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the **Beeches** NEWSLETTER

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Last April, we were absolutely delighted to welcome a very special visit to The Beeches Resource Centre. Cheryl's niece, Caylan, kindly came along, bringing with her an adorable two-week-old lamb, creating a truly memorable experience for everyone.



The presence of such a young animal brought a wonderful sense of warmth and joy throughout the day.

Clients met a lamb up close, sharing a gentle, calming moment that sparked smiles, connection, and joy across the Centre.

These experiences show how meaningful interaction with animals can lift wellbeing. For many, it was a truly heartwarming moment that brightened their day and created lasting memories.

We are deeply grateful to Caylan and her family for their kindness in making this possible. Their generosity brought real happiness to our community.

We look forward to more moments like this, bringing comfort, connection, and joy to those we support.

THIS ISSUE

Ballynahinch Supported Living
Trip to Newcastle
p. 1

Ballynahinch Residential Home
Staff Engagement & Daily Life
p. 2

Nursing Home Highlights
Easter Celebrations & Outings
p. 3

RESOURCE CENTRE
pp. 4–11

Southern Regional College
Art & Photography Course
p. 4

Sensory Room & Sewing Project
p. 6

Horticulture & Gardening Sessions
p. 7

Cookery & Role Play Sessions
p. 8

Creative Workshop with Nikki
p. 10

Stories of Strength & Dance-a-Thon
p. 11

Mark Your Calendar
p. 12



Ballynahinch Support Living: Trip to Newcastle

Residents from Ballynahinch Support Living recently enjoyed a refreshing Easter getaway, choosing to spend a few nights in Newcastle this year.

The trip offered a wonderful opportunity for everyone to relax, explore, and make lasting memories together.

During their stay, the group made the most of everything the area had to offer. They had great fun at the local amusements, shared meals out at restaurants, and took in the sights around Newcastle.

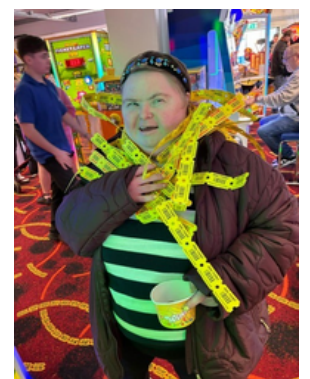
A visit to a petting zoo brought plenty of smiles, and the trip to the aquarium was another highlight, giving everyone a chance to see fascinating marine life up close.



Also featured are pictures from Sarah's birthday celebration this year.

It was a lovely occasion, filled with happiness, marking a special day surrounded by friends and good company.

Overall, it has been a memorable time for everyone at Ballynahinch Support Living, full of simple pleasures, shared experiences, and moments worth celebrating.





Staff Engagement and Life at Ballynahinch Residential Home

It has been a wonderfully busy and enjoyable time at Ballynahinch Residential Home, with residents taking part in a wide range of activities and outings. Highlights included trips to Airtastic Lisburn and a fun drive-thru visit to McDonald's, bringing plenty of smiles all around.

Pamper sessions with Ashleen were a hit, with ladies enjoying waxing and nails, and gentlemen relaxing with neck and shoulder massages. We also celebrated several birthdays, making each one special.

Residents have stayed busy with puzzles—Donna proudly completing her “Wicked” jigsaw—and enjoyed music sessions with Tom the Music Man, Candimoon, and Drake Music. Seasonal celebrations for St Patrick's Day and Easter were full of fun, including a Dolly Parton appearance by Donna.

The Easter egg hunt was a highlight, with everyone searching the Beeches grounds before receiving a treat. Some residents also decorated eggs for a dining room display. Additionally, residents have been creating crafts to sell—watch the website for more details coming soon.



Walking for a Cause



This season, Ballynahinch Residential Home is incredibly proud of two of our outstanding staff members, **Carol Gaskin** and **Lianne Montgomery**, who will take on The Mighty Hike on 20th June in support of Macmillan Cancer Support.

Their dedication and determination are truly inspiring. Every step they take represents hope, support, and a real commitment to making a difference for families affected by cancer.

We celebrate their remarkable effort and unwavering generosity. We encourage everyone to contribute to this vital cause. Donations in support of their efforts can be made at Ballynahinch Home and will help Macmillan continue providing essential support. Every contribution is meaningful and shows the power of dedication, compassion, and teamwork.



Easter & Outings at the Nursing Home

Easter at the Nursing Home was filled with creativity, laughter, and seasonal fun. Residents enjoyed decorating Easter eggs and bonnets with Art Therapist Christina Johnston, making treat bags for the Easter egg hunt, and joining in the hunt itself, which brought smiles, excitement, and a warm, happy atmosphere for everyone.



A Lovely Day Out at Streamvale Farm

On 23rd April, Fiona and Dawn enjoyed a memorable day out to Streamvale Farm alongside staff members Laura and Sinead. The visit gave everyone the chance to relax, enjoy the fresh spring atmosphere, and spend quality time together while exploring the farm and its surroundings.



The outing continued with a delicious meal at Lily Johnston's in Glenavy, where plenty of laughter and conversation made the day even more special. It was a wonderful outing enjoyed by all and a lovely opportunity to create happy memories together.





