



THE ARDS ADVERTISER

Issue 224 - BT22 • BT23

Support Local



Reid Blinds

SPECIAL OFFER!

4 VERTICAL BLINDS FROM £125

Choose from Wooden, Venetian, Rollers, Louvre, Velux, Roman

SHOWROOM OPENING HOURS
Mon, Wed, Thurs & Fri 9am-5pm;
Tues 9am-3pm
Closed for lunch 1-1.30pm

Unit A8 Strangford Park, Ards
Business Centre, Jubilee Road,
Newtownards BT23 4YH

TEL: 02891 800505
www.reidblinds.com





Mayor Gillian McCollum with David (far left) and other Portavogie Primary School pupils

PORTAVOGIE PS PUPILS PARTICIPATE IN POSTCARD DESIGN PROJECT

The Mayor of Ards and North Down, Councillor Gillian McCollum, visited pupils at Portavogie Primary School who took part in a special art project titled 'A Postcard from Portavogie'.

Each pupil designed their own unique postcard, using imagination and artistic flair to highlight what they love most about the area – from coastal views to favourite landmarks.

The Mayor said: "All of the children

did really well in producing some fantastic and colourful designs that really showcased their creativity.

It wasn't easy to select a favourite design but congratulations to nine-year-old David from Primary

6 whose designed has been selected to be professionally printed and displayed in our local Visitor Information Centres."

All postcards were displayed at the Tide and Turf Food Festival in Portavogie earlier this month while a limited number

featuring David's colourful design will soon be available in the centres for visitors, offering them the chance to send a little piece of Portavogie to friends and family near and far. To find out more, visit your local Visitor Information Centre.

Fields of Change afoot for Agri Conference

North Down Museum will host a one-day conference on Thursday 30 October at Bangor Castle, focusing on farming, land and rural heritage in the Borough of Ards and North Down.

The event will explore the Borough's farming traditions and evolving landscapes, offering insights into how agricultural practices and landholding patterns have shaped its cultural and physical character over the centuries.

Bringing together historians, archaeologists and local experts, the conference is an opportunity to discover new perspectives on the rural heritage of this historically rich area, which spans 228 square miles.

The conference has been prompted by the work of the Ards and North Down Heritage Cluster, an informal network of local heritage groups established in June 2022.

Meeting quarterly, the Cluster provides a forum to discuss heritage issues, explore partnership projects, share research, and identify training needs.

Speaking about the conference, the Mayor of Ards and North Down, Councillor Gillian

The Fields of Change Conference will take place in Bangor Castle on Thursday 30 October, 9.30am-3.30pm. Tickets are £12, including a light lunch. Spaces are limited, so early booking is advised.

For more information and to book, visit: <https://andculture.org.uk/whats-on/fields-change-farming-land-and-rural-heritage-ards-and-north-down>

HelensBayDental
TRANSFORMING SMILES

'Mithing' something?

Book a **free** dental implant consultation today – why wait?

Call us today
02891 853 304

helensbaydental.co.uk

1b Station Square, Helens Bay, BT19 1TN

WE BUY GOLD
BEST PRICES PAID
ID REQUIRED

Robinson Goldsmiths

38A Prospect Road,
Bangor BT20 5DA

Jacksons
OF SAINTFIELD | MOIRA
WEDDING GIFT LIST SERVICE

SALE NOW ON



GARDEN FURNITURE SALE

1/2 PRICE FASHION & SHOE SALE

HEALTH STORE, BOUTIQUE, HARDWARE, COFFEE SHOP, INTERIORS

SALE NOW ON



NEWTOWNARDS TO HOST 2025 POSITIVE AGEING ROADSHOW

Ards and North Down Borough Council's Age Friendly programme, supported by the Public Health Agency (PHA) and in partnership with Ards and North Down Policing and Community Safety Partnership (PCSP) as well as South Eastern Health and Social Care Trust, is delivering a roadshow event on Thursday 2 October 2025 at Ards Blair Mayne Wellbeing and Leisure Complex, Newtownards, from 11am to 2pm. The event is free to attend but pre-registration is necessary.

Building on the success of previous years, the roadshow takes place during Positive Ageing Month and will offer people the opportunity to engage with a range of local support services that will help people to age well and live better. This includes:

- Active Ageing Falls Prevention Demonstration
- Security in the Home
- Information & Advice
- Health & Wellbeing Support
- ...plus information from a wide range of exhibitors.

The Mayor of Ards and North Down, Councillor Gillian McCollum, said:

"The Positive Ageing Roadshow is designed to promote local support services that will help people age well. It will promote how people can stay safe, keep active and stay connected through

social and recreational activities available. I am sure that everyone who attends the roadshow will find it very enjoyable so please register your interest as soon as possible and I look forward to seeing everyone there."

PCSP Chair and Age Friendly Champion, Councillor Pete Wray, said:

"Ards and North Down PCSP aims to make our neighbourhoods safer by focusing on the policing and community safety issues that matter most to our community. Crime and the fear of crime can be a major concern for people as they age, so it is important that steps are taken to support and protect potentially vulnerable people within our local community. "Developing initiatives like this

Positive Ageing

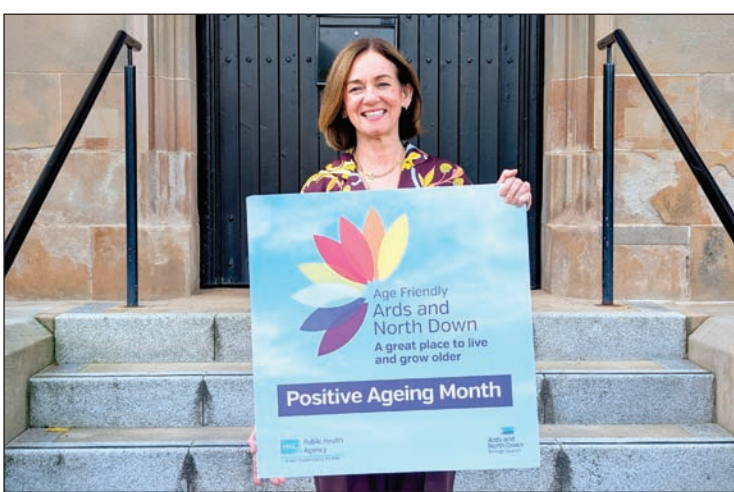
Roadshow can help to reduce crime and the fear of crime. Events like this help to educate and inform people about a range of crime prevention and safety issues such as scams, anti-social behaviour and how people can keep safe within their own homes."

Jeff Scroggie, Regional Lead for Ageing Well at the PHA, said:

"Empowering older people to live healthier and more fulfilling lives is crucial to maintaining and improving their wellbeing. It can help reduce isolation, help people become more active and forge important connections which is beneficial to physical, mental and social health.

"The Ards and North Down Age-Friendly initiative and the Positive Ageing Month Roadshow

will provide people aged 50+ across Ards and North Down with valuable information, support and activities. The Roadshow and events will help address any issues they may be experiencing and help reduce the potential impact of health inequalities."



To register for the event, email your contact details (and, if applicable, those of

accompanying friends) to agefriendly@ardsandnorthdown.gov.uk no later than Thursday 25 September. Please advise if any special assistance is required or if you have any dietary requirements. Alternatively, call 0300 013 3333 (ext. 42367), Monday to Friday (9.30am-11.30am only).

The Positive Ageing Roadshow is being

run as part of 'Positive Ageing Month', which is celebrated every year in October. It is a month-long campaign of events and activities that promote positive ageing as well as celebrating the contribution older people make to their communities.

For more information, visit ardsandnorthdown.gov.uk/positive-ageing-month.

Firmus energy 8.5% gas price decrease

Firmus energy recently announced, a reduction of 8.5% on their unregulated gas tariff for around 42,000 domestic and small business customers in the Greater Belfast network area, effective from 1 November 2025.

The Greater Belfast area includes Bangor, Holywood, Donaghadee, Groomsport, Millisle, Newtownards, Carryduff and Comber.

This means the annual gas bill of a typical household with a credit meter will be reduced by around £109 and a firmus energy customer in the Greater Belfast gas network with a prepayment gas meter (PAYG) will be saving about £107 per year.

This news follows a tariff decrease announcement of 7.86% from firmus energy two weeks ago for their customers in their regulated ten town gas network.

Raymond Gormley, Head of Energy Policy at the Consumer Council said: "These gas tariff decreases are very welcome news as they indicate a downward trend in wholesale energy prices. However, energy

prices are still well above pre-pandemic levels, and we urge anyone who is struggling to pay their energy bills or top-up their meters to contact their supplier directly. Suppliers have told us that they are keen to provide help and support, but the onus is on customers to engage in the first instance.

"The Consumer Council's website has advice and information on how to save money by being more energy efficient at home, and information on organisations who can help if you are struggling to keep on top of energy bills; visit www.consumerCouncil.org.uk.

"For consumers who do not have internet access or would like additional support in checking energy tariffs, call our team on 0800 121 6022 or email contact@consumerCouncil.org.uk."



ROBINSON GOLDSMITHS

FOR ALMOST FOUR DECADES,
ROBINSON GOLDSMITHS HAS BEEN CRAFTING UNIQUE,
MEANINGFUL JEWELLERY FROM THEIR FAMILY-RUN WORKSHOP
IN THE HEART OF BANGOR.

WHETHER YOU'RE CELEBRATING A SPECIAL OCCASION OR
SEARCHING FOR THE PERFECT GIFT, YOU'LL FIND HANDMADE
TREASURES STARTING FROM UNDER £100 BEAUTIFUL, PERSONAL
PIECES THAT DON'T COMPROMISE ON QUALITY.

FROM BESPOKE DESIGNS IN PRECIOUS METALS AND STONES TO A
CURATED SELECTION OF IRISH AND UK DESIGNERS,
EVERY ITEM IS CHOSEN OR CRAFTED WITH CARE.

**VISIT US IN STORE TODAY AND FIND JEWELLERY TO BE TREASURED
AND REASSURINGLY WORN FOR MANY YEARS TO COME.**

OUR SHOP OPENING HOURS ARE
WEDNESDAY & THURSDAY 10 TILL 2
FRIDAY & SATURDAY 10 TILL 4
OPEN AT OTHER TIMES FOR BESPOKE CONSULTATIONS.



WWW.ROBINSONGOLDSMITHS.COM
38A PROSPECT ROAD, BANGOR BT20 5DA | 028 91 270766

NIE Networks welcome Apprentices

NIE Networks have this month welcomed 18 new apprentices to the award-winning NIE Networks Apprenticeship Academy.

The latest cohort join NIE Networks at an exciting time as the organisation embarks on a “once in a generation” rebuild of the electricity networks to ensure there is a robust and resilient network for years to come.

The apprentices who are on the Wayleave and Surveying apprenticeships or the Overhead Lines Apprenticeships are at the start of a two-year course which sees them obtain relevant industry qualifications and allows them to earn while they learn, avoiding student loans and gaining vital experience as part of their qualification.

The focus on growing the “Green Skills” workforce is a key element of the NIE Networks award-winning Apprentice Academy which has been shaping futures for over 50 years and is the first platinum accredited Investors in People Apprenticeship in Northern Ireland. NIE Networks are proud to have an employee retention rate of 97% and around 30% of the senior leadership team began their career journey as

apprentices.

The company has bespoke training facilities and apprentices are supported by specialist instructors who mentor them through their qualifications.

The Wayleave and surveyors apprentices work both in the office and on site, surveying the overhead lines, liaising with landowners and ensuring the teams have the necessary information to allow them to carry out work on site. The Overhead Lines team are based out of the NIE Networks depot in Campsie, Derry/Londonderry and the NIE Networks training centre in Nutts Corner.

John Burns, Technical Training Manager with NIE Networks, said: “The electrical industry is in a significant growth period so the opportunities that lie ahead for our apprentices are varied and exciting. Our vision is to provide an electricity network that is safe and reliable, capable of facilitating a green, renewable future and one that meets the longer term needs of our society so we need to secure a passionate and skilled workforce.”



Ryan McMaster, Overhead Lines Apprentice who is from Newtownards

Ryan McMaster, an Overhead Lines Apprentice with NIE Networks, said: “My initial weeks with NIE Networks have been thoroughly rewarding. It has been a pleasure to engage with both staff and fellow apprentices, and I am genuinely enthusiastic about contributing to the organisation’s efforts in advancing a net zero future over the coming years. I come from a farming

background and love the outdoors, working on Overhead line network has been an aspiration for me for a while now.”

To learn more about NIE Networks Apprentice Academy please click here Career opportunities at NIE Networks | Northern Ireland Electricity Networks

Recruitment for the 2026 NIE Networks Apprentice Academy intake will open in January 2026.

BALLYNESS CARAVAN PARK BUSHMILLS

2026 Touring And Motorhome Bookings Now Open

- ✓ Fully Serviced, Well-Spaced Pitches
- ✓ Privately Owned Luxury Holiday Homes for sale
- ✓ Close to Visitor Attractions and Shops
- ✓ 8-Acre Dog Walk and Wildlife Ponds
- ✓ On-site Bus Stop
- ✓ Games Barn, Large Outdoor Play Park, and Football Pitch

TOP 100 SITES 2025

MEDAL WINNER Northern Ireland Ballyness Caravan Park

TOP 100 SITES 2024

OVERALL WINNER

5 Stars

Holiday & Touring Park

PREMIER PARK 2025

The 100 finest UK campsites, independently assessed

For more information please visit www.ballynesscaravanpark.com

Tel: (0)28 2073 2393

Kodak Express

13 Frances Street, Newtownards. Call: 02891 828601

Did you know

We specialise in converting all types of old video, slides, dvd, audio, photos and cine film to digital?

We then store them safely in our Kodak Legacy Saver for viewing on all devices.

START PRESERVING YOUR FAMILY LEGACY TODAY!

HIGH SPEED TRANSMISSION

Operating every day in both directions

Book Online Now!

BELFAST GLASGOW EXPRESS

Coach & Sail

ALSO AVAILABLE FROM

Belfast Stena Line Terminal	£45
Lisburn	£48
Lurgan	£49

£47

Bags go Free!

From Belfast Grand Central Station

Book your trip today!

www.hannoncoach.com

Tel: 028 9265 0700

APPOINTMENT OF MEMBERS TO THE COUNCIL FOR CATHOLIC MAINTAINED SCHOOLS AND ITS DIOCESAN EDUCATION COMMITTEES

Education Minister Paul Givan has announced the appointment of five new members to the Council for Catholic Maintained Schools (CCMS) and its Diocesan Education Committees (DECS).

The appointments include Mrs Maureen Eccles appointed to Council and Dromore DEC. Mrs Eccles is a former Principal of St Mary's Primary School Comber and is currently a member of the Finance Committee for the Parish of St Colmcille's Holywood. She currently holds one other public appointment as a Lay Commissioner on the Northern Ireland Judicial Appointments Commission for which she receives £42 per hour.

Welcoming the

appointments, Paul Givan said: "I am pleased to make these appointments as each successful candidate brings valuable expertise and experience to CCMS and its Committees.

"They have extensive backgrounds in such areas as governance, accountability and risk management, strategic decision/planning and performance, communication and engagement and transformation and change management. Their significant knowledge and

skills will play a key role in underpinning the work of the Council and DECS.

"I would also like to thank the outgoing Council and DEC members for their dedication and service."

The other appointees are: Mr Kevin Donaghy is currently Principal of St Ronan's Primary School, Newry (presently on a career break). He currently holds one other public appointment on the Board of Governors of St Maria Goretti Nursery School, Belfast, for which he receives no remuneration.

Mr James Beatty worked in the Northern Ireland Civil Service before joining the Northern Ireland Assembly soon after it was set up. During his time in the Assembly, he held a number of posts within the Committee Directorate, including Clerk to the Public Accounts Committee. He currently holds one other public appointment as an Independent Assessor for the Office of the Commissioner for Public

Appointments Northern Ireland.

Mr Cathal O'Doherty is former Principal of St Clare's Primary School, Belfast and is currently a Recruitment Advisor for CCMS Principal and Vice Principal appointments. Mr O'Doherty does not hold any public appointments.

CCMS is a non-departmental public body, sponsored by the Department of Education and its fundamental aims are to develop and promote quality education within the Catholic maintained sector and the effective management and control of Catholic maintained schools. It ensures the effective and efficient recruitment, management and development of a highly motivated teaching force within the Catholic maintained sector and promote and co-ordinate, in consultation with the Trustees, the planning of the effective provision of Catholic maintained schools.

LIVE HERE LOVE HERE SCHEME RETURNS

Northern Ireland's largest community and civic pride campaign, Live Here Love Here, has announced the return of its Small Grants Scheme for 2025, following a successful year in Ards and North Down Borough Council, where 14 local projects were awarded a total of £32,376 in funding.

Throughout 2024, volunteers contributed an impressive 1,554 hours, demonstrating the vital role of community effort in tackling environmental challenges and promoting local stewardship.

