contrary, St Andrews emerges as a beacon of affordability, offering seaside parking at just £1.90 on average. These findings underscore the importance of informed decision-making and strategic planning to maximise enjoyment while minimising expenses during holiday travels. Just make sure that you're prioritising safety and security when deciding where to park your car too."

CAUSEWAY
country pods

A UNIQUE GLAMPING EXPERIENCE IN THE NORTH COAST

Causeway Country Pods offer a peaceful holiday destination in the North Antrim countryside. Whether you are planning a weekend getaway or longer, you'll find a wonderful experience waiting for you at these perfectly private pods. These cosy pods offer real warmth and comfort all year round and one has the added extra of a hot tub to chill and relax in.

Floor-to-ceiling double glazed windows let the outside in and allow you to wake up admiring views across lush green farmland of which the landscape is always constantly changing. Looking across the fields its all countryside, cows and clouds.

causeway country pods

Contact Us - (0)7522684846
hello@causewaycountrypods.com
57 Priestland Road, Bushmills, Co Antrim, BT57 8UR
www.causewaycountrypods.com

FILZMOOS IN AUSTRIA CAPTURED OUR HEARTS WITH UNFORGETTABLE MOMENTS

Our roving reporter goes on and off piste in Austria

When envisioning a magical winter wonderland, one imagines snow-covered landscapes, fir trees, cosy cabins, and everyone bundled up in warm hats and scarves.

Filzmoos embodies this picturesque scene perfectly.

During a recent family ski trip, we flew directly from Belfast International Airport to Salzburg with Jet2.

Upon arrival, our transfer awaited us, taking us on a scenic one-hour journey to the enchanting village of Filzmoos.

Our accommodation for four nights was at the 4-star NeubergerhofHotel nestled in the stunning Salzburg mountains.

The comprehensive hotel program offers a variety of options for joint activities or individual enjoyment during a mountain holiday.

Before hitting the slopes, we indulged in the outdoor swimming pool, family games room, petting farm, outdoor spaces, and the delightful dining options in the restaurant.

Our primary purpose was skiing, and we were eager to begin. We gathered all our gear from the in-hotel

shop to prepare for the adventure.

Ilhona from the Schischule in Filzmoos picked us up on the first day.

She outlined our morning and afternoon sessions with an instructor, a crucial step for beginners or those in need of a refresher.

Our instructor, Mickey, was a fantastic guide. He provided clear explanations, patiently corrected our mistakes, and helped us enhance our skiing experience.

For the children, Jordi made learning enjoyable while ensuring their safety and progress.

After a few hours of skiing in the morning, we used our lunch break to explore the charming village of Filzmoos and dine at the central restaurant, Happy Filzmoos.

This eatery provided ample outdoor and indoor seating with a diverse menu catering to various tastes.

During a snowy afternoon, we ventured up one of the mountains via cable car and marvelled at the breathtaking views overlooking the village.

Stepping off the lift felt like entering Lapland, with knee-deep snow covering the landscape, creating a perfect setting for building numerous snowmen and snowwomen in no time. The experience of being in the mountains, detached from the world below, was truly unforgettable.

Another dining experience included a visit to Der Guster, a traditional Austrian restaurant located in the heart of Filzmoos. Known for its authentic Austrian cuisine and impeccable service, our waiter provided detailed explanations of the dishes and recommendations to ensure we fully enjoyed the culinary delights of Austria.

On our final evening, we had the pleasure of a horse-drawn sleigh ride to Hofalm.

At the mountain's summit, we relished a delightful Alpine cuisine dinner at the Unterhofalm restaurant. The picturesque setting was adorned with snow and breathtaking panoramic views.

Filmooz not only offers skiing but is also an ideal destination for summer



getaways. You can experience the serene sight of colorful hot air balloons gliding over the snow-covered peaks of SalzburgerLand until Easter. Equally remarkable are the summer balloon rides in Filzmoos, promising an unforgettable adventure.

Balloon and ski adventures define the winter sports scene in Filzmoos, nestled in the heart of Ski amadé. From December to March, guests can enjoy balloon rides above the

snow-clad mountains of Salzburger Sportwelt, adding a unique touch to winter holidays.

For a distinctive summer or winter vacation, consider Filzmoos.

With a plethora of family-friendly activities, this destination is bound to create lasting memories for all who visit.

For more information on Filzmoos visit www.filzmoos.at/en

For more information on the general area in Austria please visit www.salzburgerLand.com.

The Learn2Ski programme which can be accessed here www.skimade.com/en/Accommodation/Special-Weeks/Learn2Ski is also spectacular in ensuring you have the best start to your skiing experience.

Green As A Neutral

Green is transcending its botanical roots to become a versatile neutral. Neutrals create a timeless look, but that does not mean we're confined to only beige, ivory, taupe and grey.

Green is just as universal as most classic neutrals and adds a sense of calm and harmony. Whether it's your main furniture pieces or added as an accent, varied shades of green will bring a touch of organic sophistication to any room.

