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Pictured visiting the set of 'The Death of Robin Hood', which is being filmed at Belfast Harbour Studios, are (from left): Mark Huffam, NI Screen board member; Economy Minister Caoimhe Archibald; First Minister Michelle O'Neill; Sir David Sterling, Chairman, NI Screen; Aaron Ryder, Producer, The Death of Robin Hood; deputy First Minister Emma Little-Pengelly; Dr Theresa Donaldson, Chair, Belfast Harbour; Richard Williams, CEO of NI Screen and Joe O'Neill, CEO, Belfast Harbour. Photo by Aidan Monaghan

MAJOR NEW MOVIE A SIGNIFICANT BOOST FOR LOCAL SCREEN INDUSTRY

The First Minister, deputy First Minister and Economy Minister have visited the set of 'The Death of Robin Hood' at Belfast Harbour Studios.

Ministers said securing the production of the film, which stars Hugh Jackman and Jodie Comer, was a significant boost and recognition for the local screen industry.

With support from Northern Ireland Screen, the production is shooting in various locations across Northern Ireland

including Silent Valley, Glenarm, Murlough Bay, and Belfast Harbour Studios. Post-production will take place at Yellowmoon in Holywood, County Down. First Minister Michelle O'Neill said: "Our film and TV industry is booming and is a vital part of our creative

economy. The north has established itself as a leading location for filming and we continue to attract major movies and television series thanks to our highly skilled people and fantastic landscapes.

"Securing 'The Death of Robin Hood' has provided an important

opportunity to raise the north's screen industry profile even further. This project will employ a large number of local crew on a large-scale project, ensuring skills are utilised and ready for the next big production."

Continued on page 4

New city centre hotel plan gets green light!

Planning permission for a new 102-bedroom hotel in the city centre has been given the green light, at a recent Planning Committee meeting.

The development will see the conversion and restoration of the Grade B1 Listed Scottish Mutual Building, at the junction of Bedford Street, Donegall Square South and James Street South, into a new hotel with bars, restaurants and a ground floor extension.

Two Council applications were also approved by the Committee – the first for a new 3G football pitch on an existing grass football pitch at Carnamore Park, one of four pitches which are adjacent to Suffolk Community Centre in west Belfast.

The second planning application was for a new stained-glass window on the ground floor of City Hall exploring the city's LGBTQ+ history.

Councillor Arder Carson, Chair of the council's Planning Committee said: "Granting planning permission for another new hotel in the city centre is welcome news."

"The plans for the new hotel, where the former Scottish Mutual Building is, are important as they will see the conversion and restoration of another Grade B1 listed building in the city centre. The new hotel is within the Linen Quarter Conservation area and will be an enhancement to the area through its character/appearance."

"This development further reinforces Council's commitment to develop the city centre and make it an attractive place for people to visit, stay, as well as, work, study and invest in."

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Belfast announced as host city for Comhaltas Fleadh Cheoil na hÉireann in 2026

The world's biggest celebration of traditional Irish music and culture is coming to Belfast.

The city has been confirmed as the host of the 2026 Comhaltas Fleadh Cheoil na hÉireann.

The announcement was made at City Hall recently, following a meeting of the Ards CCÉ of Comhaltas in Belfast.

It follows a bid by Belfast City Council, along with partners Ards CCÉ to bring the event to Belfast.

The festival has grown massively in recent years, with hundreds of thousands of people attending, and the Fleadh in Belfast will mark Comhaltas's 75th year, with Ards CCÉ also celebrating their 50th year.

Over 400 events, including 230 championships were delivered in 2024 over eight days, attracting more than 650,000 and delivering an economic value of around €70 million (approx. £58.5 million) to last year's host region.

The Fleadh in Belfast will run from Sunday 2 August 2026 until Sunday 9 August 2026.

Events range from large concerts and big name acts to street performances, pop-up gigs and community céilís, while competitions in music,



song and dance range from local county and regional level to provincial and All-Ireland titles.

Niall McClean, chairperson of Ards CCÉ said:

"Ards CCÉ are thrilled and honoured to bring Fleadh Cheoil na hÉireann 2026 to Belfast in association with Belfast City Council. This really is history in the making and an amazing opportunity

and milestone for our branch, as we will also be celebrating our 50-year anniversary in 2026.

"We also look forward to further promoting Comhaltas throughout Belfast and surrounding areas during the Fleadh and continue expanding our Belfast music classes in all traditional instruments.

"Belfast will, without doubt, be an amazing

venue for the Fleadh and Comhaltas are committed and delighted to be part of this momentous occasion."

Further details of the Fleadh programme for Belfast will be announced in due course.

The 2025 Fleadh Cheoil na hÉireann will be held in Wexford this coming August. For more information about the festival, visit: <https://fleadhcheoil.ie>



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EXCELLENCE IN EQUALITY, DIVERSITY AND INCLUSION RECOGNISED AT INAUGURAL NORTHERN IRELAND HUMMINGBIRD AWARDS

The winners of the inaugural Northern Ireland Hummingbird Awards have been revealed in a landmark celebration honouring those leading the way in Equality, Diversity and Inclusion (EDI) across Northern Ireland.

The prestigious awards luncheon at Belfast City Hall brought together champions of inclusivity from business, education, public service and community

groups to recognise individuals and organisations driving meaningful change in creating a more inclusive society.

The highly anticipated event showcased over 40 individuals, businesses and organisations across ten award categories that celebrated outstanding contributions to EDI in workplaces and communities throughout Northern Ireland.

'Nothing About Us Without Us' by The Community Foundation for Northern Ireland received the Allyship Award for its pioneering advocacy, while 'In Our Shoes' by Voicing the Void

won the Community Project Award for its transformative work in engagement and inclusion.

SSE Airtricity was named Diverse Employer of the Year, recognised for embedding diversity and inclusion at the heart of its workplace culture. The Education for All Award was presented to Tor Bank Special School Principal for championing accessible and inclusive education.

Leading the way in inclusive design, Mude Clothing secured the Innovation in Accessibility Award for its groundbreaking adaptive fashion solutions. Lauren



The Community Foundation for NI received the Allyship Award.

Dempsey was honoured as Inspirational Role Model for her tireless advocacy in advancing equality.

Celebrating the power of impactful storytelling, Translink's Life Better Connected Campaign won Best Marketing Campaign for promoting diversity through meaningful engagement. Hays Recruitment received the Supporting Neurodiverse Talent Award for championing inclusive hiring practices and workplace opportunities.

In sustainability, Fish City was named Sustainability Champion, setting a benchmark for integrating environmental responsibility with inclusivity. Finally, Dr Gift Sotonye-Frank of Queen's University Belfast was honoured as Workplace EDI Champion, recognised

for fostering an inclusive and equitable workplace culture.

Entries for the inaugural Northern Ireland Hummingbird Awards were meticulously assessed by an independent panel of leading EDI experts, each bringing a wealth of experience across law, business, public service and community engagement.

The panel was led by Head Judge Jude Copeland, Solicitor and Legal Review Manager at Cleaver Fulton Rankin Solicitors. Joining him were Michael Boyd OBE, Director of MB Consulting and Chair of Belfast Healthy Cities; Laura Lavery, Community and Engagement Lead at PA Consulting and Co-Chair of the Working With Pride Network in Northern Ireland; and Alfie Wong MBE, Race

and Ethnicity Champion of the NI Civil Service.

Jude Copeland, Head Judge and Legal Review Manager at Cleaver Fulton Rankin Solicitors, said: "The sheer calibre of entries in this inaugural year reflects the passion, innovation and commitment that's driving real, tangible change across workplaces, communities and industries in Northern Ireland."

"Each winner and finalist has demonstrated remarkable leadership in fostering inclusivity, breaking down barriers and setting new standards for accessibility and opportunity in workplaces and communities."

"It has been an honour to judge such a diverse and dynamic group of individuals, businesses and organisations

and I have no doubt that their efforts will inspire even greater progress in the years ahead."

"On behalf of the judging panel, I extend my heartfelt congratulations to all our winners, highly commended recipients and finalists. Your contributions are not only shaping a more inclusive Northern Ireland but also paving the way for future generations."

The Northern Ireland Hummingbird Awards are proudly supported by Ulster University, Encirc, Love Belfast, Jawbox Gin, Clearer Water, Clearer Twist, The Formula, Innovation Factory and Alexander Boyd.

For further details and information on The Northern Ireland Hummingbird Awards visit www.nihummingbirdawards.com

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Continued from page 1

Producer Aaron Ryder and the filmmaking team said: "We were brought to Northern

Ireland by Northern Ireland Screen and Lime Tree films to scout the areas. From the minute we set foot here it was rather clear we were going to be shooting the film here."

From the local cast and crew to the spectacular locations, Northern Ireland has exceeded all of our expectations. We all feel very lucky to be here and are honoured to be working with so many talented people."

Richard Williams, Chief Executive of Northern Ireland Screen, said: "Northern Ireland Screen is delighted to welcome The Death of Robin Hood to our shores. The production was drawn to Northern Ireland by our breathtaking cinematic locations, our world-class crew, exceptional

facilities and financial incentives.

"The backing of the First Minister, Deputy First Minister, and Economy Minister underscores the Executive's strong commitment to the continued growth of our screen industry. We are proud to see Northern Ireland once again play a leading role in international filmmaking. We look forward to seeing this production come to life, showcasing our talent on the global stage and further cementing our reputation as a leading centre for film and television production."

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NIGHTCAP ANNOUNCES NEW CATERING VENTURE

Hospitality company to cater for popular Belfast bars

LEADING hospitality and event bar catering company, Nightcap Event Group has announced the launch of an exciting new venture, which will see the Group providing top class catering for some of Belfast's best-known pubs, including McHugh's, The Thirsty Goat, The Kitchen Bar and Hell Cat Maggies.

In partnership with the Downey Group, which runs the popular bars, the new company, Apex Hospitality, has taken over the provision of food since early February. Experienced chef, Darren Currie has taken up the mantle of executive chef and has overseen a team of chefs and kitchen staff to help develop the individual menus. The aim is to create great dining destinations with a focus on hearty, homely food.

Nightcap has retained all 28 members of kitchen staff across the venues.

Chef Darren joined the new venture from The Foxes Den in Newtownards, which Nightcap acquired in 2023 and relaunched last year following a £50,000 investment. The Foxes Den was the first licenced premises that the company took over, marking the first phase of an expansion plan across the Group.



This new partnership gives Nightcap the opportunity to further expand its services by catering for some of Belfast's most well-established bars. With the focus very much on delicious, high-quality food at good prices, Nightcap's managing director, Declan Holmes said: "We are really excited to be teaming up with the Downey Group and taking over the food offering in four of their most popular bars. Belfast is a fantastic place for a meal out and we are committed to offering tasty, good quality food across each of these establishments."

"With the growing tourist trade, student population, locals and visitors alike who come into the city, it is vital that we can offer great food

and drink experiences that are on a par with other busy, contemporary cities. Creating enticing and tasty food to elevate the customer's overall experience at each venue has been key to crafting the new menus."

Michèle Downey from the Downey Group added: "We are delighted to partner with Nightcap, and we are confident that the new food menus available in each of the bars will complement the great drink and entertainment choices that we currently provide. We have been impressed by Declan, Dean and Darren's dedication and enthusiasm with the menu developments, and we are very much looking forward to working together."

Nightcap Event Group

was established ten years ago and has since built an enviable reputation in the hospitality industry, initially as a mobile bartending service for private and business clients before expanding into larger events, consultancy services, event management and event organisation, and more recently, a dedicated outdoor catering offering.

With this new venture of providing catering to four busy Belfast bars, Nightcap, through Apex Hospitality, is continuing the growth and expansion of its hospitality offering.

For further information on Nightcap Event Group's services, visit the website: www.nightcapeventgroup.com.

