

# The Ballygally NEWS



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BALLYGALLY HALL ON



Issue No. 26.

January 2016

HAPPY NEW YEAR AND A VERY WARM WELCOME TO NEW RESIDENTS!!

## Welcome to 2016



We hope you all enjoyed the Christmas holidays with friends and family and that you have settled back in to your normal routine, ready for another exciting year of varied events at Ballygally Hall.

Our weekly classes continue to cover a wide and varied spectrum of activities, and if you would like further details on any of the classes, please do not hesitate to contact us on 028 2858 1050 or e-mail: [bcdaltd@btconnect.com](mailto:bcdaltd@btconnect.com)

## One-off Events

Already Ballygally Hall is getting booked up with lots of exciting and different weekend classes, so why not come along and give something different a go.

Booking is essential for these classes, so please contact the Hall to book a place.

### WEEKLY CLASSES

#### MONDAY

10am-12 noon	Little Treasures' Parents & Toddler Group
3.30-4.15pm	Musical Monkeys
7.30-9.30pm	Bowls
8.00-9.00pm	Yoga with Sue McBride

#### TUESDAY

11 am-12 noon	Light Exercise Class
2.00-5.00pm	Bridge Club
3.30-4.30pm	Children's Art Class
6.45-8.00pm	Boccia
8.00-9.00pm	Yoga with Angela Gorman

#### WEDNESDAY

11.30am-12.30pm	Pilates with Karen Leitch
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#### THURSDAY

9.30-10.30am	Yoga with Angela Gorman
11.00am-1.00pm	Coffee & Chit Chat Club
4.00-5.00pm	Circus Skills
5.00-6.00pm	1st Ballygally Beavers
7.30-9.30pm	Art Club

#### FRIDAY

9.00-10.00am	Men's Exercise Class
10.00-11.00am	Ladies Exercise Class

#### JANUARY

Saturday 16th 2.00-4.00pm  
Needlefelting with J Dempster

Saturday 23rd 10 am-4 pm  
Wellness Day with New Horizons

Friday 29th 7-10.00pm  
Ballygally Film Club

Sunday 31st 3.00-5.00pm  
Yoga by Candlelight-Sue McBride

#### FEBRUARY

Sunday 7th 10am-1pm  
Focus on....You wellness4women

Thursday 11th 7-10.00pm  
Cairndhu Rowing Club-Cupcake  
Bouquet Demonstration

Saturday 13th 10am-12noon  
Yoga Saturday with Sue McBride

Saturday 13th 2.00-4.00pm  
Needlefelting with J Dempster

#### MARCH

Saturday 12th 2.00-4.00pm  
Needlefelting with J Dempster

Sunday 13th 10am-12noon  
Yoga Sunday with Sue McBride

### News in Brief:

- NEW DEFIBRILLATOR NOW INSTALLED OUTSIDE BALLYGALLY SPAR
- BALLYGALLY CHIT CHAT CLUB STARTING 21ST JANUARY
- RED SQUIRRELS TO RETURN TO BALLYGALLY?
- BALLYGALLY FILM CLUB TO LAUNCH ON FRIDAY 29TH JANUARY
- IT'S A GIRL!!
- SPECIAL VISITOR COMES TO BALLYGALLY PARENTS & TODDLER GROUP

### Inside this issue:

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# The Ballygally NEWS



Lots of fun in the soft play at our Christmas Party



One of our sets of twins with their Granny meeting Santal!

## Little Treasures Parent & Toddlers' Group

Little Treasures is the name of our local Parents and Toddlers' group. It was set up in September 2015 by 2 volunteers, Carol Lindsay and Carol McCormick, for the benefit of the local community. It is a great place for mums, grandparents, carers, toddlers and infants to meet, to have fun and make friends.

The group meets on Monday mornings in Ballygally Hall. Each session begins at 10am with the children having free

time to play with a great selection of safe toys. At 10:45 the children are treated to juice, toast, cheese and fruit. Mums and grannies have their time for coffee, cake and chat. At 11:30am the little ones, and not so little ones, love the music and rhyme time. Home time is at 12:00pm.

A fee of £2:50 is charged per adult, and children are free of charge.

All new members will be

made very welcome.

### Christmas Party Time.

Monday the 14th, of December 2015 was a very special day for our Little Treasures. They had great fun jumping and crawling around in the soft play area which was especially hired for the occasion. There was also a very special visit from Santa who gave each child a present. It was great fun and a good start to the Christmas Season.

