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the **Beeches** NEWSLETTER

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Welcome to Our Second Edition!

At The Beeches, excitement and change are buzzing everywhere! Over the past few months, we've seen remarkable growth—through client-driven projects, new partnerships, and community events that bring everyone together. There's a shared energy that makes this place truly special.

Thanks to the dedication of clients, staff, and volunteers, The Beeches continues to thrive. It's not just about programs or projects, but the community we're building together. Every contribution, big or small, adds meaning and helps create a vibrant, supportive environment where everyone feels valued and connected.

This edition highlights the incredible work being done, the growing connections, and the positive changes unfolding daily. From exciting new ventures to the development of long-standing initiatives, it's all part of a bigger vision for the future. Together, we're staying connected, growing, and blooming as a community.

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A Visit from Guide Dogs Ireland

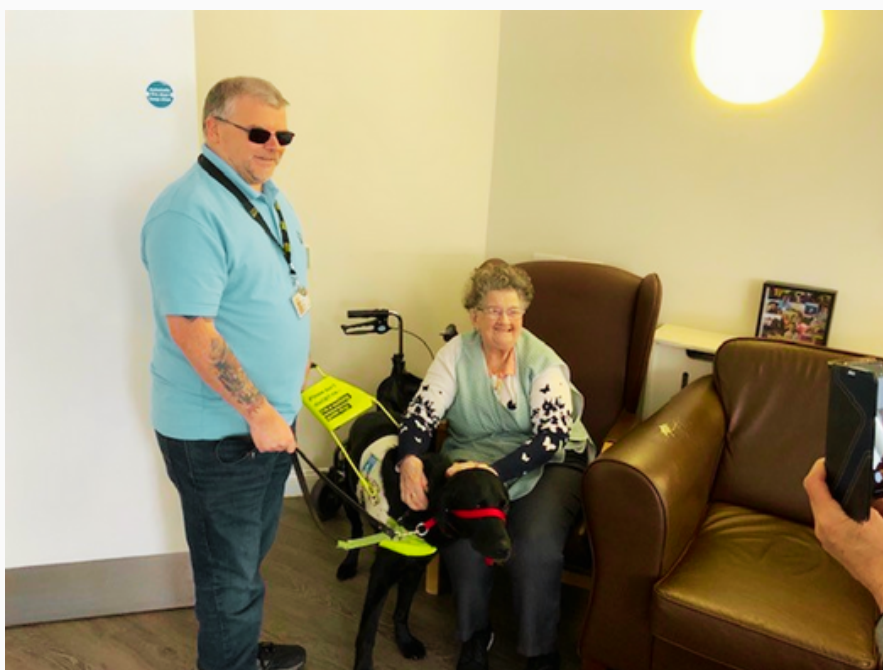
On the 15th of April, The Beeches Nursing Home welcomed Guide Dogs Ireland volunteer Robert, along with Les and his guide dog Monroe, for an inspiring and educational afternoon.

Residents gathered to learn about the incredible work of guide dogs and the special bond between them and their owners.

One of the highlights was seeing Beryl meeting Les and Monroe — a heartwarming moment filled with smiles, curiosity, and gentle pats for our furry guest of honour.

The talk gave everyone a new appreciation for the independence and confidence guide dogs bring to their partners.

A big thank-you to Robert, Les, and Monroe for visiting The Beeches and sharing their story with us — it was a day to remember!





Paths to Positive Living

Songs That Light Up the Day

Every Tuesday morning, the nursing home comes alive with music, thanks to **Elaine Phelan**, a talented **guitarist and singer**. Elaine entertains residents with a wonderful mix of Irish folk tunes, musical hits, Motown classics, and favourites from the 70s, 80s, and 90s.

Her sessions are always a highlight, with many residents joining in to sing or tap along. She also adds a touch of magic with Disney favourites and happily takes song requests, ensuring everyone hears something they love. The nursing home is grateful for Elaine's warmth, energy, and the joy she brings every Tuesday — turning an ordinary morning into a musical treat.



Elaine spreading smiles with her music.

Promoting Health & Wellbeing Together

During the summer, the Resource Centre ran the PROMPT Health and Wellbeing Programme — and what a success it was!