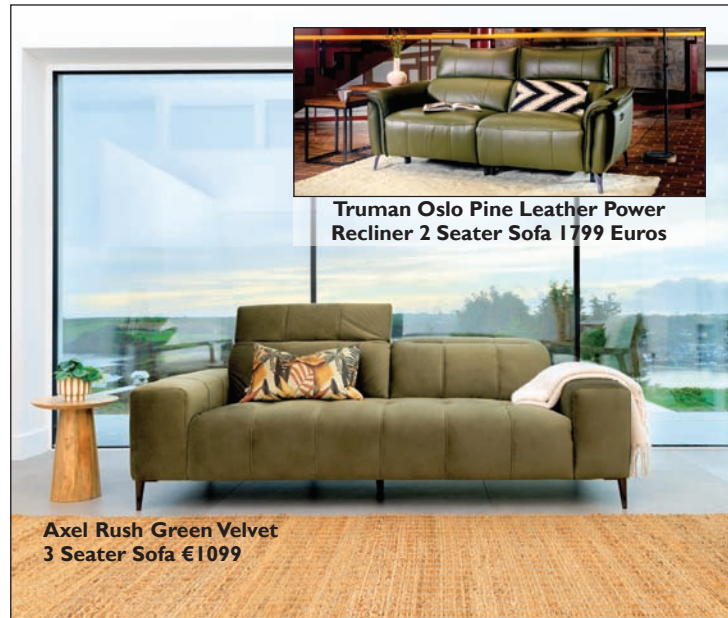
Nature Green cultivates a nurturing environment that forms a soothing connection to nature. Especially at this time of year, a sense of calm and relaxation is welcomed into our homes. Green brings about reminders of renewal, with its connection to grass and plants budding in spring.

The Truman Oslo Pine Leather Power Recliner Sofa is a stunning green centrepiece to add to your living room. It features lush leather upholstery that

radiates elegance and is the perfect green hero piece to add to your living room.

New Neutrals Greys are being swapped for more earthy tones; green makes the perfect addition to this mix. This is branching from the evolution of Scandi-inspired designs from minimalist and cool, to warm and cozy. The usual greys are being changed out for warmer colours like off-white and taupe's, to create an overall more cocooning vibe in homes. Green adds the perfect amount of freshness to a new neutral ensemble.

If you're looking to dip your toe into this trend and incorporate a splash of green, accent chairs are the perfect choice. The Scandi inspired Copenhagen Green Fabric



Chair captures a cool, contemporary look. Its compact footprint enhances any space without overwhelming your existing scheme.



The Right Flooring for Every Space!

- Engineered timbers
- Solid traditional soft and hardwoods
- Exotic hardwoods
- Endgrain timbers
- Decorative panelling
- Laminate click flooring

Source - Supply - Install - Refurb | Call us today: 028 7965 9206
info@oakvalegroup.co.uk | www.oakvalegroup.co.uk

Sarah Matthews Dog Training @smdogtraining info@smdogtraining.co.uk



TAILORED 1-1 TRAINING PACKAGES

FUN GROUP CLASSES & WORKSHOPS

TRAINING WALKS

Contact Sarah 077 296 203 07

WHAT'S ON IN APRIL?

STARTING SATURDAY 13TH FOR 5 WEEKS £90

10AM - PUPPY CLASS FOR PUPS UP TO 6 MONTHS OLD.

11:15AM - TEEN SPIRIT FOR DOGS 6 - 18 MONTHS OLD. SUITABLE FOR BEGINNERS

SMITHVALE DOG CENTRE, 110 LISBURN ROAD, GLENVALE

THE GOOD DOG CLUB IS BACK! PAYG FUN TRAINING CLUB FOR DOGS 6 MONTHS PLUS. EVERY SATURDAY STARTING APRIL 13TH 12:30 PM £12 PER CLASS



BELFAST SWIMMING LESSONS

Babies - Kids - Adults

- METHODY & CROWNE PLAZA HOTEL, BELFAST
- NOW TAKING BOOKINGS FOR APRIL TERM

liz@jemswimschool.com
JemSwimSchool.com

CHIROPODIST / PODIATRIST

Routine / High Risk / Biomechanics

Footcare on a home-visit basis

Special rates from £20

Biomechanics & Pressure Plate Analysis @
Malone Medical Chambers,
142 Malone Road, Belfast. BT9 5LH

Martin F. Hearty BSc DPodM MChPodS

Call: 028 90 644 033
 Or: 07980 837610

The Society of Chiropractors and Podiatrists 



Paradox UK QUALITY ASSURED

The Omega Oil with a difference

Northern Ireland's Best Selling Omega 3 Supplement

The Omega 3 within Paradox supports

- ✓ Heart Health
- ✓ Normal Brain Function
- ✓ Normal Vision
- ✓ Hair, Skin & Nails

Paradox for all the Family

- ✓ 100% Pure & Natural
- ✓ No Additives
- ✓ Unique Formulation

If you take one supplement... take the best... take Paradox

ALL-NEW DACIA SPRING

Dacia's first all-electric model, Spring is widely credited for making electric mobility accessible to all. First launched in 2021, it was the third most sold electric car to retail customers in 2022 and 2023. In total, more than 140,000 Dacia Spring have been registered worldwide since its launch.

Spring's energy efficiency and carbon footprint were particularly praised in 2022, when it was awarded the maximum 5-star rating from the independent European organisation Green NCAP.

Dacia Spring is the perfect solution for people looking for simple, affordable and efficient zero-emission mobility. Data collected via the vehicle's on-board connected systems shows that the average daily trip made by Spring drivers covers just 23 miles, at an average speed of only 23 mph.