Delivered in partnership with ten local councils, the Northern Ireland Housing Executive, and Belfast Harbour, applications for the 2025 Small Grants Scheme are open until August 18. Community and volunteer groups, schools, not-for-profit organisations, and un-constituted groups are invited to apply, with successful applications awarded grants from £500 to £3,000.

Projects funded last year in Ards and North Down Borough Council included initiatives by Bangor Foodbank & Community Support, North Down YMCA, Millisle Health & Wellbeing Group, Peninsula Healthy Living Partnership, Holywood Shared Town, Portaferry in Bloom, and Victoria PS Ballyhalbert, all working towards transforming shared spaces, enhancing biodiversity, and strengthening local engagement.

Crawfordsburn Primary School Garden received a grant to support planting trees and shrubs, tools, pond dipping kits, and other materials.



The school gardening club came together to transform waste ground into a more enjoyable and engaging space for the school community. They enhanced existing facilities, including the school pond, to encourage wildlife and help children learn through hands-on experiences. The project also opened up the area around the pond for wildlife investigation and expanded the vegetable garden to promote sustainability and community involvement.

The Small Grants Scheme had a record-breaking year in 2024, awarding £196,342 to 115 projects across Northern Ireland. With 4,500 volunteers revitalising neglected spaces, the scheme

has supported environmental improvements, civic pride, and community wellbeing across the region.

Orla McGrady, Grants Officer at Live Here Love Here highlighted the array of benefits the Scheme brings to Northern Ireland. She said, "Our Small Grants Scheme continues to prove its role in delivering tangible, long-lasting environmental benefits to urban and rural communities. With 378 applications last year, it's clear the scheme encourages and empowers people to show the pride and passion they have for where they live. In addition to boosting the environment, we have found that the scheme also supports improved community health and wellbeing as these new shared spaces become places everyone can participate in.

"We look forward to communities submitting their ideas this year in hopes we can help more villages, towns and cities across Northern Ireland come together to leave a positive legacy."

Live Here Love Here is currently hosting Connecting Communities

events across Northern Ireland, offering opportunities to meet local volunteers and learn more about applying to the 2025 Scheme.

Lynda Surgenor, Live Here Love Here Manager, said, "The Small Grants Scheme continues to demonstrate the extraordinary impact funding can have when placed in the hands of passionate local people. Over 100 projects completed across Northern Ireland last year, and over 1.2 million in improvements have been delivered as a result of the scheme to date. The impact ranges from community allotments to school gardens, and biodiversity workshops to urban clean-ups - the sheer variety of noble ideas waiting to be supported, and the ongoing commitment of communities never ceases to amaze us. We look forward to delivering another successful year with the support of our partners in 2025."

To apply for the Small Grants Scheme, or for more information on the Connecting Communities Events, visit liveherelovehere.org/smallgrants.

Cleaning Doctor

Carpet and upholstery cleaning Specialists covering...

- Lisburn - East Belfast
- Bangor - Newtownards

Get in touch now to book your slot for this Autumn and Winter!

Tel 07761 811 866

stephen.roberts@cleaningdoctor.net

THE ARDS ADVERTISER

Support Local

Pick up your FREE copy at:

NEWTOWNARDS
Scrabo Service Station,
SPAR 181 Mill Street,
Newtownards
Top Spot
2 Frances Street,
Newtownards

COMBER
Livingstones Newsagents
5 Bridge Street,
Comber
Campbell Spar
2 Killinchy Road,
Comber

BALLYGOWAN & MONEYREAGH
Campbell Spar
2 Saintfield Road,
Ballygowan
D Drury
1 Hillmount Drive,
Moneyreagh

BALLYHALBERT, CLOUGHEY, PORTAFERRY & PORTAVOGIE
Spar Ballyhalbert
24-28 High Street,
Ballyhalbert
Watsons Centra
2 The Square, Cloughey
Portaferry Costcutters & Post Office Portaferry
28 The Square

KILLINCHY & LISBANE
Bell's Killinchy
16 Comber Road,
Killinchy Spar
3 Comber Road, Killinchy
Lisbane Service Station
175 Killinchy Road, Comber,
Lisbane

KIRCUBBIN
Costcutters
83 Main Street, Kircubbin

GHD Over 15 years in business
Repairs DUNDONALD

REPAIRS DONE WHILE YOU WAIT!
£25 SPECIAL OFFER: 2 PAIRS FOR £40
 ALSO
TV REPAIRS, VACUUM CLEANERS AND SMALL APPLIANCES REPAIRED

Unit 2, 57 Comber Road, Dundonald
 E: ghdrepairsdundonald@hotmail.co.uk | T: 028 9048 1334

GRANSHA EQUESTRIAN CENTRE

RIDING LESSONS FOR ALL AGES AND STANDARDS

IF YOU HAVE TROUBLE BOOKING ON THE GRANSHA EQUESTRIAN APP, PLEASE PHONE OUR BOOKING LINE 02891422203
 BETWEEN 9 & 5, MONDAY - FRIDAY

www.granshaequestriancentre.com
 10A KERRS ROAD, BANGOR, BT19 7QD.
 Enquiries to email - granshariding@yahoo.com

Plain English Computer Services

NO FIX, NO FEE

Computer Sick? Or Just Sick Of Your Computer?

PC & Laptop Repairs - New & Used Computer Parts - Spyware & Virus Removal - Full Data Recovery Service

A Computer Company That Talks Plain English!

sales@pecsni.co.uk www.pecsni.co.uk

Tel: 02891 820431

RUBBER MATS

A range of Rubber Mats suitable for Play Areas, Grass Protection, Trailers, Vans, Garage Flooring, Stables, Kennels etc.

Contact Agri-Web Ltd
 25 Enterprise Road, Bangor, BT19 7TA
Tel 028 9127 5913

Pre-Paid Funeral Plans Available

MARK PATTON

FUNERAL SERVICES
 24 HOUR PERSONAL SERVICE

Victoria Square, Ballygowan
Tel: 028 9752 8333 - 028 9751 1212

The Leid AND Lairn festival

This November, Ards and North Down will once again celebrate the richness of Ulster-Scots language, culture and history with the Leid AND Lairn festival.

Organised by Ards and North Down Borough Council, the diverse programme invites audiences to explore the tradition through music, storytelling, walks, a talk and exhibition.

The festival offers a unique chance to immerse yourself in Ulster-Scots heritage, from its expressive language and folklore to its influence on local history. Events will take place across the Borough, with something for everyone to enjoy.

Programme highlights include:

- A performance of folk trio TRÚ at Bangor Castle on 5 November. TRÚ is a contemporary trio from post-conflict Northern Ireland, shaped by British, Ukrainian, Ulster-Scots, and Irish heritage. Their music blends tradition with innovation, enchanting audiences through powerful storytelling and rich songcraft. Tickets £15.

- The Way Between at Ards Arts Centre on 14 November. Join singer and pianist Lisa Dawson for this lunchtime recital featuring original songs, inspired by the breathtaking landscapes of Northern Ireland. Tickets £7

- County Down, the Cariboo Goldrush and the



Deputy Mayor of Ards and North Down, Councillor Vicky Moore and Musician Lisa Dawson at the launch of the Leid AND Lairn programme of events.

Foundations of British Columbia - discover the story of twelve young men from North Down who set out for gold in 1862. This free exhibition at North Down Museum (4 Nov - 25 Jan) brings their journey to life through letters and personal tales of adventure, resilience and the Ulster spirit.

- At the Ulster Folk Museum, enjoy music, craft, food, and film events including new songs from Joshua Burnside, a thistle embroidery workshop and family-friendly animated fables in the original 1900s picture house. A vibrant programme honouring Ulster-Scots culture and

tradition. Various prices. (25 Oct - 14 November)

Speaking about the programme, the Deputy Mayor of Ards and North Down, Councillor Vicky Moore said:

"The Leid AND Lairn Festival is a wonderful celebration of the Ulster-Scots tradition, which has shaped so much of our history and heritage, including my own - with a strong tradition of speaking Ulster-Scots through generations of my family. I encourage everyone to come along, take part in the events, and enjoy the stories, music and culture that continue to enrich life in our Borough today."

Emily Crawford, Arts and Heritage Manager at Ards and North Down Borough Council, added:

"We are delighted to see the return of the Leid AND Lairn Festival to Ards and North Down. Through stories and song, we hope to engage, educate and entertain, while celebrating the rich cultural heritage of the Ulster-Scots tradition."

Tickets are available now online at ANDculture.org.uk, or in person at Ards Arts Centre, North Down Museum, and Ards and North Down Visitor Information Centres.

To view the full programme, visit: ANDculture.org.uk

SALE OF IRISH ART

WORKS BY ADRIAN MARGEY



'Kinnegar Pier, Holywood'



'Great day for it, Royal North of Ireland Yacht Club'



'Crown Antics'

CULLODEN ESTATE & SPA

FRI 24TH UNTIL SUN 26TH OCTOBER



'Scrabo from Strangford Lough'



'H&W'



'Strand Cinema'



'Mournes from Murlough'



'Safe Haven Donaghadee'



'Evening, Portstewart Strand'

Admission Free – Everyone Welcome

Tel: Portrush Studio on 07841593762 For More Information

www.adrianmargey.com



Women's Aid
NORTH DOWN & ARDS
02891 273196

Working to end
Domestic Abuse

North Down & Ards Women's Aid provides a wide range of free support services to women and their children affected by domestic and sexual abuse.

Our services include -

- Emergency refuge accommodation
- Floating support service for women in the community
- Children's services
- Group support programmes including
 - Journey to Freedom
- One Stop Shop - free multi-agency drop in service
 - Court support

Our range of Children's Services include:

- Art Workshops
- Helping Hands
- Transformers
- Healthy Relationship Programme

We also provide awareness raising sessions and training to our local community, schools, businesses and agencies.

One Stop Shop

A multi-agency drop-in service for women experiencing:

- Physical Abuse
- Financial Abuse
- Coercive control
- Sexual Abuse

The One Stop Shop provides FREE, immediate and confidential access to Women's Aid, legal support, benefits advice, housing support and safety advice.

Women's Aid
NORTH DOWN & ARDS

10.00 am-12.00 noon
No appointment necessary
Crèche facilities are available
LOCATION: House Church, Crawfordsburn Road Newtownards, BT23 4EA

For any further information about the One Stop Shop or Women's Aid support services Contact us at 02891 273196

NEXT DATES:
14th October
28th October
11th November
25th November

Our sessions are held on the 2nd and 4th Tuesday of each month!

Housing Executive



SERC SECURES TURING SCHEME FUNDING FOR STUDENT STUDY AND PLACEMENTS

South Eastern Regional College (SERC) has secured funding through the Turing Scheme for students and accompanying staff to undertake part-funded study or work-based placements across the world in the 2025/26 academic year.

Kiln dried hardwood logs back in stock for winter. Our customers favourite quality Birch logs, low moisture content to satisfy your stove warranty, burns clean and bright, just the ticket to keep your home toasty warm

WoodStoc
keeping you warm this winter!

6 Bags equivalent to a barrow bag.
Delivery service available.
Normal Delivery charges apply.

2A Balloo Park, Balloo Industrial Estate, Bangor, BT19 7PP
T. 028 9147 7133
www.woodstoc.com

1 x Large 40L Bag £8.99
2 x Large 40L Bags £16
20 x Large 40L Bags £140



Elaine McKeown, Senior International Development Manager said, “We are delighted that up to 90 students and 20 staff from across the college will undertake either a study or work placement next spring. “Students from animal management, business studies, culinary arts, computing, construction, early years, health and social care, media production, travel and tourism and sport courses will be heading off for part funded work placements in South Africa, St Lucia, Bali, Thailand and Europe. “Our experience is that a study or work placement abroad is often a life-changing experience for students, giving them a unique opportunity to gain vital international experience, improve their technical skills and boost their employability.”

The first cohort of 36 students from the college’s culinary arts, travel and tourism, early years and health and social care programmes, will travel to Bali in March to participate in a citizenship and cultural immersion programme, providing them with a unique opportunity to explore global citizenship, sustainability, and wellness. Nine media production students will travel to Tenerife to complete a Digital Marketing course that will improve their digital media skills, whilst 27 business studies, computing and construction students will travel to Thailand to participate in a global citizenship programme which will include visits to eco-tourism sites, sustainable farms, and urban development projects to gain understanding of the impact of ethical business and responsible tourism in Thailand.

A life-changing volunteer experience awaits nine sport students, who will head to St Lucia to work alongside United Through Sport volunteers to develop and deliver sports and coaching programmes to local children from disadvantaged backgrounds; and nine animal care students will participate in a volunteer placement with the Waterberg Biomonitoring Team who



South Eastern Regional College (SERC) has secured funding through the Turing Scheme for up to 90 students and 20 staff from across the college to undertake either a study or work placement across the world next spring. Level 3 Travel and Tourism students on their two-week visit to Sicily in June. (L – R) Aimee Patton (Newtownards), Jamie McKibben (Newcastle), Annie Shields (Portaferry), Sarah-Jane Rodgers (Donaghadee), Principal Lecturer Catherine Anderson, Rhea Leatham (Dromore), Casey Miniss (Dromore), Emma Shedden (Lisburn) and Pearse Fegan (Castlewellan).

are responsible for ongoing ecological monitoring on the Welgevonden Game Reserve in South Africa. Elaine added, “Students improve their language skills and transversal skills, or T-Skills, such as communication, collaboration and teamwork, and problem-solving skills, and the whole experience means they gain a better understanding of other global cultures and work practices. For some students, a placement or

study trip can be the first time they have travelled abroad, so it can help their independence towards adulthood as they take responsibility for important travel documents and manage their finances abroad.” She concluded, “Funding through the Turing Scheme allows SERC to build long-term partnerships with counterparts and organisations to share best practice approaches; this has a

positive impact on the curriculum, both here and in the placement nation.” The Turing Scheme contributes to the UK Government’s commitment to a Global Britain by helping organisations to enhance existing international links and forge new relationships. The delivery partner for the Turing Scheme is the Department for Education. Visit www.serc.ac.uk Real Learning for Real Life #BetterOffAtSERC.

A warm invitation is extended to come and listen to
GOSPEL MESSAGES
Applicable to everyday living
IN
Ballygowan Village Hall
MEETINGS EACH SUNDAY, 6-7PM
FREE AND EVERYONE WELCOME!
Tel: 07729 942414

A warm invitation is extended to come and listen to
GOSPEL MESSAGES
Applicable to everyday living
IN
Portavogie Community Centre
EACH WEDNESDAY, 8-9PM
FREE AND EVERYONE WELCOME!
Tel: 07729 942414

Sign up to our Digital Magazine Today!

Family Focus





subscriptions@edamedia.co.uk



The Warehouse Serves Up Nearly 500 Free Meals a Week

Located in the heart of Newtownards, The Warehouse has been a cornerstone of the local community for the past 20 years — and in recent years, it’s also become a vital source of support for those facing food insecurity.

As part of Tesco’s Community Food Connection (CFC) programme — a partnership with food redistribution charity FareShare — The Warehouse now provides around 490 free meals every week, prepared with surplus food from Tesco and other local stores.

With the help of three dedicated drivers who collect food five days a week and two hard-working chefs and a large team of volunteers, the initiative serves 100 fresh/frozen meals, 90 sandwiches, 180 lunches and 120 hot food dishes per week. In addition, a communal fridge and cupboard are stocked with further items available to anyone in need.

“Service users can simply call in to pick up a meal, but we also have a food counter serving hot meals, tea and coffee throughout the day,” explains Megan Weiman, Community Manager at The Warehouse. “It’s a warm, welcoming space where people can sit down, have a chat, and feel part of the community.”

A survey done by The Warehouse has revealed that the Community Food Hub is a huge help for people from all walks of life: 36% of service users are on benefits,



30% work and receive benefits, and 20% work and are not entitled to any benefits.

“We’re seeing more and more people in work who still need help,” says Megan. “Rising food costs make it difficult to cook healthy meals at home. Half of our users rely on these meals to eat well, and for many others — especially those with mental or physical health conditions, or who care for someone else — it’s simply a more manageable way to get a nourishing meal.”

Importantly, the meals are often just the starting point.

“Providing food opens the door to other support. We can then have conversations

around housing, employment, benefits, or just get people involved in our wider programmes, such as arts and crafts workshops, sewing groups, and life skills courses,” Megan adds.

The Community Food Connection scheme ensures that surplus food from Tesco is given to charities and community groups, whose volunteer members then distribute it to the public. Across the UK it redistributes 2 million meals each month.

FareShare is the UK’s leading food redistribution charity, getting surplus food to charities and organisations providing vital services for people in their community.

Katie Sadler, Head of FareShare Go, said: “The food that Tesco redistributes through FareShare is a lifeline for thousands of charities nationwide, enabling them to feed countless individuals within their communities. This consistent food supply empowers charities to not only provide essential meals but also to sustain vital support services for local people.”

Charities and community groups that could benefit from the support of the Community Food Connection scheme can find further information at <https://fareshare.org.uk/getting-food/>





UNIQUE
HOME CARE NI

Considering something New?