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YOUTH ASSEMBLY MEMBERS DEBATE ‘VOTES AT 16’

Young people from across Northern Ireland recently came together for the fourth sitting of the 2023-2025 Northern Ireland Youth Assembly.

The sitting, was an opportunity for Youth Assembly Members to provide an update on the work of their Health, Education and collaboration with the Assembly’s Equality Committees, as well as their ongoing consultation Departments. They

also debated a motion on ‘Votes at 16’.

Speaking after Saturday’s sitting, the Assembly Speaker Edwin Poots MLA said: “The Northern Ireland Youth Assembly has grown from strength to strength and I was delighted to once again grant them access to the Assembly Chamber for their recent debate.

“The insight these young people have been able to bring in relation to the scrutiny of legislation, inquiries and consultations has given both Assembly Committees and Executive Departments the benefit of a different and important perspective.”

Deputy Speaker John Blair MLA, who chaired the sitting, said: “This



has been my third time chairing a Youth Assembly debate and once again it has been a tremendous privilege to listen to our young Members speak so powerfully

and perceptively on the issues that are important to them and their peers.

“Today’s debate on ‘Votes at 16’ was particularly relevant and topical for the

Youth Assembly Members, all of whom presented well researched, engaging and persuasive arguments both for and against lowering the voting age here.

“Today, with 51 votes in total, the ayes had it. 37 Youth Assembly Members voted yes for ‘Votes at 16’ with 14 voting against. The motion was therefore carried.”



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ULSTER HOSPITAL MIDWIFERY STAFF ‘ROCK THEIR SOCKS’ TO CELEBRATE WORLD DOWN SYNDROME DAY

Midwifery staff in the Ulster Hospital Maternity Unit came together to mark World Down Syndrome Day with a vibrant ‘Rock Our Socks’ tea party.

Staff donned bright and bold mismatched socks to raise awareness and celebrate diversity, particularly honouring Nora, the daughter of South Eastern Trust Infant Feeding Lead, Ruth Leemon, who has Down Syndrome, along with other children who share the condition.



to enjoy a cuppa, cakes and buns while making donations to Positive About

Down Syndrome, a charity dedicated to supporting parents and ensuring professionals have access to essential information, resources, and training.

Clinical Practice Facilitator, Lisa Robinson highlighted the significance of World Down Syndrome Day saying: “It is great to have an opportunity to have a cup of tea and a bun together and celebrate that we are not all the same. We don’t have to be the same and that is what makes us unique. It is lovely to have an opportunity to celebrate that. Everyone is rocking the socks and we are embracing it!”

The ‘Rock Our Socks’ initiative is a global campaign that symbolises inclusion and acceptance.

Public Notice Announcement Notice of Renewal for HMO Licence Under The Houses In Multiple Occupation (Notice of Application) Regulations (Northern Ireland) 2019.

Applicant Jonathan Taylor and Morne Strydom wishes to publish a Notice of Renewal of a HMO Licence for a property at 41 Donegall Pass, Belfast, BT7 1DQ, from 23rd April 2025. The proposed occupancy is for 6 persons. The HMO is within the Belfast City Council Area and the licence application will be submitted to Belfast City Council. Any person wishing to make representation in response to this notice should do so in writing to Belfast City Council, stating in general terms the nature of those representations, not later than 28 days beginning with the date on which the Council publishes a notice under Regulation 4 of the above HMO (Notice of Application) Regulations to Belfast City Council, HMO Unit, 4-10 Linenhall Street, Belfast, BT2 8BP.

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QUEEN’S UNIVERSITY HONOURS SOUTH EASTERN TRUST PHARMACIST

South Eastern Trust, Lead Clinical Education Pharmacist, Niall O’Boyle, has been awarded the title of Honorary Senior Lecturer by the Faculty of Medicine, Health and Life Sciences at Queen’s University Belfast (QUB) in recognition of his outstanding contribution to pharmacy education within the QUB School of Pharmacy.

Niall has been in his current role for the past five years, playing a key role in developing the next generation of pharmacists. He teaches pharmacy undergraduate students at both QUB and Ulster University, while also facilitating their experiential training programme across the South Eastern Trust.

In addition to his work with pharmacy students, Niall also contributes to the training of medical students and junior medical staff within the Trust. After completing his Postgraduate Certificate in Education (PGCE) in Simulation-Based Clinical Education in 2024, Niall has been working closely with medical and nursing colleagues to promote and develop inter-professional education opportunities for healthcare students.

Delighted to receive this award, Niall said, “I am incredibly grateful to have received the title of Honorary Senior Lecturer, Queen’s University Belfast (QUB), in recognition of my contribution to pharmacy education within



Niall O’Boyle (South Eastern Trust, Lead Clinical Education Pharmacist & Honorary Senior Lecturer, Queen’s University Belfast)

the School of Pharmacy. Within my current role as Trust Lead Clinical Education Pharmacist, I have been fortunate to be able to contribute to the exemplary academic teaching within the School of Pharmacy.

It has also facilitated hands-on experiential learning within the hospital in order to equip undergraduate pharmacy

students with the clinical and professional skills required to excel in modern pharmacy practice.”

Congratulating Niall on his achievement, South Eastern Trust Head of Pharmacy, Jill MacIntyre added, “Niall’s contribution to pharmacy education has been outstanding. His commitment to supporting

and developing future Pharmacists and healthcare professionals is invaluable and this recognition from Queen’s University Belfast is well deserved.

“Niall’s work in promoting inter-professional education is helping to strengthen collaboration between healthcare professionals, which will ultimately benefit patient care.”

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Welcome increases to support for childcare from April 2025

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

Employers For Childcare

While childcare costs remain a significant expense it is welcome news that there is an increase in this vital support for the 2025-2026 financial year.

NI Childcare Subsidy Scheme support will continue for 2025-2026

The NI Childcare Subsidy Scheme provides a 15% subsidy on childcare costs for working parents of children under Primary school age and who are in receipt of Tax-Free Childcare.

The Education Minister Paul Givan has confirmed that the scheme will continue into 2025-2026 and the key changes from April 2025 are:

• Increased Subsidy Cap: From

April the maximum subsidy cap per child will rise by 10% to £184 per month per child, and £367 per month for a child with a disability.

• Increased Childcare Provider Payments: To support childcare providers and to prevent amid rising operational costs from being passed onto parents, the administrative payments to providers will be increased.

Increased Universal Credit Childcare cap

As announced in the Autumn Budget the Childcare Element of Universal Credit will increase by 1.7% from April in line with rises to other elements of Universal Credit.

The Childcare Element



of Universal Credit is calculated at 85% of the childcare costs reported in the UC Assessment Period up to a maximum cap for one child of £1031.88 or £1768.94 for two or more children.

Get advice to make sure this is right for your family

While these changes will provide valuable additional support,

working out which is best for your family can be confusing. We would encourage anyone using registered childcare to call the Family Benefits Advice Service on 028 9267 8200 for advice to ensure they are still receiving the best form of support or email hello@employersforchildcare.org.



The Bakers Cottages
26 Demesne Road, Seaforde,
Co.Down, Northern Ireland

bookings@thebakerscottages.co.uk
+44 (0)28 44 812805



Set in the heart of the County Down countryside with views of the Mourne mountains and the rolling fields, this was once the bakery for the local area. An ideal tranquil location for exploring the Mourne Area of Outstanding Beauty but also with easy access to Belfast. Whether you want to relax and unwind in peace and soak in the 6 person hot tub or explore the numerous local attractions The Bakers Cottages is your perfect base.

Fully refurbished in 2019, many of the original site features have been sympathetically restored, including the Bakers Hole well. Beautiful granite kerbing entices you along the drive leading up to the private accommodation and grounds. An idyllic location where tradition meets modern 5* awarded accommodation. The Bakers Cottages has it's own private wild flower gardens, sweeping towards the restored well. A covered BBQ area means you can grill outside whatever the Northern Irish weather may bring. Across the courtyard brings you to the hot tub house, with it's 6 seater tub. This building also offers a cosy sitting area with a wood burning stove that opens out through double glass sliding doors to an outdoor dining area overlooking the tranquil rolling hills, with the Mourne Mountains in the distant background. The perfect setting to relax and enjoy the sunset. An outdoor play area for the children is located within sight of this outdoor living space, and the dog building is also here, allowing your whole family to enjoy making memories at The Bakers Cottages.

SPRING. MY FAVOURITE TIME OF THE YEAR.

A time of renewal, flowers blooming, leaves bursting forth on trees, bees buzzing...and bird song.

While mistle thrushes, along with robins and blackbirds, are songbird heralds of spring, I really look forward to hearing our warblers, mainly chiffchaffs, willow warblers and blackcaps, most having flown perilously from southern Europe and Africa.

I remember a few years ago spotting a newly arrived willow warbler at Crawfordsburn Glen as it alighted on a bush, clearly exhausted, but undoubtedly determined to do what nature requires: to eat, regain strength, breed and raise young. But song is also integral to that process, critical to the breeding season when males sing loudly to attract mates and declare territory.

It's mostly in woodland, and in large mature gardens, that you're likely to hear these warblers; you'll



seldom see them, small greenish/brown birds hidden by new leaves. The blackcap is a little flashier than the others, with a black cap on the males, the females sporting a brown one.

One of the earliest warblers is the chiffchaff. Although its song is not particularly melodious, high-pitched notes from which it gets its name, chiffchaff, chiffchaff, chiffchaff echoing through the

woods, for me that's welcome proof that spring has really arrived.

I tend to associate other warblers with late spring into summer, their beautiful cascading songs heard repeatedly, blackcaps mainly in woodland, willow warblers preferring more open space, often close to freshwater where willows grow.

In recent decades we

haven't made it easy for many birds and other wild creatures, clearing or damaging habitat, and killing off the insects that warblers need to survive because of chemical pollution of our air, water and soil, but hope springs eternal, and I'm immensely grateful and joyful when I hear our warblers, a vivid reminder of life's cycle, and its importance.

JVA

Northern Ireland Assembly Commission achieves Autism NI Impact Award

The Northern Ireland Assembly Commission has recently achieved Autism NI's Impact Award, demonstrating the commitment of Assembly staff to inclusion for autistic and neurodivergent visitors.

Staff have received tailored training from Autism NI and implemented a tailored action plan of adjustments across their services, to create a welcoming and accessible service.

Autism NI's Director of Development, Christine Kearney said "We are delighted that the Northern Ireland Assembly Commission has achieved the Impact Award. The range of adjustments they have implemented, including quiet spaces, pre-visit information and improved signage, will support many autistic and neurodivergent visitors.

By providing inclusive support, autistic and neurodivergent people can feel more comfortable, less anxious, and can access this service in a way that works for them. It's fantastic to see such a significant organisation in NI lead the way in building an inclusive society."

Richard Anderson, Autism Champion and staff member at the Northern Ireland



Assembly said "We are so pleased to achieve the Impact Award accreditation for our work in building accessibility within the Northern Ireland Assembly and throughout Parliament Buildings.

The training has really built the confidence and skills of Assembly Commission staff, and the action plan process has helped us to implement a range of practical adjustments. Achieving

the award demonstrates our commitment to inclusion and helps us to ensure all visitors can have a positive experience."

Autism NI works alongside autistic people and their families, and builds partnerships that champion better understanding, accessibility, and services for our autism community. The Impact Award is available for a range of organisations, to build their inclusive approach

for clients, customers and employees.

Autism NI provides vital services for autistic people and their families throughout Northern Ireland, and campaigns for autism understanding and acceptance within society.

To learn more about how you can get involved, please visit <https://autismni.org/training-courses/training-for-organisations/impact-award-for-businesses> or call 028 9040 1729.



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It's all smiles on the Saintfield Road, Belfast with the arrival of Morrison Dental Clinic

The Principal Dentist and practice owner is Dr Richard Morrison who has a passion for all things dentistry - implant and cosmetic dentistry in particular!

