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theBeeches NEWSLETTER

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Welcome to The Beeches: Your Community Connection

Welcome to the first page of The Beeches newsletter! This space is your introduction to all the exciting happenings and resources that The Beeches offers to the community. Here, you'll find important updates, upcoming events, and a glimpse into the heart of what makes The Beeches a special place.

The purpose of this page is to keep you connected and informed, offering a warm and welcoming introduction to everything The Beeches stands for. Whether you're seeking support, looking to get involved, or simply curious about the latest news, this page serves as a starting point for discovering new opportunities.

It's not just about the practical information—it's about creating a sense of belonging. Through showcasing programs, stories, and events, we aim to inspire and empower everyone to make the most of what The Beeches has to offer. We hope this page sparks your curiosity and encourages you to explore more in the upcoming sections!

community CONNECTIONS

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Love and Creativity at The Beeches Nursing Home

In the days leading up to Valentinte's Day, residents at Beeches Nursing Home participated in a variety of heartwarming, love-themed activities. They crafted their own Valentine's cards, enjoyed stories and songs about love, and tackled Valentine-themed word searches.
The creativity continued with residents painting wooden hearts and colouring vibrant Valentine-themed pictures, bringing the festive spirit to life.
One of the highlights was a special Clay Workshop facilitated by Jude Creates, where residents had the chance to shape their own love-inspired clay creations. The entire event was filled with fun and creativity, making it a memorable Valentine's celebration.





"Happiness is only real when shared"

Jon Krakauer









Empowering Expression Through Art



Our residents are discovering their creative potential through art sessions led by our in-house artist, Helen.

Helen's art sessions are more than just an activity—they boost self-esteem and provide a sense of pride and accomplishment as residents create something they can cherish.

Whether through brushstrokes or colour splashes, residents are able to connect with their emotions in a meaningful way.

In the picture, David Scott draws inspiration from The Songs of the Birds, channeling their melodies into his own creative masterpiece.

Offered both individually and in groups, these sessions provide a valuable outlet for emotional and psychological expression. Group sessions also foster connection, allowing residents to bond, exchange ideas, and celebrate each other's creativity.







Art has become a transformative tool in our residents' lives, helping them express emotions and find joy and confidence. Each of their pieces reflects a unique and heartfelt expression, and we are delighted to present their work in this issue.We look forward to seeing more of their beautiful creations in the future!



See in the picture how Dawn McCalister 's use of vibrant colors, textures, and resources come together in the creation of a striking final piece





Debbie McCaw's artwork features green and blue tones, with tree leaves used to recreate a garden scene.



Moments That Matter: April Outings

Spring has arrived, and our residents have been taking full advantage of the beautiful weather! April has been a month of fun outings and memorable moments.

On April 7th, Pat Travers and Michael Byrne headed to Portrush, where they were treated to stunning coastal views and a delicious meal at the renowned Ramore Restaurant. It was the perfect way to kick off the season!









The very next day, April 8th, David Scott and staff member Louise enjoyed a trip to Rushmere Shopping Centre in Craigavon. They admired the vibrant Easter display and did a little shopping, soaking in the festive atmosphere of the season.





April 9th rounded out the week with Debbie and Sarah Louise (staff) taking a peaceful stroll through Moira Park. The fresh spring air and lush greenery made for a perfect day out, offering a much-needed escape into nature.

It's been a wonderful month of making memories, and we're excited for even more adventures as the days get warmer!

Words Without Limits: Poetry that Inspires



This month, we feature Molly McCully Brown, a poet whose work explores disability, resilience, and identity. In her first book of poems, *"The Virginia State Colony for Epileptics and Feebleminded"*, Molly's writing delves into the personal and historical experiences of living with cerebral palsy. Her poetry beautifully captures the strength found in struggle and the quiet courage to keep moving forward.

As Molly writes in her poem, **The Strength Within**:

"The body holds a history, a weight it cannot shed,
But in the spaces carved by struggle, hope is quietly bred.
Not in the ease of motion, nor in a world made wide,
But in the will to keep on moving, even when the roads divide."

Her work reminds us that true strength lies not in physical power, but in resilience and self-acceptance.

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! See email below.

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



Inspiring Visit at The Beeches Resource Centre

At The Beeches, we are always looking for ways to promote sustainability while making activities accessible and engaging for all. Recycling is a simple yet impactful way to protect our planet, reduce waste, and encourage creativity.