How about a job in care!

Why Consider a Job in Care?

Working in care means making a real difference every single day. It's a chance to build meaningful relationships with people while doing varied, rewarding work that truly matters. With flexible working patterns to fit around your life, it's ideal for maintaining a healthy work-life balance. Whether you're starting fresh or looking to grow, you'll learn valuable new skills and gain experience that stays with you for life.

£14 per hour - pay reviewed annually.

Open Positions in:

- Saintfield • Newtownards
- East Belfast • South Belfast
- Casual/Bank Hours

Call us on: 02897 528 855

Apply online at: <https://www.uniquehomecareni.com/careers>

Unit A, 8 Prince Regent Road

WE PAY MORE



Get a **FREE** valuation today

www.sellyourcartojax.com

T&Cs Apply. Full details available on our website



Sell your car to
Jax.com

Your trusted local car buyer NI

SCAN ME



APPLYING FOR A SCHOOL PLACE

Visiting a school is an important step in choosing a school, and this personal touch reflects Leadhill’s approach in supporting families.

As a smaller, nurturing school in the Castlereagh area, working to support parents and children is central to what Leadhill has to offer. Leadhill parents recognise the value of a primary school setting where every adult knows every child. Leadhill welcomes and supports children from all backgrounds and

promotes inclusivity and child-centred approaches. This year, Leadhill are offering a range of flexible opportunities to visit. Bring your nursery-age child to ‘Stay and Play’ sessions on Fridays from 2:30pm to 3:15pm on 21 and 28 November or 9 and 16 January. Come along to one or all the sessions





LISBURN
HEARING
CENTRE

CALL TODAY
02892 640302

Ear Wax Removal
by
Micro-Suction

Qualified hearing aid audiologist

– whatever suits best. Parents can enjoy a cuppa and a chat while children enjoy a range of activities in the P1 classroom. Come along to our Open Days on 2 December or 9 January, or arrange for a visit at a time that suits you, throughout December and January. Mrs Millis, the Principal will take the time to tailor your visit to address the things that matter to your family. Visiting Leadhill during the school day gives a fantastic opportunity to experience the nurturing, family

atmosphere and meet the fabulous staff and pupils. For younger children, Toddle Time - Leadhill’s toddler and adult group, meets every Wednesday during term time from 9 - 11am. The Leadhill Website provides a useful window into life in Leadhill. Visit us on www.leadhillps.com. Leadhill would love to welcome you for a visit. Contact the school office on 028 90401101 or email amillis370@c2kni.net to arrange for a suitable date and time.

5 Star Helen’s Bay Dental – Caring for Smiles, Right at the Heart of the Community

Nestled in the heart of our community, Helen’s Bay Dental Practice is more than just a clinic—it’s a family-owned and run dental home where patients of all ages are welcomed with warmth and expertise.



This is your friendly reminder to book your dental check up !

Combining the latest in digital dentistry with a personal, friendly touch, the team offers everything from routine check-ups to advanced treatments, all tailored to your needs. With cutting-edge scanning and imaging technology, treatments are faster, more comfortable,

and more precise than ever before—no messy impressions or long waits. Whether it’s your child’s first visit or a smile makeover you’ve been dreaming of, Helen’s Bay Dental puts patient comfort and care at the forefront. Family values, modern dentistry, and

a commitment to the community—Helen’s Bay Dental truly keeps local smiles healthy and happy. Contact Helens Bay today for a Complimentary visit with one of the Treatment coordinators 02891853304 info@helensbaydental.co.uk

Want to work 9 to 5 Monday to Friday with no weekend work or late nights?

Want to earn commission on top of a basic salary?

- Free parking
- Early release
- Staff outings
- Ad-hoc bonuses

TRAINEE
SALES
POSITION
AVAILABLE
18YEARS
UPWARDS

edamedia

Interested?

email hr@edamedia.co.uk



Sign up to our
FREE
Digital
Magazine
Today!



AgriLife
farm | equestrian | life



subscriptions@edamedia.co.uk

Escape to the Coast with Our Winter Warmer Package

As winter sweeps across the North Coast, The Causeway Hotel invites you to unwind with our signature Winter Warmer package with our perfect two night escape beside the world-famous Giant's Causeway.

Set against a dramatic backdrop of coastal cliffs and sea views, our historic hotel offers the ideal setting for rest and rejuvenation this season. Whether you're wrapping up for a beachside stroll, exploring the unique geology of the Causeway stones, or settling in our

cosy bar with a drink in hand, The Causeway Hotel provides a timeless, peaceful retreat.

Available from £330 midweek and £350 at weekends, the package includes:

- Two nights accommodation
- A three-course dinner

on both evenings in our 1836 Ballroom

- Breakfast each morning
- Complimentary entry to the Giant's Causeway Visitor Experience

Guests can enjoy hearty food, coastal views, and the kind of warm Northern welcome that turns a short break into something truly

memorable. The charm of our cliffside location, combined with the comfort of thoughtfully designed rooms and friendly service, makes this a winter stay to savour.

So whether you're planning a quiet couple's getaway, a mid-season recharge, or a chance to

explore one of Northern Ireland's most iconic landmarks, the Winter Warmer offers a little bit of everything.

To book, call us on 028 2073 1210 or visit our website at www.thecausewayhotel.com

Let the coast call you back this winter.

Make it your business to fundraise for Action Cancer's Breast Screening Service

This October, Action Cancer is calling on businesses of all types and sizes across Northern Ireland to take part in the 10th anniversary of its flagship fundraising campaign – Paint the Town Pink – during Breast Cancer Awareness Month.

The campaign aims to raise vital funds for Action Cancer's unique, free breast screening service – the only one of its kind available in the UK and Ireland. Every £120 raised will fund one potentially life-saving breast screening appointment for well women aged 40-49 and 70+, groups not covered by the NHS screening programme.

Businesses are encouraged to "go pink" and host fundraising events throughout October, from coffee mornings and bake sales to dress-down days and pink-themed pub quizzes. Action Cancer will provide participating businesses with a fundraising pack including pink bunting, balloons, collection boxes and creative fundraising ideas.

As the charity receives no regular government funding, it relies heavily on support from the local community and business sector to continue delivering this vital service. Senior Radiographer Helen Bryce said:

"Action Cancer aims to provide at least 7,500 breast screenings for asymptomatic ladies aged 40-49 and 70+. On average, we detect

six cancers per 1,000 screenings. This free service is not available anywhere else in the UK or Ireland, so we are appealing to businesses across the region to get involved.

"When it comes to breast cancer, early detection saves lives, and our 3D state-of-the-art technology can detect cancers as small as a grain of salt. It is so easy to get involved with Paint the Town Pink. Simply sign up via the Action Cancer website to receive your fundraising pack, raise a minimum of £120 to fund one screening appointment, and have fun while supporting a life-saving cause."

Now in its 10th year, the 2025 campaign is shaping up to be the biggest yet, proudly supported by two leading Northern Ireland businesses.

Launched in Banbridge in 2015, Paint the Town Pink was inspired by the pink-themed Giro d'Italia in 2014. It has since grown to become a major annual campaign across Northern Ireland, raising over £375,000 to date, and is proudly endorsed by Action Cancer Patron Gloria Hunniford OBE.

Breast cancer is the most common cancer



Elaine Hamilton (Action Renewables Charity Delivery Officer); Terry Waugh (Action Renewables CEO) and Lana Moore (Action Renewables Head of Charity Delivery).

among women in Northern Ireland, accounting for 30% of all female cancer diagnoses. On average, 1,513 women are diagnosed and 310 die from the disease each year.

Action Cancer has been at the heart of cancer prevention, detection and support in Northern Ireland for over 50 years. Its services are unique

and free to the user but cost the charity £4 million annually to deliver. These include an early detection breast screening clinic, therapeutic support for people living with a cancer diagnosis (and for those supporting a loved one) and a range of health improvement programmes. Services are available at Action Cancer House in

Belfast, at 13 regional locations, and onboard the Big Bus (supported by SuperValu and Centra) which visits over 200 locations each year.

If you or your workplace would like to take part in Paint the Town Pink, please contact Mark Irwin-Watson in the fundraising team on 07580 133752 or email ptp@actioncancer.org

ASPECTS FESTIVAL 2025

Bangor will once again become a hub for books, ideas and inspiration this autumn as Aspects Festival returns for its 34th year.

Running from Wednesday 24 September to Sunday 5 October 2025, Northern Ireland's longest-running literature festival promises an unmissable line-up of acclaimed writers, live events and creative experiences. From author events to intimate workshops, music and art, this year's festival offers something for everyone who loves a good story.

Organised by Ards and North Down Borough Council, Aspects welcomes visitors from across Northern Ireland and beyond, celebrating Irish writing in all its forms.

This year's programme is packed with events for all tastes - from poetry and nature writing to creative workshops, bookbinding, discussions, live music and podcast storytelling. Audiences can also enjoy in-conversation evenings with Eamon Carr, Seán Farrell and Glenn Patterson, explore Bangor Abbey Graveyard tours and discover the work of emerging and established writers.

Among the programme highlights:

- Dara McAnulty at Clandeboyne - Award-winning naturalist and writer Dara McAnulty launches his new book, A Wild Child's Guide to Nature at Night, in the stunning surroundings of Clandeboyne Estate. Dara will also join internationally acclaimed Bangor-based pianist Xenia Pestova Bennett for an intimate evening weaving together words, music and nature at Studio 1A.

- David Trimble: Peacemaker - A special evening at Bangor Abbey, where author Stephen Walker will discuss his new book with former MP Lady Hermon, offering revealing insights into the life and legacy of the political leader.

- Carol Drinkwater: One Summer in Provence - Beloved actress and bestselling author Carol Drinkwater joins Aspects at Bangor Castle to discuss her new novel, a tale of betrayal, belonging, and unexpected love set on a sun-drenched vineyard in the south of

France.

- Remembering Michael Longley - This year, Aspects honours the late, legendary poet with two special events. A dedicated evening at Bangor Castle, will bring together his friends and fellow writers to share memories and readings, celebrating his life and work. A special exhibition by artist Pauline Little, inspired by Longley's poems, will run in Bangor Carnegie Library throughout September.

The Mayor of Ards and North Down, Councillor Gillian McCollum, said:

"Aspects Festival brings people together - readers, writers and anyone with a love of stories, to share in the joy of words and ideas. I'd encourage everyone, whether you're a lifelong book lover or new to the festival, to come along and experience it for yourself."

Aspects Festival runs from 24 September to 5 October 2025 at venues across Bangor. The full line-up and tickets are available at: <https://aspectsfestival.com/whats-on>



SAINTFIELD HIGH SCHOOL - JOB VACANCIES

Saintfield High School currently has two vacancies for temporary part-time Cleaning Staff (12.25 hours)

Applicants must be aged 18 years and over, and available to work flexibly during the afternoon period from Monday to Friday inclusive.

You will be joining a small, busy team, and full training will be given.

If you are interested in this role, please email sccraig373@c2ken.net

WINTER WARMER PACKAGE

Cosy up on the coast with our perfect two night escape

Two Night Stay With Breakfast
3 Course Dinner Both Evenings

Explore the iconic Giant's Causeway With Free Entrance to the Giant's Causeway Visitor Experience With Each Stay

Available 1st October 2025 to 31st March 2026

£330 Midweek | £350 Weekend

+44(0) 28 2073 1210

40 Causeway Road
Bushmills, BT57 8SU

www.thecausewayhotel.com

reception@thecausewayhotel.com





AIR AMBULANCE
NORTHERN IRELAND
—❤️— CHARITY —❤️—

**Air Ambulance NI is a
charity needing £5,500
per day to operate**



**Help save lives like Hannah's, by becoming a
CLUB AANI MEMBER**



Membership starts from £2 per week

**You'll receive an exclusive welcome pack, gold
pin badge & an annual invitation to our base**

**Visit www.airambulanceni.org
or call 028 9262 2677**



CHECK OUT OUR SOCIALS FOR DAILY OFFERS & EVENTS TAKING PLACE

1A Valentine Road, Bangor, BT20 4JH
028 91 85 7000 | Email :bangor@oasis-bingo.co.uk
www.oasis-bingo.co.uk



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

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

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

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

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

With a simple flat fare of £47 which includes the cost of the ferry and your bag, the Belfast – Glasgow Express offers a really attractive, convenient and low-cost



alternative to flying.

The service is operated by HANNON Coach and leaves twice a day from Belfast, Grand Central Station (Stand 18) and drops visitors right in the heart of Glasgow's 'Style Mile'. The simple flat fare allows passengers to pick and mix dates and times of travel to suit and with no luggage charges it makes a perfect travel option for a shopping

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

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

"People love the fact that it's so hassle-free compared to flying, no airport transfers and with no extra charge

for luggage it is a massive help with keeping the cost of a break down." said Mr Hannon.

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

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

UNEARTHING HALLOWEEN'S HIDDEN TRADITIONS

Halloween, with its spooky costumes, pumpkin carving, and quest for sugary treats, feels like a holiday we all know.

But beyond the familiar rituals, a world of lesser-known traditions, steeped in history and folklore, awaits discovery. This year, why not delve deeper into the past and unearth some of these fascinating, forgotten, or simply unusual Halloween customs?

Snap-Apple Night (Ireland & Scotland)

Forget bobbing for apples in a bowl of water – imagine them dangling from a string! This lively tradition, particularly popular in Ireland and Scotland, involves apples and sometimes treacle-covered baps (bread rolls) tied to strings. Participants, with hands clasped behind their backs, must try to take a bite. It's a messy, competitive, and utterly hilarious way to celebrate! The origins are thought to be linked to ancient harvest festivals and divinatory games, where the first to bite into the apple might be the first to marry.

Souling (England)

Long before "trick or

treat," there was "souling." Dating back to medieval times in parts of England, especially the North and West Midlands, poor folk and sometimes children would go from door to door on All Hallows' Eve, singing and praying for the souls of the dead. In return, they would receive "soul cakes" – small, round cakes often spiced with nutmeg, ginger, or cinnamon. This beautiful tradition was a charitable act, offering comfort to the living and prayers for the departed.

Dumb Supper (Various Cultures)

For those seeking a more introspective and spiritual Halloween, the "dumb supper" is a captivating tradition. Performed in silence (hence "dumb"), participants set an extra place at the table for the spirits of their ancestors. Food is served, and no one speaks, creating an atmosphere of reverence and communion with the other side. The idea



is to honour and remember those who have passed, and some believe it can even provide glimpses into the future.

Nut Cracking and Fortune Telling (Celtic Traditions)

Many ancient Celtic Halloween customs revolved around divination, particularly concerning love and marriage. One such tradition involved nuts. Couples would place two nuts on a fire – if they burned steadily together, it signified a harmonious future. If they hissed and popped apart, it suggested a more tumultuous path. Another variation involved throwing nuts into a fire and making a wish; the way they burned or burst

was thought to indicate the wish's success.

Carving Turnips, Not Pumpkins (Ireland & Scotland)

While the pumpkin is now king, its predecessor in Halloween carving was the humble turnip. When Irish and Scottish immigrants brought their Halloween traditions to America, they found pumpkins to be far more abundant and easier to carve. But originally, terrifying faces were etched into turnips and potatoes, lit from within by candles, to ward off mischievous spirits and "Stingy Jack." It's a reminder of Halloween's protective, rather than purely playful, origins.

THE PHAT

F R Y E R

WHERE FLAVOUR MEETS PASSION



Quality Potatoes FOR SALE

FROM FIELD - TO FARM - TO FORK

British Queens | Pentland Dell | Kerr Pinks | Maris Piper | Navan

Contact James on 078 8935 8650 | 75 Windmill Road, Donaghadee



Do you see a change in deciduous trees?

As we enter the autumn season, our deciduous trees begin the annual, much-loved time of changing leaf colour and fall.

Why and how that happens deepens our understanding of trees, providing insights into how they live and function.

The reasons for leaf fall are relatively simple: leaves on deciduous trees are not frost-hardy and would be damaged and die in winter if the trees didn't have a mechanism to allow them to drop; in a sense, they die at a time of the tree's choosing, rather than be killed. Also, if trees didn't shed their leaves in autumn, they would be in greater danger from seasonal storms.

And the mechanism for leaf fall is also relatively simple: shorter days trigger hormones that start a process which results in the gradual weakening of a special layer of cells at the base of the leaf, allowing it to drop.

But where do the colours

come from? The amazing fact is that colour pigments are already there, in the leaves, but we can't see them until autumn, because they are hidden by the green of chlorophyll.

As most of us know, chlorophyll is the chemical which enables plants to use the sun's energy to convert carbon dioxide and water into carbohydrates...the food that trees need to live and grow...and as the days shorten and trees prepare for dormancy, a bit like hibernation, they no longer need that food. However, nature wastes nothing, and as the trees break down and reabsorb chlorophyll, and try to absorb final sugars, the yellow and orange of carotenoids are revealed (these are the pigments which also give carrots their colour), followed, at least in some trees, by red and even purple, signs



of sugars trapped in the leaves.

