theBeeches
RESOURCE CENTRE
NEWSLETTER

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A Cuppa That Cares

Last September, residents and staff at Ballynahinch Residential Home came together for a lovely coffee morning in support of Macmillan Cancer Support, raising an impressive £252.50 for this important cause.



The morning was filled with laughter, friendly conversation and delicious sweet treats prepared by Rosemary Quinn, one of the chefs at Ballynahinch Residential Home. Her homemade baking added a lovely personal touch to the occasion and helped make the event extra special.

A big thank you to everyone who attended and donated, and congratulations to the Ballynahinch Residential Home team for organising this wonderful event in support of people affected by cancer.



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The Here and Now Festival at the Nursing Home!

We are absolutely delighted and proud to have welcomed the Here and Now Festival to our Nursing Home! This fantastic initiative, funded by Arts Care and supported by the Public Health Agency (PHA), celebrates the positive impact that creativity, self-expression and shared experiences can have on people's health, well-being and quality of life.

Arts Care

The project began on 21st October, with weekly sessions taking place in our Home every Wednesday at 10am for approximately eight weeks. Our clients aged 55 and over, alongside clients from our Resource Centre, have the wonderful opportunity to come together and explore a range of creative activities, including poetry, storytelling and art.

Projects like Here and Now are about so much more than creating art. They provide valuable opportunities for social interaction, companionship and personal expression, helping to reduce feelings of loneliness and isolation while supporting confidence, emotional well-being and a sense of belonging. They also recognise the importance of each person's individual life story, experiences, interests and abilities, ensuring that everyone's voice has the opportunity to be heard and celebrated.





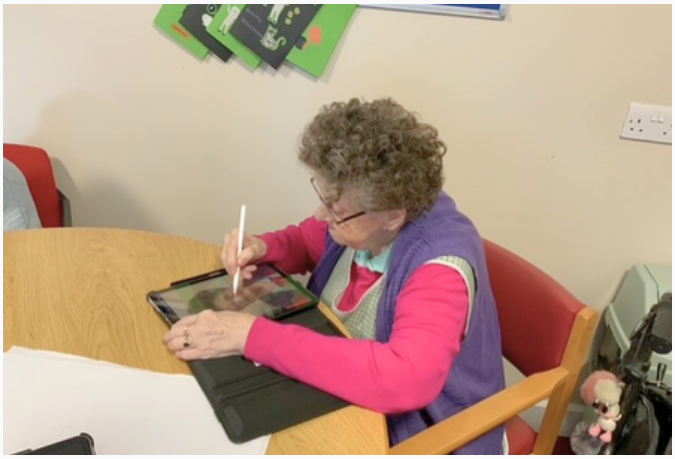
We are particularly delighted to see our Nursing Home and Resource Centre clients enjoying this experience together, building friendships, sharing laughter and creating meaningful connections.
It is wonderful to see the enthusiasm and enjoyment these sessions bring, while giving clients the opportunity to try something different, learn new skills and take pride in their achievements.

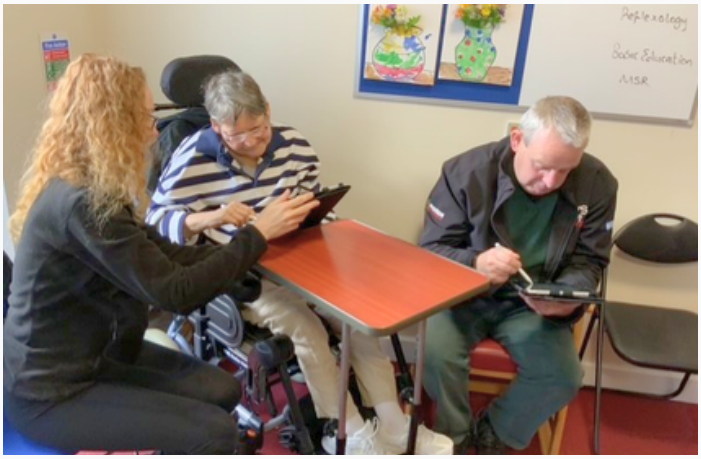
The creativity will continue beyond the sessions, with a special final exhibition planned for Spring 2027, where the poems, stories and artwork produced throughout the project will be showcased.



This will be a fantastic opportunity to celebrate our clients' creativity, individuality and achievements, and to share their work with families, friends and the wider community. Further details regarding the exhibition date, time and venue will be announced once confirmed.









