

The Ballygally NEWS



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BALLYGALLY HALL ON



Issue No. 28.

September 2016

BCDA Ltd welcomes all newcomers to the village!!

“Autumn...the year’s last, loveliest smile” (William Cullen Bryant)



We hope you all had a lovely Summer and are getting settled back in to some sort of routine!

As the schools are back, and the weather starts to get colder and the nights darker, our programme of classes is filling up again!

New classes are being added all the time, so don't forget to keep an eye on the notice board or our Facebook page for details, and if you would like further information on any of the classes, please do not hesitate to contact us on 028 2858 1050 or e-mail: bcdaltd@btconnect.com

WEEKLY CLASSES

MONDAY

10am-12 noon	Little Treasures' Parents & Toddler Group
7.30-9.30pm	Bowls
6.45-7.45pm	Yoga in Pregnancy with Sue McBride
8.00-9.00pm	Yoga with Sue McBride

TUESDAY

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

WEDNESDAY

11.30am-12.30pm Pilates

THURSDAY

9.30-10.30am	Yoga with Angela Gorman
5.00-6.00pm	1st Ballygally Beavers
5.15-6.00pm	1st Ballygally Squirrels
7.30-9.00pm	Introduction to Mindfulness—6 week course (starts 29th Sept)
7.30-9.30pm	Art Club

FRIDAY

9.00-10.00am	Men's Exercise Class
10.00-11.00am	Ladies Exercise Class
3.30-4.30pm	Tiny Humans Yoga (starts 30th Sept)

BCDA DATES FOR YOUR DIARY 2016

September

Ballygally Hall
264 Coast Road
Ballygally
Co Antrim
BT40 2QX

Thursday 29th 11.00am-1.00pm BCDA Macmillan Coffee Morning

October

Thursday 27th 11.00am-1.00pm BCDA Coffee Morning run by BBG

November

Wednesday 9th 7.30pm Craft Taster Evening
Saturday 12th 11.00am-3.00pm BCDA Christmas Craft Fair & Art Exhibition
Thursday 24th 11.00am-1.00pm BCDA Christmas Coffee Morning

December

Monday 5th 6.30pm Christmas Tree Lights Switch On

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Phone: 028 2858 1050
E-mail: bcdaltd@btconnect.com

FURTHER EVENTS TO BE ANNOUNCED

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



The Ballygally NEWS

Children's Art in Ballygally Hall



Summer Art Event

The three day children's Summer Art event held in Ballygally Community Hall turned out to be a great success. Fourteen children attended and each one produced a beautiful underwater scene. The children are to be congratulated on their hard work and excellent behaviour. The event was enjoyed by all.

As the new term begins the weekly children's Art classes

start again on Tuesday 13th September 3:30-4:30 pm. These will take place every Tuesday afternoon during term time and anyone aged 4-11 yrs are very welcome. Children will get a chance to develop their art skills using a wide variety of materials. The classes are taken by a qualified art teacher Rosalind Fair. Each lesson costs £5 and all materials are provided. The autumn term is always very exciting

with Halloween on the horizon and the run up to Christmas.

If you have a budding young artist in the family and want to book a place or to get more information phone Rosalind 02828583400, email rosalind.fair456@gmail.com or contact BCDA.

Feature Class-Tiny Humans Yoga



Team building



Heart breaths!

Tiny Humans Yoga is a project set up for children from three to six years old. These classes have been running from April 2016, and had the pleasure of taking place in Ballygally Hall for four weeks during July and August.

Tiny Humans Yoga classes cover a wide range of unique activities aimed to develop meaningful skills for children. This can be anything from new movements through yoga poses, relaxation techniques through a

variety of breathing exercises, working on peer interaction by working together as a group, using our creativity through drawing and exploring new materials, and much, much more. It is believed that the better children develop these skills, the happier, more meaningful and peaceful their adult lives will be.