This month, we had the pleasure of welcoming Noel Lyon, Waste Education Officer from arc21, who shared his expertise and led some fantastic recycling activities with our clients.



Front door of The Beeches RC photographed by Alastair McShane

Meet Noel Lyon
Waste Education Officer from arc21

During his visit to The Beeches, Noel engaged clients in creative recycling activities and shared insights about his role. We had the chance to ask him a few quick questions.

What is your job title?
Noel: I'm a Waste Education Officer.
What got you into your current job?
Noel: I'm passionate about helping the environment and teaching others to reduce waste and recycle creatively.
How long have you been working there?
Noel: I've been in this role for 17 years.
What**'s your favorite thing to recycle/make?**
Noel: Christmas crafts are my favorite because they let people get creative while repurposing materials.
Fun fact about your job?
Noel: I love working with young people and teaching them about recycling—it's always fun and rewarding to see their excitement!

Noel's visit was truly inspiring, reminding us that small actions can create big changes. By making recycling a fun and educational experience, we can all contribute to a cleaner, greener future.

Let's keep making a difference—one recycled item at a time!

"I've been coming since 1997 and love it here. I enjoy activities, chatting with friends, and the caring staff. They understand me, and I know I can always talk to them."

ROBINA G.'S STORY



Building Connections: Men's Shed of Lurgan

We’re excited to shine a spotlight on the inspiring partnership between the Men’s Shed of Lurgan and our Resource Centre. This collaboration has brought a wealth of experience, hands-on skills, and community spirit right to our doorstep—making a real and lasting impact. This project was made possible through funding from Linking Generations NI and the Public Health Agency (PHA), supporting the Men’s Shed to work alongside our team and EOTAS (Education Other Than At School). Their involvement has gone far beyond physical work—it's been about connection, collaboration, and community.

By sharing their time, knowledge, and practical skills, the Men’s Shed team has not only helped complete meaningful projects, but has also created a welcoming environment for learning and relationship-building. Everyone involved has truly enjoyed the experience—and it shows.

We’re incredibly grateful for this partnership and look forward to continuing the journey together.











The first image shows an activity house, to be delivered by the Men's Shed for our Resource Centre clients. Next are storage boxes made by the Men's Shed. Below, clients join the Men's Shed team to keep the area clean and tidy.



Exciting New Projects at the Resource Centre!

We are thrilled to announce a series of new projects that are coming to the Resource Centre! These initiatives aim to promote sustainability and creativity within our community. However, we need your help to make them a success!

How You Can Contribute:
Do you have fabric that you no longer need? Or old newspapers and magazines that are gathering dust? We are looking for materials like these to reuse and recycle in our upcoming projects. Whether it's fabric for crafting or old magazines for art projects, every contribution counts!





Why Your Donations Matter:
By donating these items, you're not just helping us reduce waste, you're also giving us the tools to teach, create, and inspire others. We believe in the power of reuse and recycling, and we want to engage our community in creating something amazing together.

Send Us Your Materials!
If you have fabric, paper, or old magazines to spare, please send them our way! Your donations will be put to good use as we work on achieving our next big goals.

Let's work together to build a more sustainable future while fostering creativity and collaboration!
We look forward to receiving your donations and getting started on these exciting projects.

Thank you for your support!



A Theatrical Touch: *Blues Day*

The Villa Keygroup have spent two weeks immersed in a creative theatre project that brought storytelling, character-building, and performance together in a unique and playful way. The group designed and crafted their own puppets using a variety of materials such as wool, pompoms, felt, googly eyes, and markers.



After creating their characters, they co-wrote "Blues Day," a heartwarming story about Blue, a girl having a rough day until Polly invites her to a tea party. With friends Pedro, Mr. Grumpy, and Angel, the party runs smoothly until they run out of teabags. Thankfully, superhero Thor saves the day, and the fun continues.
The group filmed their performance using iMovie, adding voice acting and clever direction to create a charming puppet show. The project showcased creativity, collaboration, and fun.
Kudos to everyone involved in "Blues Day!" Your dedication truly made the event shine!