We are incredibly proud to be part of such a meaningful initiative and grateful to Arts Care and the Public Health Agency for supporting opportunities that enrich the lives of older people through creativity and connection.

Lydia Ashford’s Violin: The Feel-Good Sessions

Our Nursing Home has been filled with beautiful music, smiles and happy moments as our residents enjoy special violin sessions with Lydia Ashford, our talented violinist!

Lydia has been entertaining our residents with a wonderful variety of tunes, bringing music to life and creating a warm, joyful atmosphere throughout the home.



What makes these sessions even more special is that residents don't just get to listen — they also have the chance to try playing the violin themselves! This hands-on experience brings plenty of excitement, laughter and curiosity, giving everyone the opportunity to try something new and perhaps discover a hidden musical talent.

We've captured some lovely moments of Debra enjoying the music with Lydia, Judith and Debbie taking part in the sessions, and Debra sharing a special moment with Shay. These photographs show just how much joy music can bring and how meaningful it is to share these experiences together.







A huge thank you to Lydia for bringing her musical talent, enthusiasm and warmth into our home. These wonderful sessions remind us that music has a special way of bringing people together, lifting spirits and creating memories to treasure.

Cheers to 50 Years, David!

We had a fantastic time at The Beeches Nursing Home celebrating David Scott’s very special 50th birthday! Friends from our Day Centre joined in the celebrations, making the occasion even more memorable with plenty of laughter, smiles and wonderful moments shared together.
It was lovely to see everyone come together to celebrate this special milestone and create happy memories with David. Happy 50th Birthday, David! We hope you had a wonderful day!



Salt, Light & Smiles at SALTA Aghalee!

A little relaxation, a little pampering and lots of enjoyment!

Clients from The Beeches Resource Centre are loving their visits to SALTA Respiratory & Skin Care, Aghalee, enjoying the wonderful experience of salt and light therapy.

From the calming salt room to the gentle glow of light therapy, these sessions offer our clients a chance to relax, unwind and enjoy some special time for themselves. The experience provides a peaceful escape from everyday routines, with a welcoming atmosphere that makes each visit something to look forward to.





Salt therapy is associated with respiratory and skin care, while light therapy is used in some settings to support skin health. Together, these experiences offer our clients an opportunity to explore something different while enjoying a relaxing environment focused on wellbeing.



It is wonderful to see our clients embracing the sessions, enjoying the experience and sharing happy moments along the way. These visits are about more than simply trying a new activity — they are about choice, enjoyment, relaxation and making positive memories.

A big thank you to SALTA Aghalee for welcoming our clients and giving them the opportunity to enjoy this special wellbeing experience.

Happy clients, relaxing moments and new experiences to enjoy — SALTA is certainly giving our Beeches clients something to smile about!



Growing, Cooking and Enjoying the Harvest!

Our Horticulture and Catering sessions continue to be a great success at the Centre! Clients have enjoyed growing a variety of fresh vegetables in our garden and then putting their harvest to good use by preparing their own lunches during our catering sessions.

Recently, our home-grown green beans were ready to harvest, and clients worked together to prepare a delicious homemade soup as part of our Catering Project. It is wonderful to see everyone getting involved, developing practical skills, working as a team and enjoying the rewards of growing and cooking their own food.





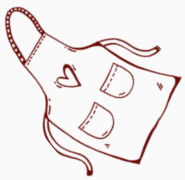








From garden to plate, learning has never been so enjoyable!



Jukebox Jenny Brings Joy!

Jukebox Jenny has been bringing joy, laughter and plenty of movement to The Beeches, delivering her fantastic sessions across our services, including the Residential Home, Nursing Home and Resource Centre.







These fun and engaging sessions combine simple dance exercises, a wonderful variety of music and exciting props to create a memorable experience for everyone. Our clients have been absolutely loving Jenny's sessions, enjoying the opportunity to sing along to familiar favourites, clap their hands, dance and get involved in the activities.





Jenny's sessions have been a great success across all our services, creating a wonderful atmosphere filled with smiles, laughter and happiness. It has been fantastic to see clients coming together, enjoying the music and making special memories.

A big thank you to Jenny for bringing so much joy, energy and positivity to The Beeches through the power of music and movement!