Led by **Caroline McGrath, Community Health Development Practitioner**, the sessions brought people together to talk, learn, and share on key topics — from personal hygiene and healthy relationships to online safety, mental health, and nutrition.

Each week offered conversation, practical advice, and fun activities to help everyone feel more confident about their health and wellbeing. Caroline's friendly, down-to-earth approach made it easy for participants to get involved and ask questions.

Running through July and August, the programme saw fantastic attendance and feedback. Many said they left feeling more informed, supported, and positive about making healthy choices.

A huge thank you to Caroline and everyone who joined — your energy and enthusiasm made PROMPT such a meaningful experience. We're already looking forward to the next round of sessions!





Ballynahinch: Where Memories Find a Home

At The Beeches Residential Home, it's the little things that make each day special — a laugh shared over tea, a favourite song, or the simple joy of spending time together.

Last months has been filled with those moments that matter, and our residents have been enjoying plenty of smiles, music, and relaxation along the way.



Maria dancing with Candimoon

Musical Moments

Music continues to bring everyone together at The Beeches.

We've had lively and heartwarming sessions with **Tom the Music Man** and **Candimoon Drake Music**, filling the home with singing, laughter, and even a few dance moves!

Residents also had a wonderful taster session with **Elaine Phelan**, which was a real highlight — especially for Damien, who showed off some great dance moves and kept everyone entertained!



Damien dancing



Karen singing with Tom the music Man





A Night Out at The Slieve Donard

Some of our residents recently enjoyed a truly wonderful evening at the Annual Formal in the stunning Slieve Donard Hotel, Newcastle, on Friday 13th June 2025. Organised by The Downpatrick Community Hub, the event offered a chance to dress up, enjoy great company, and celebrate together in a beautiful setting. The evening began with a warm welcome and a delicious three-course meal served in the hotel's elegant ballroom. Residents and guests shared laughter, stories, and smiles as they caught up with friends old and new, soaking up the lively atmosphere.

Entertainment was provided by Country Harmony and Boxcar Brian, followed by the ever-popular Uncle Hugo Duncan, whose music, humour, and singalongs filled the room with joy. There was plenty of dancing, clapping, and fun from start to finish.

It was a heart-warming night of friendship, laughter, and community spirit — one residents will remember fondly. A huge thank-you to our dedicated staff team for helping everyone get ready, ensuring everyone looked their best, and making the evening so special for all who attended.





Bowling Night at Support Living

At Ballynahinch Support Living, it's all about celebrating the big and small moments that make life truly special. The boys kicked things off with a relaxing drink in the sun, enjoying the simple pleasure of being outdoors and soaking up the good vibes.

Laughter filled the air as Sarah, Jamie, and their housemate headed to the bowling alley, where the evening was full of friendly competition, playful rivalry, and memories made with every frame.



Jamie, Timothy, Colin and Conor



Sarah, Jamie, and Conor

A Cruise to Remember: Belfast to Tulips

As promised, we're thrilled to share highlights from Colin, Patricia, and Timothy's amazing cruise adventure!

Setting off from Belfast Dock aboard The Ambassador, and joined by staff Hayley and Julieann, the group enjoyed a fun-filled voyage to France, Belgium, and the Netherlands. From exploring charming towns to relaxing on deck, every stop brought new sights and smiles.

Onboard, they enjoyed delicious meals, live entertainment, and even karaoke — with Colin and Timothy performing Elvis and ABBA hits, and Patricia joining in with enthusiasm. Hayley and Julieann described the trip as “a wonderful mix of fun, rest, and friendship.”

A huge thank-you to The Ambassador crew for their warm hospitality and to everyone who made this memorable journey possible. It was truly a trip filled with laughter, friendship, and joy from start to finish.



The whole group is ready to board!!



Patricia



Colin, Patricia and Tim at France



A New Garden, A Growing Community

At Beeches Resource Centre, our garden has flourished this year, thanks to the hard work, dedication, and expertise of staff, clients, volunteers, and our wonderful community partners.

Under the guidance of the amazing **Fiona Robertson**, who led our wonderful **horticultural training** sessions from June to August, the garden has taken on a new life. Fiona's knowledge and enthusiasm were a true gift, and we are thrilled to see the garden thrive thanks to her efforts.

