

ARCHES OUTLOOK

ISSUE 101
SPRING 2023

ARCHES
NEWS

TRAINING
COURSES

"Blossom by
blossom the
Spring begins"

*Algernon
Charles
Swinburne*

Image by Daniel Taphorn

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Train your Brain Issue 100 Answers

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Randalstown Arches
Association



Randalstown Arches



@randalstownarch



@randalstownarches



www.randalstownarches.com

ARCHES NEWS

Here at Arches, we are glad to see the end of the snow and ice (hopefully!) and the beginning of Spring - trees and flowers are starting to come to life again, the chill is slowly disappearing from the air and the evenings are starting to get brighter!

Over the winter months we have been busy trying to get ready for 2023. We have been arranging courses, workshops and room bookings - it is difficult to find a day where the hall is free at the moment - it's great to see!

We have also been recruiting over the Winter. Just after the Christmas break, Peggy Mulholland joined us as Community Development Administrator and is settling in well. The office is now open Monday to Friday - call in for a chat.

On Thursday 2nd February, a Public Consultation Event was held in Randalstown Arches. Arches Board of Directors were seeking a development that would benefit the town whilst providing a reliable low risk, low resource intensive, revenue return for ARCHES to further our aim of long-term sustainability. The Board of Directors, with funding from Antrim and Newtownabbey Borough and in consultation with McGarry Consulting conducted a Feasibility Study on potential developments. Thank you to everyone who attended on the night and shared their ideas on how the site could be developed to best meet the needs of the town and benefit the local community and economy. We are waiting to hear the feedback and results but we will keep you all informed when we have any further knowledge.

It may seem early but we have started the planning process for Festival 2023. We are hoping to get back to a full schedule filled with energising events for everyone. Do you have an idea or would you like to be involved? Get in touch.

We will also soon be collecting adverts for our next Newsletter - Summer 2023 (Festival). if you are a local business and would like to be included please get in touch.

Speaking of getting involved - how would you like to become a member of Arches? To be able to have your say and to vote at our AGM and someday maybe join Arches board? Get in touch if you are interested.

We have a number of courses now lined up for Spring 2023 - more information can be seen on the next page about these - hopefully something will catch your eye!



TRAINING COURSES

Card Making

Taking place on the third Saturday of each month, Card Making is a great way to get creative with other people, making cards and maybe make some friends. Registration essential.

10am-1pm

£30 (concession available) + material pricing direct to tutor

Ofqual Certified Paediatric First Aid

This course is suitable for people who need to be qualified in first aid as they care for babies and children at home or in a professional setting. It covers a range of topics such as but not limited to - how to help a baby or child who is unresponsive and not breathing, choking, bleeding, burns and sickness.

Registration essential. There is a small exam on the last evening - students will then be awarded with an Ofqual certification.

Wednesday 22nd, Thursday 23rd & Friday 24th March (6-10PM)

Please note, attendance is required at all three evenings to complete certificate.

£70.00 full course (concession available)

Ofqual Certified Emergency First Aid

Through this course, students will learn skills such as how to examine a casualty, familiarize themselves with basic life support and learn how to control bleeding and trauma. Students will learn the skills to overcome a potentially threatening situation long enough for medically trained individuals to arrive on scene. Other essential first aid skills are taught such as treating burns and scalds as well as assisting a choking individual. Registration essential.

Given all the demonstrations have been carried out successfully, students will be awarded with an Ofqual certification.

Wednesday 8th & Thursday 9th March - (6-9PM)

Please note, attendance is required on both evenings to complete certificate.

£40.00 full course (concession available)

Tai Chi

Ran by Ballymena Tai Chi, these classes are known for their gentle approach to movement and ability to improve flexibility, balance, breathing, and strength. Emphasizing the mind-body connection and encourage students to adopt a regular practice for maximum physical and mental health benefits. Registration not needed - just come along!

Running each Wednesday morning 10:30am-12noon beginning 29th March 2023

£6 per class (first 2 weeks (29th March & 5th April) half price - £3)

Yoga

Yoga is a great way to find peace and quiet - a place to relax and unwind whilst having a bit of a stretch. It will ease out those sore shoulders, aching back and help clear your mind. Registration essential.