In 75% of cases, cars are recharged at home.

It is even more attractive than ever, with an entirely renewed and more robust design, and yet still as practical, with exceptional interior storage space for its segment. It is more efficient, thanks to carefully managed weight, while remaining the most affordable full-electric model on the market.

Pre-ordering for the All-New Dacia Spring is now open.

Dacia continues its mission to be the best value for money car brand that constantly redefines the essentials. Applying this to Spring, Dacia wants to encourage drivers to make the shift to all-electric cars in an accessible way. A car's design – along with efficiency, price and practicality – is one of the essential pieces in the puzzle.

The All-New Spring features the new Dacia design, first seen on the latest generation Duster. It is a robust and assertive style that makes the Spring more attractive than ever. The interior has undergone a spectacular transformation with a complete overhaul of the entire space, just as the only part of the exterior body to remain unchanged is the roof.

The highly structured, highly constructed volumes of Dacia's new design style give renewed strength to Spring.



A powerful look that comes from a clean, simple, pared-back silhouette, such as that seen on the highly sculpted bonnet.

The new Dacia identity is evident in the two black bands, one at the front, the other at the rear, which meet in a glossy finish, with specific matte stripes at the rear.

The two strips are framed by the brand's iconic Y-shaped light signature, which is particularly striking with the full-LED daytime running lights at the front and the parking lights at the rear.

The All-New Spring is available in a range of six shades, including newly introduced Brick Red and Beige Safari

colours.

Above all else, an electric car is a car, which is why Dacia never loses sight of its most essential feature: its usefulness.

The All-New Spring offers the best storage volume in its class. With 308 litres (+6% compared to the previous model) – 1,004 litres with the rear seats folded down – its boot can fit much

more than similarly sized rival vehicles and is on par with B-segment models

Smart yet practical accessories further optimise storage capacity in the All-New Spring. Consumers can opt for additional space housed under the front bonnet, providing an extra 35 litres of storage space.

The centre console can fit an exclusive cup holder, made using cutting-edge, flexible, and resource-efficient 3D-printing technology.

The All-New Spring also works with Dacia's innovative YouClip system. The simple and clever system invented by Dacia engineers can be used to attach various dedicated accessories, practically and robustly, to key places inside the car.

For an easier driving experience, every All-New Spring features a customisable digital dashboard with a 7-inch display.

Located behind the new height-adjustable steering wheel, the colour display shows essential information in a simple and efficient manner.

The All-New Dacia Spring is equipped to tackle both the urban jungle and country roads. Particularly compact (3.70m long) and with one of the best turning circles in its segment (4.80m wall-to-wall), it is

exceptionally agile, making it particularly easy to drive.

As well as a 45 hp motor, All-New Spring is offered with the more powerful 65 hp/48 kW motor. It boasts spritely acceleration, achieving 0-62 mph in less than 14 seconds.

The All-New Dacia Spring is equipped as standard with a 7 kW AC charger that can charge the battery from 20% to 100% on a domestic outlet in less than 11 hours, or in just 4 hours on a 7 kW wall box. A 30 kW DC charger enables fast charging from 20% to 80% in 45 minutes.

More practical than ever before, the New Dacia Spring now features a bidirectional V2L (vehicle-to-load) charger so it can be used as an energy source to power electrical devices. A specific adapter that plugs into the car's charging connector, located under the grille, acts as a traditional 220V/16A socket.

 **We answer calls faster.**

No Clicks. Just Call.





Get straight through to our local team on: **028 9131 1011**


we're sure
Motor, Home & Business Insurance




we're sure

Motor, Home & Business Insurance

 **we're local**
Friendly staff and the reassurance of working with the local company that really understands your needs come as standard.

 **we're experienced**
We're new to the market but we have a lifetime of experience working in the Insurance market in Northern Ireland.

 **we're competitive**
We think we're the best in the business - best policy, best price, best service.
We're sure we're ahead of the competition

www.weresure.com Find us on   

INSIDE THE DESIGN PHILOSOPHY OF THE AUDI Q6 E-TRON

Designed from the inside out: The interior of the new Audi Q6 e-tron model series is tailored more closely than ever to the user's needs and has been reimaged accordingly.

For example, the three-dimensional, high-contrast design deliberately places elements in the foreground or background, creating a three-dimensional spatial architecture with aesthetics and ergonomics perfectly tuned to the occupants. The Audi Q6 e-tron is the first model series based on the newly developed Premium Platform Electric (PPE) and the new E3 electronics architecture. Both serve as the basis for rethinking the interior's design and range of functions. Technology, aesthetics, and sustainability are in perfect balance in the Audi Q6 e-tron.

The wraparound feel of the dashboard extends from the doors through the entire cockpit, creating a homogeneous and welcoming feeling of space. The colours and high-quality materials, some of which are made from recycled materials, are also used in the seats.

This brings together all

the interior components as though they were designed as a single space; the occupants feel like they are in a snug cocoon. The materials used were selected with functionality in mind and outline the different areas of the vehicle interior through their design. Areas emphasizing comfort stand out with their large surfaces and soft materials. In contrast, the precisely designed operating areas are finished in high-quality, high-gloss black to provide the necessary clarity when interacting with the vehicle.