Dr Morrison says:
"You can really change someone's life through their smile. Seeing their reaction after showing them their finished result in the mirror is priceless. The change you see in a patient, giving them their smile and confidence, it is not just an aesthetic change but also gives a psychological change which is so rewarding!"

Morrison Dental Clinic is primarily a Denplan practice. The practice ethos is that prevention is better than cure, and that seeing the hygienist every six months or more is the best starting point to maintain a healthy dentition for life. As a Denplan practice, the practice plan includes twice yearly check-ups and hygiene appointments, any x-rays required, and also gives discount off routine treatment. Preventative care, such as routine exams, cleaning, x-rays and oral hygiene instruction can help catch problems early and avoid the need for costly treatment later on.

Significant investment has already been made to ensure that the practice remains at the forefront of technology to improve the patient experience.



This includes an intra-oral scanner, which uses 3D photo imaging to scan the mouth, avoiding the need for taking moulds of your teeth. Treatment can then be planned digitally and with greater accuracy than ever, achieve perfectly fitting labwork such as crowns, veneers, bleaching trays etc. Another addition is a recently-installed CBCT scanner, used when there is a need for more information than what traditional 2D x-rays can offer, such as 3D visualisation of jaw bone for optimal planning for

implant placement.

Dr Morrison is a member of the Irish Academy of Aesthetic Dentistry and the Association of Dental Implantology, and is always reading articles and attending courses to stay up to date with the latest advancements!

He says:
"I believe that we are at an exciting time in dentistry, with more and more technological advances which can improve what is possible for our patients. I feel as a dentist in the modern age

we must continually learn and improve our practices otherwise we will be left behind!"

The growing team (so far!) consists of five dentists, five nurses, dental hygienist Claire, receptionist Shauna, Yuko (Richard's wife) who does a lot of the work behind the scenes!

Morrison Dental Clinic is conveniently located at 95 Saintfield Road (not far from Forestside), and offers free parking available on site! For your appointment Tel: 028 9070 3215

Long visits new build kitchen and café at Magilligan Prison

A fit for purpose, secure prisons estate is essential for the rehabilitation of people in custody, Justice Minister Naomi Long has said.

The Minister was speaking after visiting Magilligan Prison where she viewed the ongoing work on a new kitchen and café project and plans for new prisoner accommodation.

The new kitchen and café forms part of the first phase of essential capital works at Magilligan, delivering a safe, decent and secure environment. The existing kitchen is a portacabin structure, in place from 1990 and was originally designed to supply food to 300 prisoners daily - Magilligan currently houses 500 prisoners.

Minister Long said: "Much of the Northern Ireland prison estate is nearing the end of its useful economic life, with Prison Service facing rising maintenance costs totalling £28 million over the last 8 years.

"These costs are in large part due to ageing infrastructure. The Magilligan Prison estate in particular, has been highlighted in various inspection reports as unfit for purpose, with temporary buildings and Second World War Nissan huts with deteriorating walls, roofs and flooring plus aging plumbing, electrical and heating systems."

Minister Long continued: "I fully understand that all of this work requires



Justice Minister Naomi Long is pictured during a visit to Magilligan Prison where she viewed the ongoing work on a new kitchen and café project and plans for new prisoner accommodation. Included are Beverley Wall, Director General of the Northern Ireland Prison Service, and Gary Milling, Governor of Magilligan Prison

considerable resource at a time when public finances are extremely challenging. However, without continued and long-term investment in our prisons, they will further deteriorate.

"The new kitchen and café project at Magilligan will deliver the largest working and training kitchen in the North West, supporting prisoners to gain catering and hospitality skills and qualifications and improve opportunities to gain employment when they are released.

A more energy efficient facility will also reduce annual maintenance costs and contribute to Government targets for achieving Net Zero Carbon Emissions."

Viewing plans for the proposed new

accommodation at Halward House, Minister Long said: "Due to significant cost inflation, the Prison Service is proceeding using a phased approach to develop a new 60 cell wing which will help meet the demands of a rising prisoner population. An Outline Business Case is at an early stage so timelines are not yet available for the commencement of construction."

"In the next few months a new 10-bed unit will open at Magilligan for use by those individuals nearing the end of their sentence and preparing for their resettlement back into the community."

A new Welcome and Visits Centre, Independent Living Units, new Energy Centre, administration and Emergency Control Room

building are also part of a wider masterplan for Magilligan.

Elsewhere on the prison estate, NIPS are progressing proposals to develop three independent living units on the Hydebank Wood College and Women's Prison site, creating a step-down facility for female prisoners. A business case is also currently being prepared for a new Welcome and Visits Centre at Maghaberry Prison.

Naomi Long said: "Prison is a community within a wall where people live, work and visit. Long term investment in its infrastructure is therefore essential to support rehabilitation, enhance independence and improve safety for staff and the people placed in the care of the Prison Service."

County Down author Kate launches her first pony book for children!

County Down horsewoman turned author Kate Russell has launched her first equestrian themed children's book.

Kate, a well known figure in the NI world of equestrianism and equine therapy has published 'Peanut gets his sparkle back'.

Kate says: "I have always wanted to write a children's book from an early age. I have stories whirling in my head and usually inspired by the ponies dogs and cat. My friend had two young boys who would listen to my stories – they encouraged me to write a book and what's more - asked if they could be in it!

Working with children and the ponies through equine facilitated learning I could see the very real benefits of the interaction with the different pony personalities."

The book is based on the main characters Peanut an 8hh Falabella cross pony and Tobi a 27 yr old rescue pony. In real life this odd couple have struck a very strong friendship and became pretty much inseparable! Peanut is young, curious and cute and everyone who meets him falls in love with him. Tobi is older, a little bit stiff but calm with the kindest nature. They are both very much loved for being themselves! In real life Tobi & Peanut are also fully qualified therapy ponies who like nothing better than helping others!

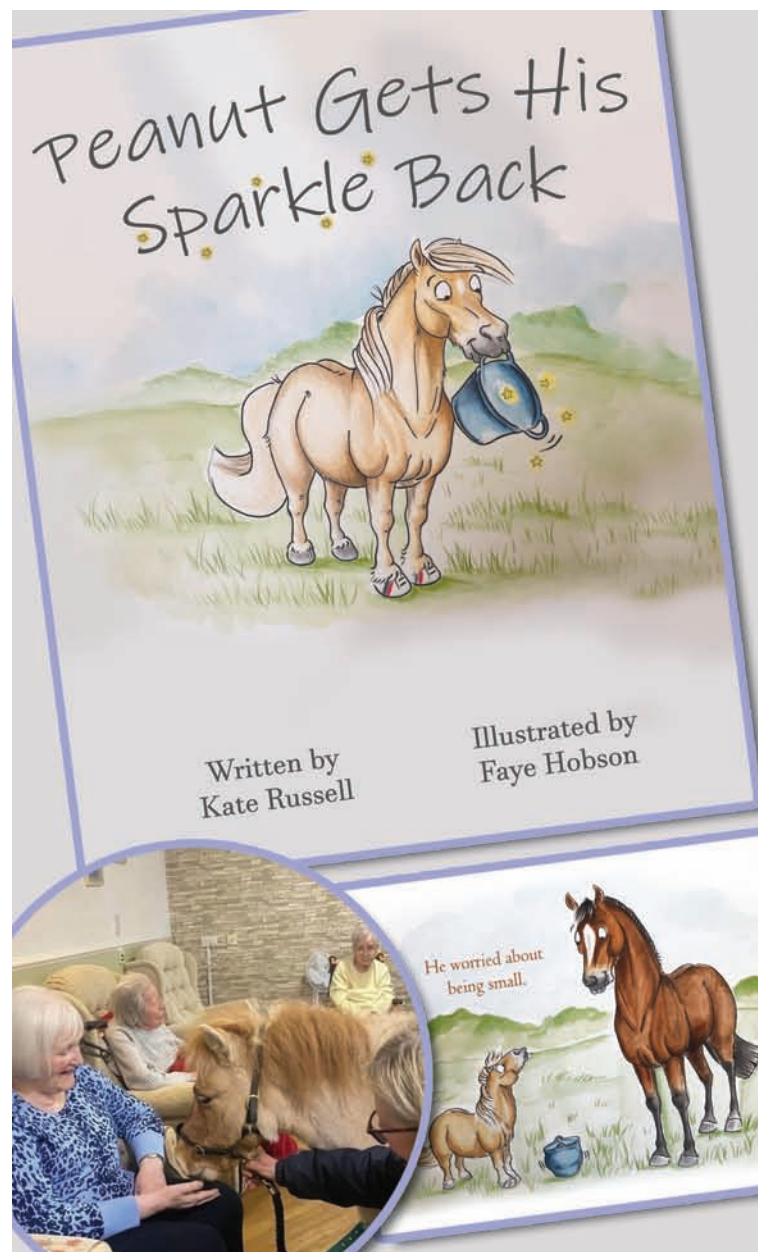
The story aims to help children with anxiety and worries and show that that it is ok to have worries but not to let them build up. 'Peanut, gets his sparkle back' is a heart-warming children's book about overcoming fear and finding the courage within oneself.

With charming colour illustrations by the talented Faye Hobson, and a relatable story, young readers will be inspired to face their own worries and become brave little ponies themselves!

'Peanut gets his Sparkle Back' is ideal for children 3-9 with coloured text suitable for children with dyslexia, teaches valuable lessons about perseverance, self-confidence and the power of friendship.

It's a must read for parents, teachers and children alike and is sure to become a beloved addition to any child's bookshelf! Join Peanut and his friends on their journey to bravery and show your little ones that they too can conquer their worries and be the courageous heroes they've always dreamed of being.

You can find out more about Tobi, Peanut and friends and also purchase a copy of the book direct online at
<http://www.tobiandpeanut-therapyponies.com/product-page/peanut-finds-his-sparkle-children-s-story>
Book priced £10, (postage fees apply).



SHOPMOBILITY BELFAST: YOUR KEY TO INDEPENDENT CITY EXPLORATION

Empowering Mobility in Belfast

Shopmobility Belfast is a registered charity dedicated to making Belfast City Centre and its surrounding areas more accessible to individuals with mobility challenges. By providing free daily rentals of mobility scooters and wheelchairs, the organisation ensures that people with disabilities or mobility difficulties can enjoy the city without barriers to shop, attend appointments, meet friends and connect with their community.

Julie Guilar, Director of Shopmobility Belfast, emphasises the importance of their service:

"By utilising mobility scooters and wheelchairs, our unique and specialised service is vital to help people with disabilities or mobility difficulties access Belfast City Centre and beyond with greater freedom, independence, and dignity."

Services Offered

- **Mobility Equipment Hire:** A wide range of mobility scooters and wheelchairs are available for both short-term and long-term use;

- **Accessibility Advocacy:** Shopmobility Belfast collaborates with businesses and organisations to enhance accessibility throughout the city, ensuring smoother experiences for individuals with mobility needs;

- **Training and Support:** Users receive training and support from experienced staff, helping them operate the equipment with confidence;

- **Outreach Programs:** The charity works with community groups to raise awareness about mobility issues and promote inclusive practices.

- **Repair and Servicing:** If you have your own mobility equipment Shopmobility Belfast can now service, maintain and

make repairs, test and fit new batteries etc. As an established charity we guarantee to offer the best prices available.

Benefits of Using Shopmobility Belfast

- **Independence:** Explore Belfast City Centre and surrounding areas at your own pace;

- **Accessibility:** Easily access shops, restaurants, attractions, and public transportation, overcoming physical barriers;

- **Cost-Effective:** Take advantage of the free daily rental of high-quality mobility equipment and low-cost repairs and maintenance costs for your own equipment;

- **Support:** Receive expert guidance and assistance from the Shopmobility team.