Throughout the training, clients and staff members worked together as a team, learning not only how to cultivate plants but also how to support one another in creating something beautiful and functional.

It was an enriching experience that brought everyone closer and allowed us to build strong bonds within the centre.



Fiona working with the group



New garden beds



Clients and staff working together



Jamie and Marie planting



Rachel planting



*Marie, Amanda and Kyle
picking smalls
watermelons*



*Fiona with Laura and
Amanda*

The training focused on growing everything from tomatoes and small watermelons to fresh aromatic plants, which are now being harvested to support The Beeches Nursing Home.

The staff and clients have enjoyed contributing fresh produce to be used in their meals, creating a real sense of community and sharing.

Sensory Garden

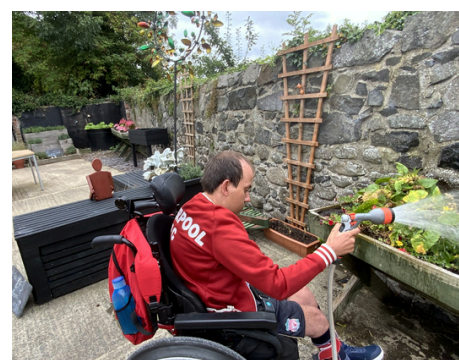
One of the most exciting additions this year is our Sensory Garden, which has become a peaceful haven for all to enjoy. Lavender and other aromatic plants surround vibrant flowers like sunflowers, creating a sensory-rich experience for all who visit. The garden has become a calming, beautiful environment that encourages connection with nature, providing a space for both clients and staff to relax and enjoy the simple joys of gardening.



Simon and Oliver watering at Sensory Garden



*Fashion takes over
the garden*



Curtis watering sunflowers



Garden Opening Day

To celebrate the hard work and success of everyone involved, we held an Open Garden Day on the 23 September at the centre. This event was a joyful occasion to showcase all the improvements made to the garden and to thank everyone who played a part in making it happen.

The event was filled with magic, as **Trevor Price** entertained us with his talents. His magic tricks had everyone amazed, and he engaged with guests in such a fun and interactive way—there were plenty of laughs and gasps of amazement as Trevor performed his magic!



Trevor Price' show



Trevor's surprise coin discoveries

After the magic show, Fiona Robertson delivered a brilliant speech, acknowledging the hard work and dedication of everyone involved and inspiring all present with her heartfelt words.

Following the speech, Fiona provided with a certificate to all those who took part in the horticultural sessions. It was a proud moment for everyone, celebrating their achievements and contributions to the garden project.

Guests were treated to a delicious lunch prepared by Paul, the talented cook at Beeches Nursing Home, whose culinary skills always delight. Paul's dishes added a special touch to the celebration.



Fiona's Inspirational Speech



The day also included a **guided tour of the garden**, where staff and clients proudly explained the work they'd done in each area—from the poly tunnel and garden beds to the sensory garden. It was truly inspiring to hear everyone share their experience and knowledge.

The event ended on a sweet note with an ice cream treat from the McDonald's ice cream van, which was a perfect way to cool down after all the excitement.



Guide tour around the new garden beds



Guide tour at the new Sensory Garden



Guide tour at the poly tunnel

We are deeply grateful for the ongoing support of **New Leaf Compost**, whose generous donation of compost made a significant difference to our garden's success. Their contribution helped us ensure the soil was rich and fertile for planting.

We also want to extend a heartfelt thank you to **Aghalee Building Supplies**, particularly Patrick and the team, for their continued support. Their unwavering assistance has been invaluable, and we couldn't have done it without them.

Lastly, a special thank you to the **Lurgan Men's Shed** for their invaluable contribution to the garden. Their partnership has added even more strength to this community effort, and we are grateful for their collaboration and friendship.



A heartfelt thank-you to everyone who joined us for the Garden Opening Day — The Trust Managers, The Beeches HR team, Angela (Manager Coordinator), the managers and staff of Ballynahinch Services, Jenny, Mady, the Nursing Home clients, and James for his invaluable support. All of you made the day truly memorable.

Special thanks to Siobhan from our Residential Home and her staff for their incredible support this summer, making it possible for us to attend the horticultural training. Their help was essential to the success of the project.