Weather also plays a part. Low temperatures destroy chlorophyll, so frosty nights produce yellow leaves. Conversely, periods of warmer dry weather promote red pigments, although these are also weakened by frosts, so we see fewer red leaves in cold seasons.

And the browns? These are the colours of the cell walls when the leaf is completely dried out and ready to fall.

The good news, of course, is that deciduous trees have already prepared the buds for next year's leaves before autumn, so the natural cycle goes on, and on, and on...

JVA

YOUR HOME, YOUR STYLE, YOUR SOLUTION!

Check out the new curtain department at The Blind Spot

The Blind Spot is now offering made to measure curtains and also curtain rails, complete with a full measuring and fitting service, at their spacious new showroom in East Belfast.

The Blind Spot is already a well-established blinds and shutters company with over 30 years of experience.

Manager Krystina Bradford says:

"The original factory shop was opened in 1990 by my mum and Grandfather. We still specialize in manufacturing and fitting high-quality window coverings for both residential and commercial properties. This now includes venetian, vertical, roller and roman blinds but also embraces new technologies and advancements - today we also offer motorised blinds, shutters, multi-function Blindscreens as well as our new curtain department!"

Book Now for delivery within 6 weeks!"

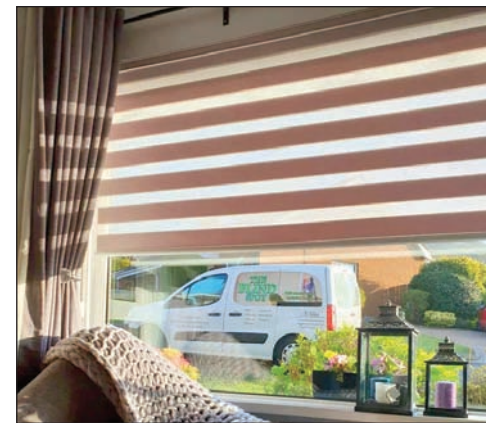
Did you know that investing in quality blinds can help improve your

home's thermal insulation? Whether you prefer sleek roller blinds, practical #blindscreens, or classic shutters, The Blind Spot has you covered. Say goodbye to wasted heat and hello to a warmer, cosier home!

In addition to opening throughout the week, The Blind Spot is also Open Saturdays: 9:00 AM - 12:00 PM, the showroom is open and free for you to browse at your leisure. Explore a stunning range of blinds, shades, and shutters to find your perfect match. The office is ready to help schedule your home appointment for a personalised quote—no guesswork, just real numbers tailored to your space! Stop by and see them this Saturday they'd love to help make your home vision a reality!

In the showroom you can fully appreciate the wide range and colour choice in beautiful

Sante Fe Shutters -these can be installed in less than 6 weeks. You can also appreciate the difference that motorised blinds could



make to your lifestyle. View the range of Blindscreens - manufactured within the UK. These are great for keeping out bugs as well as giving total blackout on any window and door including bi fold doors and can revolutionise the way you manage your access to the outdoors at home or in your business.

All of the blinds and shutters are made-to-measure and crafted with precision. A free measuring service is offered right across Northern

Ireland— so there's not need to guess-timate! All at Affordable Prices without compromising on quality and a wide range of Choice. Explore various styles, fabrics, and colours to match your property's aesthetic. Get in Touch or Visit the NEW SHOWROOM at 4 East Belfast Enterprise Park, Belfast BT5 4GX or give them a call at 028 9059 5255 to discuss your requirements.

www.theblindspotbelfast.co.uk

BOOK YOUR AUTUMN GETAWAY IN A MOTORHOME TODAY

TL THOMPSON LEISURE LTD
MOTORHOMES & CAMPERVANS



Explore Our Routes!



CONTACT US:

☎ 028 9269 3999 (OPT 2)

✉ rent@thompsonleisure.com

🌐 www.thompsonleisure.com

📍 62C Drumnabreeze Rd, Magheralin, Craigavon BT67 0RH



SCAN ME

The importance of Wool

Wool is a highly valued material in the modern fashion industry, celebrated for its versatility, sustainability, and unique properties. Its importance stems from a combination of natural benefits and a growing consumer demand for eco-friendly and high-quality textiles.

Natural Properties and Versatility

Wool's inherent qualities make it a standout fibre. It's a natural insulator, trapping air to keep the wearer warm in cold weather while also being breathable, allowing moisture to wick away and providing comfort in warmer conditions. This makes it ideal for everything from heavy winter coats and knitwear to lightweight suits and activewear. Wool is also naturally water-repellent, a property that adds to its practicality.

Its versatility is evident in the wide range of textures

and finishes it can achieve. It can be spun into fine yarns for luxurious merino wool fabrics used in high-end fashion or processed into thicker, more rustic textures for durable outerwear and home furnishings. The fiber is also naturally elastic, meaning it resists wrinkling and maintains its shape, a key feature for tailored clothing.

Sustainability and Ethical Appeal. In an era of increasing environmental awareness, wool's sustainability is a major selling point. As a natural, renewable resource, it is biodegradable and

breaks down without contributing to landfill waste, unlike synthetic fibers like polyester and acrylic. Sheep grow new fleeces annually, making wool a sustainable alternative to petroleum-based materials.

The modern fashion industry is also facing pressure to adopt more ethical and transparent practices. Many brands are now highlighting their use of ethically sourced wool, often working with farms that adhere to strict animal welfare standards. This focus on traceability and responsible production resonates with consumers

who want to make conscious purchasing decisions.

Innovation in Wool
Technological advancements have further enhanced wool's appeal. Innovations in fabric treatment and spinning have led to the creation of machine-washable wool, making it more convenient for everyday use. In conclusion, wool's blend of natural benefits, sustainability, and adaptability ensures its enduring relevance. It's not just a traditional fiber; it's a modern, versatile, and environmentally responsible choice that continues to shape the future of fashion.



5 STAR CARE FOR YOUR LITTLE VIP

facebook Google

FIVE STAR CUSTOMER RATING

10/10 on Daynurseries.com

Call now to organise a showround

Contact Us

Tel: 02891 820737

22 Portaferry Road, Newtownards, BT23 8NN

www.kindergartenkidschildcare.com
info@kindergartenkidschildcare.com




maldron^o

HOTELS

Park, Stay & Fly

With Maldron Hotel Belfast International Airport

A Stargazer's Guide to Northern Ireland's Celestial Shows

As the nights draw in and the crisp autumn air settles over Northern Ireland, the cosmos offers a spectacular array of celestial events.

Away from city lights, our dark skies become a canvas for meteor showers, planetary alignments, and shimmering aurorae. Grab a warm drink, look up, and prepare to be amazed!

The Draconids Meteor Shower (Early October)

Kicking off the autumn astronomical calendar is the Draconids Meteor Shower, usually peaking around October 8th. This shower is unique because it's best viewed in the early evening, shortly after dusk, rather than in the pre-dawn hours like many other showers. While often a modest display, the Draconids can occasionally surprise with bursts of activity. Keep an eye towards the constellation Draco the Dragon in the northern sky.

Orionids Meteor Shower (Late October)

Following close behind are the Orionids, active throughout October but peaking around October 21st-22nd. These swift and bright meteors are fragments of Halley's Comet and are famous for leaving glowing trains. To spot them, locate the constellation Orion (which gives the shower its name) rising in the eastern sky after midnight. The later you stay up, the better your chances of seeing these cosmic fireworks.

Planetary Parade: Jupiter and Saturn Shine Bright (All Autumn)

Throughout autumn, the

gas giants Jupiter and Saturn will be prominent fixtures in the night sky.

- **Jupiter**, the largest planet in our solar system, will be exceptionally bright and easily visible to the naked eye, appearing like a brilliant, steady star. Through binoculars, you might even glimpse its four largest moons.
- **Saturn**, with its iconic rings, will also be visible, though appearing less bright than Jupiter. While you'll need a telescope to resolve its rings, even binoculars can hint at its elongated shape. These planetary giants will be observable in the southern sky during the evening hours for much of the season.

Taurids Meteor Shower (November)

November brings the Taurids Meteor Shower, active throughout the month with two peaks: the South Taurids around November 5th and the North Taurids around November 12th. The Taurids are known for being slow-moving but occasionally very bright meteors, sometimes called "fireballs." They radiate from the constellation Taurus the Bull, which rises in the eastern sky.

Leonids Meteor Shower (Mid-November)

One of the most anticipated meteor showers, the Leonids, peaks around November 17th-18th. These



meteors are famous for their historical "storms," though most years offer a more modest but still impressive display. The Leonids are fragments of the comet Tempel-Tuttle and are known for their speed and bright trails. Look towards the constellation Leo the Lion, which rises in the late evening.

Geminids Meteor Shower (Early December)

Often considered one of the best meteor showers of the year, the Geminids peak around December 13th-14th. Unlike most showers which originate from comets, the Geminids come from an asteroid, 3200 Phaethon. They produce numerous, bright, and multi-coloured meteors. This shower is best viewed after midnight, with

meteors appearing to radiate from the constellation Gemini the Twins, visible high in the southern sky.

The Northern Lights: Aurora Borealis (Potential Sightings)

While not a guaranteed event, autumn and winter can offer increased chances of seeing the Aurora Borealis from Northern Ireland, especially in areas with low light pollution such as the Antrim Coast or parts of County Fermanagh. Solar activity can cause geomagnetic storms, leading to these ethereal green and pink lights dancing across the northern horizon. Keep an eye on space weather forecasts from sites like the Met Office Space Weather Operations Centre for aurora alerts.

Bringing your family memories into the digital age with our Kodak Legacy Saver.

Your old video tapes, VHS, VHS-C, Hi8, DVD or MiniDV are precious time capsules filled with family events and forgotten milestones.

As the tapes age, they are at risk of deterioration and the equipment to play them is becoming obsolete. We offer a modern solution for preserving your cherished memories.

By converting your old analog media to digital and saving them to our Kodak Legacy Saver.

Whether you have a single tape or an entire collection, our home movie transfer service is here to help you safeguard your precious moments and relive them on modern devices.

Simply call us on



02891 828601 or visit our website www.mykodakmoments.co.uk and we can have a Kodak Legacy Box delivered to your home. You can then pack your

VHS tapes, DVD's, cine film, photos or slides and we will arrange a pickup that suits you. Every item will be digitised by hand at our shop in Newtownards.

All your precious memories will be saved on our Kodak Legacy Saver and then delivered back to you personally to treasure forever.

Habits of Successful People in Business

Successful business people share a set of habits that contribute to their achievements. These habits aren't about innate talent, but rather about discipline, and continuous learning.

Prioritizing and Planning

Successful leaders are masters of time management. They begin their days with a clear plan, often created the night before. This isn't just a to-do list; it's a prioritized schedule that focuses on high-impact tasks. They understand the difference between urgency and importance, dedicating their energy to activities that drive long-term growth and achieve their most significant goals. This proactive approach allows them to avoid getting sidetracked by minor issues and to stay focused on their vision.

Continuous Learning and Adaptability

The business world is constantly changing, and successful people know that

stagnation is a trap. They are perpetual students, always seeking to learn new skills, understand market trends, and gather insights from a wide range of sources, including books, podcasts, and industry peers. This commitment to continuous learning makes them highly adaptable. When faced with unexpected challenges or shifts in the market, they are well-equipped to pivot their strategies and innovate.

Building a Strong Network

Business isn't a solo sport. Successful individuals invest time and effort into building and nurturing a strong professional network. They understand that relationships are a valuable asset. This network provides

a support system, offering advice, new opportunities, and potential collaborations. They don't just ask for help; they are also generous with their time and expertise, understanding that networking is a two-way street built on mutual respect and reciprocity.

Prioritizing Well-being

It might seem counterintuitive, but many successful people prioritize their physical and mental health. They recognize that burnout is the enemy of productivity and creativity. This often includes habits like regular exercise, a balanced diet, and sufficient sleep. They also build in time for hobbies and relaxation, which helps them recharge and maintain a clear perspective.

By taking care of themselves, they ensure they have the energy and resilience needed to face the demands of their business.

Cultivating Resilience

Success is not a straight line; it's filled with setbacks and failures. A defining habit of successful business people is resilience. They don't see failure as a final destination but as a learning experience. Instead of dwelling on mistakes, they analyze what went wrong, adjust their approach, and move forward with renewed determination. This ability to bounce back from adversity is a key factor that separates those who achieve long-term success from those who give up at the first hurdle.

NOVEMBER

Country Music

Weekend at The Abbey Hotel

Friday 14th - Sunday 16th November 2025

AH

ABBEY HOTEL

FRIDAY 14TH NOVEMBER 2025

JACK KEOGH & HIS BAND

9.15PM-11.30PM

MICHAEL ENGLISH

11.30PM-1.30AM

STUART MOYLES

1.30AM

SATURDAY 15TH NOVEMBER 2025

CONOR O'DONNELL

2.30PM-4.30PM

PATRICK FEENEY

9.15PM-11.30PM

JIMMY BUCKLEY

11.30PM-1.30AM

STACEY BREEN

1.30AM

SUNDAY 16TH NOVEMBER

DEREK RYAN

3.00PM-5.00PM

KIERAN MCAREE

9.00PM-11.00PM

AH

ABBEY HOTEL

Package €249pps

2 NIGHTS B&B INCLUDING ADMISSION TO ALL DANCES STAY SUNDAY NIGHT FOR AN EXTRA €40PPS

www.abbeyhoteldonegal.com

t: +353 (0)74 97 21014

e: info@abbeyhoteldonegal.com

Gilmore Funeral Directors Ltd: A Trusted Legacy in Comber

Gilmore Funeral Directors Ltd is a well-established, third-generation independent family business in Comber, offering compassionate and professional funeral services.

Established in 1987, the company has built a strong reputation for providing personalised and supportive care during life's most difficult times.

The business is run by Ken Gilmore Dip.F.D., who has over 45 years of experience, and his son Mark Gilmore BIE, who has over 25 years. Their philosophy is simple and heartfelt, captured in their motto: "Our family is here to look after your family when you need us most." As one of the few fully qualified funeral directors in Northern Ireland, Ken Gilmore has remained independent in the face of corporate buyouts, allowing him to keep costs as much as 35% lower than larger groups.

Gilmore Funeral Directors understands that every funeral is unique.

Their dedicated

team works closely with families to create a meaningful and memorable service that reflects the life and wishes of the deceased, from traditional funerals to contemporary celebrations of life.

Their comprehensive services include:

- Funeral planning and arrangement
- Direct cremations
- Burial and cremation services
- Live stream of services
- Floral arrangements and transportation
- Memorials, including headstone erection, lettering, and cleaning
- Repatriation to any country
- Grief support and bereavement advice
- Guidance on DHSS grants

The company's facilities include a modern, custom-built memorial hall that can accommodate more than 100 people, providing



a tranquil environment for services. They are also an appointed representative for Golden Charter pre-paid funeral plans, enabling individuals to plan and pay for their arrangements in advance. Gilmore Funeral Directors is a trusted member of both the National Association of Funeral Directors (NAFD) and the Society of Independent Funeral Directors (SAIF).

Last Year Gilmore Funeral Directors Ltd was a proud winner at

the inaugural Funeral Awards Northern Ireland 2024, where company director Ken Gilmore received the prestigious Lifetime Service Award, and the company was named Independent Funeral Director of the Year.

For more information or to arrange a meeting, you can contact Gilmore Funeral Directors at:

Address: 1 Kilinchy Street, Comber, BT23 5AP Phone: 028 9187 2949

Website: <https://gilmore-funeraldirectors.co.uk>

DEREK WRIGHT, PRESIDENT OF THE NEWTOWNARDS CHAMBER OF TRADE

Derek Wright stands as a prominent figure in the Newtownards business community, serving as the President of the Newtownards Chamber of Trade and chairman of the Ards and North Down Business Forum.

He acts as a tireless advocate for local businesses, working to promote economic growth, foster collaboration, and ensure the town's voice is heard on a wider scale.

A dedicated business owner himself, Mr. Wright brings a practical, on-the-ground perspective to his leadership. His initiatives have been a driving force behind key projects aimed at revitalizing the town centre and helping local traders navigate challenging economic landscapes. He has been a vocal supporter of campaigns that encourage consumers to shop locally, highlighting how every pound spent with an independent retailer directly supports the local economy.

Under his leadership, the Newtownards Chamber has actively engaged in strategic partnerships to provide vital support to its members. A notable example is the collaboration with "Voice For Locals," an initiative aimed at helping micro and

small businesses recover and rebound from the impacts of the pandemic. Mr. Wright welcomed this partnership, underscoring the Chamber's commitment to equipping businesses with the tools and resources they need to succeed in a competitive environment.

Mr. Wright is also a key figure in the recently formed Ards and North Down Business Forum, an alliance that brings together five chambers of commerce to create a united voice for businesses across the borough. As a part of this forum, he emphasizes the importance of ensuring that the needs and contributions of businesses are recognized and prioritized in regional development decisions. His work extends to championing Newtownards as a "Gateway Town," a strategic effort to open up tourism opportunities for the entire Ards Peninsula.