The aim was to give the materials a much stronger presence by increasing their density and quality. The interior trim now becomes a functional design element. Besides providing a feeling of spaciousness, this philosophy creates clarity as well as comfort. Low-lying and slim horizontal air vents add to the overall appearance. A set of controls in a "black panel"

look is integrated into the door handle on the driver's side and coordinates perfectly with the modern interior.

It contains the most important functions, such as mirror settings, seat and door functions, and light and visibility settings.

Some of the materials used in the Softwrap on the wraparound dash are sustainably produced from the recycled fabric Elastic Melange, which is made from 100 percent recycled polyester. PPE: spaciousness and suitability for everyday use

The Audi Q6 e-tron embodies Audi's DNA and strikes a perfect balance between impressive driving and charging performance and technical innovation. Thanks to the new PPE platform, explicitly developed for electric mobility, the vehicle also boasts a spacious interior, while being highly suitable for everyday use.

The trunk offers 526 litres of storage space. When the rear row of seats is folded down, the storage space increases to up to 1,529 litres. The rear seats fold down individually (40:20:40). Then there are another 64 litres of storage space in the trunk (front boot) under the bonnet - where a mobile charging cable (mode 3) or smaller travel bags can be conveniently stowed.

The interior is dominated by the "digital stage" with the Audi MMI panoramic display and the MMI front passenger display. The clearly grouped displays are perfectly integrated into the design concept and give the interior a spacious and airy feel. The slim, free-standing Audi MMI panoramic display features a curved design and OLED technology and consists of the MMI panoramic display with an 11.9-inch Audi virtual cockpit and 14.5-inch MMI touch display.



Finally, it also visualizes other information, such as the charge level display and charging progress, shown as a pulsating light. The Interaction light is part of the ambient light package

plus. Audi is introducing a completely new, uniform infotainment platform in the Audi Q6 e-tron, developed with the software company CARIAD. It is based on

Android Automotive. Continuous software updates mean all car systems are always up to date.

With this multi-faceted interior, which Audi

recognizes as "the centre of our customers' lives and experiences," the Q6 e-tron fulfils its user's needs through design and technology in ways not previously possible.

Abarth reveals the New Abarth 600e, the most powerful ever

The New Abarth 600e recently its first public debut in Milan, where the new commercial was shot. Ready, exciting, muscular, and aggressive, the first pictures instantly reveal the "evil" essence of the Abarth 600e Scorpionissima launch version, which will be produced in a limited edition of 1,949 units.

Designed to leave Abarth fans speechless, the Scorpionissima model is built around three main features: a design to reach maximum performance, a car structure to make it the most powerful Abarth ever, and a competitive spirit to attract motor enthusiasts. Thanks to its loaded equipment, the New Abarth 600e will be able to thrill enthusiasts, giving them the possibility to drive safely without giving up on the aggressive and muscular look of their car.



Equipped with 240HP, the New Abarth 600e Scorpionissima is fiercely competitive and powerful. There has never been a more powerful Abarth. In addition, the equipment of this new Abarth proves that performance is the mantra that inspired Abarth engineers. Made to be unique in the field of electric cars, the Abarth 600e will feature a mechanical limited-slip differential that guarantees excellent driving stability, improved handling,

and traction. The exceptional performance of the limited-slip differential takes the car to new heights, especially when combined with its high-performance tyres, which were jointly developed with the supplier for Formula E to ensure maximum grip and guarantee excellent racing dynamics in all kinds of conditions.

A harmonious equilibrium is attained by balancing performance and limited resistance, ensuring an

improved range in an electric vehicle.

From the exterior, it is clearly an Abarth! The exclusive Hypnotic Purple, the launch color inspired by the post-puncture hypnotic effect, highlights its aggressiveness, while the aerodynamic rear spoiler is designed to maximize performance. It also features a large footprint, expansive wheels, a low profile, and 20-inch wheels designed to accommodate an extensive brake system. Moreover, the New Abarth

600e Scorpionissima will come with an authenticity certificate. And of course, there is more to come. Stay tuned.

Abarth's goal - to turn the ordinary into the extraordinary - is once again achieved with the most challenging yet performing project developed in recent years. The new jewel in Abarth's house is a combination of knowledge, tradition, innovation, and performance coming from different expertise and partnerships.

Searching for roller garage doors that offer unmatched quality at unbeatable prices?

Then look no further than Garolla, the UK's first nationwide roller garage door installer.

Transform the appearance of your exteriors and improve the security of your home all in one by updating to a Garolla garage door. Handmade by a team of skilled craftsmen, every Garolla garage door is made from only the very best materials and to your home's exact specifications. From start to finish you will only work with your own local installer, guaranteeing no pushy salesmen in sight. As well as installing your garage door, your local installer will also conduct the initial survey of your property and



will always be on hand to answer any questions you might have. Offering style as well as substance, Garolla electric garage doors are available in

21 colours and come in two different slat sizes to perfectly fit any opening. Avoid any hidden charges with Garolla, where an instant quote comes

inclusive of measuring, fitting and VAT. For more information visit their website www.Garolla.co.uk or, alternatively, give them a call on 028 9246 0024

RTS
A.M.I. From L to R
CELEBRATING 38 YEARS!