If you want to see the movie visit our blog using the link:
https://thebeechesrc.com/the-beeches-news-and-blog/



Gardens of Friendship: A Blooming Journey



On April , we had the pleasure of working with clients from the Villa/Blackstone group on a rewarding gardening project.

We began by preparing flowerpots with rich compost and adding water to dampen the soil, creating the perfect foundation for planting sunflower seeds. After carefully placing the seeds, we watched as warmth and sunlight encouraged the first signs of life. Within just a week, we saw tiny green sprouts emerge, a clear sign of progress and growth.











As the sunflowers continued to grow, we moved them to the greenhouse to ensure they had the ideal conditions to thrive. The controlled environment provided warmth and protection, allowing the plants to flourish.











This experience was not only a great way to bring people together but also a wonderful reminder of the beauty and joy that comes from nurturing nature.

We can’t wait to see these sunflowers fully bloom in the coming weeks! 🌻



Easter Bonnet and Egg Decorating Competitions: A Creative and Social Day



Residents of the Nursing Home and Resource Centre in Aghalee recently enjoyed two festive competitions—an Easter Bonnet and an Easter Egg Decorating contest.

These events provided a fun opportunity for clients to express their creativity while socializing with peers and staff.

Participants in the Easter Bonnet competition designed unique bonnets using flowers, ribbons, and other seasonal materials, fostering a sense of community as they shared ideas and showcased their creations.

Meanwhile, those who took part in the Easter Egg Decorating competition submitted their entries by 15th April 2025, with prizes awarded for 1st, 2nd, and 3rd place.







These activities not only promoted artistic expression but also enhanced social interaction, creating lasting memories and strengthening bonds among residents.

We look forward to offering more events that encourage creativity and connection for all residents!!











The Beeches Residential Home
St. Patrick's Day

At The Beeches Residential Home in Ballynahinch, we are committed to providing personalised support that helps adults with learning disabilities live as independently as possible while making meaningful choices in their lives. Our caring and dedicated team fosters an environment where each resident feels valued and supported, and where they can thrive in their own way.



This St. Patrick's Day, our residents got into the festive spirit with creativity and fun. They worked together to design a vibrant pot of gold, a beautiful rainbow, and the cheeky Larry the Leprechaun, who added an extra touch of charm to the decorations. The activity was not only a chance for our residents to express themselves, but also a wonderful opportunity for teamwork and creativity.



The celebration continued with our St. Patrick's Day Party, where residents enjoyed delicious treats and refreshing green beer, while Denise provided fantastic entertainment that had everyone tapping their feet and joining in the fun. We also enjoyed a quiz featuring Irish towns and famous personalities like Maureen O'Hara, George Best, and Terry Wogan, which sparked a lot of friendly competition and laughs.



At The Beeches, we believe that every day is an opportunity for joy, connection, and growth. Our St. Patrick's Day celebration was a perfect reflection of that, as it brought together our residents and staff in a shared experience of fun, creativity, and community. We are proud to offer a home where independence and celebration go hand in hand, and where each resident is empowered to live their life to the fullest.





Easter Wellbeing at The Beeches: “Time for Me”

Over the Easter holiday, residents at The Beeches Residential Home enjoyed a thoughtful wellbeing experience through our “Time for Me” sessions, delivered by Ashleen.

The initiative offered residents the opportunity to unwind and focus on self-care, with a selection of treatments including shoulder massages, nail filing and polishing, and waxing. The sessions were warmly received by residents.

At The Beeches, we recognise the importance of nurturing both physical and emotional wellbeing. Initiatives like “Time for Me” not only enhance our residents’ daily lives but also provide valuable moments of comfort and connection during seasonal celebrations.









As seen in the accompanying photos, Paul, Robina, Lynne, and Katherine each took a moment to enjoy some well-deserved self-care. Paul described the experience as “good and relaxing,” while Robina shared that Ashleen is “very friendly and good.”



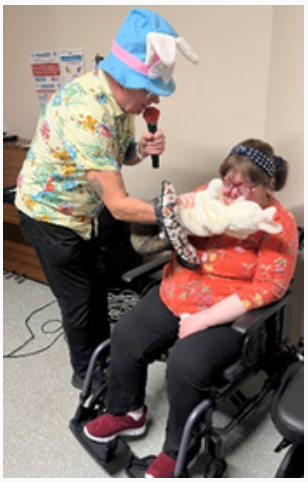
An Easter to Remember



The spirit of Easter came alive this year in a truly magical way, filled with music, laughter, and a surprise visit from a very special guest! Michael watched on, enjoying the fun, as residents were treated to a lively sing-along session with none other than Tom the Music Man, whose infectious energy and musical talents had everyone clapping, singing, and smiling from ear to ear. Tom, with his magic bunny in the hat, led the fun while Lynne sang along with both Tom and the bunny, spreading even more joy to the celebration.



