



Ely Centre Events Newsletter

Please Note Ely Centre will be closed from Monday 9th July and will reopen on Monday 16th July.

Colebrooke House Tour Thursday 12th April

Viscount Brookeborough will lead a fascinating tour of his historic home. Bus departing Ely Centre at 10.30am stopping en route home for Coffee –at your own cost.

April Yoga with Genève Brown from Yoga Care (Tempo)

Starting Tuesday 17th April running for 6 weeks until Tuesday 22nd May 5.30pm-6.30pm at the old Ely Centre building (where the coffee mornings are held). Yoga Mats are provided but feel free to bring your own if you have one. £10 pp for full 6 weeks.

Fathers and Sons Overnight Getaway

Fri 20th April –Sat 21st April 2018

This fantastic experience includes:

- One night stay at the La Mon Country Club and Health Spa outside Belfast with full access to its leisure facilities.
- Evening Meal at the hotel

- Tickets to Ulster Rugby v Glasgow Warriors at Kingspan Stadium Belfast. (Seats located in the memorial stand)
- Full Breakfast
- Go Karting at Formula One Karting, Newry
- Visit to Crumlin Road Gaol for guided tour
- Transportation throughout

Cost - £50 per person sharing (Fathers and sons sharing a twin room)

Kildare Outlet Village and Dundrum Shopping Centre

Wed 25th –Thu 26th April 2018

****Open to non-Ely Centre Members as it is a non-funded trip**.**

Trip includes:

- Depart Ely Centre at 8.30am
- Tea/Coffee Scone en route at the Headford Arms Hotel, Kells
- Overnight stay at the 4* City West Hotel, Dublin
- 3 Course Evening Meal
- Full breakfast next morning
- Visit to Kildare Outlet on first day followed by Dundrum Shopping Centre on day two
- Transportation throughout

Cost - £90 per person sharing twin room (please note additional supplement charge will apply for those seeking single rooms).

Breast, Cervical & Bowel Screening Awareness Training Programme

Delivered by the Women's Resource & Development Agency, three sessions will take place on the dates below. A maximum of 15 participants per session so please book your place early.

Wed 2nd May 10.30-12.30 @ Ely Centre 60 Forthill St – Breast Awareness & Screening

Will include a practical demo on breast checks & signs and symptoms to look for

Wed 9th May 10.30-12.30@ Ely Centre 60 Forthill St – Cervical Screening

Will include what happens at smear test, the types of results and what they mean

Wed 16th May 10.30-12.30@Ely Centre 60 Forthill St – Bowel Cancer Screening

Will include signs and symptoms to look for and how to take a screening test

Balmoral Show, Thursday 17th May 2018

This full day trip includes –

- Depart Ely Centre at 8.30am
- Coffee stop en route
- Evening Meal on way home

Cost - £25 per person

Maximum of 50 places available. Full payment required on booking to secure your place as it is anticipated that there will be high level of interest in this trip.

Pilates Class with Fiona Nelson

Commencing Tuesday 15th May, 10.30am-11.30am running for 6 weeks in the Ely Centre (old Building) £10pp for full 6 week course.

May Coffee Morning

The coffee morning will take place on Wednesday 23rd May at 10.30am in the Ely Centre (old building). A speaker for this event will be confirmed in due course.

2 week Make-up Course

Tuesday 5th June 7.30-9pm & Tuesday 12th June 7.30-9.00pm

Come along to these two lovely evenings to learn about skin care and makeup with qualified skin care and makeup up artist from The Loft, Fivemiletown. Complimentary sample packs will be given out on the final evening of this course.

Spaces limited £5 pp for full course. Refreshments served.

[Style Course with Helen Allen House of Colour](#)

We hope to run this course in July 2018. Dates and further details yet to be confirmed. Register your interest now!

[North Coast Getaway – Wed 27th-Thu 28th June 2018](#)

A breakaway to the North coast including one night bed and breakfast at the Portrush Atlantic Hotel, stopping en route at the Everglades Hotel, Londonderry for morning coffee and scone. During the trip there will be a chance to visit the Giants Causeway as well as enjoying a North Coast Foodie Tour which takes you on a full day excursion to try some of the best food and drink the area has to offer. You will visit 5 different food outlets as well as making a photo stop at the Dark Hedges before departing for home.

Cost: £80 per person sharing twin room (please note there is no option for single supplement accommodation on this trip).

Priority will be given to those who have not yet availed of other overnight respite trips, such as the Mother and daughters and Fathers and sons etc. Full payment required on booking to

secure your place as it is anticipated that there will be high level of interest in this trip.

Twelfth Celebrations Lunch time BBQ

Wed 4th July @ 11.30am

A guest speaker will give a short presentation on why we celebrate the 12th of July. This will be followed by a lunch time BBQ hosted by Johnny Nelson.

Cost £5 pp

June Coffee Morning

The coffee morning will take place on Wednesday 20th June at 10.30am in the Ely Centre (old building). A speaker for this event will be confirmed in due course.

Colebrooke House BBQ in the Walled Garden

Thursday 2nd Aug 2018 at 1pm

A great chance to visit the Colebrooke Estate and enjoy some of the beautiful produce from the gardens. There will also be

the opportunity to sample some BBQ venison from the estate. Bus will depart from Ely Centre 12.15pm and will return after BBQ event.

[Mothers and Daughters Overnight Retreat](#)

[Wed 22nd Aug –Thu 23rd Aug](#)

Further details to be confirmed in due course. Please register your interest now.

[A Day of Pottery](#)

It is planned to hold a pottery making workshop in either July or August. Details of this one day activity have not yet been confirmed but it is likely to be held in a venue in Co. Armagh. If you are interested in this activity register your interest now.

[Carers Group Events and Trips](#)

Due to funding regulations these events are exclusively organised for those who are caring for someone who has been directly affected/injured during the “Troubles.” The following two events are now open for registration -

1. Carers Summer Lunch with Guest Speaker Raymond

Farrell - Tue 19th June 12 noon at Ely Centre

Join fellow carers for a mid-summer get together with guest speaker Raymond Farrell presenting on Living Life to the Full and Coping with Stress. This will be followed by lunch.

2. Carers Cruise – Wed 25th July at 4pm

We invite carers to join us on board the M.V Kestrel for a scenic tour of Enniskillen followed by dinner. Your cruise will depart from the Killyhevlin Hotel and takes you around the island of Enniskillen as far as Devenish Island where you can take in the spectacular views of the Round Tower as you pass by. A three course evening meal will follow at the end of the cruise in the Killyhevlin Hotel.

Counselling

As part of our ongoing services we offer counselling, C.B.T and EMDR therapies.

Befriending Service

Befriending Service –available for those whom are socially isolated in the community or in need of transportation for hospital visits.

Welfare and Benefits Service

Provides assistance with all types of benefits such as social security, housing benefits, veterans hearing Fund, War pensions etc.

Poppies and Pins Craft Group

Every Wednesday 10-12noon. Running until end of May 2018 these sessions offer Ely members a chance to get together to enjoy a cuppa and a variety of crafts. Please note no Poppies and Pins over the summer months of June, July, and Aug although we will be delighted to welcome all the Poppies and Pins group back in Sept 2018.

September Coffee Morning

The coffee morning will take place on Wednesday 5th September at 10.30am in the Ely Centre (old building). A speaker for this event will be confirmed in due course.

The Autumn Newsletter will be released in late August or early
Sept 2018.

We hope you have an enjoyable summer and continue to
benefit from the services and activities we have to offer.