MOTORCYCLE TRAINING
VOUCHERS NOW AVAILABLE
CBT Courses For Motorcycles & Scooters
Direct Access Manoeuvres Test Complete Training Packages
- All DOE Approved Instructors - Centres Throughout N. Ireland -

www.rtsmotorcyletraining.co.uk
email : rtsmotorcyletraining@gmail.com
Find us on Facebook @rtsmotorcyletraining
Tel: 028 92 666 068

Unit 254 Lisburn Enterprise Centre, Ballinderry Road, Lisburn BT28 2BP

McCARROLL'S GARAGE
CELEBRATING 20 YEARS IN BUSINESS

- LAND ROVER DIAGNOSTIC FACILITIES
- SERVICING & MOT PREPARATION FOR RANGE ROVER, RANGE ROVER SPORT, DISCOVERY, FREELANDER, DEFENDER & DISCOVERY SPORT

LAND ROVER SPECIALISTS
Alan McCarroll: 028 9263 8394
15 Carr Road, Lisburn, BT27 6YD

a&m MOTORS

BODYWORK REPAIRS

Free estimates and all new parts guaranteed
E: joanne.ammotors@outlook.com
2a Isoline Street, Belfast, BT5 5GF | 028 9045 4201

Breda Tyre and Exhaust Centre
Established Over 30 Years
Tyres - Exhausts - Batteries - Servicing
VAST RANGE OF TYRE BRANDS ON SALE
Fast, Efficient & Professional Service
101b Saintfield Road, Belfast BT8 7HN
Telephone: 028 9070 1447 - 028 9070 2849

PART WORN TYRES, CARRYDUFF
NEED-A-TYRE?
We supply tyres for any car, any van, any make, any model.
Call: 07707 560688
EXCELLENT OFFERS ON TYRES - NEW TYRES ALSO AVAILABLE
PLUS we guarantee not to be beaten on price!
Tullyard Business Park, Drumbo, 66 Tullyard Road, Drumbo

TruckRentals
Daily and Contract Hire Specialists

- VANS • TRUCKS 7.5 - 17 TON
- COMMERCIAL REPAIRS

028 90 827 100
www.truckrentals-ni.co.uk
354 COMBER ROAD, LISBURN BT27 6YE

SPRING GARDENING GUIDE

As our gardens emerge from their winter slumber, it's time to embrace the spring gardening trends that will shape our outdoor spaces in 2024.

Whether you're a seasoned gardener or just starting out, here's your guide to creating a vibrant and resilient garden in the United Kingdom:

The Joyful Garden: Last year's trend of serene, meditative spaces is evolving. Inject some playfulness into your garden this spring. Take inspiration from the RHS No Adults Allowed garden at Chelsea, designed by children – a Chelsea first! It features a den, carnivorous plants, and even a water slide. Channel your inner child with bold colours, playful textures, and whimsical elements that bring a smile to your face. Remember, plants impact our mood, so choose wisely – ornamental grass for movement, roses for scent, and more.

Gardens for All: Don't have a plot of

your own? No worries! This year, there are plenty of options for urban gardeners. Explore balcony container gardens, portable raised beds, and vertical gardens. Attend the RHS's first-ever Urban Show in Manchester this April for ideas. Guerilla gardening (planting in public spaces) is also gaining popularity. Check out the Garden Organic's Growing Buddies scheme, empowering housing association tenants to green up shared community spaces.

Potty for Pots: Container gardening saw a 200% increase last year, with more households engaging in it. Sarah Raven's book, *A Year Full of Pots*, offers endless possibilities for pot gardening. Get creative with containers – from terracotta pots to



hanging baskets. Plant colourful flowers, herbs, or even small vegetables. The versatility of pots allows you to experiment and create mini gardens wherever you like.

Blossom Displays and Pruning:

Spring is the perfect time to create stunning blossom displays. Plant flowering trees like cherry, apple, or pear for a burst of colour. Prune winter-damaged shrubs and trees to encourage healthy

growth. Remove dead wood and shape plants as needed. Remember to check specific pruning requirements for different species.

Mowing the Lawn: As temperatures rise, your lawn will start growing.

Begin regular mowing, but avoid cutting too short. Aim for a height of around 2.5 to 3 inches. Regular mowing encourages thick, healthy grass.

Planting Bulbs: Spring-flowering

bulbs like daffodils, tulips, and crocuses should be planted in autumn, but if you missed the boat, consider buying potted bulbs and planting them now. They'll still bloom beautifully.

Weeding and Feeding: Tackle weeds early to prevent them from taking over. Apply a balanced fertilizer to boost plant growth.

Soil Preparation: Improve soil structure by adding organic matter. Compost, well-rotted manure, or leaf mould will enrich the soil and enhance plant health.

Wildlife-Friendly Gardening: Create habitats for bees, butterflies, and other pollinators. Plant nectar-rich flowers and provide water sources.

Start Sowing: Sow seeds of hardy annuals directly into the soil. These include poppies,

cornflowers, and calendula. They'll bloom later in the season.

Prune Roses: Prune hybrid tea roses and floribunda roses to encourage new growth and better flowering.

Divide Perennials: Divide overcrowded perennials like hostas, daylilies, and irises. Replant the divisions for healthier plants.

Spring Cleaning: Clear debris, dead leaves, and fallen twigs. A tidy garden looks more inviting.