How to Access the Service Membership with Shopmobility Belfast is free and open to anyone with mobility

difficulties, regardless of age or disability status. To become a member, you can register in person at one of their locations, online or by contacting them directly.

Locations Shopmobility Belfast operates from multiple convenient locations across Belfast City Centre and the surrounding areas.

Contact Information For more details, to register as a member, or to check equipment availability, visit their website or contact them directly:

- **Website:** shopmobilitybelfast.co.uk
- **Phone:** 028 9080 8090 (Great Northern Mall)
- **Email:** info@shopmobilitybelfast.co.uk

Shopmobility Belfast is a vital resource for those with mobility challenges, enabling full participation in community life and ensuring that everyone can enjoy all that Belfast has to offer.

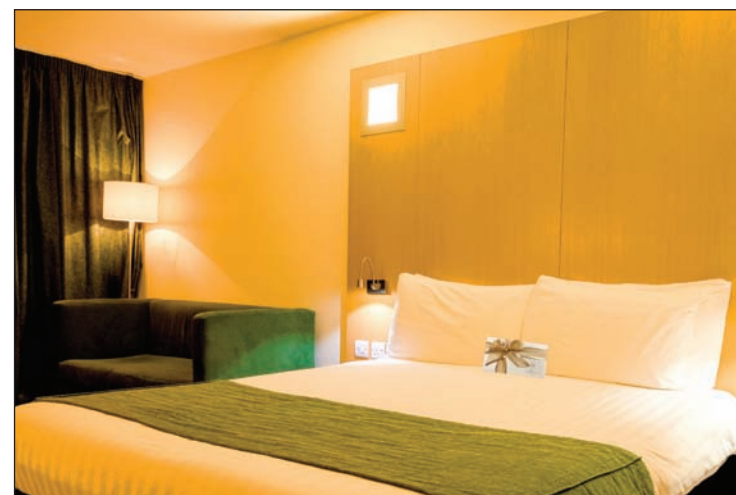
Book a Golden stay at the Station House Hotel

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

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

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

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whether you are travelling as a couple, with family members or friends they have a number of room types for you to choose from including family, interconnecting, twin, triple, double, accessible and executive. All of which are vibrant and fresh and a contemporary approach to the décor and designed with your comfort in mind and feature plasma TVs

with Chromecast allowing you to connect your phone or device directly to the screen so you can stream your favourite TV shows and films during your stay and relax, unwind and feel right at home at the Station House Hotel.

The Station House is also home to the Depot Bar and Restaurant, a true "locals local", and one of Letterkenny's best and most popular

bars and restaurants. It provides the perfect excuse for a pause and to pamper your palate, offering a wide range of sumptuous dining options. Since opening in 2006 their focus has been to provide good quality food using the finest of fresh seasonal local produce to create dishes that just ooze with flavor.

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



SHOPMOBILITY BELFAST

Shopmobility Belfast continues to offer its FREE SERVICE to get you around your local area and we now also offer a maintenance and repair service for your own equipment. Contact us for details.



Got some spare time on your hands?

If so, get in touch, we would love to hear from you. Shopmobility Belfast is seeking volunteers in the Ards, Bangor and Belfast areas to help run our schemes and develop our work

"Our Mission is to help people with mobility problems to use the facilities of Belfast City Centre and surrounding areas with greater freedom, independence, and dignity".

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The Department of Health has set out the three priority themes for the Live Better approach to tackle health inequalities.

Activities within the first two Live Better locations, which have been identified by local stakeholders, will deliver across themes of Starting Well, Living Well, and Ageing Well. They will also promote awareness of health inequalities issues through community health fairs, health checks and improving health literacy.

The initial Live Better locations are the Court District Electoral Area (DEA) in Belfast and The Moor DEA in Derry/Londonderry.

The three priority themes have been identified through engagement with local stakeholders to identify health issues in their neighbourhoods. They will involve:

- Starting Well: children's oral health (The Moor); childhood vaccinations (Court);
- Living Well: prediabetes, smoking cessation and cancer screening (The Moor); smoking in pregnancy (Court);
- Ageing Well: frailty and falls prevention (The Moor); connecting isolated older

people with local support services (Court); and

In addition, health fairs and checks will be provided in both areas.

Health Minister Mike Nesbitt confirmed the agreed outcomes on a visit to a health fair hosted by Shankill Shared Women's Centre in the Court area.

The event included information stalls, advice and support, alternative therapies and health checks.

Some examples of programmes up and running or due to get underway include: a physio-lead intervention on safer mobility, including strength and balance exercises for older people with a text message service encouraging participants to be more active; a 12-week community-led pre-diabetes intervention programme; and a number of health check opportunities across the two demonstration areas.

Aidan Dawson, Chief Executive of the PHA, said: "The local community organisations and primary care providers collaborating on Live Better are helping to



deliver a community-centred approach to support people who are impacted most by health inequalities.

"The ongoing work by the PHA to help improve health and wellbeing and tackle health inequalities in communities has the potential to deliver better health and wellbeing outcomes, which is complemented by the Live Better initiative.

"Over the coming weeks, I would encourage everyone to engage in Live Better activities in these areas to find out more about, and participate in, the project in their community."



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- Stannah outdoor stairlifts: A revolutionary solution for split-level properties, cliff-set homes,



or providing access to lower gardens, garages, or cellars.

- Stannah straight stairlifts: Reliable and space-saving options for straightforward staircases.

Beyond Stannah stairlifts, Olympic Lifts also supplies, installs, tests, and maintains Passenger Lifts, Access Lifts, Goods Lifts, escalators, and Moving walkways.

We are proud to have completed almost 20,000 projects over the past four decades. Recently, we launched our new machine room traction drive access passenger lift, a versatile Hybrid Lift suitable for both domestic and commercial properties, offering numerous sizes and finish options.

Our commitment to continuous development, investment, and product advancement ensures that Olympic Lifts offers the most up-to-date, highest quality products and services. This dedication translates to an improved purchasing experience, enhanced efficiencies, and cost savings for our valued customers.

For more information on our range of Stannah stairlifts and other lifting solutions, please contact us at 02892 622331 or visit our website at www.olympiclifts.co.uk.

TULLYWEST MANOR IS CELEBRATING OVER 30 YEARS IN BUSINESS!

Tullywest Manor is situated in a beautiful rural setting, overlooking the hills, lakes and farmlands of the Co. Down countryside.

It opened its doors to its first residents on 17th March 1989. The aim is to provide high quality services catering for the individual needs of each resident, ensuring that privacy, dignity and respect of each resident is maintained at all times.

Residents coming into care here encouraged to maintain their normal social interests, hobbies and outings with relatives and friends as well as participate in activities and outings arranged by the home

Residents views and suggestions for social activities, outings are sought at Resident meetings and actioned if appropriate

Tullywest Manor features a large lounge, dining room, entrance hall with seating area and a spacious conservatory, where residents can



circulate and meet with each other and relatives.

Each tastefully decorated bedroom, most with en-suite, offers complete privacy where residents are encouraged to express their own personal tastes.

Tullywest recognises the need for a person-centred approach to care. Encouraging staff

to learn more about the Residents lives helps us tailor our care to each individual need.

Tullywest Manor recognises that residents are individuals with family and relatives of their own and encourage this bond to continue. They aim to create a comfortable atmosphere

of homeliness happiness and caring.

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BABY MEERKATS AT BELFAST ZOO NAMED IN HONOUR OF MARIE CURIE'S GREAT DAFFODIL APPEAL

Leading end of life charity, Marie Curie, has announced that two baby meerkats born at Belfast Zoo have been named 'Daffo' and 'Dil' in honour of their biggest annual fundraiser, the Great Daffodil Appeal.

The Great Daffodil Appeal encourages everyone to wear Marie Curie's iconic daffodil pins and donate to the end of life charity throughout the month of March, to help them bring expert end of life care to more people.

Marie Curie is also celebrating 60 years of delivering care in Northern Ireland, this year.

Marie Curie runs an 18-bed hospice in Belfast, as well as providing a hospice care at home service to every county in Northern Ireland. In 2023/2024, more than 4,660 people in NI were cared for by their hospice care at home service.

In addition, the charity also operates a free support line and

webchat, bereavement services and companion services for people living with a terminal illness as well as for their loved ones.

Angela Duffy, Healthcare Assistant at Marie Curie Northern Ireland, said: "People tend to know Marie Curie for our hospice, but lots of people aren't aware that we also provide care at home,

which is where most people want to be at the end of their lives. It's a great privilege for me to provide specialist care to someone in what can often be their final months, weeks, or days of life. Sadly, we know that not enough people in Northern Ireland are receiving this care, despite the majority of us needing it. We hope that the Great Daffodil Appeal, and this wonderful partnership with Belfast Zoo, will help to raise much needed awareness of this issue."

Ruairi Donaghy, Senior Zookeeper

at Belfast Zoo, said: "Daffo and Dil's mum and dad, Sergi and Luna, arrived from Wild Ireland in October, and surprised us with the birth of two pups a few weeks later! We were delighted when Marie Curie contacted us and proposed the partnership, as it was perfect timing, since we had to name the two new pups. It's such a lovely way to generate awareness of both the important work of Marie Curie along with highlighting the essential conservation work of Belfast Zoo. Meerkats are a firm



favourite of our zoo visitors, due to their playful and inquisitive nature. Kids love

them!"

Collections for Marie Curie's Great Daffodil Appeal are taking place

throughout March. To donate and support the appeal, visit mariecurie.org.uk/daffodil.

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HERE COMES THE SUN

Why Planning Your Summer Holiday now could be a Game-Changer for your mental health!

The first daffodils are poking their heads through the soil, a gentle warmth is returning to the air, and a sense of possibility hangs in the breeze. It's early spring, and while summer might seem a distant dream, it's the perfect time to start planning your summer holiday. Why? Because the benefits, both for your mental well-

being and your wallet are significant.

The Mental Boost: Anticipation and Control

Imagine this: the long winter months are behind you, and you have a sun-drenched getaway to look forward to. Just the act of planning a holiday can provide a significant mental boost. Studies have

shown that anticipation is a powerful emotion, and the excitement of envisioning your trip can increase happiness and reduce stress levels.

Having a holiday to look forward to can also provide a sense of control. In our busy lives, it's easy to feel overwhelmed by responsibilities. Planning a



holiday allows you to take charge, make choices, and create something positive for yourself and your loved ones. It's a chance to escape the daily grind and focus on relaxation and enjoyment.

Financial Advantages: Early Bird Gets the Best Deals

Beyond the mental benefits, planning your summer holiday in early spring can also be a smart financial move. Booking flights and accommodation in advance often means securing better deals. Airlines and hotels tend to offer lower prices for early bookings, and you'll have a wider range of options to choose from.

Planning ahead also allows you to budget more effectively. By spreading the cost of your holiday over several months, you can avoid a large financial outlay all at once. This can make your holiday more affordable and reduce any post-trip financial stress.

Tips for Early Holiday Planning

- Set a budget: Determine how much you can afford to spend on your holiday. This will help you narrow down your options and avoid

overspending.

- Choose your destination: Consider your interests and preferences. Do you want a relaxing beach holiday, an adventurous hiking trip, or a cultural city break?

- Book early: As mentioned earlier, booking flights and accommodation in advance can save you money.

- Be flexible: If you're flexible with your travel dates, you may be able to find even better deals.

- Do your research: Read reviews and compare prices before making any bookings.

- Get organized: Create a detailed itinerary and make sure you have all the necessary documents, such as passports and visas.

Planning your summer holiday in early spring is a win-win situation. You'll not only reap the mental benefits of anticipation and control, but you'll also have a better chance of securing great deals and sticking to your budget. So, as the days get longer and the weather starts to warm up, take some time to dream about your perfect summer getaway. Your mind and your wallet will thank you for it.