## Ballygally Biodiversity Group

The Ballygally Biodiversity Group (BBG) is a group of local volunteers who are dedicated to seeing red squirrels return to Chaines Wood, Carnfunnock and the surrounding area of Ballygally. The group is also working towards improving the biodiversity of these areas by preparing a suitable natural habitat in Chaines Wood which will attract more wildlife, birds, bats, bees and owls. Once a suitable site has been cleared of non-native invasive species, the work of planting native wild flowers, bluebells, lesser celandine,

wood anemone, wild garlic and planting of trees such as Scots Pine, Holly, Hazel, Rowan and Wild Cherry will be carried out. This improved habitat will provide a more attractive and interesting environment for our local walking groups and visitors to the area.

Red squirrels, have already been located, on the outskirts of Ballygally, and will continue to be fed throughout the year. It is planned that grey squirrel control will commence in February 2016 with habitat preparation and planting starting in

March/April 2016.

The members are very grateful to the Mid and East Antrim Borough Council for a grant to support the BBG.

If like us, you wish to protect our **Natural Environment** and **Native Wildlife** for future generations, come and join our group. Please contact us at the following email address:

[BBioGroup@hotmail.com](mailto:BBioGroup@hotmail.com)

or

**Phone or Text**  
**07933917942**



If like us, you wish to protect our Natural Environment and Native Wildlife for future generations, come and join our group

“WHETHER YOUR TASTES ARE BREAKFAST AT TIFFANY’S, DR ZHIVAGO OR LOVE ACTUALLY, WE WANT TO HEAR FROM YOU”

## Shout out to Film Lovers!

We are planning to launch a local film club, starting with a taster showing of 'A Christmas Star', which was filmed in Glenarm, on Friday 29th January at 7.00pm in the Hall, for an introductory price of £3.00, including refreshments. If this

is successful we will continue to show films the last Friday of every month.

We are looking for ideas for movies to show and for volunteers who can help to organize the sessions.

So whether your tastes are

Breakfast at Tiffany's, Dr Zhivago or Love Actually, we want to hear from you.

Please contact Jennifer at the Hall or Marge Washbrook (margetforce@aol.com), if you want to be involved.

## Thank-you!

On Saturday 22nd August 2015, an Auction and Coffee Afternoon was held in Ballygally Hall to raise funds for Cancer Research.

June Moore would like to thank all those who helped and supported the event, enabling her granddaughter Olivia to present Cancer

Research UK with a cheque for a fantastic £3000.00!



## The Ballygally Coffee Chit Chat Club

Following discussions with some of our local residents there was an interest expressed for a social club to be set up where residents, both male and female, of all ages, could meet on a weekly basis; preferably a Thursday morning. As a result, the first session will be held on Thursday 21st January 2016 between 11am and 1pm. The venue will be Ballygally Hall.

Ballygally Hall will provide a warm and friendly space

for residents to get together, to make new friends and to meet existing ones. You can spend the time just chatting, playing games, taking part in quizzes or reading newspapers. Through time we can invite guest speakers. It will be up to the group to decide which activities they would like.

For all of those who received an I Pad, Lap Top or Kindle for Christmas, bring it along to our first meeting and we will do our

best to show you tips and shortcuts on using these devices.

A donation of £3 per week will be welcomed which will include the provision of a soup lunch.

We look forward to seeing you on the 21st, January 2016.

(If anyone requires a lift to the hall please ring Carol on 07547158935)



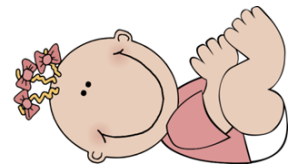
A warm and friendly place for people of all ages to make new friends and meet existing ones

## It's a Girl!!

Congratulations to Caragh and the Reid family following the birth of their adorable baby girl Annabelle.

We hope Caragh is enjoying her maternity leave with the new arrival and having some well deserved family

time. I'm sure Mum and new baby will be VIPs at the Toddler group held on Monday mornings.



## Feature Classes

This is a new feature where, each edition, we are going to highlight a Children's Class and an Adult's class run in the Hall, providing a synopsis of what the class offers.

### CHILDREN'S CLASS

#### MUSICAL MONKEYS

What is Musical Monkeys?