The garden at Beeches Resource Centre is more than just a place to grow plants—it is a symbol of teamwork, dedication, and community spirit. We are so proud of what has been achieved and look forward to watching it continue to grow and bloom in the years ahead. Thank you to everyone who helped make this garden a reality!



Fiona receiving a gift from the center in appreciation of her dedication to the horticulture sessions



After the party, back at home, David was at the heart of the fun during the Resource Centre Garden Party.

With bright balloons and even brighter smiles, David helped bring a joyful energy to the event, which was enjoyed by everyone who attended.



Creating Joy at The Beeches Nursing Home

Trip to Sprucefield

It's been a wonderfully busy season here at The Beeches Nursing Home, Aghalee, with our residents taking part in a range of outings and creative activities that celebrate the beauty of autumn.

Dawn enjoyed a delightful trip to Sprucefield, where she spent the day browsing the shops and soaking up the lively atmosphere. It was a lovely outing filled with smiles and laughter — a perfect way to make the most of the crisp autumn days.



Dawn's day in Sprucefield.

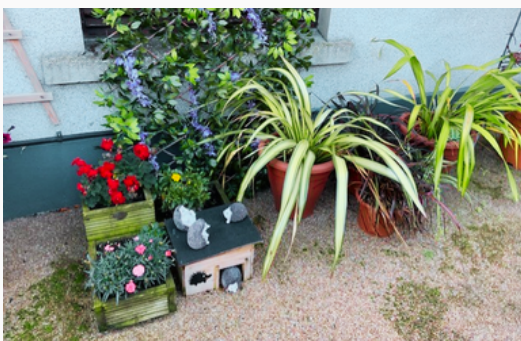
Space for Everyone



This summer, our garden received a stunning makeover thanks to the creativity and hard work of Fiona Robertson. Following her wonderful work at the Resource Centre, Fiona helped us design a calm, colourful, and accessible outdoor space for all residents to enjoy.

With smooth paths, comfortable seating, and raised planters, the garden is easy and enjoyable for everyone to explore. Bright flowers, fragrant herbs, and lush greenery bring beauty and relaxation to the space, while bespoke planters add a thoughtful finishing touch.

Now, residents can unwind, chat with friends, or enjoy a bit of gentle gardening in a peaceful, welcoming environment — a true haven for wellbeing and connection.





Stories of Strength

In Lisburn, Simon — a dedicated client of The Beeches Resource Centre — continues to pursue his passion for boxing at his local gym, Gym Network Boxing & Fitness.

Each year, Simon proudly steps into the ring to defend his gold belt, and this year was no exception!

To show their encouragement and pride, staff from The Beeches Resource Centre came along to cheer Simon on. Clients also joined in the celebration by creating a bright and supportive sign, with one client attending the match to present it in person. Their presence and enthusiasm meant a great deal to Simon and added to the excitement of the day.

Thanks to Simon's hard work, determination, and love for the sport, he successfully retained his title and was once again crowned the gold belt winner!

Congratulations, Simon, on another fantastic achievement — and a big thank-you to all the staff and clients whose support and enthusiasm made the day extra special!



Simon all geared up and ready to step into the ring!



Theresa, Codie, Catherine, and Abbie cheering on Simon!

Your Voice Matters

We're celebrating the voices of our amazing clients, sharing in their own words what it means to come to the Centre — a place filled with joy, friendship, creativity, and fun. Here's what they had to say!

These heartfelt words remind us that it's the simple moments — sharing a song, a smile, or a creative spark — that make our Centre such a special place to be.

"Going for walks to the park", Curtis
"Music, singing my song Linda, Linda!" L.
"My favorite game, Snakes & Ladders", Alastair
"I love the garden with my friend and role play cooking", Robina
"Doing different things" Kyle
"Art and crafts, peace and quiet" ", Rachel
"Love coming every day", L.
"Washing the car", Andrew
"Good!", Paul
"I love dancing", Simon
"I love bowling", Oliver
"It's alright!", Nicola
"Sorting games", Mark





Celebrating Creativity

At the Resource Centre, we believe every story matters and this Halloween, our talented clients let their imaginations run wild by creating a spooky and fun Halloween story for our *Words Without Limits* section.