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Learn something new every day in Northern Ireland's immersive classroom

You're only one small step from giant educational experiences

When it comes to hands-on learning with activities that enable young people to think creatively and solve problems without compromising on endless fun, Northern Ireland is one of the best classrooms. A recent poll of 5,000 families sees parents increasingly seek meaningful educational experiences for their children during holidays, short-trips and days out. Northern Ireland is bursting with giant experiences to ignite the imagination of young minds in fun and entertaining ways. Interested in history and the natural world? Try stargazing at OM Dark Sky Park and Observatory, or view an early edition of one of the world's greatest fantasy adventure books, Gulliver's Travel's at Armagh Robinson Library. Experience the place where the Titanic was built and launched or step onboard a real-life warship at HMS Caroline, while a myriad of museums and monuments tell the story of Northern Ireland's extraordinary history with a unique flair, entrancing visitors young and old. Ahead of the half-term break, Discover Northern

Ireland has put together top activity suggestions to inspire young minds with endless fun and some learning by stealth. W5, Belfast • W5 is the ultimate family day out with eight exhibition zones and over 250 interactive exhibits covering everything from climate change and nature to optical illusions, built engineering, medical science and much more with limitless fun. From February 8-16 experience Multiverse Mayhem, a theatre show that features big bangs and crazy chemical concoctions, where you can meet the scientists who are travelling through the multiverse. They have landed at W5 and are here to see if the fundamental scientific theories in this world match those in other dimensions. With only 30 minutes before they are sucked back into the vortex, they must conduct as many out-of-this-world experiments as possible. National Museums NI • National Museums NI looks after four distinct museums in Northern Ireland which serve as custodians to 1.4 million objects in collections spanning art, history

and natural sciences. Belfast's Ulster Museum is home to a range of multidisciplinary natural sciences, art and history collections while the Ulster Folk Museum at Cultra, in County Down, houses heritage buildings and objects allowing visitors to immerse themselves in a bygone way of life. Also at Cultra, The Ulster Transport Museum takes you on a journey with a comprehensive collection of vehicles from trams and railcars to an iconic DeLorean, the model made famous in the Back to the Future movies. In Omagh, County Tyrone, the Ulster American Folk Park tells the story of emigration to America over two centuries, with 30 buildings and exhibits for the kids to explore, and – you can even board a full-size emigrant ship. With 30 buildings and exhibits for you to explore - and loads for the kids to do - the Ulster American Folk Park is a unique experience. Armagh Planetarium & Observatory, County Armagh • There are a number of special astronomical events happening this year and Armagh Observatory and Planetarium (AOP)



is 'The Place for Space'. Watch an amazing Full Dome Theatre show and explore the Universe. Touch Northern Ireland's largest meteorite, create your own solar system, or black hole, and visit the Astropark children's trail with augmented reality and sculptures. With daily shows aimed at everyone from pre-schoolers to adults, there's always something out of this world going on at AOP. Exploris Aquarium & Seal Sanctuary, Portaferry, County Down • Enjoy a diver's view of marine life from around

the world. An underwater glass tunnel lets you experience friendly sharks, a dwarf crocodile, a waddle of penguins at Northern Ireland's only aquarium and seal rehabilitation centre in Portaferry. The Tropical Ocean zone hosts over 100 species of colourful coral reefs. There is a soft play area, café and afterwards why not take the short car journey or ferry crossing over to Strangford and explore the National Trust's Castle Ward or Audley's Castle. Marble Arch Caves, Enniskillen, County

Fermanagh • Unexplored until little over a century ago, the Marble Arch Caves feature stalactites, cavernous passages, underground pools and streams which have been formed and reformed as the water slowly dissolved the limestone bedrock over countless millennia. First opened to the public 40 years ago, explore the extensive caves on foot, or by boat with one of the popular guided tours and you'll uncover a mind-boggling number of fascinating facts about geology, geography and

archaeology in a cave system dating back over a million years. Whitehead Railway Museum, Whitehead, County Antrim • This fascinating five-gallery museum provides an exciting opportunity to rub shoulders with the giants of steam. You can step onto the footplate of a heritage steam engine and learn how it works, walk through several historic carriages and observe from a viewing gallery as restoration work takes place on locomotives and coaches. The children's play area enables younger visitors to fire their imaginations by dressing up in Edwardian-style clothes. Keep an eye out on special events for a special ride in one of these fantastic steam engines. Seamus Heaney HomePlace, Bellaghy, County Londonderry • Treat the writers and poets in your life to a day they will never forget as they explore the Seamus Heaney HomePlace and discover how the Nobel Laureate's formative years served as a source of inspiration throughout his career. Found between Heaney's two childhood homes at Mossbawn and

The Wood, let Heaney's distinctive voice guide you through the exhibitions and enjoy the atmospheric video projections and touchscreen displays that sit alongside precious items donated by the Heaney family that transport you to important moments in his life. Hill of the O'Neill & Ranfurly House, Dungannon, County Tyrone • Explore a special place at the very heart of Ulster and home to one of our most important heritage sites. It was from this very hilltop that The O'Neill dynasty ruled for more than 300 years. On a clear day, enjoy breathtaking panoramic views from the glass observation tower on top of the hill. On your way back down, learn all about the Flight of the Earls and the Plantation of Ulster in the permanent multi-media exhibition at Ranfurly House. This Victorian listed building is also home to an array of art classes including crocheting, felt making and sewing. To plan your next fun-filled learning experience in Northern Ireland, visit discovernorthernireland.com/familylife

Breast Foot Forward Walk

Every year Action Cancer helps to save and support 20,000 people across Northern Ireland through the delivery of its services including the provision of 8,000 breast screening appointments at Action Cancer House and on board the Big Bus.

On Friday 6th June, a sea of pink will sweep through Belfast once again as Action Cancer hosts the Breast Foot Forward Walk, sponsored by SuperValu. This year, the charity is calling on 800 enthusiastic walkers to help raise vital funds and awareness for Action Cancer's life-saving breast screening service. The charity is encouraging men, women and children of all ages to participate in the fun-filled event – where dogs are welcome too! Walkers will gather at Belfast City Hall from 6pm for a lively warm-up with Fitness Freddy, plus plenty of free goodies to kick things off. Participants can choose between a 5K or 10K route, helping to raise vital funds and awareness for breast cancer across Northern Ireland. This year's Breast Foot Forward Walk aims to raise £60,000 to fund potentially life-saving breast screening appointments for 500 local women. Action Cancer is the only charity in Northern Ireland offering free breast screening to women aged 40-49 and over 70 – those who fall outside the NHS screening programme. While these appointments are free for the women who need them, each screening costs the charity £120 to deliver. That's why

taking part in the Breast Foot Forward Walk is so important – every step helps fund this vital, life-saving service. Tanya Byers (aged 45) from Ballyclare has signed up already to this year's event. Tanya knows only too well the importance of this fundraising event. Tanya said: "Action Cancer saved my life through early detection. The doctors told me it would have been years before I would have been able to feel a lump and, as I was not eligible to receive my first NHS mammogram

until 50, by that point it may have been too late. I am so grateful to Action Cancer for providing this amazing service. I'm so excited to get involved in this year's walk. Last year was amazing and I know this year will be bigger and better. It really is a fun-filled event for an amazing cause and I hope to see you there." All participants are encouraged to raise a minimum of £120 in sponsorship, the amount it costs Action Cancer to provide digital breast screening for one woman.

Early registration is now open and will run to the end of April with a reduced price of £10 per adult and £5 per child. Everyone taking part will receive a drawstring bag for life and complimentary pink t-shirt. So, grab your BFF or your 4-legged friend, get dressed up in pink, and step your way to the finish line with Action Cancer! For further information or to register, visit www.actioncancer.org, contact Action Cancer on 028 9080 3344 (option 2) or email breast-footforward@actioncancer.org

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FAMILY GATHER TO CELEBRATE WORLD SOCIAL WORK DAY

Generations of families in the South Eastern Trust, who have dedicated their lives to Social Work, gathered in the Great Hall at the Downshire Hospital to celebrate World Social Work Day 2025.

This year's theme, Intergenerational Solidarity for Emotional and Enduring Wellbeing, highlighted that Social Work is a profession that spans generations. Within the South Eastern Trust, many Social Workers come from the same families, with sons, daughters, nieces, nephews and cousins all playing a vital role, in supporting people from newborn babies to the elderly.

The Downshire event was filled with fun and camaraderie, featuring a 'Family Fortunes' style quiz where families of Social Workers tested their knowledge, answering important questions such as how many cups of tea a Social Worker drinks in a day!

The Nellis family, narrowly won the competition, defeating

the Sister Act team after a tie breaker question. They were rewarded with exquisite hurricane lamps, crafted by the Disability Hub.

Emma Nellis, a Senior Social Worker in the Learning Improvement Team, revealed, "Six of the Nellis family are Social Workers and I think that is because we are very principled family."

"I love my job and connecting with people. I am a very sociable person and when I did case work, I enjoyed meeting the families I worked with in Disability and Psychiatry of Old Age. I have always been privileged to work with fantastic teams."

"When I left Disability, a family I worked with asked me to call and they thanked me and when I said I didn't really do anything the daughter

said 'You listened to my mum'. That to me is Social Work."

Brendan Nellis, a Social Worker in the Gateway Team, reflected, "Today is a great opportunity to share our experiences as a family of Social Workers. There are six of us in the family who have chosen this path. My father was also a Social Worker before retiring."

My sister worked for Barnardo's and when a Support Worker role became available, I applied and that is how my career began.

"Being a Social Worker isn't easy, but having family members in the same profession means we can support each other. I enjoy my job because of the people I work with, it's what has kept me going for so long."

Fiona Nellis, a Key

Worker in Ballynahinch Community Services for Older People, shared her journey into the profession saying "I originally applied to study Nursing but was encouraged to pursue social and community work instead. I really enjoy Social Work. There are highs and lows, but the peaks make it all worthwhile. It can be challenging, but as a family of Social Workers, we all do different aspects of the job and that makes it even more interesting."

Fiona also emphasised the importance of public awareness, "A lot of people do not fully understand what we do as Social Workers. There is so much work happening behind the scenes and it is important that we are recognised for the difference we make."

Highlighting the significance of World Social Work Day, Director of Children's Services

& Executive Director of Social Work, Lyn Preece commented, "This year's theme emphasises how Social Workers provide support across all generations. It is a privilege to come together and celebrate this important work. No two days in Social Work are the same, you never know what challenges you may face, but the ability to intervene, be welcomed into people's homes and make a real difference is incredibly rewarding."

Lyn added, "The intergenerational focus is about empowering families to support each other and build strong networks. I am proud to be a Social Worker and to witness the incredible contribution our Social Workers make in the South Eastern Trust. Their dedication brings a sense of joy, fulfilment and achievement every single day."

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Enjoy a Spring/Summer break at the newly refurbished McGettigan's Hotel, located on Main Street, Letterkenny, Co. Donegal.

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Ormeau Credit Union: At the Heart of the Ormeau Road Community

Founded in the 1960s, Ormeau Credit Union has grown from humble beginnings in a school room to a key financial institution in Belfast.

Originally created to provide affordable credit and a safe place to save, we have remained rooted in our local community. In 1997, we expanded to our current location, the former First Trust Bank, and continued to evolve to meet the needs of our members.

Today, we are proud to be the only financial institution on the Ormeau Road, serving over 8,500

members. Our services are accessible to everyone who lives or works within our common bond, and we are committed to offering a personal, human touch for all our member's needs. We've embraced digital technology to enhance convenience, utilising our new mobile app, online banking, and the ability to join and borrow online, making it

easier for our members to manage their finances.

We also offer competitive loan rates, with a reduced APR of 7.9% on loans over £15,000, making it even easier for our members to access the financial support they need.

Beyond banking, we are deeply involved in the community. From donating to local charities such as Wave Trauma Centre and the Simon Community to engaging with schools to promote financial literacy, we are more than just a financial institution. We are a "not-for-profit" organisation, putting our members' needs first and using our resources to support local causes.