Painting with Southern Regional College: A New Creative Opportunity at the Centre



The Resource Centre welcomed the start of an exciting new Recreational Painting Course in October, delivered by Paola D'Amico from Southern Regional College.

The course brings together 10 clients for 10 creative sessions, running from October through to January and taking place on Mondays from 10am to 12pm.

The two-hour sessions provide a wonderful opportunity for participants to explore their creativity, learn new artistic techniques and develop their confidence in a friendly and supportive environment.



Throughout the course, participants will have the chance to experiment with four different artistic techniques: watercolour, collage, acrylic painting, and charcoal and ink pen. Each technique will be explored over two sessions, giving everyone time to learn, practice and develop their skills while discovering different ways to express themselves through art.

Beyond learning new skills, the course offers a valuable opportunity for participants to relax, share ideas, enjoy one another's company and take pride in their artistic achievements. Painting can be a wonderful way to support wellbeing, encourage self-expression and build connections through a shared creative experience.

We are delighted to offer this opportunity in partnership with Southern Regional College and look forward to seeing the colourful creations and progress made by our budding artists over the coming months.
We wish everyone taking part an enjoyable and inspiring artistic journey!





Creativity Through Recycling with ARC 21!

Last May, we had a wonderful time welcoming Noel Lyon to our Day Centre for a fantastic creative recycling workshop!
Noel works with ARC 21, and we are delighted that he will be bringing even more fun, creativity and exciting activities to The Beeches Resource Centre throughout the year, thanks to funding from ARC 21.

At ARC 21, making the most of everyday materials is something we really value. We love finding new ways to reuse items that might otherwise go to waste and turning them into something unique and special. It's amazing what can be achieved with a little imagination!

During the workshop, Noel encouraged our clients to get creative, experiment with different materials and have a go at making their own creations.
His friendly and encouraging approach made everyone feel welcome, helping them feel confident to try something new and enjoy the experience.



It was lovely to see everyone getting involved, sharing ideas and taking pride in what they had made. There were plenty of smiles, laughter and some fantastic creations along the way!

Activities like these are about so much more than arts and crafts. They give our clients the chance to express themselves, learn new skills, build confidence and enjoy spending time together.







We are so pleased that Noel will be visiting The Beeches Resource Centre throughout the year, giving our clients more opportunities to get involved in fun, creative and meaningful activities. We can't wait to see what everyone gets up to next!

A big thank you to Noel and ARC 21 for making these opportunities possible. Your support helps bring new experiences, creativity and plenty of smiles to our centre!
At ARC 21 and The Beeches, we love turning everyday things into something extraordinary!

Lurgan Fire Station: Safety in Action!

On 23rd September, our Resource Centre clients and some of our Nursing Home residents enjoyed an unforgettable visit from **Lurgan Fire Station**!

The firefighters delivered an informative fire safety session, teaching everyone what to do in an emergency. The excitement continued with a practical demonstration, where clients saw how to use a fire hose to tackle a fire!



The visit was a fantastic way to reinforce the fire safety knowledge our clients gain through regular fire drills at the Centre, combining important learning with plenty of fun and excitement.

A heartfelt thank you to Timothy Lyness, Station Commander, and his colleagues at Lurgan Fire Station for their enthusiasm. Everyone thoroughly enjoyed the experience, creating wonderful memories while learning valuable skills to help keep them safe

A Spooktacular Halloween Week



Last month, The Beeches Resource Centre came alive with Halloween magic, welcoming clients from The Beeches Nursing Home and Ballynahinch for a week packed with spooky games, glow-in-the-dark experiments, zombie challenges, messy activities, creative arts and crafts, and exciting science experiments!

A huge thank you to Pauline, from Aghalee Village Hall, for securing funding for Nikki Terlik and Naomi Whan's creative sessions. Our clients enjoyed fantastic Halloween arts and crafts, filled with creativity, fun and lasting memories. Thanks also to Tom, the Music Man, for adding music and smiles to the celebrations!

We're incredibly proud of The Beeches Resource Centre clients and staff for transforming the centre into a warm, welcoming and spooky space for their visiting peers. Their hard work and creativity made the week truly magical and inclusive.

Visit The Beeches Resource Centre website for more spooky snaps!

Good Blokes, Good Laughs, Good Brews: Exciting New Projects at The Beeches!