Beyond large-scale initiatives, Mr. Wright has demonstrated a proactive approach to addressing



specific challenges facing traders. When a "buy nothing new" campaign by the council was perceived as anti-retail, he launched a "Buy Something New Month" counter-campaign, successfully advocating for the removal of the original messaging and showing his commitment to supporting the town's vibrant retail sector. His efforts have also been instrumental in the success of events like the High Street Heroes

Awards, which celebrate the achievements and resilience of local retailers.

In essence, Derek Wright's leadership is characterized by a strong dedication to the prosperity of Newtownards. He combines a business owner's pragmatism with a forward-looking vision for the town, ensuring that Newtownards remains a thriving and influential hub for both residents and visitors.

GILMORE FUNERAL DIRECTORS LTD

Direct
Cremations
Available

"Our family is here to look after your family when you need us most"

For a personal service from an
INDEPENDENT
family owned business call
KEN GILMORE Dip.F.D.
or **Mark Gilmore BIE**
028 9187 2949

Serving all areas 24 hours a day
365 days a year, since 1987

FUNERAL SERVICE ROOM
SEATING 100+ WITH RESTROOMS
LIVE STREAM AVAILABLE

**GOLDEN CHARTER
PRE PAID
FUNERAL PLANS**

Golden Charter
Later Life Planning

Headstones erected, lettering added, stones cleaned



**Proud WINNERS of Lifetime Service Award
AND Independent Funeral Director
of the Year at Funeral Awards:**



Funeral Awards
NORTHERN IRELAND 2024

www.gilmore-funeraldirectors.co.uk
1 Kilinchy Street Comber BT23 5AP



Gilmore Funeral Directors LTD is an appointed representative
of Golden Charter Limited trading as Golden Charter Funeral Plans which is
authorised and regulated by the Financial Conduct Authority (FRN:965279). Registered in England No. 02511598
Registered Office: One Fleet Place, London EC4M 7WS.

DE JA VU

Award winning salon!
Celebrating
25
years!

**FREE
Consultation!**
We also offer colour
correction, upstyles
restyles and wedding
packages!

Extensions:

**Tel:
028 91 82 6888**
**44 Frances Street,
Newtownards**





MAUDS
BANGOR CITY
57 High St, Bangor



YEARS
43
ANNIVERSARY

*Scooping
Everyday*
11AM-9PM
HOLYWOOD
109 High Street,
Holywood



Street Life Named Retailer of the Year

Street Life Menswear in Newtownards has been crowned Retailer of the Year at the 2025 Belfast Telegraph Business Awards.

The family-run shop, founded over 40 years ago by Derek Wright, is known for offering a personalised shopping experience and exceptional service. Specialising in suits and menswear for all occasions, Street Life also features unique services such as The Suit Lounge and The Suit Locker.

The award recognises the store's commitment to quality, loyalty, and community

involvement. Derek Wright said the team was "absolutely delighted" to win, adding that the award reflects the dedication of staff, the support of customers, and the shop's resilience at a time when many high street retailers are struggling.

Street Life continues to thrive thanks to its honest approach to service: giving customers straightforward advice, creating a fun and



welcoming environment, and ensuring every shopper leaves feeling looked after. With a reputation built on trust and a loyal customer base, Street Life remains a cornerstone of menswear in Northern Ireland. "

High Street Retail Sales at Christmas

Christmas remains the most important trading period for UK high street retailers. In the weeks leading up to December 25th, shops experience a significant surge in footfall, as shoppers flock to purchase gifts, festive food, and seasonal decorations.

For many retailers, this period accounts for a large share of their annual revenue, often making the difference between a challenging year and a profitable one.

The festive season also brings opportunities for high street businesses to stand out. Window displays, Christmas markets, and late-night shopping events all help create a lively atmosphere that attracts customers and encourages spending. Small independent shops, in particular, can benefit by offering unique, personalised products that appeal to those seeking alternatives to online shopping.

At the same time, Christmas retail sales play an important role in supporting local economies. Busy high streets generate more trade for cafés,

restaurants, and pubs, as shoppers take breaks and enjoy the festive spirit. This seasonal boost provides much-needed support to communities

and helps safeguard jobs during the winter months. While online shopping continues to grow, the UK high street still

thrives at Christmas thanks to the experience it offers – from browsing gifts in person to enjoying the festive lights and celebrations.

Tourism NI to celebrate region's world-class distilleries during October

Tourism Northern Ireland has launched a month-long celebration of food and drink in a bid to "shine a spotlight" on the region's world-class distilleries.

The 'Embrace a Giant Taste of October' campaign will showcase Northern Ireland's distillery-led experiences, celebrate local food and drink producers, and highlight collaborative chef partnerships through a series of events and immersive experiences.

From seasonal supper clubs to distillery after dark experiences with food pairings, visitors will be able to explore a vast array of food and drink events.

Bushmills Distillery in Co Antrim, The Boatyard Distillery in Co Fermanagh, Wild Atlantic Distillery and Woodlab Distillery, both in Co Tyrone, and the Walled City Brewery in Derry.

Gary Quate, Food and Drink Tourism Manager at Tourism NI, said: "Embrace A Giant Taste of October celebrates the collaborative spirit of Northern Ireland's distilleries while showcasing unique experiences developed with chefs, producers, and food and drink businesses.

"This programme is the result of our sustained partnership with the Distillery Network, supporting businesses through recent experience development programmes and one-to-one mentoring to bring new experiences to market.

"It's hugely encouraging to see so many innovative experiences created as part of this campaign. We hope this partnership leaves a lasting legacy of collaboration and innovation across the food and drink sector."

Michele Shirlow, CEO of Food NI, said: "We are delighted to work in partnership with Tourism NI on 'Embrace A Giant Taste of October'.

"By nominating October as Distillery Month, we've been able to support these businesses in developing and delivering unique experiences.

"We look forward to encouraging consumers to explore and support these critically important local businesses as part of this exciting month-long celebration."

'Embrace A Giant Taste of October' events can be booked online at Embrace a Giant Taste of October | NI Food & Drink Events October



NEWTOWNARDS CREDIT UNION
ARE YOU A MEMBER WITH REGULAR SAVINGS?



ESTABLISHED 1983
newtownardscreditunion.co.uk • TEL: 028 9182 8674



Now offering a Christmas loan from 3rd November to 19th December.



Are you renovating your home?



Are you going on holiday?



Come along and support our Charity fund raiser - selection box collection and ballot for Chest, Heart and Stroke.



Savings & Loans, Competitive rates. Holiday closure 23 December 25 to 5 January 26

Terms and Conditions Apply

TEL - 028 9182 8674
EMAIL - INFO@NEWTOWNARDSCREDITUNION.CO.UK
ADDRESS - 12 NORTH STREET, NEWTOWNARDS, BT23 4DE

OPENING HOURS | MONDAY 9AM – 2PM - TUESDAY 9AM – 2PM
THURSDAY 9AM – 2PM - FRIDAY 9AM – 2PM



**SUIT Lounge**

EST 1983

STREET LIFE

NEWTOWNARDS

Belfast Telegraph's "Retailer of the Year" 2025





Leader in Walk in Baths

across Belfast & Northern Ireland

GET A FREE QUOTE

www.thedisabilityandbathroomcentre.com

thedisabilitycentre@hotmail.co.uk

20, The Square, Portaferry,
Newtownards,
Co. Down, BT22 1LW.

Tel: 078 0229 8910
or 028 42 728 580

AUTUMN SALE OF MARGEY ORIGINALS AT CULLODEN ESTATE & SPA

Portrush-based artist Adrian Margey, known for his vibrant, contemporary landscape works, will be hosting an exhibition and sale at The Culloden Estate & Spa from Friday 24th October to Sunday 26th October.

This highly anticipated annual event will feature Margey's latest collection, which captures the breathtaking beauty of North Down, the Ards Peninsula, the Mourne, the North Coast, Belfast, and Donegal.

Margey, whose work has been gaining recognition both locally and internationally, exhibited in Washington DC in 2022 and was invited to live-paint at the 'Experience Ireland' showcase in Milan last spring. His reputation continues to grow, making this exhibition an exciting opportunity for collectors and art enthusiasts alike.

While Margey holds a PhD from Queen's University Belfast, he is a self-taught artist whose distinctive style draws inspiration from the Fauves, Irish Impressionists, and the indigenous artists of South America. His signature approach blends bold, kaleidoscopic colours with sweeping brushstrokes and expressive knife work, creating pieces that are both dynamic and emotive. His more impressionistic works, which emphasize naturalistic colour schemes, are also increasingly sought after.

This year's exhibition will spotlight a stunning range of large and small works, each reflecting Adrian Margey's

distinctive style and use of colour. A special focus will be placed on Belfast's iconic landmarks, including the historic Harland and Wolff cranes, the Titanic Quarter, Ulster Hall and Strand Cinema. Alongside these, there will be breathtaking depictions of the North Coast, Mourne and Donegal. Striking portrayals of Strangford Lough, Scrabo Tower and Mount Stewart as well as serene scenes from North Down, such as Kinnegar Pier, Seapark, Crawfordsburn and Bangor Marina will bring a very local flavour to this must-see exhibition.

The exhibition will run from 11 am to 9 pm on Friday, 24th October and Saturday, 25th October,



Artist Adrian Margey photographed ahead of his Solo Exhibition at Culloden Estate & Spa: Friday 24th until Sunday 26th October.

with final viewing on Sunday, 26th October from 11 am to 6 pm.

Admission is free, and everyone is welcome. For more details, please visit

www.adrianmargey.com or contact the Portrush studio at 07841593762.

Flexible working policies not enough

Researchers found expanding the legal 'right to request' flexible working has not led to major increases in employees using options such as flexitime or remote working.

New research shows a major reform designed to make flexible working more accessible to all workers in the UK has had limited impact on how employees actually work.

The study, led by researchers from King's Business School, University College London and City St George's, University of London, analysed over

15,000 employees from the UK Household Longitudinal Study between 2010 and 2020. It examined the effects of the 2014 policy reform, which extended the right to request flexible working from only parents and carers to all employees with at least 26 weeks' service.

The findings showed that women were more likely to take up reduced hours arrangements (such as part-time work) following the

reform, with uptake increasing over time. There was no comparable rise in men's use of reduced hours, while no significant increases were observed for flexitime or remote working among either men or women. Women experienced reduced psychological distress and higher life satisfaction after the reform, this was possibly linked to reduced working hours, not to other forms of flexibility. The research

highlights that legislation alone is not enough to normalise flexible working. Previous studies at King's College London showed that bias against employees who work remotely or flexibly persists, and the study shows how employers' discretion to reject requests may still limit true access. Earlier surveys from trade unions have shown that significant numbers of mothers and women in the public sector have

had requests for flexibility denied. The researchers suggest that governments and employers need to go further to make flexible working a reality. Simply giving employees the right to request is not enough when workplace cultures and biases continue to act as barriers.

They highlight several options, including promoting flexible working in job adverts to set expectations early, offering targeted support to smaller employers, encouraging the public sector to lead by example, and running campaigns to tackle the stigma that still surrounds flexible working.

As of 2024, UK workers have the right to request flexible working from their first day of employment, with stronger obligations on employers to justify refusals. The researchers note that it will take several years before the impacts of this new change can be properly assessed.

The study, Does the 'right to request' flexible work policy influence men's and women's uptake of flexible working and well-being? Findings from the UK Household Longitudinal Study, is published in the Journal of Epidemiology & Community Health.

SHOT BLASTING SERVICES LTD
Celebrating 15 years in business

Find us on Facebook

Specialists In Blasting & Powder Coating

- GRIT BLASTING - METAL SPRAYING - PROTECTIVE COATING
- SMALL METAL REPAIRS - COLLECTION & DELIVERY SERVICES
Gates, Railings, Antiques & Garden Furniture
Call 078 4006 6272 or 078 5654 8771
www.shotblastingservicesni.com
shotblastingservices@gmail.com | 10A Balloo Crescent, Bangor, BT19 7WP

LEO MAGUIRE TAE-KWON DO SCHOOLS
(3 Years – Adults)
www.taekwondo-ni.co.uk

UKTC Northern Ireland presents Little Tiger Cubs

Learn Through Play The Little Tiger Cub Way

LITTLE TIGER CUBS CLASSES FOR 3-5 YEARS OLD
THE FUN MARTIAL ARTS TRAINING SYSTEM FOR CHILDREN 3-5 YEARS OLD

- ★ Learn Through Play
- ★ Have Fun
- ★ Develop Flexibility
- ★ Improve Balance & Co-ordination
- ★ Learn Respect
- ★ Increase Self-Confidence
- ★ Learn Basic Self-Defence

LIMITED PLACES AVAILABLE!
TO RESERVE YOUR FREE TRIAL LESSON, CALL
078 911 914 94
www.littletigercubs.com

ACTIVE TIGERS
(For 5-8 Year Old's)
Allowing Children to Develop Tae-kwon Do Skills at a More Relaxed Pace.

TAE-KWON DO
(For 9 Year Old's to Adult)
It's Safe, Practical and Fun. Improve Self-Confidence. Learn Self-Defence and Self-Discipline.

CLASSES ACROSS NORTHERN IRELAND

Contact: Leo Maguire (N.I. National Coach)
T: 07891 191494

Book a Free Class

Cecil Smyth Ltd Building Contractors
Est. 1961

• New Builds • Extensions
• Renovations • Structural Alterations
• General Maintenance
Tel: 07493 501697 | 07802 414484

Find us on Facebook Cecil Smyth Ltd @cecilsmythltd

BLOOMFIELD BLINDS & CURTAINS
Celebrating over 45 years in business

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

We do...

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

Specialists in cleaning and repairing venetian blinds

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

Luxaflex SilentGlide SUNWAY VELUX

Silverwing Mobile Grooming: Celebrating Six Years offering a pawsome experience for your pet!

For six years, Silverwing Mobile Grooming has been a trusted name in pet care, growing from strength to strength beginning with a traditional salon experience the service has evolved to deliver pet grooming on your own doorstep!

This mobile dog grooming salon, founded by Kaitlyn Macfarlane, offers a unique and stress-free grooming experience by bringing a fully customised salon van directly to your home!

A Convenient and Caring Service

Silverwing Mobile Grooming is celebrated for its personal touch and dedication to providing a calm, non-stressful environment for all pets. Their mobile service is particularly convenient for pet owners, as it eliminates the need for travel and allows dogs to be groomed in a familiar and secure setting at their own home.

The team at Silverwing is

comprised of true dog lovers who are committed to the well-being of every animal they serve. Services are tailored to individual needs and include a range of options from mini-grooms to full-grooms, with additional spa treatments like mud baths, teeth cleaning, and paw wax.

Client Trust and Professionalism

With a commitment to excellent care, Silverwing has earned a reputation for reliability and professionalism. The business is known for providing expert grooming services, ensuring each dog receives a custom cut and styling that leaves them looking and feeling their best.



Whether it's a simple bath and trim or a complete makeover, Silverwing focuses on making the grooming process

a positive and comfortable experience for every pet. To book a

"pawsome" experience for your pet, you can

contact Silverwing Mobile Grooming directly.

Phone: 028 9122 8172 Email: kaitlyn@silverwingsalon.co.uk

Nine in 10 UK businesses looking to AI to solve key business issues.

The Barclays Business Prosperity Index reveals that despite ongoing global economic challenges and rising energy costs, UK firms are accelerating AI adoption and upskilling their workforce to drive innovation and growth.

Nine in 10 businesses (89 per cent) are looking to solve business problems with AI over the next two years, with improving data analysis, forecasting or business intelligence, enhancing customer experience and reducing operational costs cited as the main opportunities.

Over the past year, businesses have already invested, on average, £235,600 on AI and emerging technologies, with 68 per cent planning to increase this in the next 12 months. Investment is more pronounced for large corporates of more than 250 employees who have invested an average of £400,000, compared to £225,500 from medium enterprises (50-249 employees) and £125,250 small businesses (10-49 employees).

Whilst AI is a key investment priority, businesses are also planning to increase overall investment by 5.5 per cent over the next 12 months, up by 1.7 percentage points from Q1. The main areas of focus for investment are staff training and development (42 per cent), improved digital products (37 per cent) and R&D (37 per cent).

This wave of investment comes in response to a significant workforce

gap, with business leaders identifying AI and digital technology skills as the most in-demand. Four in 10 (39 per cent) cited this as the greatest area of skills shortage in the UK workforce. These gaps are especially pronounced in financial services (52 per cent) and IT & telecoms (48 per cent) with the tech sector itself (51 per cent) also experiencing significant technical skills shortages.

Reflecting growing demand for AI skills, collectively almost a third either have already (11 per cent) or are currently (21 per cent), hiring for AI-focused roles, with 42 per cent of businesses planning to do so.