6 week course beginning Thursday 20th April 7-8PM

£50 for 6 weeks (concession available)

TRAINING COURSES

BSL Level 1 - Spring Offer 2023

This BSL level 1 course is for those who wish to learn BSL in order to communicate with BSL users, such as friends, relatives, colleagues, or customers, or want to progress to more advanced study and/or employment using BSL in the future. The level 1 course can be taken without any previous BSL experience at any level. This qualification allows learners to gain basic skills and confidence in the two areas of production and reception of BSL.

Course begins Monday 3-5:30PM beginning 27th March

£350 for full course including exams (can be spread over the course)

Makaton Level 1

Makaton is a unique language programme that uses symbols, signs and speech to enable people to communicate. It supports the development of essential communication skills such as attention and listening, comprehension, memory, recall and organisation of language and expression.

With Makaton, signs are used, with speech, in spoken word order. This helps provide extra clues about what someone is saying. Using signs can help people who have no speech or whose speech is unclear. Using symbols can help people who have limited speech and those who cannot, or prefer not to sign.

1 day course - Saturday 6th May 10AM-4PM - £85 (registration essential)

**To register for any of our courses, you can send us an email to
info@randalstowarches.com, give us a call on 028 9447 8471 or call into the office
Monday - Friday (9AM-5PM)**

If you have an idea for a course, please get in touch and we will do our best to try and run it!



SCHOOL NEWS

MONEYNICK PS

Take a bow, the children of Moneynick. Their Christmas preparations were outstanding and provided them with a special opportunity to celebrate the meaning of Christmas and enjoy the Christmas spirit as a school community, experiencing a real family atmosphere. They are very fortunate to have a great school hall and stage with a backdrop beautifully decorated by Margaret and Kerri, which allowed them to perform two amazing Christmas Shows. The children were fantastic in their rehearsals and what shows they produced. As a school community, they are extremely proud of each child, as they showcased their many talents. All they ever want for their children is to 'Be the best they can be!' and they have no doubt these experiences will have further developed their self-confidence.



P4-7 pupils completed an Action Mental Health Workshop. The workshop provided the children with the opportunity to identify their emotions and through drama, games and art, gave them the opportunity to build a toolbox of strategies to improve their self-esteem and self-motivation. P1-3 will work with Action Mental Health during March 2023.

Open night was held on Tuesday 6 December for all pupils, past, present and future. This was an opportunity for the school community to re-engage. Pupils completed art activities, created animations, and enjoyed playing with the many resources within school. A visit to Santa's Grotto added an extra surprise.



P1-5 visited The Elf Emporium, The Junction Antrim. The excitement of a school trip was such an amazing experience for our younger pupils. The magical environment within the Elves Workshop and Snow Dome added a special Christmas feeling. A whole school visit to Jack and the Beanstalk on Wednesday 21 December provided many of the pupils with their first experience of a Christmas Panto. The buzz, excitement and the Christmas feeling was contagious.

The Roots of Empathy programme connects with the vulnerability of a baby who visits a class throughout the year with their parent and a trained Roots of Empathy Instructor. Through guided observation, the children label the baby's feelings and intentions, learning the affective aspect of empathy (emotion) and the cognitive aspect of empathy (perspective-taking) and in turn developing emotional literacy in themselves.



P6&7 took part in a live online Izak 9 workshop, joining 90 other schools to complete Izak 9 challenges. Creative teamwork and mathematical knowledge allowed them to successfully solve the mathematical problems.



Thinking Outdoors is a programme created by Jan White. It allows Foundation and Key Stage 1 pupils the opportunity to connect with nature, use natural materials and their natural environment to take notice of their world and learn their literacy and numeracy outdoors.



SCHOOL NEWS

MONEYNICK PS CONTINUED

Northern Ireland Water delivered a free water butt to Moneynick PS. The water butt will catch rainwater that they will use during outdoor play.



Representatives from Moneynick PS were invited to celebrate their success at Garden Show Ireland 2022. They wish to thank Greenmount Campus for their hospitality and Antrim and Newtownabbey Borough Council for their thoughtful gifts.



Moneynick PS were delighted to have the opportunity to work with Fiona Shannon, Ulster GAA to complete 6 weeks handball coaching. The fundamental skills of Gaelic football and camogie were evident as the pupils began their journey with Ulster GAA Handball.



The staff at Moneynick have completed the Energise Training Programme which is based on learning about nutritional awareness through physical activity. The programme has 6 different sessions, which will be taught to all classes during Term 2. They thank Emma for her informative and energetic training, and they look forward to delivering the programme to all pupils within their Shared Education Partnership.