We are a structured music & physical activity class aimed at children up to the age of 6. Our classes have been shown to improve social skills; develop self esteem; improve co-ordination; improve listening skills and improve numeracy, to name but a few.

It develops rhythm through exploring different instruments all while the children are having fun.

We use professional percussion instruments, not toys and each child will be given their own instrument or prop.

Why not come and join us in Ballygally Hall from Monday 18th January, 3.30-4.15pm. Classes cost £5, and must be paid termly in advance (£35 until Easter). Booking is essential.

For further information or to book, contact Lorraine on 07968 276448.

### ADULT'S CLASS

#### SPANISH CLASS

Spanish classes at Ballygally!!

Would you like to improve or learn Spanish? At Ballygally Hall our relaxed and enjoyable Spanish lessons will help you learn how to handle everyday situations when you travel to Spain, such as going to the shop or the train station, ordering at the restaurant and even complaining at the hotel!

Following the success of our first beginners' course, we would love to run more Spanish sessions! However, to make this venture feasible, we need at least 12 people to sign up! Our sessions normally take place on Wednesday evening from 19:30 to 20:30 and they are run by native Spanish speaker Alba Martínez.

Our course is aimed at all ages and levels so, if you would like to be able to survive in Spain and communicate with the locals, please contact us and we will get some classes arranged!



Spanish Classes  
Ballygally Hall  
Wednesday  
7.30-8.30 pm



Musical Monkeys  
Ballygally Hall  
Monday  
3.30-4.15pm

BCDA a local, community-based organisation aimed at delivering a wide range of community services, partnerships and events, as well as helping to enhance the local environment



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BALLYGALLY HALL ON



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## BCDA DATES FOR YOUR DIARY 2016

See noticeboard outside the Hall for details of upcoming events:

### January

**Thursday 28th 11.00am-1.00pm Coffee Morning**

### February

**Thursday 25th 11.00am-1.00pm Coffee Morning with Guest Speaker**

### March

**Thursday 17th 11.00am-1.00pm St. Patricks' Day Lunch**

## **FURTHER EVENTS TO BE ANNOUNCED**

(Keep an eye on the noticeboard, our Facebook page and website for further details)



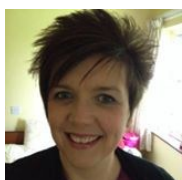
A beautiful day in Mountstewart



Hard at work!!



A few carols to keep everyone warm before the lights went on!



## **2015 AT A GLANCE**

The hall has been alive with a wide range of activities since our last newsletter of September 2015. On a beautiful autumn day on September 10<sup>th</sup>, 45 residents headed off to Mountstewart House to see for themselves the extensive restoration of the house and its contents carried out by the National Trust since their previous visit of September 2104 and they were not disappointed.

The next week saw the annual beach clean when our environmental volunteers got together to tidy up our local beach.

Little Treasures (a meeting point for mothers and toddlers) was set up in September by Carol Lindsay and

Carol McCormick and has proved a great hit with parents, grandparents and the toddlers themselves.

In preparation for the installation of the defibrillator, BCDA ran two sessions of First Aid Training during November. Thanks go to Ballygally Bowling Club and the anonymous donor who contributed £500 and £100 respectively towards the defibrillator. An information evening and further training is currently being organised - details to follow.

The Christmas Craft fair and Art exhibition held at the end of November was a great kick-start to the festive season by getting us all into the festive mood and was followed by the Christmas coffee morning the next

week with seasonal entertainment provided by the choirs from Cairncastle Primary School and Roddensvale School. As always, this was a very moving and meaningful start to the festivities, which continued into December with the switching on of the Christmas tree lights and the lights across the Coast Road. Thanks to the local council, these were extended along the front this year but unfortunately the poor weather over the holiday season meant that they did not get a chance to shine so brightly!

A big thank you must also go to Ballygally Castle Hotel for providing the 'Frozen' entertainment at the Christmas Tree Light up.

## **Welcome to Jennifer as temporary Hall Coordinator**

We would like to extend a warm welcome to **Jennifer Warnock** who started her temporary position as Hall coordinator on the 2<sup>nd</sup> No-

vember in Ballygally Hall. She will be in the Hall from 09.15-12.15pm weekdays. Please contact her for any enquires on the usual contact

number 02828581050 or leave a message, or Email [bcdaltd@btconnect.com](mailto:bcdaltd@btconnect.com).