Remember, gardening is not just about aesthetics – it's about connecting with nature, improving mental well-being, and contributing to a healthier planet. So, put on your gardening gloves, grab your trowel, and let's welcome spring with open arms!

T. Brown Landscapes
FREE QUOTES
 • Fencing supplied & fitted
 • Garden Walls, Steps & Patios built
 • New Lawns Laid & treated
 www.tbrownlandscapes.co.uk
Call: 079 3521 5642

D&M
DECORATORS
 • All Interior & Exterior Painting and Decorating
 • Private & Commercial • Wallpaper Hanging
With over 15 years experience
Tel: 0751 4147 019

OVENEZE
OVEN CLEANING SPECIALISTS
 WE CLEAN OVENS, AGAS, GRILLS, HOBBS, EXTRACTORS, MICROWAVES & BBQS
 • Removes stubborn burnt on grease & carbon
 • No fumes, no mess & minimum disruption
 • Low odour, biodegradable products
 • Bulb & filter paper replacement service
 • Landlords & letting agents welcome
 Why not call us today and get a free quote over the phone. No hidden costs, our price depends on the size of the oven, not how dirty it is.
£5 OFF WITH THIS ADVERT
Tel. 07780 986777

TARMAC / ASPHALT DRIVEWAYS
OVER 25 YEARS IN BUSINESS | FREE QUOTE
 Contact: Jackie McMullan, Moneyreagh Contracts
 126a Ballystockart Road, Comber. BT23 5PP
Tel: 078 6053 4507
 Email: moneyreaghcontracts@live.co.uk

P TULLY CONTRACTS
Building + Roofing Specialists
ROOFS RETILED FROM £3,900
 • Extensions • Houses Repointed • Chimneys Renewed • Insurance Work Undertaken
 • Sun Rooms • Roofs Re-slatted • Lead Work • All Work Guaranteed
 • Loft Conversions • Roofs Repaired • New Guttering & Fascia • Free Estimates
 • Garages • Flat Roofs • Vent Roof Tiles • 25 Years' Experience
Mob: 078 6035 6648

PLANS DRAWN
25 Years' Experience
Professional Indemnity Insured
All enquiries to
028 9066 3524
or 077 7442 0858
FREE CONSULTATION - BEST POSSIBLE PRICE

L.A. Allen Registered Builder
General House Repairs Over 35 Years Experience safe
BUILDING CONTRACTOR
Roofing, Plastering & Joinery
 All Building Work | FREE ESTIMATES
 Installation and servicing of gas appliances and boiler servicing
Tel: 028 9065 8277
Mob: 079 1026 7079

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

Stephen Ferguson
Painter & Decorator
 All aspects of painting & decorating work carried out.
 For a free estimate call Stephen on
028 9059 0825 or 077 1400 5305

R Tully Plumbing & Heating
Tel: 07711 644351
 OIL TO GAS CONVERSIONS
 GENERAL PLUMBING WORK
 BATHROOM REFURBISHMENTS
 CENTRAL HEATING INSTALLATION
 UNDERFLOOR HEATING
EXPERIENCED AND QUALIFIED
 Free Initial Estimates on Request

BURNS
Heating & Plumbing
Domestic work
 • Central heating • Boiler work • Plumbing services
 • Solar panel installation and repair
 • Bathroom design and installation
 • Natural gas appliance installation • Blocked drainage
Call us on 028 9070 2778 or 07718 760 499

PAINTING & DECORATING
 By experienced tradesmen.
 All types of work undertaken - No job too small
 Guttering also cleaned out
 Over 40 years experience
 Free Estimates
Call 028 9064 9801 Anytime

CROSSNACREEVY NURSERIES
 For all types of gardening work
 • Domestic & Commercial Garden Maintenance
 • General tidy-ups
 • Grass cutting / weed control
 • Lawns scarified & resowed, feeding done
 • Hedge cutting & tree pruning / felling
 • Powerwashing patios, drives etc.
 • Lawns turfed / sown
 • All types of fencing erected
 • Coloured pebbles supplied & laid
 • Mini digger work undertaken
 • Salting & gritting service available
Fully Insured • Free Estimates
• All Waste Removed
Tel: 028 9044 8255 or 028 9751 1416 after 6pm
Mob: 07802 333 256
 www.crossnacreevynurseries.co.uk

PTM
Building and Landscaping Service
 New Build, Extensions,
 Sun Lounges, Flagging, Brick Paving,
 Garages, Garden Walls,
 Artificial Grass Supplied & Fitted, Fencing etc.
FREE ESTIMATES
Call Paul on 0771423 7657

FORGET THE REST, CALL THE BEST!
RMIC
BUILDING & REPAIRS
All types of Property Repairs, Big or Small
 • Building, Joinery & Plastering
 • Garden Fencing & Walls
 • Paving, Patios & Driveways
 • PVC Windows, Doors & Sunrooms
 • Maintenance around the home
 Trusted Family Business, Over 30 Years' Experience
Call now for a FREE quotation
07759 353930
or 028 9722 9834

CARMICHAEL GARDEN SERVICES
GARDEN FENCING & DECORATING
 • Grass Cutting • Hedge Cutting
 • Full Garden Tidy Ups
 • Fencing Repairs • Decking
 • Power Washing • Tree Cutting
Keenest Rates In Belfast.
Special OAP rates. Call For A Quotation
Contact R. Carmichael on:
077424 88019
 www.carmichaelgardenfencing.co.uk

THINGS YOUR HOUSEHOLD INSURANCE MAY NOT COVER

As your home is probably the biggest, most expensive asset you will ever own, it's a good idea to protect it in any way possible.