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NEW APRIL SHOWS AT THE BELVOIR STUDIO

The Belvoir Studio stands as a testament to the power of community arts. Operated by the dedicated Belvoir Players, this intimate venue has cultivated a rich history of bringing diverse and engaging theatrical experiences to local audiences.

Their commitment shines through in their dedication to amateur dramatics, providing a vital platform for local talent to flourish. This dedication is further evidenced by the wide variety of performances they host, encompassing everything from captivating musicals to thought-provoking plays and vibrant musical events. At its core, Belvoir Studio Theatre is driven by a deep sense of community engagement, fostering a love for the arts within the local area

and enriching the lives of those who attend.

Looking ahead, the theatre has two particularly exciting events on the horizon. On Saturday, April 5th, 2025, audiences are invited to immerse themselves in the timeless sounds of the Great American Songbook with The PM Big Band. This special evening will pay homage to legendary artists like Glenn Miller, Count Basie, and Duke Ellington, with vocalists Ceara and David bringing to life iconic tunes

made famous by Frank Sinatra, Ella Fitzgerald, and many more. This performance promises to be a delightful journey through classic melodies, sure to resonate with fans of big band music and timeless vocal performances.

Following this musical treat, from April 22nd to 26th, 2025, the Belvoir Players Academy will present the beloved musical "Sister Act." Based on the popular Touchstone Pictures motion picture and featuring the infectious

music of Alan Menken and lyrics by Glenn Slater, this production is sure to captivate audiences with its heart-warming story and vibrant energy. With a variety of show times available, including both matinee and evening performances, there are ample opportunities to experience this amateur production, presented by arrangement with Music Theatre International. For ticketing details and further information about these upcoming events, as well as other

performances at the Belvoir Studio Theatre, please visit the Belvoir Players website. This local gem continues to be a vital part of the community, offering enriching cultural experiences for all to enjoy.

See <https://www.belvoirplayers.org> or contact the Box Office on 028 9049 1210 email: boxoffice@belvoirplayers.org Belvoir Studio Theatre is at 94 Belvoir Dr, Castlereagh, Belfast BT8 7DJ

Toby takes the reins at Keeway Equestrian

Keeway Equestrian has carved a niche within the equestrian world providing high-quality arena surfaces as well as innovative equine bedding and horse fencing solutions.

Following a long career in Civil Engineering and a lifetime in an Equestrian driven family Tim McKee took a leap of faith in the Equestrian world! Keeway Equestrian has provided all surfacing for Gransha Equestrian Centre since 2019 and Tim has also been developing knowledge and offering a range of products to fit the Irish Equestrian Market. Now under the new management of Tim's nephew Toby Fynn – the envelope continues to be pushed sourcing and offering innovative solutions for the equestrian! Keeway Equestrian focuses entirely on the needs of horse and rider, prioritising safety and performance. At the heart of their offerings are their specialised arena surfaces, designed to provide optimal footing for a variety of equestrian disciplines. Whether it's an indoor or outdoor arena, Keeway Equestrian offers arena fibres engineered to ensure consistent performance regardless of weather conditions, minimizing the risk of injury and maximizing horse comfort.

Beyond arena surfaces, Keeway Equestrian demonstrates a strong commitment to safety and sustainability. Their Equisafe fencing solutions provide secure and reliable boundaries, while their Ecoflax bedding offers a sustainable and healthy environment for horses. This dedication to comprehensive equestrian solutions extends to other essential yard equipment, such as horse wash bays, demonstrating their understanding of the diverse needs of equestrian facilities. Keeway Equestrian works closely with a range of equestrian establishments across Ireland, including riding schools, livery yards,

and stud farms. Their collaborative approach and dedication to providing top-tier products and services have solidified their reputation as a trusted partner within the equestrian

community. Keeway Equestrian's product line reflects their commitment to quality and innovation. Their arena fibre solutions cater to the diverse needs of riders and horses, while

their Ecoflax bedding provides a sustainable and comfortable alternative. Furthermore, their Equisafe fencing prioritises the safety of horses and riders alike. To explore their

full range of products and services, you can visit their website, which offers detailed information and contact details. www.keewayequestriansurfaces.com



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The PM Big Band pays homage, through the Great American Songbook, to legendary artists such as Glenn Miller, Count Basie and Duke Ellington. Vocalists Ceara and David will perform songs made famous by Frank Sinatra, Ella Fitzgerald, Michael Buble, Peggy Lee, Harry Connick Jr as well as a variety of other modern Big Band classics



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ALAN MENKEN

LYRICS BY
GLENN SLATER

BOOK BY
CHERI & BILL STEINKELLNER

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BELVOIR
PLAYERS ACADEMY

22ND - 26TH APRIL 2025

TUE 22ND APRIL - 7:30PM | WED 23RD APRIL - 7:30PM
THU 24TH APRIL - 7:30PM | FRI 25TH APRIL - 7:30PM
SAT 26TH APRIL - 3:00PM | SAT 26TH APRIL - 7:30PM

INSPIRING CONSERVATORY IDEAS

Whether you're building a new conservatory or looking to give your current conservatory a little TLC, get inspired for your next project with a mix of these fun and unique ideas!

Questions to ask yourself include: What square footage am I working with? Which conservatory design will fit in with the style of my house? How do I want to use my conservatory? (i.e. For dining, sunbathing, botany, or reading etc.) Once you've answered these questions, it's just a matter of choosing your design and deciding how best to decorate it.

Glass extensions. Glass extensions are a sleek and effortless way to upgrade your conservatory. Not only do they invite lots of light and warmth into your home, but they also work with almost any brickwork or cladding design. Double glazing and integrated doors offer a seamless transition into your garden, while landscaping your outdoor space gives you something beautiful to look at on a rainy day.

An orangery. Orangeries are another modern conservatory design idea. Bringing nature indoors with tall parlour palms and hanging baskets full of Mandevilla ('Rocktrumpet') is ideal. Better yet, if you're opting for an orangery, the world is your botanical oyster. For a fragrant oasis, attach Bougainvillea and Jasminum azoricum to trellises; decorate tables with Stephanotis floribunda-filled pots, and place giant Phoenix palms in lonely corners. Succulent popularity is spiking in the



world of interior design. If you're less green-fingered than the average gardener, having a selection of cacti displayed in terrariums, vases, and/or refined concrete pots is a (literally) effortless way of modernising your space.

Sleek flooring. A stunning addition to any conservatory; wooden parquet floors are contemporary, stylish, and intricate. Whether you choose a walnut, oak, laminate, or even vinyl design, these floors will transform your conservatory into a tranquil retreat fit for royalty.

A coloured conservatory. Have you been searching for conservatory colour ideas? Teal is a multifaceted colour available in a spectrum of shades – from pale celeste and aquamarine to rich evergreen and ocean blue. Choosing the right shade for your conservatory is just a

matter of light. The brighter the room, the darker you can get away with. That said, to maintain balance, we suggest you stick to the middle of the palette.

A contemporary dining area. A great way to utilise your modern conservatory is to turn it into a garden dining room. Think quintessential picnics with jute decor and polished brass place settings. You can either design a more formal dining area by sticking with a traditional dining table and chairs or opt for something a little more sociable and choose benches and relaxed floor seating.

Stackable furniture. When it comes to decorating a small conservatory, maximising your space and working with the light is essential. Stackable rattan furniture is perfect for keeping things neat and compact. Mini greenhouse. Also

known as sunrooms, lean-to conservatories are rectangular-shaped structures attached to the wall of your house. Perfect for growing herbs or filling with air-purifying plants, lean-tos can house workbenches, banquet tables, or swing benches that look out into your lovingly landscaped garden.

Practical furniture. Keep it simple and elegant with grey furniture and bright decor. Light grey floor tiles work well in sunrooms with lots of light, as do anti-bleach furniture choices like rattan sets or twisted metal love seats. Consider floor cushions and recliner chairs, and surround yourself with sun-loving plants for a lung-friendly and green-fingered oasis.

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Choosing patio doors

For those of us lucky enough to have a rear garden, patio doors are a fantastic choice.

These versatile doors help to infuse our homes with light, maximise on outside views and create a seamless transition from home to garden.

What is a patio door? Generally, the term 'patio doors' cover all types of doors that open out either onto your garden/patio area, into your living area or simply slide open/closed. These are usually glazed and come in a variety of options including different styles, colours and materials.

What are the different types of patio doors? Depending on the style and layout of your home, plus your requirements, you have a range of options to choose from when purchasing patio doors. You may be wondering about the different types of patio doors, and the most popular styles sold are bifold, sliding, French and Crittall/Belgium doors.

What are bifold doors? Bifold doors are ideal to create a continuous flow from indoors to outdoors. But exactly what are bifold doors? They can fold onto themselves and can open up entire walls letting your home flow out into your garden. Bifold doors are great for flooding



rooms with natural light and taking up a minimum amount of space when open. However, can be quite 'frame' heavy when they are closed.

What are sliding doors? Popular in households in the 1960's & 70's, sliding doors are experiencing a resurgence.

They let in plenty of natural light and are available with narrow frames to maximise garden views. They can also slide back on themselves and even into cavities within the walls, to blur the line between indoors and outdoors.

What are French doors? These are more traditional styled, hinged, double glass doors and are available in wood, aluminium, and uPVC.

They can be designed with a single pane of glass per door for a contemporary feel or multi panelled glass for a more traditional effect. These doors are ideal for smaller openings, however, with the addition of side lights they can be used in bigger openings too.

What are Crittall doors? Many people haven't heard of Crittall doors but they are actually quite common. Traditionally these doors are black, metal/steel framed, with multi glazed panes. Popular for their industrial/art deco feel, they are now even available in multiple colour choices. Crittall or Belgium style doors are hung with matching glazed side panels/walls. These doors are

also a great source of natural light.

What materials can patio doors be made of? With such a wide range of material options available today, it may be a little confusing when it comes to choosing the best doors for your home. Below are the most common materials used: uPVC: Affordable and durable.

Aluminium: Modern, energy efficient and strong. Softwood: Beautiful but can be affected by warping if not protected. Hardwood: Perfect for period homes but will need to be sealed or painted. Steel: Strong and great for industrial themes.

For more info see Checktrade www.checktrade.com/blog/expert-advice/guide-patio-doors/

Getting On the Property Ladder – Advice for First Time Buyers

As a first-time-buyer, the prospect of getting on the property ladder can seem daunting and complicated. However, by following our advice, the steps can become significantly easier.

The first thing that you will have to do is begin saving for a deposit. Generally, you will have to save between 5% and 20% of the value of the property that you like – if the home is £150,000 then you will need between £7,500 (5%) and £30,000 (20%) depending on the property. It is important to note that saving more for your deposit will give access to a wider range of

cheaper mortgages – so get saving!

It is important that you factor in the other costs associated with buying a property. These can add up to the thousands of pounds and can derail any potential budget when it comes to getting your first home. Additional costs include survey costs, solicitor's fees, buildings insurance and valuation fees to name but a few. It is worth asking your bank about these prices before making an offer and you can therefore factor them into your budget. First-time-buyers do have an advantage here as they will pay no Stamp Duty on the first £300,000 for properties valued up to £500,000.

When applying for your mortgage, the most important factor for your lender is to know that you will be able to meet your repayments. You will need



to provide documentation of all of your outgoing costs, including, debts, household bills, or other costs such as car repayments, childcare or travel costs. The amount that a lender will give you for a mortgage is directly related to both

your income and outgoing expenses – so it is important to consider this when looking into homes that you can afford.

There are a number of governmental schemes available to help first-time-buyers get on the property market such

as affordable housing schemes, help to buy schemes and shared ownership schemes. These are designed to assist those who are struggling to save their full deposit and might be exactly what is required to get you on the property ladder.