Moneynick PS have been awarded with Distinction the Spirit of Catholic Education Award 2022-23. The award was given in recognition of the school's outstanding commitment to Social Justice and Respect for the Environment. Representatives from the school will attend the award ceremony at St Mary's University College, Belfast on Monday 30 January.

With preparation underway for Catholic Schools' Week, Grandparents' Day and the Credit Union Quiz they can honestly say that school is a very busy place, and they pride themselves on the diversity of lessons, activities and opportunities provided, ensuring that all their pupils can reach their full potential in all aspects of school life and personal development. They invite you to visit www.moneynickps.com to view our everyday activities and achievements.

MOUNT ST MICHAEL'S PS

The run up to the Christmas break was a very busy and enjoyable time in Mount St Michael's. Many thanks to their parents, families and friends who came out in such large numbers to attend their Christmas P1 and P2 plays and the Christmas Liturgy. Congratulations to the children for their fantastic performances. It was wonderful to see the children perform with such confidence and joy.

They also held their first ever Poetry Slam! The children in Mrs Brown's and Mr Gribbin's classes were excellent, reciting and reading Christmas themed poems to an audience of parent and peers.

Members of the P7 choir sang at the Christmas lights switch on and visited the local nursing homes prior to Christmas, and have now started rehearsals for the Peace Proms, which they will perform at later in the year with their friends from Central.

Their school community and that of Central P.S. supported two appeals that were led by both School Councils.

SCHOOL NEWS

MOUNT ST MICHAEL'S PS CONTINUED

They had a wonderful response for a request to support the JAM Store with lots of food and other items being brought in. They also managed to raise £555 for the Cancer Fund for Children with their Christmas Jumper Day on 21 December. Thank you to their fantastic school councillors for managing and organising these events.

Their school Wellbeing Team ran a very successful Christmas Doors competition, they had some very competitive classes trying to impress the judges and the Facebook voters. Christmas spirits were raised, and it got them all in the mood for the festive season.

For those that missed, it they were stars of BBC Newsline on the 17 January, as Robbie Merridith came out to school to film and chat to the boys and girls about the Daily Mile!

They have been successful in sport taking part in a new local soccer league and in indoor Gaelic tournaments, they won the Hurling and Girls Football competitions and were runners up in the camogie! Congratulations to all involved.

Captain's Word...

"Thank you to Mr Gribbin and Mrs McLarnon for taking us to the tournament. We played 8 matches and won all of them, conceding only 2 goals throughout the tournament. We played St. Joseph's Crumlin in the final and beat them to win the shield. I would also like to thank my teammates for an enjoyable day and great teamwork. these events." (Cillian P7)

The successful girls and boys teams pictured below.



DUNEANE PS

New Principal at Duneane Primary School

Exciting times are ahead at Duneane Primary School as Mr Nigel Charles has been appointed as Principal and is due to start his role in February. Mr Charles is a resident of Dundrod, but originally comes from Cookstown. He has been a teacher at Carr's Glen Primary School, Belfast for 15 years. His wife Rita is a teacher and he has two children. In a welcome letter to parents Mr Charles said that he, "is proud to be part of such a vibrant and energetic School with impressive grounds and fabulous awards and accolades". He concluded his letter by saying, "In this exciting role, I look forward to creating and seizing every possible opportunity for Duneane Primary School to support our children to develop, grow and succeed." We warmly welcome Mr Charles to Duneane Primary School.



School Choir

The choir had a great morning singing at Radio Cracker. They sang 'Away in a Manger', 'Rudolph the Red Nosed Reindeer' and 'White Christmas'. They finished their morning off with some yummy hot chocolate.

Cancer fund for Children

This year their chosen charity is Cancer Fund for Children. Rebecca came to tell them about all the amazing work they do for sick children and their families. They will be working hard this year to raise as much money as they can for this amazing charity.

SCHOOL NEWS

DUNEANE PS CONTINUED

Christmas

They had their annual Christmas performance in Duneane Presbyterian Church on Friday 16th December. Their play was entitled, 'The Inn Keeper's Breakfast' which told the story of the very busy innkeeper trying to find room for Mary and Joseph. The children also had the opportunity to read passages from the bible and sing carols. They had a beautiful performance of 'Silent Night' by their flute and clarinet players. The performance was followed by refreshments in the church hall kindly prepared by their PTA.