What makes this story even more special is that the clients decided to include the names of their staff members as the characters in their Halloween adventure, adding a personal and playful touch that truly brings the story to life.

So sit back, enjoy, and get ready for a frightfully fun read — our clients' very own Halloween story!

Halloween story

Once upon a time, there were two witches called Adele and T. who came out once a year for Frankenstein's Halloween party. They got their invitation, dressed in their witches' best, and headed off to catch the ghost train to Frankenstein's house. The ghost train driver, Rachel, was waiting for them with her conductor, skeleton Victoria B.

They boarded the train with Stephen and Mel the werewolves, Cathy the vampire, and Abbie the ghost. Abbie was running late and had to jump through the side of the train before it left without her!

The train left and made its way to Frankenstein's house, which was hidden behind the polytunnel at The Beeches in Aghalee.

Everyone arrived at the party and joined in all the games. T. and Adele went to play bobbing for apples, where they both won a new broomstick. Abbie had a go at smashing the Bat Pinata and managed to break it — she was very happy until all the spiders started to empty out of it! She took her face-paint prize and disappeared into the next room.

Stephen and Mel joined the line for Pin the Tail on the Cat, where they both missed and pinned the tail on skeleton Victoria. She was not happy and chased them outside, where they had to hide from the moon before they turned into wolves and wrecked the party!

They ran right past Cathy the vampire, who was taking first prize at the pumpkin carving contest outside. Frankenstein called all the party guests out the back to get ready for the firework display and sparkler disco!

Everyone at the party had a great time, and skeleton Victoria drove them all home again.



SHARE YOUR VOICE!

Do you have a poem, story, or creative piece that reflects your journey?

Submit to "Words Without Limits" for a chance to be featured in our next issue!

Let's celebrate storytelling, poetry, and creativity—because every voice deserves to be heard!



Mark Your Calendar: Autumn & Winter at The Beeches

At The Beeches, we recently held a clients' meeting to chat about what's coming up next—and what a fantastic list of ideas everyone shared!

The festive season is in the air! Get ready for Christmas cheer and exciting activities to carry into the new year. The Beeches is full of events that will bring joy, connection, and plenty of smiles.

It's a season—and a year—full of activities you won't want to miss!

Nursing Home

- Sound Healing Spa with Tessa, 26th Nov
- Christmas Carols on the Violin by Lydia, 2nd Dec
- Reindeer Visit from Phil's Farm, 10th Dec
- Christmas Jumper Day, 12th Dec
- Tom the Music Man's Christmas Party, 16th Dec
- Christmas Clay Session with Jude Creates, 17th Dec
- Candimoon's Festive Favourites, 19th Dec
- Singsong with Mrs. Claus, 22nd Dec

Resource Centre

- Craft Sessions with Southern Regional College, starting 7th Nov
- Tom The Music Man, 16 Dec
- Christmas Crafts with Naomi, 17 Dec (SEN Workshops)
- Recycling Activity with Noel Lyons, ARC21, 18 Dec
- Arts & Crafts, Carpentry, photography, friendship bracelets, stress balls, Christmas cards
- Drama & Creativity – Theatre, storytelling, and a Makaton Christmas video
- Cooking & Roleplay
- Challenges & Events – Guinness World Records, "I'm a Celebrity" games, Tongue Twister Day
- Wellbeing & Fitness – Spa and beauty sessions, Drum-Fit, Boxercise, men's wellness group

Residential Home

- Visit to Mount Panther Farm to Explore the Pumpkin Patch
- Music Sessions with Donna (after the success of her performance at the end-of-summer party)
- Hot Chocolate Drives Out
- Seated Yoga or Dance
- Jewellery and Keyring Making
- McDonald's Trips
- Teddy Bears' Picnic
- Baking Buns and Traybakes



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!



A huge thank you to all clients of the Resource Centre involved in the production of this newsletter. Your contributions, whether through interviews, gathering photos, designing, or providing feedback, have been invaluable in bringing this edition together.

Special thanks to Jenny , Don, Lianne and Laura for always providing the information needed for this edition.

We also appreciate the entire team at Beeches Resource Centre for your amazing support and hard work. Your involvement made this newsletter possible!