So, come join the fun! We are excited to announce that Tiny Humans Yoga will be holding an after school special in Ballygally Hall for 8 weeks from Friday 30th

September 2016 from 3:30pm – 4:30pm. Classes cost £45 for eight weeks and must be paid in advance. To secure your place email tinyhumansyoga16@gmail.com for a registration form and leave in to Ballygally Hall! Likewise, you can contact me personally on 07731175787 for more information.

Thank you for all your support!

Love and light,
Victoria x.

NEIGHBOURHOOD WATCH SAY PLEASE BE VIGILANT!!



There has been a spate recently of creeper burglaries (people who creep about at night when your curtains are

open and look in to see what valuables could be easily taken!) in our area. We would urge you all to be especially vigilant and

inform all your friends and neighbours to take extra precautions to protect property and vehicles.

Many thanks and keep safe.

DID YOU SEE THE BELFAST NEWSLETTER ON SATURDAY 23RD JULY 2016??

Here's what Sandra Chapman had to say:

"Co. Down has lovely beaches, so too has the north coast, including Donegal.

Yet we in east Antrim have a delightful beach which the media never mentions.

Ballygally beach on the Coast Road was packed on Tuesday with families enjoying the high temperatures. The village has a big, new shop which sells the nation's favourite ice-cream and it also did a roaring trade in buckets and spades. Yes, it

was one of those memorable days which I hope my little Italian grand nieces will remember when they're as old as me."

Isn't it lovely to see Ballygally getting some well deserved recognition for the little gem that it is!!



Ballygally Biodiversity Group



The Ballygally Biodiversity Group (BBG) has entered into a partnership with Mid and East Antrim Borough Council to develop and implement environmental projects in the Ballygally area and Chainé's Wood.

Since our last article the BBG has held a joint community litter pick with BCDA, in and around Ballygally and Beach Area, 12 bags of rubbish were collected. We intend to have another litter pick in early October 2016 and will be calling on volunteers to help us with this task.



The BBG has received funding from Live Here Love Here for the Daffodil Lane Biodiversity Project Ballygally. This project will improve the natural appearance of Daffodil Lane by planting daffodils, wild flowers and native plants along the sides of the lane. The BBG are asking for community help to clear verges and plant bulbs. We will provide all the equipment and necessary tools. It is hoped that we will carry out this work on a weekend in early October. We will keep you updated on the Ballygally biodiversity Face Book page and on the Ballygally Hall notice board. If

you would like to volunteer, and be part of this community project, please contact the BBG on **07933917942** or by email at BBioGroup@hotmail.com.



Ballygally Biodiversity Group - New UK Squirrel Initiative.

Seven organisations have come together with European funding to bring about the first UK wide Grey Squirrel control project named "Red Squirrels United". Ulster Wildlife is the NI partner and the BBG will be participating in the project. A team of people has been employed for the three year project. Their aims are to protect and conserve the

Red Squirrel in Northern Ireland. The Red Squirrel Conservation Ranger for Mid Antrim is Joe Dowdall and he can be contacted, for further information, on **07816 065 985** at any time. Please report any sightings of Grey Squirrels to Joe or the BBG.

Ballygally Biodiversity Group – New Website.

The BBG is currently developing a website to keep the community informed of local biodiversity projects and progress on supporting native wild life and species. We would welcome your views, comments and suggestions. The web address is <http://bbgnl.webplus.net>

Baby Sensory Classes are coming to Ballygally!!

We are delighted to announce that Judith Moore will be bringing Baby Sensory classes to Ballygally from early December.

Our multi-award winning classes will introduce you and your baby to a world of sensory delights, where the two of you can relax, spend quality time with each other and enjoy meeting other new parents. Specifically designed from birth, the programme is packed with an incredible variety of sounds, smells, sights, textures, music, dance, signing and massage – and you'll never experi-

ence the same class twice.

Baby Sensory is magical world, full of glowing balls, light shows, puppets, bubbles, petals, rainbows, even an underwater experience of breathtaking imagination. Everything we do is backed by scientific research, carefully designed with your baby's development in mind, and we're passionate about sharing our knowledge. For the first year of your baby's life is the most important. Soon after birth, the brain starts creating two million new connections every second! So come, have some fun, and let's make the most of this very special time.