There's a real buzz of excitement at The Beeches!
Our new November activity timetable has introduced some fantastic opportunities for participants to get involved, learn new skills, explore interests and, most importantly, enjoy new experiences together. Among our latest additions are two exciting initiatives: Men's Group and our brand-new Podcast Project!

The Men's Group is already bringing people together, creating opportunities for friendship, sharing ideas and working towards common goals. What makes these activities particularly special is the enthusiasm and involvement of everyone taking part.
The group is already playing an important role in bringing our podcast project to life, with participants getting hands-on and helping to build the tables and chairs for our new podcast studio. The tables have now been delivered, and everyone is looking forward to seeing the space take shape. It's a wonderful example of teamwork, practical skills and turning ideas into reality!











But the excitement doesn't stop there! Our Podcast Project will give participants the opportunity to become presenters, interviewers and contributors, exploring the world of podcasting in a fun and creative way. We are looking forward to recording interviews with participants, staff and special guests, sharing personal stories, discovering different perspectives, celebrating achievements and having some interesting conversations along the way. Most importantly, it will provide a platform for people to express themselves, develop communication skills, grow in confidence and have their voices heard.

Meanwhile, the Men's Group has also been busy sharing ideas and planning future activities. From discussing possible group names such as The Brew Crew, The Fellowship and The Blokes Club, to coming up with ideas for games, social activities and even a possible Comedy Club, there is plenty of imagination and enthusiasm around the table!



These projects are about much more than building furniture or recording a podcast. They are about creating opportunities for people to take an active role, share their ideas, develop practical and social skills, build friendships and experience the satisfaction of achieving something together.



At The Beeches, we believe everyone has something valuable to contribute, and these new activities are a fantastic way to make that happen!!



A Lovely Lunch at Millbrook Lodge Hotel

Residents from Ballynahinch Residential Home enjoyed a lovely lunch outing to Millbrook Lodge Hotel in Ballynahinch, where they had the chance to enjoy a delicious meal, refreshing drinks and, most importantly, time together.











The outing gave residents a welcome opportunity to get out and about, enjoy a change of scenery and spend time doing something a little different. Sharing lunch provided a lovely setting for conversation, laughter and enjoying one another's company, making the experience about much more than just a meal.

A special thank you to the team at Millbrook Lodge Hotel for their warm welcome and friendly service, which helped make the visit so enjoyable for our residents.

TREAT yourself

Stories of Strength:
Oliver Magee's Double Bronze Success!



We are delighted to celebrate the fantastic sporting achievements of Oliver Magee, one of our clients at The Beeches Resource Centre, who proudly represented Team Ulster at the Special Olympics Ireland Summer Games.

Oliver competed in bocce and achieved an incredible result, bringing home two bronze medals — one in singles and another in doubles! What a fantastic accomplishment!

Oliver's sporting success continued on Friday night when he attended the Lisburn 2gether Special Olympics Bocce Club Awards Dinner. During the evening, Oliver proudly received the Player of the Year Cup, recognising his dedication and achievements in the sport.



He also received a club attendance and participation trophy, which was presented to all club members in recognition of their commitment and involvement throughout the year.

The Special Olympics celebrates ability, determination and inclusion, providing athletes with opportunities to develop their skills, build confidence and enjoy being part of a team. Oliver's achievements highlight the importance of participation, perseverance and celebrating everyone's abilities.



Everyone at The Beeches Resource Centre is incredibly proud of Oliver and his accomplishments. His two bronze medals and Player of the Year award are wonderful achievements and a fantastic example of what can be achieved through dedication, enthusiasm and a love of sport.

Congratulations, Oliver! We are delighted to share your success in our Stories of Strength newsletter and look forward to celebrating many more achievements with you.
Two bronze medals, a Player of the Year Cup and plenty of reasons to be proud — well done, Oliver!

Christmas Hamper Raffles & Festive Treats at The Beeches Resource Centre!



The festive season is nearly here, and we're excited to be holding two Christmas raffles at The Beeches Resource Centre!

- Health & Beauty Hamper Raffle
- Voucher Raffle

Giving you the chance to win a lovely festive treat!

We are delighted to have the support of some fantastic local businesses in our festive fundraising activities. A huge thank you to:

- Aghalee Building Supplies
- Lagan Locks Hairdressers
- Aghalee Pharmacy
- Omniplex Cinema Lisburn
- Sinnamon's Centra Aghalee
- Lisburn Auto Salvage
- SALTA, Salt & Ligth Therapy Aghalee
- Grahams fish and chips Aghalee

Your generosity and community support mean so much and help make our Christmas fundraising extra special. Thank you!