The data is part of the Q2 Barclays Business Prosperity Index, which combines anonymised, client data from over one million Barclays business clients, with survey data from 1,000 business leaders, alongside analysis from the Centre for Economics and Business Research.

Businesses see potential for the UK to be a world AI leader

Among those already using AI, the reported benefits were clear. Almost one third (32 per cent) have seen improved idea generation

and innovation, 31 per cent cite better decision-making driven by data or AI models, 30 per cent have seen improved customer experience or services, and a further 30 per cent have reduced operational costs. Demonstrating support for the UK's technological innovation, seven in 10 business leaders (72 per cent) believe the UK can be a global AI leader, with 19 per cent believing the UK already is. According to business decision-makers, who don't believe the UK is already an AI leader, the most important enablers include: clear and innovation-friendly AI regulation (27 per cent), support for regional AI training centres and skills hubs (25 per cent), sustained public and private investment in AI research and startups (24 per cent), and stronger partnerships between business and education (24 per cent).

The Barclays Business Prosperity Fund is available for new and existing Business Banking customers and UK Corporate Banking clients across the UK to apply for lending and refinancing on existing projects. To see how Barclays can work with you to support your business visit: home.barclays/businessprosperity.



6 Years ANNIVERSARY

Silverwing
MOBILE SPA






GROWING FROM STRENGTH TO STRENGTH






Fully customised grooming van for all your pets needs.

Bringing pampering right to your doorstep!

BOOK IN FOR A PAWSOME EXPERIENCE FOR YOUR PET!

Contact us on 028 9122 8172 kaitlyn@silverwingsalon.co.uk

Looking for a Primary School?

We would love to welcome you to Leadhill Primary School. We have a range of ways to provide you with the information you need:

Visit our school website.

Come to our Stay and Play sessions from 2:30 - 3:15 on 21 & 28 Nov 2025 or 9 & 16 Jan 2026

Attend our Open Days on 2 December 2025 or 9 January 2026

Arrange to take a tour of the school. Visits can be arranged by appointment throughout the year.

Take part in our Toddler Time group each Wednesday from 9 -11am.

Find out about our Wrap-Around childcare solutions.

Find out about our Pre-School Playgroup for children from 2 years and 10 months.

‘Children are offered a range of opportunities to shine, which highlights all children’s gifts. Leadhill is a great family school.’
(Parent comment)

Limited spaces available in playgroup and P1-7

Visit our school website for further information.

Casaeldona Park, Belfast, BT6 9RD Tel: 028 90401101 www.leadhillps.com






THE POWER OF SHOPPING SMALL: STRENGTHENING OUR COMMUNITIES AND ECONOMY

In a world increasingly dominated by multinational corporations and online retail giants, the charm and resilience of small, independent local businesses often go unnoticed.

Yet, these enterprises are the heart and soul of our communities, offering unique character, personalized service, and a host of benefits that ripple through the local community and the wider economy. Supporting

them isn't just a trend; it's a powerful way to invest in our collective future.

How to Support Small Businesses
Supporting local businesses doesn't always require a big

budget. There are many ways to make a difference, both big and small.

• Buy Local Goods and Services: The most direct way to help is to consciously choose to shop at local stores,

use local services, and dine at independent restaurants and cafes. For every dollar spent at a local business, a significant portion stays in the community, circulating through the local economy and supporting other businesses. A simple switch of your weekly shopping, even just a small amount, can have a huge cumulative effect.

• Engage on Social Media: Follow your favorite local businesses on platforms like Instagram, Facebook, and Twitter. Like, share, and comment on their posts to boost their visibility and help them reach new customers. Social media algorithms favor engagement, so your actions can be a powerful, free form of marketing for them.

• Leave Positive

Reviews: Word-of-mouth is a small business's best friend. Take a few minutes to write a positive online review on sites like Google, Yelp, or TripAdvisor. Reviews build credibility and trust, which can significantly influence a new customer's decision to visit.

• Buy Gift Cards: Purchasing a gift card provides a business with immediate revenue, which can be crucial for managing cash flow, especially during slower periods. It's also a great way to introduce friends and family to a local gem.

• Spread the Word: Tell your friends, family, and colleagues about your positive experiences. A personal recommendation is one of the most effective forms of advertising.

The Benefits for the Local Community and Economy

The act of supporting a local business creates a virtuous cycle of benefits that strengthen the community from the ground up.

Economic Impact

When you spend money at an independent, locally-owned business, more of that money stays within the community. Unlike large corporations that often repatriate profits to distant headquarters, local businesses are more likely to recirculate revenue locally by paying their employees, using local suppliers, and paying local taxes. This "local multiplier effect" creates a stronger, more resilient local economy. Additionally, small businesses are a major

source of job creation, employing a significant portion of the workforce. By supporting them, you're directly helping to provide employment opportunities for your neighbors.

Community Building and Identity

Local businesses are often the cornerstones of a community's identity. They contribute to the unique character of a neighbourhood, making it a desirable place to live and visit. The owners are your neighbours, often sponsoring local sports teams, donating to school fundraisers, and getting involved in community events. This personal investment in the community fosters a strong sense of place and belonging.

Innovation and Choice
A marketplace of

many small businesses encourages competition and innovation. Instead of a handful of generic, mass-produced products, you'll find a broader range of unique and specialized goods and services that cater to local tastes. This diversity provides consumers with more choices and a more personalized shopping experience.

Environmental Benefits
Supporting local businesses often leads to a smaller carbon footprint. They typically source their products locally, which reduces the need for long-distance transportation and excessive packaging. This practice helps to lessen pollution and conserve resources, contributing to a healthier environment for everyone.

Grief can be overwhelming
We can help.

CRUSE Bereavement Support

NORTH DOWN & ARDS
OPEN FOR REFERRAL

WE PROVIDE INFORMATION & 1-1 SUPPORT FOR PEOPLE BEREAVED.



For information and support contact
CRUSE BEREAVEMENT SUPPORT
NORTH DOWN & ARDS OFFICE
028 9127 2444
OR ENTER YOUR DETAILS ONLINE: WWW.CRUSE.ORG.UK

You're not alone.
Registered Charity No. 208078 | A Company Limited by Guarantee No. 638709 (London)
Cruse Bereavement Support 5 Kew Road, Richmond, TW9 2PR

CWA *claire whyte* **architect**
Design to Inspire
RIBA Chartered Architect
Creating individual spaces for every scale or budget

Claire Whyte, 12 Mount Alexander, Comber, BT23 5QL
www.clairewhytearchitect.com and on facebook
Email: claire@clairewhytearchitect.com

T: 02891071300 M: 07595422433

 Find us on Facebook



North Down and Ards Women's Aid work with women, children and young people affected by domestic and sexual abuse.

We currently have funding to deliver our Safe Relationship Awareness Project which works to educate young people about the dynamics of healthy relationships and the warning signs of abuse to develop a project committed to ensuring young people have the tools to navigate relationships safely.

The project is delivered over a six-week period, comprising of weekly hour-long sessions, each delving into various aspects of relationship dynamics.

There are a multitude of topics covered across the six-week period, all chosen to align with the needs of young people as well as the current societal issues that can impact our understanding of relationships.

We explore what a healthy and unhealthy relationship can look like, educate on forms of abuse and coercive control, tackle the influences of social media and technology abuse, discuss the lines of consent all while ensuring the space is kept safe and open for discussions. This project is completed in groups, which can be a great advantage for learning but also

SAFE Relationships
AWARENESS PROJECT
6-week course
*featuring true stories of our service users depicted by actors

Women's Aid
NORTH DOWN & ARDS

creating a safe space for attendees to share experiences.

We have received

fantastic feedback from students and teachers about their experience of the Safe Relationship Awareness Project to date and we look forward to continuing on

this work in the months ahead. We hope to continue the education of our young people as when it comes to relationships,

knowledge truly is power and through this work we plan to continue the empowerment of the next generation.

If any school, youth group or community organisation are interested in The Safe Relationship Awareness Project, please contact our Bangor office on 028 9127 3196.

HOME START
Local Scheme Supporting Families for 28 years
VOLUNTEERS NEEDED
FOR FAMILY SUPPORT, DRIVING, CHARITY SHOPS & MANAGEMENT COMMITTEE.

Ards, Comber and Peninsula Area

ON-GOING RECRUITMENT FOR VOLUNTEER PREPARATION TEL: 028 427 88369
Our volunteers offer informal, friendly and confidential support to families going through a difficult time.

LOOKING FOR A BARGAIN? Call Down to our Children's Charity Shop at:
2 Ann Street, Newtownards Open Usual Hours
OR OUR GENERAL CHARITY SHOP AT: 52 Castle Street, Comber
Open Mon-Sat 10am -1.30/2pm Usual Hours

Home-Start Ards, Comber and Peninsula Area Registered as a company limited by guarantee in N. Ireland No. NI055744
Registered with the Charity Commission for N.Ireland NIC 105855, funders include SureStart Ards, Cathedral Grant, Ards Comber & Peninsula Area Charity Shop Funding, Halifax Foundation, Awards For All (Lottery), John Moore Foundation N.I. & County Down Rural Community Network.
Volunteers are welcome from all sections of the community.

CAROLINE'S PILATES
FITNESS & AQUA PILATES
IN THE ABBEY
Mon 12.30pm, 6.30pm / Thurs 9.30am, 11am, and 6pm.
IN THE PARK Mon 9.30am / Sat 9.30am
IN THE SEA Sat 11.15am
"I've been around professional sport for many years, but seldom have I come across a fitness programme that is as well presented as Caroline's."
-BOB ZELLER, Founder Belfast Giants

OPEN TO ALL | CALL FOR INFO
TEL. 07528445460



Anne Thomas



B. Ed., B.A.(Hons), T.E.S.O.L.,
NVQ 3 & NVQ 4 (Careers Advice & Guidance)

• Secondary Tuition in English Language, English Literature and Sociology

• Primary Tuition in all subjects.

• AQE Tuition • Fully qualified Careers Adviser

• Qualified TESOL Teacher.

Mobile: 075 1100 9697

Email: athomasenator@gmail.com

PERSONAL TUTOR & CAREERS ADVISER

I can help prepare your P6 child for SEAG (Schools Entrance Assessment Group) entrance test being adopted by 60 Grammar Schools across Northern Ireland!

WHY CASH FLOW CAN BE A KILLER FOR SMALL BUSINESSES

For many small businesses, cash flow is the lifeblood that keeps the company running.

While profitability measures a business's long-term health, cash flow reflects its immediate ability to pay for daily operations, such as rent, salaries, and suppliers. A business can be profitable on paper but still fail if it doesn't have enough liquid cash to meet its short-term obligations. This is often what's referred to as being "cash flow positive" or "cash flow negative."

A common misconception is that a profitable business is automatically a healthy one. However, a business might have a high sales volume and a strong profit margin but still struggle with cash flow. This often happens due to a few key reasons:

- **Delayed Payments:** Many small businesses extend credit to their customers, which can mean waiting 30, 60, or even 90 days to get paid. If a business needs to pay its own bills in the meantime, this gap can create a significant cash shortage.
- **Inventory Costs:** Holding too much inventory ties up a large amount of cash. This is particularly dangerous for businesses with seasonal or perishable goods.
- **Unexpected Expenses:** Unexpected costs, such as equipment repairs or a sudden drop in sales, can quickly deplete a business's cash reserves. Without a buffer, these events can be fatal.

The difference between a business's income and its expenses in a given period is crucial. A business can be profitable (meaning its total revenue exceeds its total expenses) but have negative cash flow if the money isn't coming in fast enough to cover the bills. This is why cash flow management is often considered more critical than profitability for a small business's short-term survival.

Positive Advice for Managing Business Finances

Managing your finances effectively is the key to preventing cash flow problems and ensuring long-term success. Here are some actionable tips:

- **Create and stick to a budget:** A budget is more than just a list of expenses; it's a roadmap for your financial decisions. Track every dollar that comes in and goes out of your business. This will give you a clear picture of where your money is going and help you identify areas where you can cut costs or improve efficiency. There are many user-friendly accounting software options available for this purpose.
- **Monitor your cash flow regularly:** Don't just look at your bank account balance. Forecast your cash flow by projecting future income and expenses. This will help you anticipate potential shortfalls and take action before they become a crisis. Create a simple spreadsheet to track your receivables (money owed to you) and payables (money you owe).
- **Invoice promptly and follow up:** Don't wait to send out invoices. Send them as soon as the work is done or the product is delivered. For customers who are



slow to pay, establish a clear follow-up process. Consider offering early payment discounts to encourage faster payments.

- **Manage your inventory wisely:** Don't overbuy. Analyze your sales data to understand which products sell quickly and which ones just sit on the shelves. This will help you avoid tying up valuable cash in unsold goods.
- **Build a cash reserve:** Whenever possible, set aside a portion of your profits in a separate savings account. This emergency fund can serve as a buffer against unexpected expenses or dips in revenue. Aim to have enough saved to cover at least three to six months of operating expenses.
- **Secure a line of credit:** Even if you don't need it right now, having a pre-approved line of credit can be a lifesaver during a cash crunch. It provides a flexible source of funds you can access when you need it most.
- **Separate personal and business finances:** This is a fundamental rule that many small business owners ignore. Mixing your personal and business finances makes it difficult to accurately track your business's financial health and can create a host of legal and tax problems down the road. Use separate bank accounts and credit cards for all business-related transactions.

Expressions

HAIR SALON

Our celebration countdown is on for 2026!!

40th ANNIVERSARY

40 years of EXPRESSIONS HAIR SALON

Make your Pre-Christmas Booking NOW!

Christmas Vouchers Available

Your family hair salon ...

8 North Street, NEWTOWNARDS
02891817194



SPOTLIGHT ON: UNIT MANAGERS AT ARDS ST JOHN AMBULANCE CADET UNIT

Katie Thompson and Jasmine Neil bring extensive experience and dedication to their roles as Unit Managers of the recently re-opened Newtownards St John Ambulance Cadet Unit.

Katie, a paramedic, has served with St John Ambulance for 16 years, while Jasmine, a dietetic assistant practitioner, has dedicated 23 years of service to the organisation. Both grew up through the cadet programme themselves, giving them first-hand insight into its value. Their experience in medical emergencies, combined with a strong understanding of different teaching and learning methods, allows them to guide cadets effectively and adapt training to meet individual needs.

The unit meets every Thursday evening for two hours, where cadets learn essential first aid skills including CPR, AED use, managing bleeding, and responding to other medical emergencies. Alongside this, the programme builds life skills, confidence, teamwork, and a sense of community. Katie and Jasmine emphasise



that these skills are vital not only for emergencies but also for personal growth and civic responsibility.

Both leaders are committed to supporting local youth, inspiring the next generation of cadets, and strengthening ties within the community. Through the programme, young people gain life-saving skills, practical experience, and the opportunity to develop

as capable, confident, and community-minded individuals. Katie and Jasmine look forward to seeing the cadets flourish and making a positive impact in Newtownards for years to come.

St John Ambulance



Were seeking enthusiastic volunteers to support our youth programmes.

About Us

As a Youth Leader, you'll help young people aged 10-17 develop first aid skills, build confidence, and make a positive difference in their community.

No experience is needed—full training and support are provided. All you need is enthusiasm, good communication, and a willingness to make a difference.

This is a rewarding opportunity to inspire the next generation of lifesavers while gaining valuable skills yourself.

When
Thursdays 1930-2130
Londonderry Park,
Ards

What we do

First Aid
Leadership Skills
Community Service
Confidence Building

BELFAST CITY AIRPORT LAUNCHES TRANSFORMATIONAL DRAFT MASTER PLAN 2040 CONSULTATION

Belfast City Airport has today unveiled its transformational draft Master Plan 2040, that has the potential to unlock up to £200 million in private investment, support thousands of new jobs and deliver a £1.7 billion injection into the Northern Ireland economy annually.

The draft plan also shows an exciting opportunity to deliver a new rail halt to potentially become the first airport on the island of Ireland to be connected by rail. The airport is seeking views on its vision for growth over the next 15 years, which includes extended terminal and airfield facilities, surface access improvements and complementary development, which could include a hotel and increased EV charging facilities.

Aviation analysts predict demand for air travel across the island of Ireland will double to 90 million passengers per year by 2040. That will require Belfast City Airport to grow to 7 million passengers over the same period, ensuring Belfast retains and expands its connectivity to the UK and Europe.

The draft plan would double the airport's workforce to over 2,200 and facilitate growth of its apprenticeship academy and award-winning community engagement programme. It would also accelerate key sustainability ambitions, including the airport's journey to net zero.

Matthew Hall, Chief Executive of Belfast City Airport, said:

"Delivery of our Master Plan is a once-in-a-generation opportunity that will benefit passengers and businesses across the region, whilst delivering key elements of the Northern Ireland Executive's Programme for Government.

"The economic benefits from delivery of our Master Plan will be significant. By 2040, we could generate £1.7billion in GVA for Northern Ireland and support over 23,000 jobs across the region, including over 1,100 new roles at the airport campus.