Southern Regional College Leading Inspire Programmes at The Beeches Resource Centre

Arts and Crafts Course

Over the past year, we have been delighted to work in partnership with Southern Regional College to provide creative opportunities for our clients.

Through a series of art sessions, nine individuals enjoyed hands-on activities designed to encourage self-expression, build confidence, and foster social connections.

Participants explored a variety of materials and techniques, creating seasonal crafts such as Christmas decorations and Valentine's hearts.

The sessions offered a relaxed, supportive environment where clients could try new skills, gain confidence, and connect positively with others.





Photography Course

Following the success of our previous Art and Craft course delivered in collaboration with Sothern Regional College, we are delighted to introduce a new Photography programme this month for another group of nine clients.

This engaging and beginner-friendly course offers a welcoming introduction to digital photography, using a Canon EOS 2000D camera. It provides participants with a meaningful opportunity to try something new, express themselves creatively, and build confidence at their own pace.

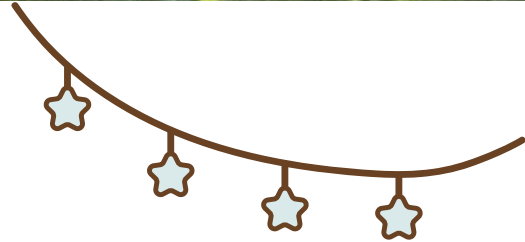
The course runs every Tuesday from April to June. Across these sessions, clients will explore different styles of photography and enjoy time both indoors and outdoors, capturing everyday moments from a fresh and personal perspective.

There will also be opportunities for participants to select and keep some of their favourite images, creating lasting reminders of their progress, achievements, and the pride they can take in their work. We were delighted to continue offering opportunities like this and to support our clients as they grow in confidence, creativity, and self-expression.





Community Support in Action: Our Sensory Room Renewal



We are pleased to share another positive development at The Beeches Resource Centre, as we continue to enhance our spaces to support comfort, wellbeing, and engagement for everyone who uses our services.

Recently, we have been improving the Sensory Room to create a calmer, more inviting environment. The space has been refreshed with new flooring, soft painted colours, and simple decorative updates that bring warmth and life to the room.

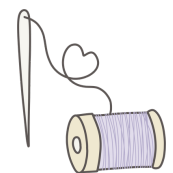


A new projection screen has also been added, offering a range of visual effects to create a more immersive and relaxing experience, supporting sensory engagement and calm.

These improvements have been made possible thanks to generous donations received over time. We are very grateful for this continued support, which helps us keep improving our facilities for everyone who attends.

Thank you for being such an important part of our journey.

Sewing Machine Project at the Centre



A new and exciting Sewing Machine Project is now starting at The Beeches Resource Centre, offering clients a creative opportunity to learn practical sewing skills in a friendly and supportive environment.

Sessions are focus on building confidence from the ground up, starting with the basics of using a sewing machine safely and effectively.

The first project will introduce patchwork lunch bags, allowing clients to explore simple patchwork techniques while creating something useful and personal.

This project is designed to encourage creativity, independence, and hands-on learning, with each participant developing at their own pace and gaining confidence through practice. We look forward to seeing clients enjoy the experience and take pride in their finished creations.





Horticulture and Gardening Project at The Beeches Resource Centre

Over the past year, it has been amazing to see how both clients and staff have grown in confidence, skills, and enjoyment through working together in the garden. The changes are clear for everyone to see, and the space continues to become more vibrant and full of life.

The tulips are a perfect example of this progress, bringing colour and beauty to the garden thanks to the care and effort of both clients and staff. The building itself also looks brighter and more welcoming, with hanging baskets filled with flowers that were carefully chosen and arranged together.

Recently, clients and staff came together for a planning session to decide what vegetables they would like to grow next. There is lots of excitement as we prepare for tomatoes, pumpkins, and other vegetables to be planted in the coming months.

This is an ongoing project that will keep everyone involved and active over the next few months—so families, get ready... there will soon be fresh vegetables to enjoy from our garden!





Cookery & Role Play Sessions at The Resource Centre

At our Resource Centre, the kitchen has been full of energy, creativity, and learning as clients take part in cookery sessions designed to build independence skills in a practical, enjoyable way.

Participants have explored a wide range of recipes, from potato and leek soup to baking bread, muffins, chocolate bars, and making healthy smoothies, learning about ingredients, nutrition, and safe preparation methods.



They also plan meals together, create shopping lists, and collect ingredients from the community centre, gaining real-life experience in organisation, budgeting awareness, and decision-making.





Sessions include fun role-play such as table setting, welcoming guests, taking orders, serving food, and hosting visitors, helping to develop communication, teamwork, and social confidence.

Everyone also takes responsibility for cleaning and keeping the kitchen space tidy after each activity, reinforcing shared responsibility and respect for the environment.

This ongoing programme continues to support confidence, independence, and essential life skills in a friendly, supportive, and engaging setting, where clients are encouraged to learn at their own pace and celebrate their achievements.

Stay tuned for more updates from our kitchen adventures!