The festive fun didn't stop there! A whimsical trail of bunny paw prints and cheerful signs led residents on a delightful adventure throughout the home, eventually guiding them to a wonderful surprise—the Easter Bunny himself! With warm greetings and heartfelt joy, the Easter Bunny handed out delicious chocolate eggs to every resident, making each moment feel special and sweet. The cheerful visit brought smiles and laughter to all, especially for Paul, Deborah, Graeme and Russell, who were thrilled to take part in the fun and receive their Easter goodies.

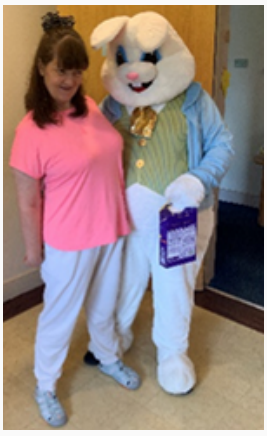


Events like this remind us of the joy that thoughtful, seasonal celebrations bring to our community. The combination of music, laughter, and meaningful connection created a truly memorable day for everyone involved.

A huge thank you to Tom the Music Man, the Easter Bunny, all those who helped organise this joyful occasion and a special thank you to the family of one of our residents who generously donated the eggs. Your efforts brought sunshine to our hearts and a sense of togetherness that will be remembered long after the chocolate eggs are gone!











Passport Stamped: No. 44 Hits the Water!

Some lucky travelers from No. 44 Ballynahinch — Timothy, Patricia, and Colin — have swapped their regular routines for 8 days of adventure on a cruise including Belgium and Normandy!

Whether they're indulging in waffles, exploring historic cities, or simply soaking in the sea breeze, we're sure they're making unforgettable memories. We can't wait to hear all the stories — and yes, photos are coming in the next newsletter, so don't miss it!

Happy travels, and enjoy every minute!





Mark Your Calendar:
Spring & Summer at The Beeches

As the days grow longer and brighter, The Beeches Nursing Home, The Resource Centre at Aghalee, and The Beeches Residential Home at Ballynahinch are preparing for a season full of engaging and meaningful activities.

From May through July, we're focusing on bringing joy, connection, and positivity to everyone in our care with events that inspire, entertain, and uplift.

Nursing Home

🎂 27th April – Eamon Haughian's Big 70th Birthday

🎶 2nd May – Tom the Music Man returns for a lively session

🎻 6th May – Lydia the Violinist performs beautiful melodies

💚12th -18th May – activities for Mental Health Awareness Week

🎤 27th May – Lisa Herbinson for a good old-fashioned singsong

🌞 Summer Scheme: A week of fun including

- Sports Day
- Games
- Activities
- Ending with a special event!

Resource Centre

🛠️ Men's Shed

👷‍♀️ Catering Project

🌼 Gardening sessions

♻️ Recycling Fabric Project

♻️ Recycling Paper Project

Walking groups and Chai mi sessions

🎨 24 June – Naomi's Art Session

🎶 28 July – Tom the Music Man

🎉 Birthdays:

- 12 June – Theresa
- 26 June – Simon
- 12 July – Rosemary
- 13 July – Nicole E.
- 29 July – John & Robert

Residential Home

🌞 Summer activities:

🛍️ Shopping trips

🦒 Animal Farm

💆‍♀️ Pamper sessions

🕺 Disco

⚽ Team sports

🍽️ Summer Menus

🎧 Music sessions



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!



Gratitude & Acknowledgements:
A huge thank you to all the clients, staff, and volunteers involved with us at The Beeches for your incredible contributions. Your thoughts, ideas, and stories have brought this newsletter to life. From participating in interviews, sharing experiences, and contributing photos, to shaping the design and content and offering your support behind the scenes—each of you has played a vital role.
We are deeply grateful for your continued dedication and involvement!