"Every airport on the island of Ireland will need to play its part in meeting future demand, and this draft Master Plan exemplifies Belfast City Airport's commitment to doing so, while reinforcing our position as a vital economic enabler for the region.

"We want more passengers to arrive by public transport and leave their cars at home, hence a focus on greener journeys within the Master Plan.

"We've recently entered a pioneering public-private partnership with Translink to conclude a feasibility study for a new rail halt linking the airport with Belfast city centre on the Bangor line. We look forward to further exploring this initiative."

At the heart of the draft Master Plan is a commitment to protect the local community by accommodating all growth within the airport's current noise contour limit.

The airport is exploring limited flexibility in the evening, to allow some additional scheduled flights for a period after 21:30, but not beyond the current 23:59 limit for delayed flights. This would enable airlines to operate the necessary routes, give passengers more choice and avoid disruption or cancellations. Importantly, it would encourage airlines to accelerate investment in cleaner, quieter, new generation aircraft.

To deliver the benefits of growth to 7 million passengers a year by 2040, the airport is also seeking views on moving the annual cap on aircraft movements from 48,000 to 61,000. The airport does not anticipate that a runway extension would be required. Clare Guinness, Chief Executive of Belfast Chamber, said:

"The contribution that Belfast City Airport makes to local business, tourism and the community is significant. Connectivity is critical to Belfast's economic success, and the airport is a strategic economic asset that our members and wider society rely on as a lifeline for commerce and business. Belfast is a city on the rise and that requires the City airport to be ready to help us unlock our future potential in the next decade and beyond."

Colin Neill, Chief Executive of Hospitality Ulster, commented:

"Greater air connectivity is central to making sure we can attract more visitors to spend more time here in Northern Ireland. The hospitality sector is the backbone of the tourism economy and hospitality business owners work hard to deliver our world class offer.

"We welcome future investment and enhanced capacity at Belfast City Airport as this will have a direct positive impact in bringing more visitors to sample our world class pubs, restaurants and attractions, staying longer and spending more. We look forward to seeing the potential development of the airport strengthening our reputation as a destination of choice for visitors from GB, Europe and the rest of the world."

Matthew Hall concluded: "If Belfast City is not able to meet growth in passenger demand, there will be constraints on Northern Ireland's air connectivity which would frustrate ambitions to improve economic productivity, increase foreign direct investment, grow tourism and create more jobs through activity at the airport."

"We value and are seeking the views of our community on our draft Master Plan. We will consider all feedback before publishing the final plan early next year."

The draft Master Plan is open for public consultation until 11 November 2025. The full document can be viewed at belfastcityairport.com/vision. Members of the public can submit their views within the dedicated website linked above, in writing, or by attending one of the forthcoming community engagement events:

- Thursday 2 October 2025 – Riddell Hall, QUB, South Belfast (2–4pm & 6–8pm)
- Thursday 9 October 2025 – Templemore Baths, East Belfast (2–4pm & 6–8pm)
- Thursday 16 October 2025 – Hollywood Library, North Down (2–4pm & 6–8pm)

PAWPULARITY CONTEST: DOGS VS CATS LEADING VETS REVEAL UK PUP AND KITTY OWNERSHIP HOTSPOTS

It's an age-old debate and defining characteristic: are you a cat person or a dog person? Now the UK's leading pet health plan provider, Pet Health Club, has revealed which regions are the biggest pooch and moggie lovers.



The team at Pet Health Club analysed data from across their nationwide network of over 800 vet practices*, revealing that South West England is the most dog-daft region, with the highest number of dogs per household, while Wales is the most cat-crazy area.

Dogs continue to lead as the UK's favourite pet – outnumbering cats in nearly every region by population, density, and per-household ownership – but the cats have got the cream in Wales and NI, where there are more kitties than pups per household.

While dogs are still in first place across the country, social media trends suggest cats are gaining ground. Cats dominate meme culture and feline content is shared twice as much as dog images and videos.

Cat-loving celebrities like Taylor Swift, Miley Cyrus and Ed Sheeran are potentially driving a trend for Gen-Z cat ownership, with TikTok searches for videos comparing cat breeds up by 1000% and Scottish folds (Taylor's

cat of choice) the most popular searched breed.

The top 10 UK regions for dog ownership are (per household):

- Region
- South West
- Scotland
- East of England
- North West
- Northern Ireland
- South East, Wales
- East Midlands
- West Midlands
- Yorkshire & The Humber

The top 10 UK regions for cat ownership are (per household):

- Region
- Wales
- Northern Ireland
- Scotland
- South East
- South West

- West Midlands
- East Midlands
- East of England
- North East
- North West

Pet Health Club has launched Little Paws, a puppy and kitten preventative healthcare package to help new owners in the early days.

With expert support for every step of their pet's journey, owners will receive advice on training, diet and healthcare plus essentials like worming, anti-flea treatment, micro-chipping, vaccines, check-ups and more. There's also a welcome bundle worth up to £100*, and exclusive access to Pet Health Club's popular Puppy and Kitten Academy.

Locally Built

BUILT BEYOND

R240

2-STALL HORSEBOX

overlandervehicles.co.uk

Antrim > N.Ireland





OVERLANDER

INFO@OVERLANDERVEHICLES.CO.UK

SALES ENQUIRIES 078 3445 1800

EVs in the Cold:A Guide to Winter Performance and Range

As the days get shorter and the temperatures plummet, a common question arises for electric vehicle (EV) owners and prospective buyers: How do EVs perform in the cold?

The answer is nuanced, but with a bit of knowledge and preparation, an EV can be a reliable and even advantageous choice for winter driving.

The Science Behind the Winter Drop

The primary challenge for EVs in winter is the lithium-ion battery. These batteries are an intricate system of chemical reactions, and like many chemical processes, they are sensitive to temperature. The optimal operating temperature for an EV battery is typically around 21.5°C. When the mercury drops, the chemistry slows down.

- **Reduced Range:** In cold weather, the electrolyte fluid inside the battery becomes more viscous, which hinders the movement of lithium ions. This means the battery's ability to store and release energy is less efficient, leading to a noticeable reduction in range. Studies and real-world data suggest that a drop of 15-20% is common, though this can be more significant in extreme cold.
- **Slower Charging:** Just as discharging is less efficient, charging also slows down. A cold battery has higher internal resistance, so it can't accept the same rate of charge as a warm one.



This is why you might notice that a fast-charging session takes longer in winter, as the car's thermal management system must first use energy to warm the battery to an optimal charging temperature.

Winter-Proofing Your EV: Practical Tips

Driving an EV in winter doesn't have to be a struggle. With these simple tips, you can maximize your car's efficiency and stay safe.

1. **Pre-Condition While Plugged In:** This is perhaps the most important tip. Most modern EVs have a pre-conditioning feature that allows you to warm the cabin and the battery while the car is still plugged into the charger. This uses energy from the grid, not the battery, ensuring you start your journey with a warm battery at its peak

efficiency.

2. **Use Heated Seats and Steering Wheel:** If your car has them, use these features instead of blasting the cabin heater. They are much more energy-efficient and directly warm the occupant, conserving battery power.

3. **Charge Smartly:** Don't let your battery level drop too low in cold weather. Keeping it topped up, especially above 20%, allows the car's thermal management system to maintain a healthy temperature for the battery. It's also best to charge immediately after a drive while the battery is still warm.

4. **Drive Smoothly:** Just like with any car, smooth acceleration and gentle braking are key to safety and efficiency in winter. For EVs, this is even more critical as it helps conserve

battery power and can make the most of regenerative braking, which recovers energy during deceleration.

5. **Park Indoors:** If you have access to a garage, park your car inside. This simple action can help keep the battery from reaching extreme low temperatures overnight, improving its performance and reducing the energy needed to warm it up in the morning.

In conclusion, while electric vehicles do face a unique set of challenges in cold weather, they are by no means unsuitable for winter. With an understanding of how the cold affects their performance and by implementing a few proactive habits, EV drivers can navigate the winter months with confidence and efficiency.

THE RISE OF THE ELECTRIC SUV

The trend towards electric SUVs continues unabated, and this autumn will introduce several significant new players to the segment.

BMW iX3 (Neue Klasse): BMW's next-generation iX3 is one of the most anticipated EVs of the year. Based on the brand's "Neue Klasse" design language, it promises enhanced battery technology, cutting-edge infotainment, and a fresh aesthetic. This new iX3 aims to build on the success of the current model, providing an exciting electric option for those who favor the popular X3 SUV.

Range Rover EV: For those seeking luxury and zero-emission driving, the fully electric Range Rover is finally set to arrive. This model is expected to maintain the brand's reputation for opulence and refinement, while offering a powerful and smooth electric powertrain. It will be a direct competitor to high-end EVs like the Tesla Model X and the Mercedes-Benz EQS SUV.

Kia EV5: Following the success of the EV6 and EV9, Kia is expanding its electric lineup with the EV5. This mid-sized SUV is expected to be a practical and stylish family car, competing with models like the Tesla Model Y and Skoda Enyaq. With a focus on sustainable materials and advanced technology, the EV5 is set to be a strong contender in the competitive family SUV market.

Hyundai Ioniq 9:



Hyundai is expanding its Ioniq family with the Ioniq 9, a large seven-seat SUV. This futuristic model is expected to offer a generous range and all the advanced features that have made the Ioniq lineup so popular.

The push for more accessible electric cars is gaining momentum, and several new models are poised to make EV ownership more attainable.

Skoda Epiq: Skoda's new small electric SUV, the Epiq, is designed to be a budget-friendly option for urban drivers. Sharing parts with the upcoming Volkswagen ID.2 and Cupra Raval, it promises over 248 miles of range

and a price tag that will appeal to a wide range of buyers. The Epiq's distinct styling and practical interior are set to make it a standout in the affordable EV market.

Fiat Grande Panda: Reviving the iconic Panda nameplate, the new Fiat Grande Panda is a versatile and efficient city car. It will be available in both hybrid and electric versions, catering to a diverse set of needs. With its retro charm and accessible price point, the Grande Panda is an excellent choice for eco-conscious city dwellers.

Renault Twingo: The Twingo is making a comeback as an affordable electric city car. Targeting

a price point under £20,000, it aims to fill a crucial gap in the market for budget-friendly EVs. With its compact size and cheerful design, it's set to be a popular option for those seeking a fun and efficient car for daily urban use.

This autumn's new car lineup in the UK showcases a clear direction for the industry: a rapid shift towards electrification across all segments, from family-friendly SUVs to high-performance supercars. With a diverse range of models set to arrive, there's something for every type of driver looking to get behind the wheel of a brand-new car.

Winter Tyres in the UK: Are They Worth It?

As winter sets in, many UK motorists begin to question whether investing in winter tyres is worthwhile.

Unlike standard tyres, winter tyres are designed with a softer rubber compound and deeper tread patterns, allowing them to grip the road more effectively in cold, icy, or snowy conditions. They remain flexible even when temperatures drop below 7°C, improving braking distances and overall handling.

In countries such as Germany, Austria, and Sweden, winter tyres are a legal requirement during colder months. However, in the UK, where winters are

often less severe, there is no law mandating their use. This has led to a mixed approach among drivers. In areas prone to snow and ice, particularly rural and northern regions, winter tyres can provide an extra layer of safety and peace of mind. Meanwhile, drivers in milder southern areas may see them as an unnecessary expense.

Cost is a key consideration. A full set of winter tyres can be expensive, and some



drivers choose to invest in all-season tyres as a compromise.

These offer improved performance year-round without the

hassle of changing tyres twice annually.

While not essential

for everyone, winter tyres can make a significant difference for those who travel frequently in challenging

conditions. They not only enhance safety but can also reduce the likelihood of accidents and costly repairs. For many UK

motorists, the decision ultimately comes down to balancing budget, driving habits, and regional weather conditions.

C&N AUTOS

Car Repairs & Accessories

Brewery Yard
80 Church St, BT22 1LT
Portaferry

CONTACT SEAN 07754449169
CONTACT NIALL 07549282146

NOW ALSO SUPPLYING CAR ACCESSORIES
Tyres, Batteries, Wheel Trims,
Car Cleaning Essentials....

PART WORN TYRES, CARRYDUFF

NEED-A-TYRE?

We supply tyres for any car,
any van, any make, any model.

Call: 07707 560688

EXCELLENT OFFERS ON TYRES - NEW TYRES ALSO AVAILABLE

PLUS we guarantee not to be beaten on price!

Tullyard Business Park, Drumbo,
66 Tullyard Road, Drumbo

Find us on Facebook

INDIVIDUAL CARS FOR EVERY BUDGET

WWW.TDCMOTORS.ORG

64B HILLSBOROUGH ROAD, MONEYREAGH BT23 6AY

TEL: 07717405792

INFO@TDCMOTORS.ORG

WE ARE OPEN MONDAY - SATURDAY
APPOINTMENTS ONLY
SUNDAY: CLOSED

TruckRentals

Daily and Contract Hire Specialists

VANS • TRUCKS 7.5 - 17 TON

COMMERCIAL REPAIRS

028 90 827 100

www.truckrentals-ni.co.uk

354 COMBER ROAD, LISBURN BT27 6YE

BES

BALLYMENA ENGINE SPARES LTD

Specialist in engine components and supplier of filtration, braking & drive components

Open 9am to 5.30pm Mon - Fri and 9am - 1pm on Saturdays

Multiple Daily Deliveries

Tel: 028 2564 3161

counter@ballymenaenginespares.co.uk

www.ballymenaenginespares.co.uk

36 Railway St, Ballymena, County Antrim, BT42 2AE

THREE WAYS TO MAKE YOUR HOME COZY FOR WINTER

As the days get shorter and the temperatures drop, there's nothing better than a warm and inviting home to escape the cold.

Turning your living space into a cozy sanctuary for the winter months is all about embracing comfort, warmth, and a touch of seasonal charm. Here are three simple ways to make your home feel extra cozy this winter.

Embrace Warm Textures and Layers
The quickest way to add warmth to a room is by incorporating soft, inviting textures. Think beyond the standard sofa and add layers of blankets and throws made from materials like wool, fleece, and faux fur. Drape a chunky knit blanket over the arm of your couch, pile up

some plush cushions on a reading chair, and place a soft rug underfoot to add instant warmth and comfort. Don't forget the bedroom—layer your bedding with flannel sheets, a down duvet, and a beautiful quilt to create a true haven for chilly nights.

Play with Lighting and Scent
Harsh, bright overhead lights can make a room feel cold and unwelcoming. For a cozier ambiance, switch to warmer, softer lighting. Use lamps with dimmable bulbs, string up some fairy lights for a subtle glow, or, for an even

more magical effect, light a few candles. The soft flicker of a flame not only adds visual warmth but can also fill your home with a delightful scent. Opt for candles with winter-themed fragrances like cinnamon, pine, vanilla, or spiced orange to engage another one of your senses and create a truly immersive cozy experience.

Bring Nature Indoors
While the outdoors may be frosty, you can bring the beauty of nature inside to create a fresh and lively atmosphere. A simple bouquet of dried flowers, a few pine cones in a bowl, or a

centerpiece made from evergreen branches can add a rustic, natural element to your décor.

Potted plants like a holiday cactus or a cyclamen can also thrive indoors during the winter and add a touch of green life. These natural elements not only connect you to the outdoors but also add an organic, calming feel to your space, making it feel more grounded and serene during the colder months.

By incorporating these simple tips, you can transform your home into a warm, inviting retreat that you'll love spending time in all winter long.

Practical ways to prevent heat loss from your home this winter

Staying warm and keeping energy bills down during the winter is a major concern for many homeowners.

A significant amount of a home's heat is lost through various weak points, making it harder and more expensive to maintain a comfortable temperature. Fortunately, there are several practical and affordable ways to prevent heat loss.

Sealing Drafts and Gaps
One of the most effective and cheapest ways to prevent heat loss is to tackle drafts. Air leaks can account for a significant portion of your home's heat loss.



Windows and Doors:
Inspect the seals around all your windows and doors. You can use a lit incense stick or a thin piece of paper to check for drafts. If the smoke wavers or the paper flutters, you have a leak.

Insulating Key Areas
Insulation is critical for keeping heat inside your home. While a professional may be needed for major insulation projects, there are smaller, DIY-friendly options.

Attic and Loft:
A properly insulated attic can save you a lot of money on heating. Heat rises, so a significant amount of heat escapes through an uninsulated

switch plates on exterior walls can be surprisingly drafty. You can easily install foam gaskets behind the plates to seal these leaks.

Electrical Outlets:
Gaps around electrical outlets and

or poorly insulated attic. You can add more layers of insulation, like rolls of fiberglass batting or blown-in cellulose, to increase the R-value (a measure of thermal resistance).

Pipes and Water Heaters:
Insulating your hot water pipes and water heater can reduce heat loss, meaning your boiler doesn't have to work as hard to heat the water. You can buy pre-slit foam pipe insulation and simply wrap your pipes.

Optimizing Windows
Windows are a notorious source of heat loss. Even double-glazed windows can be improved upon.