This might involve buying CCTV cameras, burglar alarms and in some areas even window shutters, and most certainly will involve signing on the dotted line on home insurance.

The right policy will help you to pick up the pieces should an emergency occur, but it's also important to be aware of the things that aren't covered, many current policies don't cover for accidental damage.

All too often, people forget to read the small print and only find out they don't have adequate protection when they come to make a claim, so here are five things your insurance probably won't cover you for:

1. Fences, gates and moveable property
Believe it or not, fences, gates and other moveable property are

not protected in most home insurance policies, so if bad weather is due it's essential to batten down the hatches to ensure extensive damage does not occur. All loose objects including outside furniture and gardening tools should be locked away and repairs to broken gates must be made in good time to ensure they're not made worse in poor conditions.

2. Structural maintenance

Many homeowners presume that their insurance policy will cover any structural maintenance that needs to take place on their property - but this is simply not the case. Many insurers do not count standard or long-term wear and tear such as loose roof tiles or a crumbling wall as claimable, meaning you'll probably have to



foot the bill yourself.

Of course, if lightning strikes and damage is caused this would be seen as a definable event and one which most insurers would cover, but always read the

fine print before making presumptions.

3. Damp
While many insurance companies will pay out in the event of a flood - although expect to pay high premiums if you

live in a flood prone area - they will not always cover the cost of damp maintenance. Regular damp caused by poor insulation, for instance, is one of the most common

exclusions on insurance policies giving many homeowners a headache when they realise they're responsible for treating the damp.

4. Blocked drains
Not only are blocked

drains stinky and annoying, they're also not usually covered by home insurance. This is because a blockage is often caused by people putting the wrong things down toilets and sinks, and therefore many insurance companies aren't prepared to pay out for such general maintenance. The good news is there are many ways to unblock drains yourself from using a good old toilet plunger and a bit of elbow grease to throwing three large tablespoons of baking soda down the sink followed by several glugs of vinegar - the chemical reaction of which gets rid of any gunk that's built up over time.

5. Leaking pipes
If the water pipes in your home are old they may rust and leak. If you notice water

dripping from your water system, you might be tempted to jump on the phone to your insurance company, but it's wise to read the details of your insurance policy first. This is because leaking pipes, which have simply deteriorated, are often just considered a generic maintenance issue and are not worthy of a pay out. That said, if the leak has occurred due to a floor, landslide, earthquake or other natural disaster, you might be covered.

Taking out home insurance is a great way to safeguard your property, but be aware that every policy has exclusions limiting what you can and can't claim for.

Disclaimer: This is a collaborative article and always read your insurance policy terms and conditions.

10 interior design choices that are keeping from selling your home

A real estate expert has identified the interior decor choices likely to put off prospective homebuyers - with pastel colours named the biggest offender.

The findings, compiled by real estate experts Agent Advice, follow an analysis of decor-related Google searches nationwide over the last year to identify the most and least popular home features and design elements.

Anyone looking to list their property for sale may want to consider making simple changes to better suit buyers' preferences over the next few months, as spring (March through May) is generally considered the best time to sell your home.

Speaking on the importance of attracting buyers, Chris Heller - Co-Founder of Agent Advice - says: "When listing your home for sale, those that are decorated well are more visually appealing and therefore more likely to stick in buyers' minds. Many buyers will even be willing to pay more for an aesthetically pleasing property as it requires less immediate renovation or redecoration.

"This gives you an

advantage in the competitive real estate market, particularly during peak periods like March, April, and May. Staging your rooms in a way that feels inviting and comfortable makes it easier for buyers to imagine themselves living in the property, whether viewing it in person or online. Hence, the decor is really key."

And it turns out that sellers who incorporated pastel colours into their decor after they rose in popularity early last year may want to redecorate, as they're the least appealing colour palette to prospective buyers right now.

Pastel colours - especially pink, baby blue, and lilac - dominated social media over the last year due to things like the Barbie film release and an appreciation for retro hues, but their popularity has clearly waned as we head into the peak 2024 season.

The second design choice likely to turn buyers off your home came out as scalloped furniture, which

also saw a rise in demand last year, especially among homeowners who favour a vintage, doll-like or 'mermaid-core' aesthetic.

Following as the third most offputting choice is antique farmhouse decor, which includes things like wall panelling, hardwood flooring, and rustic brass hardware.

Similarly, the fourth least popular decor decision is upcycled furniture, with many fans of a farmhouse aesthetic thrifting and repurposing vintage pieces for their home.

Revamping old furniture proved especially popular on social media in the last

year, as creators share their passion projects, but many buyers may struggle to see the appeal - especially if they prefer a modern or sleek aesthetic.

Rounding out the five design choices that sellers should rectify is incorporating industrial elements, the middle point between modern and farmhouse aesthetics.

However, the use of exposed metal, minimalist features, and bare bricks inspired by industrial spaces like factories may prove offputting to some who see it as 'cold.'