Little Adventurers - Teddy Bear Party

They had so much fun at their Teddy Bear Party! The children enjoyed making bear masks, playdough bears and cookie bears. After listening to the story 'We're going on a Bear Hunt' the boys and girls went in search of bears around the school grounds using the binoculars they had made. Their next Little Adventurers for children aged 2+ will be on Wednesday 15th March 2023 from 2pm to 3.30pm. Everyone is very welcome.



GROGGAN PS

The pupils and staff of Groggan Primary School have been extremely busy, there was the matter of Christmas to celebrate, which is always a very exciting and special time in school. The children worked so very hard learning lines and songs, perfecting their performances of, 'A Christmas Recipe' (P1-4) and 'The Innspectors' (P5-7), despite a lot of sickness in school and a few missing actors, everyone agreed that both Plays were superb.



Some of the older pupils joined up with their Senior friends from the Fold for a morning of Christmas fun. The children sang for our friends and were treated to some delicious treats, it was a time for our pupils and the seniors to catch up with each other. Through this partnership some very special and firm friendships have been formed.

Their Shared Education partnership with Millquarter Primary School goes from strength to strength. The children have had sessions together, trips out of school and our staff come together for training. Their Shared Education Choir performed at the Randalstown Lights Switch On and we were so delighted to have been asked to perform at the Shared Education Celebration Event at Queens, Belfast at the end of February.



SCHOOL NEWS

GROGGAN PS CONTINUED

Johnny, their Sustrans Travel Officer visited the school to launch their Everest challenge, one of the parents recently hiked to Everest Base camp and they followed his progress in school. Their challenge was to run/ walk/ wheel all the way from Groggan to Everest, as they are a Daily Mile school, the children have been adding up their daily totals in the hope that they will all soon reach Everest. Johnny came along for their special Santa Run in December.



Their P1/2 class enjoyed the recent snow and had great fun during 'Welly Wednesday' exploring and playing outside making snow angels and snowmen, they even had some tasty hot chocolate to warm them up.



P2/3 and their Eco Committee went outside to look for birds with Jo from RSPB, they recorded what species they saw and will log these as part of the 'RSPB Big Bird Watch'. P3/4 have been very busy during their Activity Based Learning sessions and have been making bird feeders, looking at capacity, using ICT and completing some very special Christmas crafts.



P5/6 love ICT and practical activities, they were delighted to welcome Maura a real-life poet to Groggan who helped the children write poems, a number of the children had their poems published last year. There was great rivalry between the P5/6 and P6/7 pupils during Maths Week Ireland, when they completed daily activities online against children in schools from all parts of Ireland.

P7 were very relieved to pop the final balloon after their very last Transfer Test. They have all worked very hard and were treated to a very special treat lunch in school.



As part of their Titanic topic work, P6/7 welcomed Susie Millar to their class, Susie is an author who has written a book called, 'The Two Pennies' about her own family member who boarded the Titanic as a worker from Harland and Wolff, he gave his young sons a penny each, telling them not to spend them until he returned home. The Primary 6/7 pupils loved Susie's visit and highly recommend her book.



ADVICE FROM AN 80 YEAR OLD MAN....