Thick Curtains:
Installing thermal or insulated curtains is a simple and effective solution. These curtains have a special lining that acts as an extra layer of insulation, trapping heat inside and blocking cold air from the outside.

Window Film:
You can apply a DIY window insulation film kit to your windows. This clear plastic

film creates an insulating air pocket between the film and the glass, similar to double-glazing, and can significantly reduce heat loss.

Mindful Heating Habits
Simple changes in how you use your heating system can also make a big difference.

Radiator Reflectors:
Place radiator reflectors (panels of foil-backed foam) behind radiators on external walls. This reflects heat that would otherwise be lost into the wall back into the room.

Close Off Unused Rooms:
Don't waste energy heating rooms you aren't using. Close doors to spare bedrooms, studies, or other unused spaces and turn off the radiator.

By implementing these practical and often low-cost measures, you can create a warmer, more comfortable home this winter while also seeing a noticeable reduction in your heating bills.

P TULLY CONTRACTS
Building + Roofing Specialists
ROOFS RETILED FROM £3,900

- Extensions
- Houses Repointed
- Chimneys Renewed
- Insurance Work Undertaken

- Sun Rooms
- Roofs Re-slatted
- Lead Work
- All Work Guaranteed

- Loft Conversions
- Roofs Repaired
- New Guttering & Fascia
- Free Estimates

- Garages
- Flat Roofs
- Vent Roof Tiles
- 25 Years' Experience**

Mob: 078 6035 6648

S&R TILING
Porcelain, Ceramic & Natural Stone
All Catered For

FOR FREE ESTIMATES CONTACT STEPHEN ON:
T. 028 4277 2111 M. 07840 657014

MULLVIEW GARDEN & HOME MAINTENANCE
• GARDEN MAINTENANCE/GARDEN DESIGN • QUALIFIED GARDENER
• PRUNING & PLANTING • HEDGEWORK, HEDGE REMOVAL,
GRASS CUTTING, SEEDING • FENCING, DECKING, SHED BUILDING
& FLOWER BEDS

Home improvements:
Power Hosing
Painting inside & out
Joinery
Kitchen fitting

FREE NO OBLIGATION QUOTATION
(SPECIAL RATE FOR PENSIONERS)
TEL: 028 9186 2161
MOB: 079 0591 6164 Upcycling of old tired furniture

VERTICAL BLINDS
New Vertical Blinds
3 from £99

Venetians Cleaned - 6 for £49 • Blinds over 8ft count as 2
Re-cord & Repair Service Available
NELSON BLINDS
028 9186 1346 anytime
Mobile: 077 4535 7041
Email: nelsonblinds@gmail.com

OVENEZE
OVEN CLEANING SPECIALISTS
WE CLEAN OVENS, AGAS, GRILLS, HOBS, EXTRACTORS,
MICROWAVES & BBQS

- Removes stubborn burnt on grease & carbon
- No fumes, no mess & minimum disruption
- Low odour, biodegradable products
- Bulb & filter paper replacement service
- Landlords & letting agents welcome

Why not call us today and get a free quote over the phone. No hidden costs, our price depends on the size of the oven, not how dirty it is.

£5 OFF WITH THIS ADVERT

Tel. 07780 986777

TARMAC / ASPHALT DRIVEWAYS
OVER 25 YEARS IN BUSINESS | FREE QUOTE

Contact: Jackie McMullan, Moneyreagh Contracts
126a Ballystockart Road, Comber. BT23 5PP
Tel: 078 6053 4507
Email: moneyreaghcontracts@live.co.uk

M.D. SHEDS
124 Derryboye Road, Crossgar
Garden Sheds, Workshops, Dog Kennels, Dog Runs & More.
Example: 8x6 Garden Shed Delivered & Erected From £710
07763158129
www.md-sheds.co.uk

McCracken
CONTRACTS
• Landscape Specialists

SPECIALIZING IN:

- Brick Paving • Tarmac Sealing • Patios • Concreting
- Site Clearance • Complete Garden Refurbishments

SEALING OF TARMAC & BRICK DRIVEWAYS
FULLY INSURED - ALL WORK GUARANTEED FREE ESTIMATES
NO DISTANCE TOO FAR

T: 028 9181 6141 | M: 07771 803 961

HANDYMAN
Established over 17 years
Experienced Interior & Exterior Painter/Decorator
Hedgecutting Services available

- Grass Cuts • Garden Tidy-Ups
- Powerwashing & Spouting

Call Ric: 078 6856 1415 (Before 7pm)

BRIAN EVANS
ALL PLUMBING & CENTRAL HEATING
INSTALLATIONS • REPLACEMENTS • REPAIRS

- Phoenix Natural Gas
- Oil Fired Heating & Servicing
- Oil Tank Replacement
- Free Competitive Estimates

3 Year Guarantee - Fully Insured
Cleanly & Efficiently Installed by Tradesmen

T: 028 9181 0640 | M: 078 9641 1510
www.evansplumbers.co.uk
50 Gregstown Park, Newtownards, BT23 8GW

FAY PLUMBING & HEATING
Tel: 07712 173 734
Fayplumbing.enquiries@gmail.com

- Oil to Gas Conversion • Boiler Changes
- Power Flushing
- System Upgrades
- Bathrooms
- Landlord Certificates
- Leak Repairs
- Emergency Call Out

GS PROPERTY SERVICES

Fencing | Decking
Bespoke Sheds & Log Cabins
Patios | Brick Paving | Concrete Work
Digger & Groundwork
Digger Driver Hire

T: 028 4275 7011 | M: 07967 664 369
Facebook - GsPropertyServices

PHIL LANGFORD
HANDYMAN
No job too small
QUALITY WORKMANSHIP
AT A REASONABLE PRICE
Telephone: 07874 355 055

D&M
DECORATORS

- All Interior & Exterior Painting and Decorating
- Private & Commercial • Wallpaper Hanging

Tel: 0751 4147 019

RUDDALL METALS LTD
CASH PAID FOR SCRAP
Excellent prices paid!
Collection and disposal of scrap
Steel fabrication
North Road Industrial Park, Newtownards
Tel: 028 9181 0245
Mob: 07714 396 849
www.ruddallmetals.co.uk

BM GARDEN & TREE SERVICES
FULLY INSURED | FREE ESTIMATES
25 YEARS' EXPERIENCE - COVERING BT24 & BT30
GRASS SEED SOWING & TURF LAYING
LOGS FOR SALE
TREE FELLING/PRUNING THINNING OUT OF WOODLAND:
SPECIALISTS IN CONIFER MAINTENANCE:
SMALL DIGGER WORK: MAINTENANCE: PATIOS:
GARDEN LEVELLING: FENCING: HEDGES
ALL WASTE MATERIAL TAKEN AWAY
Tel: 028 9754 3059
Mob: 0781 0271073

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

 <p>DUNGANNON</p>	 <p>GLENNAVY</p>	<p>FALLEN STOCK COLLECTOR All areas covered throughout Northern Ireland CALL - 028 8775 0050 TO BOOK A COLLECTION More than just a Rendering Company Deliver your dead stock direct or book a collection from your premises</p>	 <p>Find us on  facebook</p>
<p>CALL CENTRE OPENING HOURS Mon - Fri 8am - 4.30pm Saturday 8am - 12 noon DIRECT DELIVERY OPENING HOURS Mon - Fri (Both Sites) 8am - 4pm Saturday (Dungannon Office Only) 8am - 11am</p>			

THE HIDDEN DANGERS OF WINTER: A GUIDE TO PREVENTING MOULD, CARBON MONOXIDE, AND FIRE HAZARDS

Winter brings a desire for warmth and cosiness, but this season also ushers in a set of often-overlooked household dangers.

As we seal up our homes to keep the cold out, we can inadvertently create conditions ripe for mould growth, carbon monoxide poisoning, and house fires. Being aware of these risks and taking preventative steps can keep your family safe all season long.

Mould: The Silent, Spore-Producing Invader

Mould thrives in damp, humid environments, and while we often associate it with summer, winter can be a prime time for it to flourish. When cold air hits warm, moist indoor surfaces—like windows, walls, and pipes—it creates condensation. This moisture is a perfect breeding ground

for mould. Poor ventilation from closed windows exacerbates the problem, trapping humid air inside.

Prevention is key:

Improve Ventilation: Regularly open windows for a few minutes to air out rooms, even when it's cold. Use exhaust fans in bathrooms and kitchens.

Manage Humidity: Use a dehumidifier in basements or other damp areas. Maintain indoor humidity levels between 30% and 50%.

Check for Leaks: Inspect pipes, roofs, and window seals for leaks that can introduce moisture.

Clean and Dry: Promptly clean up any spills or

condensation and use mold-killing cleaners on surfaces where mold has been found.

Carbon Monoxide: The Invisible Killer

Known as "the invisible killer," carbon monoxide (CO) is a colorless, odorless gas produced by the incomplete burning of fuel. In winter, the risk increases as we use furnaces, fireplaces, gas stoves, and generators more frequently. Blocked chimneys or faulty appliances can cause CO to build up to dangerous levels indoors, leading to flu-like symptoms that can quickly escalate to unconsciousness or death.

How to stay safe:

Install CO Detectors:



Place CO detectors on every level of your home, especially near sleeping areas. Test them monthly and replace them every five to seven years.

Maintain Appliances:

Have a professional inspect and service your furnace, water heater, and other fuel-burning appliances annually.

Clear Vents: Ensure all vents and flues for fireplaces, furnaces, and

dryers are clear of snow and debris.

Never Use Appliances Improperly: Never use a gas oven for heating or a generator inside your home or garage.

Fires: The Most Common Winter Hazard

Winter is the peak season for home fires, with cooking, heating, and holiday decorations being the primary culprits. Clogged chimneys, improperly maintained heating systems, and electrical issues from overloaded outlets are significant risks. A single spark or a flammable item placed too close to a heat source can lead to a devastating fire.

Fire safety tips:

Inspect Heating Systems: Have your fireplace and chimney professionally cleaned and inspected before the heating season

begins. Ensure all heating sources are in good working order.

Give Space Heaters Space: Keep space heaters at least three feet away from anything flammable, including curtains, furniture, and blankets. Never leave a space heater unattended.

Mind the Kitchen: Stay in the kitchen while cooking and never leave a stovetop or oven unattended.

Check Smoke Alarms: Test all smoke alarms monthly and replace batteries at least once a year.

Don't Overload Outlets: Use surge protectors instead of overloading outlets with multiple plugs, and inspect cords for frays or damage.

The Best Ways to Prevent Mould and Moss Out of Doors

As the colder, wetter months approach, gardens become susceptible to the growth of mould and moss.

These growths not only make surfaces unsightly and slippery but can also cause damage over time. However, with some preparation and a bit of effort, you can protect your outdoor spaces.

Pre-Winter Cleaning

The single most effective step you can take is a thorough clean-up before winter begins. Using a pressure washer is the quickest way to remove existing dirt, moss, and algae from hard surfaces like patios, paving, and walls. For a deeper clean, consider using a specialized outdoor cleaner or a solution of

water and white vinegar. For wooden surfaces like garden furniture or sheds, a stiff brush and a wood-specific cleaner are recommended. Ensure all surfaces are completely dry before moving to the next step.

Improve Drainage and Reduce Moisture

Mould and moss thrive in damp conditions. Improving drainage is a key preventative measure. Check that your gutters and downpipes are clear of debris, and ensure that water is draining away from your patio and the base of your shed. Rake leaves and sweep

away other organic matter from surfaces, as they hold moisture and provide a food source for mould.

Apply Protective Sealants or Treatments

Once surfaces are clean and dry, applying a protective sealant or treatment can prevent future growth. For paving and patios, a patio sealer creates a barrier that makes it harder for moss and weeds to take root. For wooden furniture and sheds, a wood preservative or stain will repel water and protect against fungal growth. Some treatments contain

biocides that actively inhibit mould and moss growth. Follow the manufacturer's instructions carefully.

Ensure Good Air Circulation and Sunlight Exposure

Mould and moss prefer shady, still environments. Pruning back overhanging branches or shrubs that shade your patio, walls, or shed will allow more sunlight and air to reach the surfaces. This helps them dry out more quickly after rain. If possible, rearrange garden furniture so it's not permanently in the same

damp spot.

Regular Maintenance

Even with all these preventative steps, regular maintenance is crucial. A

simple sweep of the patio and paths a few times over the winter will help to remove any new organic debris. Keep an eye out for

any new moss or mould and treat it promptly with a spot cleaner to stop it from spreading.

Following these steps will

not only keep your outdoor areas looking great through the winter but will also save you time and effort come springtime.

Summit Roofing NI
 Leading Northern Ireland Roofing Experts
35 YEARS
 ROOFING EXPERIENCE IN NORTHERN IRELAND

Summit Roofing NI specialise in roof & chimney repairs & replacements and more.
 We aim to be cost effective & all work is guaranteed, insured, and carried out by fully qualified tradesmen.

Want A Free Estimate?
 No Call Out Charge and No Obligation!
 Tel: 073 5221 6341
 49 Quarry Road, Killinchy

R Tully Plumbing & Heating
Tel: 07711 644351

OIL TO GAS CONVERSIONS
 GENERAL PLUMBING WORK
 BATHROOM REFURBISHMENTS
 CENTRAL HEATING INSTALLATION
 UNDERFLOOR HEATING
 EXPERIENCED AND QUALIFIED
 Free Initial Estimates on Request

NK Locksmith

Aluminum Doors, Domestic
 Garage Doors, uPVC Doors,
 Fire Doors, Steel & Timber

• NO CALLOUT CHARGE
 • Key Cutting Service
 including Car Keys

Neil Knox | M: 07725 892 957
 www.nklocksmith.co.uk

DC Joinery
 All types of joinery work

- Doors
- Floors
- Decking
- Stairs
- Kitchen/Bathroom units
- Garden fencing
- Radiator covers

Find us on 
Tel: 077 0332 0111

Need a skip?
 www.ballooskiphire.com

BALLOO SKIP HIRE

T: 02891 898365
 E: ballooskiphire@mail.com

BLAKELY

TARMAC CONTRACTORS
DRIVEWAY SPECIALISTS

• BITMAC • ASPHALT • SMA • SEALING • PAVING
 NOW TAKING CREDIT & DEBIT CARD PAYMENTS
 028 9186 1736 078 3629 0234
 brian@blakelycontracts.co.uk www.blakelycontractsni.co.uk

STAND OUT FROM THE CROWD!

IF YOU WISH TO ADVERTISE IN OUR
PROFESSIONAL SECTION

Please contact us on:
028 9751 1002
 for further information

Tree Cutting Services

- Trees Dismantled
- Dangerous Limbs Removed
- Conifers & Hedges Topped & Trimmed
- Trees Reduced or pruned
- Stumps Removed
- All Fencing & Paving
- All Waste Removed From Site
- Fully Insured
- Competitive Rates
- All Work Carried Out By Certified Tree Surgeons

For A Free Quotation Call:
07712 085390

BANGOR FENCE COMPANY

- BOARDED & PANEL FENCING
- FENCE REPAIRS
- GATES
- FENCES SUPPLIED & FITTED

10% DISCOUNT for Over 60's
CALL GLENN ON 07907 527 903

BATESY

FAST AND RELIABLE SKIP HIRE
WASTE MANAGEMENT SERVICES

Telephone: 028 90 111 111
 Email: info@batesy.co.uk
 1 Dunerue Pass Belfast BT3 9BS

02890 111 111
WE WILL BEAT ANY LEGITIMATE PRICE!

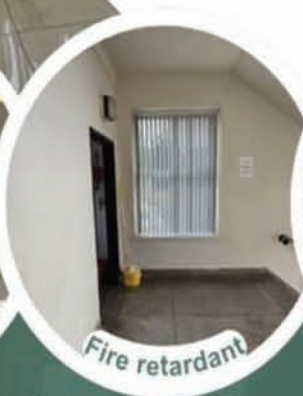
Our Curtain
Department
is
**NOW
OPEN**

At The Blinds
Spot we also
measure, supply
and fit curtain
rails, curtains
and romans.
Introducing the
new soft cloth
collection
offering
timeless and
elegant designs
for home
interiors.



Commercial **WINDOW BLINDS**

We specialise in commercial and residential window blinds. With a huge range of fabrics available and styles to suit all your window needs.



Let's make your office area like new again—without hassle and providing an easy to use service. We measure and quote free of charge



VERTICAL BLINDS -

3 windows starting from £99!

ROLLERS - starting from £40!

VENETIANS - starting from £45!

FREE MEASURING AND FITTING SERVICE

FREE ESTIMATES WITH NO OBLIGATION

FAST TURNAROUND - we have a wide range of stock for fast turnaround



**WINDOW BLINDS,
SHUTTERS,
CURTAIN POLES
AND CURTAINS**



Unit 4 East Belfast, Enterprise Park, Belfast, BT5 4GX

T: 028 9059 5255 | E: theblindspot@mail.com | www.theblindspotbelfast.co.uk