Classes are suitable for babies from 0-13 months. They will be held in the fabulous Ballygally Hall on a Wednesday morning.

****You can sign up NOW for a TASTER CLASS which will be held on Wednesday 16th November****

Please visit www.babysensory.com to book your place and check out our Facebook page 'Baby Sensory Newtownabbey and East Antrim' for more information.



www.babysensory.com



We've done the research; so you can enjoy the fun...

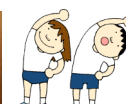
Baby Sensory
Precious Early Learning for Babies

We need your help!!

We would like to run some more classes in Ballygally Hall, if you know of anyone

who has a particular talent, who would like to run a class in the Hall, please contact us

on bcldald@btconnect.com, or telephone 02828581050.





One-off Events

Ballygally Hall continues to be very busy with lots of exciting and different evening and 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.

SEPTEMBER

Wednesday 21st, 28th & 12th
Oct 9-11 am
CAP-Money Management Course

Thursday 29th 11 am-1 pm
BCDA Macmillan Coffee Morning

OCTOBER

Friday 7th 7.00-10.00pm
Ballygally Umbrella Club
Showing "Thelma & Louise"

Saturday 8th 9am-1pm
Tear Fund Coffee Morning

Saturday 8th 10am-5pm
Reiki One Training Course

Sunday 9th 10.30am-12.30pm
Yoga Sunday with Sue McBride

Tuesday 11th 9am-1pm
NACN-"Dementia Friendly Communities"

Saturday 15th 1-4pm
Needlefelting-fully booked

Saturday 15th 2-4pm
School at the Sea
"Harvest Hooley"

Tuesday 18th 7-9pm
Ballygally Biodiversity Group Meeting

Thursday 27th 11am-1pm
BBG Halloween Coffee Morning

Friday 28th 8-11pm
St.Patrick's Church Barn Dance

NOVEMBER

Friday 4th 7.00-10.00pm
Ballygally Umbrella Club

Wednesday 9th 7.30pm
Craft Taster Evening

Saturday 12th 11am-3pm
Christmas Craft Fair & Art Exhibition

Sunday 13th 10.30am-12.30pm
Yoga Sunday with Sue McBride

Sunday 13th 2-4pm
School at the Sea
"The Evacuee Experience"

Wednesday 16th
Baby Sensory Taster Session

Thursday 24th 11am-1pm
BCDA Christmas Coffee Morning

DECEMBER

Friday 2nd 7.00-10.00pm
Ballygally Umbrella Club

Monday 5th 6.30pm
Children's Craft Workshop

Monday 5th 7.30pm
Ballygally Christmas Tree Light Up

Sunday 11th 10.30am-12.30pm
Yoga Sunday with Sue McBride

Sunday 18th 3-5pm
School at the Sea
"A Victorian Christmas"

"Autumn carries more gold in its pocket than all the other seasons"

(Jim Bishop)

TRY SOMETHING NEW!!

On Wednesday 9th November, we are holding a Craft Taster Evening at 7.30pm.

We will be demonstrating a variety of different Crafts and ideas which you can use within your own home.

If you like what you see, we will then hold a few Craft workshops, so that we can learn the skills to complete the Crafts!

So why not come along, join us and try something new-we might even get some ideas for Christmas!!

Keep your eye on the Hall noticeboard for further details!

New Look Christmas Tree Light Up!

We are trying something new this year for our Christmas Tree Light Up, so why not come along and join the fun!!

Date: Monday 5th December 2016

6.30pm-Bring your children (under 10 years old) along to Ballygally Hall for our fun Christmas Crafts Workshop.

7.30pm-Join us outside at the Christmas Tree for some festive songs, the switching on of the lights and if we're all very good, there may even be a special visitor in red calling to see us!!

Warm, light refreshments will be served outside.

So please get the Christmas spirit flowing and come and

join our fun Community Event to celebrate the start of the festive season.