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CEILINGS, THE FIFTH WALL WITH SOMETHING TO SAY

The ceiling — sometimes referred to as a room’s fifth wall — often gets short shrift in decorating schemes.

Walls and furnishings take centre stage while the acreage overhead receives a coat of neutral white paint, with perhaps a snazzy ceiling fixture.

That wasn’t the case historically. Plaster ornamentation and murals were used centuries ago, and the Victorians really went to town on the ceiling, with elaborate mouldings and stamped tin sheeting. Ceiling medallions graced more formal spaces like dining rooms and parlours, while timber beams and tongue-and-groove boards were popular in kitchens, bedrooms and common spaces. Through the early 20th century, curvy coving, panelled grids and ornate moldings were popular.

But with the advent of modernism after the 1930s, ceilings became the serene planes most of us are familiar with.

Now we’re looking up again. Designers are really getting creative with architectural elements, as well as paint, wallpaper and lighting.

“Statement ceilings are a great way to bring detail and visual interest to a room,” says Gideon Mendelson, founder and creative director of his New York-based eponymous design group. “We see them as an opportunity to create something unexpected that adds to the



space.”

As well as millwork and wallpaper, Mendelson’s done custom hand-painting on ceilings. “It sets it apart from the rest of the home, and gives the space its own personality,” he says.

Smooth-finished ceilings make it easy to apply whatever you can dream up: paint, peel and stick or traditional wallpapers, or even ornamentation like

origami, decals, buttons, faux jewels, botanicals, twigs, garlands, ribbon, stencils or scarves.

Command strips will hold most lightweight objects firmly to a smooth ceiling, but if you’re stuck with one of those textured ceilings, you’ll either have to refinish it or opt for wood panelling or tin sheets.

Not ready to fully dress your ceiling? You can still

add some excitement there with a light fixture.

“A ceiling statement doesn’t have to involve complicated architectural details,” points out Leigh Spicher, design studio director for the Atlanta-based homebuilding group Ashton Woods. “It can also be created by adding a chandelier that contrasts in either style or scale to the room.”

Bathroom trends and inspiration

Let’s dive in to bathroom ideas for your bathroom reno! Which bathroom styles are on trend for 2025?

Contemporary elegance. Clean lines, minimalist designs, and sleek features continue to be popular with homeowners. Neutral colour palettes such as soft grey, white, and muted tones contribute to a timeless, sophisticated, and elegant ambience.

Vintage revival. Combining traditional elements such as clawfoot baths, pedestal sinks, and vintage-inspired taps adds character and charm to your bathroom style. Mixing these facets with more contemporary features creates an eclectic and visually interesting space.

Nature-inspired oasis. Homeowners are increasingly seeking to bring the outdoors into their bathrooms. Nature-inspired themes, including natural stone, wood accents, and greenery create a calming oasis, while large windows and skylights allow for ample natural light.

Industrial chic. The trend for industrial-inspired bathrooms continues with exposed brick walls, concrete finishes, and metallic fixtures adding an urban feel. Pair with softer textures such as wooden shelving and accessories



and plush towels for balance.

Scandinavian simplicity. Scandinavian simplicity rests on functional, minimalist design. Light colours, natural materials, and streamlined furniture is the key to creating a calm, tranquil, and clutter-free bathroom.

Spa-like retreat. Transforming your bathroom into a spa-like retreat is a significant trend. Think rainfall showerheads, freestanding baths, and a calming colour scheme for the ultimate in luxury and relaxation. Soft, plush textiles, ambient lighting,

and air-purifying greenery will enhance this look.

Sustainable design. Sustainability is a key trend for 2025 and beyond, using recycled materials and water-saving technologies without compromising on aesthetics. Homeowners strive to include eco-friendly materials, low-flow fixtures, and energy-efficient lighting to reduce their environmental impact.

Artistic expression.

Many homeowners are pushing forward the trend to inject a powerful punch of personality into their bathroom designs. Whether within bold colour choices on the walls, feature walls, artistic murals, or custom mosaic tiles, homeowners enjoy the opportunity to add unique touches to their bathrooms. For more info see: <https://www.checkatrade.com/blog/ideas/inspirational-bathrooms/>

Four Seasons Hotel Carlingford Wins Best Winter Wedding Venue in Ireland

The Four Seasons Hotel Carlingford is proud to announce its recognition as Best Winter Wedding Venue in Ireland at the SaveMyDay.ie Irish Wedding Venue Awards 2025.

This prestigious accolade celebrates the hotel’s dedication to creating unforgettable winter weddings in the picturesque setting of Carlingford.

Natalie Haake, Sales and Marketing Manager, expressed the team’s excitement about the win: “The whole team is absolutely thrilled with this award. The summer months are always the first to book up, but there is something truly magical about winter weddings in Carlingford. That’s why we are delighted to be recognised for this special time of year.”

This achievement comes at a perfect time as the hotel has just launched its brand-new Winter Weddings by the Sea package, available on selected dates in 2025 and 2026.



Designed to capture the charm of a cosy, romantic winter wedding, the package offers couples a stunning backdrop of

Carlingford Lough, warm hospitality, and exquisite seasonal dining.

Carlingford is often described as a hidden gem, and its breathtaking winter scenery creates an enchanting atmosphere for wedding celebrations. The Four Seasons Hotel’s continued commitment to

excellence has now been recognised on a national stage, solidifying its position as a top wedding destination in Ireland.

For more information on the Winter Weddings by the Sea package, contact us at: +353 42 9373530 events@fshc.ie www.4seasonshotelcarlingford.ie



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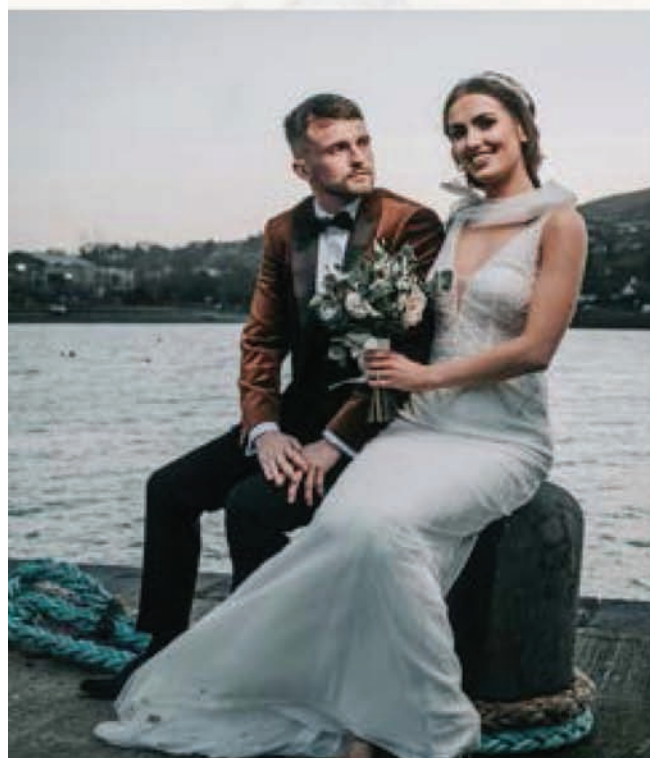
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IN A CLASS OF ITS OWN –THE ALL-NEW, FULLY ELECTRIC VOLVO ES90

Some might say it is a saloon. Others will see a fastback, or even hints of an SUV.

The new, fully electric Volvo ES90 carves out a new space for itself by eliminating the compromises between those three segments, which puts it in a class of its own.

The ES90 combines the refined elegance of a saloon, the adaptability of a fastback, and the spacious interior and higher ground clearance associated with SUVs. It's a versatile car that does not compromise on comfort or space. A car that allows for bigger adventures and families, striking the perfect balance between your professional and private life, and allowing you to embrace the special moments in life.

The ES90 is designed to evolve over time and is powered by next-generation core computers that represent an eightfold improvement over the previous generation.

It's the first Volvo car with 800V technology for a longer range and faster charging than any electric Volvo before. And naturally, it's designed with our pioneering safety tech at its core, in a package that is set to be another Scandinavian design classic from Volvo Cars.

With orderbooks open now in selected markets, the ES90 is the latest addition to our balanced product portfolio of premium Volvo cars. It is the sixth fully electric model in our line-up, joining the EX90, EM90, EX40, EC40 and EX30 as we continue our journey towards full electrification.

"The Volvo ES90 combines our most advanced technologies with Scandinavian design and superior comfort, creating a true premium Volvo car designed to elevate your



quality of life," says Jim Rowan, our CEO. "It joins the EX90 SUV as one of our flagship models and cements our position as an industry leader in software-defined cars that harness the power of core

computing." Look at the ES90 in profile and what immediately stands out is the car's confident and distinctive stance, with a slightly raised ride height to provide the driver with a more

commanding view of the road. The flowing roofline balances elegant looks with interior space and contributes to excellent aerodynamics, boosting overall efficiency and electric range.

The front features our Thor's Hammer headlight design, expressing a familiar yet modern Volvo identity. The rear is equally distinctive, with new C-shaped LED rear

lamps complemented by LED lamps in the rear window, creating a unique welcome and farewell light sequence. When picking their ES90, customers can choose from seven exterior colours and four wheel options that vary from 20 to 22 inches in size.

The large and wide tailgate hatch makes it easy to load and unload the family luggage or gear for a skiing trip. The boot provides up to 424 litres of loading space. Fold down the three rear seats – all of which can be folded down individually – and the loading space expands to 733 litres. The 22-litre frunk at the front is perfect for the charging cables.

Inside, the focus is on premium comfort, authentic materials and purpose-driven design, in line with our Scandinavian identity

and design principles that are the hallmark of a true Volvo. Thanks to its long wheelbase of 3.1 metres, the ES90 provides extremely generous legroom for second-row passengers, making it an exceptionally comfortable place to travel for adults as well as children. Six interior ambient light themes for sensory well-being and a variety of upholstery options further allow you to personalise the ES90.

The ES90 also comes with a panoramic roof that provides UV protection of up to 99.9 per cent. And if you pick the electrochromic version, you can even adjust the transparency of the glass. So if you're travelling on a warm summer's day and you want to 'turn down' the sun a bit to reduce glare and boost privacy, you can do so at the touch of a button.

Hyundai IONIQ 9: Game-changing Electric SUV

IONIQ 9 electric SUV has been hailed as one of the most anticipated electric vehicles (EVs) of 2025.

IONIQ 9 is characterized by its classy, clean and stylish design, with a premium, high-quality and beautifully executed cabin that provides a spacious, airy feeling. IONIQ 9 EV capabilities deliver strong range and class-leading charging capability.

IONIQ 9 is truly 'Built to Belong,' accommodating up to seven occupants in its spacious interior while providing innovative features that cater to everyone's individual needs. IONIQ 9 is more than just transportation — it's a space where family and friends can stay connected with the latest technology while enjoying the privacy and relaxation that makes every journey special.

Whether managing busy schedules through its smart connectivity features or unwinding in its lounge-like interior, IONIQ 9 adapts to users' dynamic lifestyles.

IONIQ 9's innovative interior creates a home

away from home. Its lounge-like atmosphere is created through elliptical elements and calming tones, while natural light streams through the Panoramic Sunroof. Passengers can experience exceptional roominess with ample second- and third-row space.

The flat floor accommodates flexible seating arrangements for six or seven occupants, while Relaxation Seats 4 in the first and second rows offer full recline capability with leg rests — perfect for relaxing while recharging.

Passengers can stay refreshed on extended journeys with IONIQ 9's Relaxation Seats 5. The Dynamic Touch Massage function uses sophisticated pressure and vibration technology to stimulate blood flow and circulation, helping reduce fatigue.

In select markets, customers can further enhance IONIQ 9's lounge-like atmosphere with innovative Swiveling



Seats in the second row. When parked, second- and third-row passengers can face each other for greater interaction.