Creative Workshops with Nikki Terlik

In March and April, the Centre welcomed Nikki Terlik from Empathy Creations. Nikki delivered a series of 6 creative wellbeing workshops to our clients.

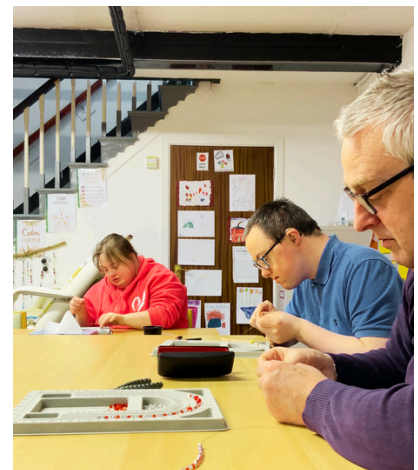
Thank you to Aghalee Village Hall for providing the programme as part of it's fantastic work supporting and providing a wide range of events for the local community.

The workshops included jewellery making, decorative crafts, and creative clay activities using polymer clay to create shapes, patterns, ornaments, and handmade decorations.

Clients enjoyed the opportunity to try new creative skills in a relaxed and supportive environment while building confidence, social connections, and a sense of achievement.

Sessions were designed to promote wellbeing through creativity and hands-on learning, with activities tailored to suit the interests and abilities of those attending. The programme ran over several weeks with both morning and afternoon groups taking part.

Nikki Terlik, through Empathy Creations, has delivered community-based creative workshops with groups connected to The Beeches Resource Centre for a number of years, helping to provide consistent, enjoyable, and accessible arts opportunities for clients.





Stories of Strength

Creativity takes many forms at The Beeches Resource Centre, and Alana McFarland brings hers to life in a truly special way.

Through both art and music, Alana shares her talents with those around her. Her thoughtful drawings and gentle ukulele playing reflect her calm and expressive nature.

Each Tuesday, she moves through the centre, filling spaces with soft music that creates a relaxed and welcoming atmosphere.

Her presence encourages connection and brightens the day for others, adding to the strong sense of community we value.

We're proud to feature Alana in our "Stories of Strength" and grateful for the inspiration she brings each week.



Dance-A-Thon: Joy & Fundraising

On Tuesday 29th April, we hosted a Charity Dance-A-Thon to raise funds for the centre. Clients and staff kept the music and dancing going throughout the day, creating a lively, joyful atmosphere full of energy and community spirit.

We were delighted to welcome the lovely staff from the nursing home, who joined in and added to the celebration. Aldo Ines from the Resource Centre performed Sevillanas, the regional dance style, bringing a vibrant cultural touch. Staff and clients also enjoyed traditional Irish dancing together, a real highlight of the day.

The event brought together a wonderful mix of cultures, music, and movement, with everyone encouraged to take part.

We are pleased to share that close to £1,000 was raised, which will support our gardening project and help provide meaningful activities and opportunities for our clients throughout the year.

A big thank you to everyone who took part, donated, and supported the event.





Mark Your Calendar: Spring & Summer at The Beeches



There's a gentle shift in the air at The Beeches as we move towards the brighter months ahead. Across all services, ideas are flowing and plans are beginning to take shape, bringing a real sense of anticipation for what's to come.

With longer days and a change in season, there's space for new inspiration and simple moments to be enjoyed together. The focus is on creating experiences that feel natural, engaging, and meaningful—whether shared in a group or enjoyed at a quieter pace.

As everything begins to unfold, there's a growing sense of connection and possibility across The Beeches.

It's the start of a season that feels open, fresh, and full of potential.



Nursing Home

- Art Therapist - Christina Johnston, every Tuesday afternoon from May onwards.
- Tom the Music man (15th May & 24th July)
- Candimoon musical duo (5th June & 7th August)
- Lydia, violinist (12th May, 30th June & 11th August)
- Fun Summer Scheme running from 20th - 24th July

Resource Centre

- Photography, SRC, from April to June
- Recycling with Noel. ARC 21
- Arts & Crafts with Naomi, 19 May, 30 June
- Tom The Music Man, 24 July
- Walking Groups
- Cookery sessions & Role Play sessions
- Sewing Machine sessions

Residential Home

- Craft Activities (expanding our range of creative sessions)
- Regular Music Sessions
- Planning and Preparation for Summer Scheme Activities
- Residents' Craft Projects for Sale (details coming soon on the website)



Visit our web site for exciting updates and discover more about Ballynahinch Residential Home, Ballynahinch Supported Living, Aghalee Nursing Home, and our Resource Centre—click the links below!

<https://thebeechesltd.com>
<https://thebeechesrc.com>

We look forward to welcoming you in our next Newsletter.
Stay tuned for more updates!



We would like to extend our sincere thanks to everyone who contributed to this newsletter. The photos and shared moments from clients of the Resource Centre have helped bring this edition to life. Our appreciation also goes to the staff for their ongoing dedication and positive spirit, which create the welcoming and vibrant atmosphere at The Beeches.

Finally, we are grateful to families for their continued support and encouragement—it truly makes a meaningful difference.