Festive Crafts & Gifts for Sale

Through our Village Hall Funding Activities, our clients have been taking part in creative sessions with Naomi and Nikki, making a lovely selection of handmade festive crafts and Christmas gifts. The handmade items will be available to purchase, including:

- Butterfly Brooches – £1 each
- Handmade Lavender or Eucalyptus Soap – £2 each
- Santa Decorations – £2 each
- Christmas Bookmarks – £3 each



Please note that quantities are limited, and handmade crafts will be available on a first-come, first-served basis.

A huge thank you to all our local businesses and supporters for your generosity and continued support. Keep an eye out for more details about our Christmas raffles and festive treats!

Thank you for helping The Beeches Resource Centre spread some Christmas cheer!

Mark Your Calendar:
Autum & Winter at The Beeches

There's so much to look forward to at The Beeches this autumn and winter! Our calendar is bursting with exciting activities, from music and entertainment to arts, crafts, workshops and festive celebrations.
With plenty of opportunities to get creative, enjoy new experiences, spend time together and celebrate the magic of the season, there's something for everyone to enjoy.
Take a look at what's coming up and join us in making this autumn and winter a season full of fun, laughter and special memories at The Beeches!

Nursing Home

- Weekly swimming sessions at Craigavon Pool.
- Westlife concerts at SSE Arena Belfast (29 & 31/10)
- Candimoon musical performances (06/11 & 18/12).
- Jukebox Jenny movement sessions (11/11 & 09/12).
- Gateway Annual Dinner Dance at Beechlawn Hotel (13/11)
- Cinema, pantomime, shopping and Christmas dinner outings for all residents (Nov–Dec), including dinners at Ballymac Hotel, Stoneyford.
- Santa and Mrs Claus meet-and-greet and Christmas story time (14/12).
- Visit from Lisburn and Castlereagh Deputy Lord Mayor (14/12).
- Christmas violin carols with Lydia (15/12).
- Christmas Jumper Day (21/12).
- Christmas Party with buffet lunch and disco by Tom the Music Man (22/12).

Resource Centre

- Painting Course – Southern Regional College(Oct–Jan)
- Art & Craft with Naomi W (15/12)
- SALTA Sessions (18/11 & 08/12)
- PROMT Sessions:
  Healthy Eating (04/12)
  Mental Health (11/12)
  Internet Safety (18/12)
- Tom the Music Man (22/12 & 29/01)
- Christmas Basket Raffle
- Noel ARC (21/12, 10/02 & 10/03)

Here & Now Online Workshops:

- Dance & Movement – Carmel Garvey (16, 23 & 30/11) – *The perfect way to find your get-up-and-go.*
- Music & Song – Brendan Popplestone:
- Sing a New Song (11/11) – *Find your voice and enjoy the uplifting experience of singing together and making music.*
- Tune In! Be Connected to the Power of Music (27/11) – *Boost your morning energy, enjoy positive vibes and make wonderful new connections through the universal language of song.*

Residential Home

- Annie, Grand Opera House
- Pantomime, Grand Opera House
- Handmade Crafts on Sale (Early December)
- Tom the Music Man (16/11 & 09/12)
- Candimoon (01/12)
- Jukebox Jenny (11/11)
- Music Singalong with Edelle (13/11 & 18/12)
- Christmas Crafts – Decorative Coasters & Christmas Cards on Sale (December)
- Drake Music (Every Thursday)

Stay Connected with The Beeches!

We're excited to share our newly refreshed website for The Beeches Resource Centre! Explore our website to learn more about the centre, discover our work and stay up to date with the latest news, activities and achievements.

https://thebeechesrc.com

You can also explore the wider Beeches Group and discover more about our Ballynahinch Residential Home, Ballynahinch Supported Living and Aghalee Nursing Home.

https://thebeechesltd.com

Stay connected with The Beeches and follow our journey as we continue to share stories, news and updates from across our services!



Until Next Time...
As this newsletter comes to an end, we'd like to thank our clients for sharing their moments with us, our staff for helping make them possible, and our families for being part of the journey.
Your involvement helps make our community what it is, and we look forward to bringing you more news and highlights in the next edition!