The rear cargo area accommodates up to 1,323 liters with the third-row seats folded — enough room for four golf bags and four Boston bags — or 620 liters 6 with all rows in place. The front trunk offers additional storage of up to 88 liters in RWD

models and 52 liters in AWD models, suitable for storing charging cables, for example.

IONIQ 9's heating, ventilation and air-conditioning (HVAC) system demonstrates exceptional efficiency even in very cold weather conditions thanks to Hyundai Motor's advanced engineering innovations. The system features a heat pump

that recycles waste heat, ensuring that energy is utilized efficiently to maintain a comfortable cabin temperature without drawing heavily from the battery.

Additionally, the pre-conditioning ventilation system allows drivers to warm up the cabin remotely before setting off, enhancing comfort and optimizing energy use. This ensures

a pleasant interior environment and consistent driving range even in low temperatures.

IONIQ 9 has been engineered to maximize energy efficiency while utilizing the vehicle's climate control to maintain an optimal interior temperature of 22°C. The car intelligently adjusts to both external and internal temperature variations, ensuring minimal energy consumption while delivering exceptional comfort.

This system enables IONIQ 9 to travel over 400 km 7 even with the heaters on at exterior temperatures as low as -7°C (19.4°F), as certified by Korea's Ministry of Environment.

IONIQ 9 is also equipped with a cutting-edge EV route planner that utilizes real-time data to optimize routing and charging schedules. By considering external and internal conditions, as well as battery temperature, this innovative feature

ensures an efficient travel experience.

All variants deliver confidence-inspiring performance. The Performance AWD model accelerates from 0 to 100 km/h in just 5.2 seconds 9, while the Long-Range AWD variant takes 6.7 seconds.

IONIQ 9 makes charging convenient, replenishing the battery from 10 to 80 percent in just 24 minutes using a 350 kW charger.

IONIQ 9 delivers a luxurious and refined driving experience

thanks to its smooth and comfortable ride. Its suspension has been specially designed for electric SUVs, featuring a MacPherson multi-link front and multi-link rear setup, self-leveling dampers and hydro-bushing that offers a plush ride.

Driving is stress-free with Hyundai Motor's state-of-the-art Driver Assistance Systems (ADAS), which work seamlessly to prevent accidents and enhance convenience.

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Every kitchen renovation starts with an idea. Perhaps you've always had your 'dream kitchen' in your head and need some help making that vision a reality. Maybe you're bursting with inspiration from home interior magazines and kitchen showrooms but aren't sure how to narrow down your choices, or perhaps your kitchen renovation project

is currently a completely blank canvas!

Colour Planning. Colour has a huge impact on how we engage with a space. And it's the combination of colours – otherwise known as a colour palette – that will achieve a desired look or feel. A colour wheel is a helpful tool when deciding a colour palette for your new kitchen. Here are

some of the most common options. Tonal. Choose one colour as your 'base colour' and add various tones of that colour throughout your room. Harmonious. Choose a colour on the colour wheel and work its neighbouring colours into your scheme. The colours complement each other without being too similar. Complementary. Choose a colour on the colour wheel and find its complementary colour on the opposite side of the wheel to make a statement with your colour scheme.

Lighting design.

Lighting has many functions. Of course, its main purpose is to light a space, but well-considered lighting can add to the style of your kitchen and have a major impact on the mood and atmosphere too. Kitchen lighting should aim to marry design and function. When planning the lighting for your kitchen renovation, aim to tick off at least one from each of these categories: General lighting. General (or ambient) lighting will spread light around the whole kitchen, via a ceiling light or spotlights, for example. Task lighting.



You need task lighting in your kitchen to help perform certain tasks. For example, lights above the worktops where you'll prep food. Spot lighting (or accent) lighting works to draw your attention to a particular area, for example, artwork on a wall, a bookcase in a recess, or glassware in a cabinet. Atmospheric lighting (or decorative) lighting will help to achieve the right mood for your kitchen space, by using dimmable lamps above a dining area, for example.

Kitchen cabinet inspiration.

The kitchen cabinets you choose will have a huge influence on the overall look of your kitchen. But it's not just about style. The quality of the material, the finish you opt for, and special features (wine racks, spice drawers etc) will all have an impact on your budget. To help you select the best kitchen cabinets for your kitchen renovation, take a look at the six main styles available. Shaker-style. An affordable, classic, and traditional style of kitchen cabinet that has always been popular. Glass-fronted. Glass-fronted cabinets help to display the items within, and bounce light around the room too. It's common to mix and match glass-fronted cabinets with other styles. Tongue and groove. The texture and warmth of tongue and groove cabinets give the feel of a relaxed, country cottage style kitchen. It's also a

popular design element in a Scandi-style kitchen. Flat-fronted. For a simple and minimalist look in a contemporary kitchen, choose flat-fronted cabinets with no panels or frames. Plywood cabinets will help to achieve an organic, warm kitchen. They're also a very cost-effective choice. Natural (unfinished) wood. For a truly rustic feel, opt for natural wood cabinets in your kitchen. These are popular with homeowners striving for a relaxed, informal style kitchen.

Your kitchen worktop needs to be tough and hard-wearing, unlikely to chip, scratch, or be damaged by heat. And crucially, it needs to be affordable. While quartz and granite worktops typically sit at the higher end of the spectrum, materials such as laminate make a super versatile and cost-effective option.

For more detailed info on this topic see: <https://www.checkatrade.com/blog/planning-guides/kitchen-renovation-project/>

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HOW TO LOOK AFTER YOUR SEPTIC TANK TO TREAT YOUR HOUSEHOLD WASTEWATER

If you live in the countryside and your house is not connected to an NI Water sewer, it is most likely discharging wastewater into a septic tank on your property.

Septic tanks are small wastewater treatment plants for your home. It is a 'living' treatment system which depends on the presence of good bacteria to break down waste coming from your home.

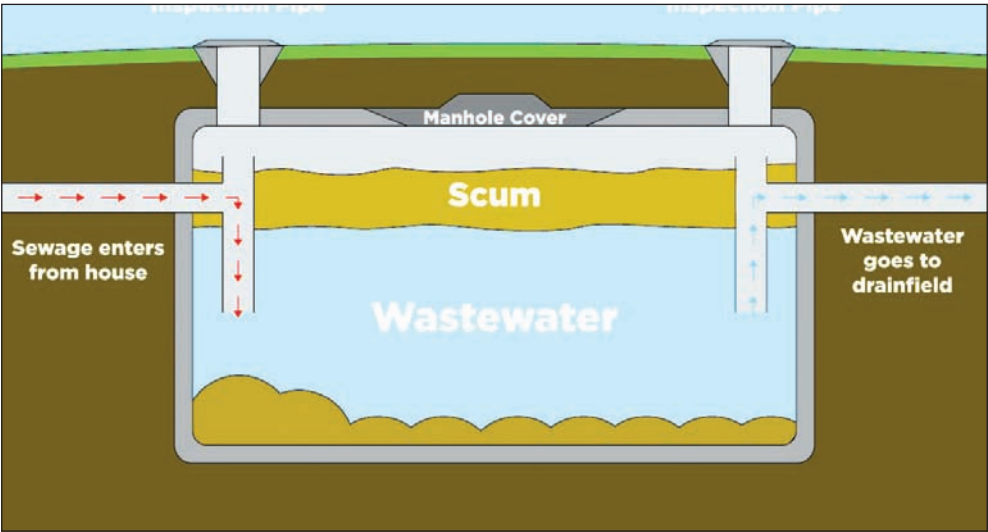
It is important to look after your septic tank to ensure it is operating correctly to prevent pollution to the water environment or problems with treating waste coming from your house. It can be costly to repair a failed septic tank, so good ongoing maintenance is essential.

Below are some tips to help you find your septic tank and understand if it needs de-sludged:

- Don't know where your septic tank is? Don't worry: Look for a metal or concrete lid - this may be overgrown or have become covered with soil.

Your tank will normally be downhill from your property. Your title deeds will show where it is.

- You will need to register your septic tank with DAERA via www.daera-ni.gov.uk/articles/regulating-water-discharges if you have not already done so. To ensure your septic tank is in good working order, perform these checks regularly.
- Check the drains around your home. Are they slow at clearing or are your toilets blocking up? This could indicate your septic tank is full or the soakaway is blocked.
- At the tank, make sure the cover is accessible. There should not be a smell from the tank. If the tank needs to be emptied, it may start to leak.
- Check the discharge pipe for appearance and odours. A smelly or dark



discharge pipe indicates a likely problem. This could be caused by a build-up of sludge, blocked pipes, or too many chemicals being added to the tank which have killed the bacteria required for the treatment process. Get it checked by a specialist if you see any of these problems.

- If you find fungal growth such as slime in the watercourse or smell odour coming from a nearby watercourse, it may be that your septic tank is releasing untreated sewage. Check the tank and pipes for any signs of damage and contact a plumber to fix the problem.

Did you know that NI Water provide one FREE de-sludging service for domestic customers for your septic tank per year? Further details are available via <https://digitalservices.niwater.com/desludge-open>. This service empties up to 4.5m3 of sludge from your tank (subject to access), aiming to carry out the service within 12 days, leaving enough to keep the living treatment process working efficiently.

There are also ways to maximise the life of your septic tank and reduce its effect on the environment:

- Have your septic tank de-sludged regularly - record any dates of maintenance.
- Don't drive over the soakaway or build anything above it (concrete or tarmac)
- Only use household cleaning products labelled as 'suitable for septic tanks', 'environmentally friendly' or 'low phosphate'. Chlorine bleaches are not

recommended for use with a septic tank as bleach can kill the bacteria needed to treat your wastewater.

- Use a sink strainer to stop solids going down waste pipes
- Use less water by flushing less or using a dual flush toilet
- Only flush the 3 P's (pee, poo and paper) down toilets
- In the kitchen, do not pour grease or cooking oil down the sink
- Plant trees and shrubs well away from your septic tank, as the roots can block up soakaways and drains.

For more information or to book your de-sludge go to www.niwater.com/siteFiles/resources/pdf/2024/SepticTankInformation.pdf and also at www.niwater.com/arrange-septic-tank-emptying/

Planning a Building Project: who should be on-site when

Successfully sequencing tradespeople is fundamental to a smooth building project. Starting with the groundwork, the initial phase involves clearing the site, excavating foundations, and laying essential drainage.

Groundworkers and foundation specialists are paramount at this stage, followed by drainage experts to ensure proper sewer connections. This foundational work sets the stage for the structural integrity of the entire build.

Once the groundwork is complete, the focus shifts to creating the building's shell. Bricklayers and structural engineers, if needed, erect the walls and steel supports. Roofers then make the structure watertight, and window and door installers seal the building, protecting it from the elements. This phase is crucial for establishing the basic form and weatherproofing of the building.

The next stage, "first fix," involves installing the internal infrastructure. Electricians and plumbers lay the groundwork for essential services within the walls and floors. HVAC engineers install ducting, while carpenters frame internal walls and prepare



for staircases. Insulation installers then ensure the building is energy-efficient. A rough plastering may also occur at this point, preparing the walls for the final finishes.

"Second fix" is where the finishing touches are applied. Electricians and plumbers complete their installations, fitting fixtures and connecting appliances.

Carpenters install doors, skirting boards, and fitted kitchens. Tilers, plasterers, and painters then work their magic, transforming the interior spaces. Finally, flooring installers lay the

chosen flooring materials, completing the interior finish. The final phase involves external works and landscaping. Pavers and landscapers create outdoor spaces, while fencers install any necessary boundaries. General labourers handle the final cleanup, ensuring the site is tidy and ready for occupancy. Throughout the entire process, flexibility and effective communication are vital. Coordinating inspections at required stages and understanding the project's critical path are also essential for avoiding delays and ensuring a successful outcome.



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