Also among the least desirable decor choices

are Scandinavian elements - characterised by a minimalist approach and blend of textures - followed by botanical wallpaper, vintage decor, gold cabinet hardware, and geometric wallpaper.

The ten most offputting interior decor choices in 2024

- 1 Pastel colors
- 2 Scalloped furniture
- 3 Antique farmhouse decor
- 4 Upcycled furniture
- 5 Industrial decor
- 6 Scandinavian decor
- 7 Botanical wallpaper
- 8 Vintage decor
- 9 Gold cabinet hardware

10 Geometric wallpaper
On the other side of the scale, among the most searched-for design choices is an accent wall, which can change the size, shape, and feel of a room depending on the colour and design elements, which seemingly strikes a chord with buyers.

The most popular choice is pendant lighting, with oversized pendants predicted to be a 2024 trend, while the second top choice came out as minimalist elements like monochromatic colour palettes, open floor plans, and natural light.

For more info see <https://www.agentadvice.com/>

Painting & Decorating
Over 50 Years' Experience
• Jobs of all sizes welcome, nothing is too small
• Internal and external
• Domestic and commercial
Call for a quote - no obligations
079 7149 8625

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

EST 1978 - CELEBRATING 40 YEARS IN BUSINESS
A&C MORROW
CHIMNEY SWEEPS
Cleanest Sweep in Town
• All types of Chimney Sweep
• Cows, Bird Guards
• Gutters Cleaned & Repaired
• Chimney Reaming and De-Scaling
• Fireback Replacement & Installation
Mob: 07 785 500 064 | Tel: 028 90 648 946
E: acmsweeps@gmail.com
W: www.acmsweeps.com

Tree Cutting Services
• Trees Dismantled
• Dangerous Limbs Removed
• Conifers & Hedges Topped & Trimmed
• Trees Reduced or pruned
• Stumps Removed
• All Fencing & Paving
• All Waste Removed From Site
• Fully Insured
• Competitive Rates
• All Work Carried Out By Certified Tree Surgeons
For A Free Quotation Call:
07712 085390

CELEBRATING 15 YEARS
Rust Busters
Specialists in Rust Removal & Powder Coating
GATES - RAILINGS - GARDEN FURNITURE
ALLOYS - RADIATORS - MOTORCYCLE FRAMES
Unit 22, 149 Glen Road, Comber, County Down. BT23 5QU
Telephone: 028 9044 8033
www.rustbustersni.co.uk

Commercial & Domestic Work plus Key Cutting
NK Locksmith & DOOR SYSTEMS
Aluminum Doors, Domestic Garage Doors, uPVC Doors, Fire Doors, Steel & Timber, Steel Roller Shutters
• NO CALLOUT CHARGE
• Key Cutting Service including Car Keys
• uPVC & Wooden Door Lock Specialist
• Free Home Security & Zone Protection Check
• Wide Range of Locks Supplied & Installed
• Emergency Vehicle / Premises Entry*
*Depending on availability of time
Neil Knox | M: 07725 892 957
www.nklocksmith.co.uk

Lets Decorate
Over 20 Years Experience
• Painting & Decorating (interior/exterior)
• Wallpaper Hanging
• Interior
• Exterior
• Commercial
• Domestic
All Work Guaranteed
Tel: 07800553581
info@letsdecoratebelfast.co.uk
www.letsdecoratebelfast.co.uk
Find us on Facebook at Lets Decorate Belfast

Bann Hire & Sales
SCARIFIER MOSS RAKERS AVAILABLE FOR HIRE
162 Moira Road, Lisburn
Tel: 028 9264 6292
www.bannhire.co.uk



HAMPTON
 Corner Dining Set & Fire Pit
 RRP £3999,
 Now Only
~~£2399~~
£2159.10

Or
£71.97*
 per month
APR 0%.
 T&C's Apply

garden
SALE

EXTRA 10% OFF GARDEN THIS MONTH ONLY WITH PRESENTATION OF THIS ADVERT! LIMITED TIME ONLY



RRP £3499,
 Special Offer
~~£999~~
 Now Only
£899.10

Or
£29.97*
 per month
APR 0%.
 T&C's Apply

ALBANY
 Corner Sofa Garden Set



RRP £2199,
 Now Only
~~£999~~
£899.10

Or
£29.97*
 per month
APR 0%.
 T&C's Apply

ASHMORE
 Conversation Garden Set

EZ living
INTERIORS



✉ info@ezlivinginteriors.com
 ☎ +44 28 9066 2265
 🌐 ezlivinginteriors.co.uk

*Based on 24 Months APR Finance.
 T & C's Apply.

FIND A STORE NEAR YOU:

- FLAGSHIP STORE:** Shane Retail Park, Boucher Road, Belfast, BT12 6HR •
- Hollywood Exchange,** 304 Airport Road West, Belfast, BT3 9EJ •
- NOW OPEN:** Riverside Retail Park, Coleraine, BT51 3NA • **OUTLET**
- STORE:** Lesley Retail Park, Boucher Road, Belfast, BT12 6HH • **NOW OPEN:**
- Bridgewater Retail Park, The Boulevard, Banbridge, BT32 4LF • **Belfast**
- Warehouse** 2A Oakbank Channel Commercial Park, Belfast, BT3 9DT