1. Have a firm handshake.
2. Look people in the eye.
3. Sing in the shower.
4. Own a great audio system.
5. If in a fight, hit first and hit hard.
6. Keep secrets.
7. Never give up on anybody. Miracles happen everyday.
8. Always accept an outstretched hand.
9. Be brave. Even if you're not, pretend to be. No one can tell the difference.
10. Whistle.
11. Avoid sarcastic remarks.
12. Choose your life's mate carefully. From this one decision will come 90 per cent of all your happiness or misery.
13. Make it a habit to do nice things for people who will never find out.
14. Lend only those books you never care to see again.
15. Never deprive someone of hope; it might be all that they have.
16. When playing games with children, let them win.
17. Give people a second chance, but not a third.
18. Be romantic.
19. Become the most positive and enthusiastic person you know.
20. Loosen up. Relax. Except for rare life-and-death matters, nothing is as important as it first seems.
21. Don't allow the phone to interrupt important moments. It's there for our convenience, not the caller's.
22. Be a good loser.
23. Be a good winner.
24. Think twice before burdening a friend with a secret.
25. When someone hugs you, let them be the first to let go.
26. Be modest. A lot was accomplished before you were born.
27. Keep it simple.
28. Beware of the person who has nothing to lose..
29. Don't burn bridges. You'll be surprised how many times you have to cross the same river.
30. Live your life so that your epitaph could read, No Regrets
31. Be bold and courageous. When you look back on life, you'll regret the things you didn't do more than the ones you did.
32. Never waste an opportunity to tell someone you love them.
33. Remember no one makes it alone. Have a grateful heart and be quick to acknowledge those who helped you.
34. Take charge of your attitude. Don't let someone else choose it for you.
35. Visit friends and relatives when they are in hospital; you need only stay a few minutes.
36. Begin each day with some of your favourite music.
37. Once in a while, take the scenic route.
38. Send a lot of Valentine cards. Sign them, 'Someone who thinks you're terrific.'
39. Answer the phone with enthusiasm and energy in your voice.
40. Keep a note pad and pencil on your bed-side table. Million-dollar ideas sometimes strike at 3 a.m.
41. Show respect for everyone who works for a living, regardless of how trivial their job.
42. Send your loved ones flowers. Think of a reason later.
43. Make someone's day by paying the toll for the person in the car behind you.
44. Become someone's hero.
45. Marry only for love.
46. Count your blessings.
47. Compliment the meal when you're a guest in someone's home.
48. Wave at the children on a school bus.
49. Remember that 80 per cent of the success in any job is based on your ability to deal with people.
50. Don't expect life to be fair.



COMMUNITY NEWS

COMMUNITY ADVICE — ANTRIM & NEWTOWNABBEY

Community Advice continue to be in Arches Hall each Monday (except Bank Holidays) 1:30-4:30PM - no appointment needed for free and confidential advice on a wide range of issues.



THE JAM STORE

Randalstown's very own 'FOOD-BANK'

The Jam store

'Jesus and me...'

3rd Thursday of each Month

**10.00am to
12.00noon**



The Jam Store Foodbank
operates from 1st Randalstown
Presbyterian Church Hall,
New Street, Randalstown.
For more information, contact:
Tel: 028 7965 0884

A&E PHONE FIRST

A "Phone First" service is in place for Antrim Area Hospital Emergency Department. If you require urgent care in the Northern Trust area that is not life-threatening, please 'Phone First' on **0300 123 1 123**. You will be clinically assessed and arrangements will be made for you to access the most appropriate service to meet your needs. Please continue to call 999 for emergencies.

TIDY RANDALSTOWN

Tidy Randalstown had their AGM on 12th January in Arches Hall. Chairperson, Helen Boyd discussed the year the group had faced and concluded with the election of the 2023 committee: Helen Boyd (chairperson), Suzanne Winter (secretary), Moore Blair (Treasurer), Gerry Lynch, Linda Houston, Robert Fulton, Catherine Purdy and Jane McTaggart.

Following the AGM, they ran their annual Friend's Evening where they relaxed with our Mayor, Johnny Knox, local councillors, friends, sponsors and invited guests. There was a recent visit from Ballycastle U3A and walked together around the town pathways with a visit to "Elevation" finished with refreshments in Arches.

The Big Clean Up 2023 will be held on Saturday 11th March, starting at 9.30pm from the Scout Hall, Neillsbrook and ending at noon. It covers all the approach roads to Randalstown as well as the town centre. Come along and Tidy Randalstown will provide you with what you need and allocate you an area.

If you would like any more information on upcoming events or would like to get involved with Tidy Randalstown, please get in touch with:

Suzanne Winter
Secretary (Tidy Randalstown)
Email: suziq1957@outlook.com
Mobile: 075 1218 3537



LENDING LIBRARY RANDALSTOWN

The Lending Library is now available at Scroggy's Corner. It was donated to Neillsbrook Community Development Group and made by Men's Shed Carrickfergus.

The aim of the lending library is to let people freely lend and exchange books, tools, seeds, games, and more. Just like regular libraries, lending libraries have many benefits — decreasing consumption and helping people access tools and supplies for free through positive community connectivity.



OIL STAMP SCHEME

The Oil Stamps Scheme can help make funding central heating oil manageable

The Oil Stamps Scheme allows householders to buy £5 oil stamps to help budget the cost of central heating oil. The stamps can be used as payment or part payment for oil at any of the participating oil companies. Stamps can be purchased in Randalstown at:

- Kearney's (Main St & Station Rd)
- Randalstown Credit Union
- Spar (New Street)

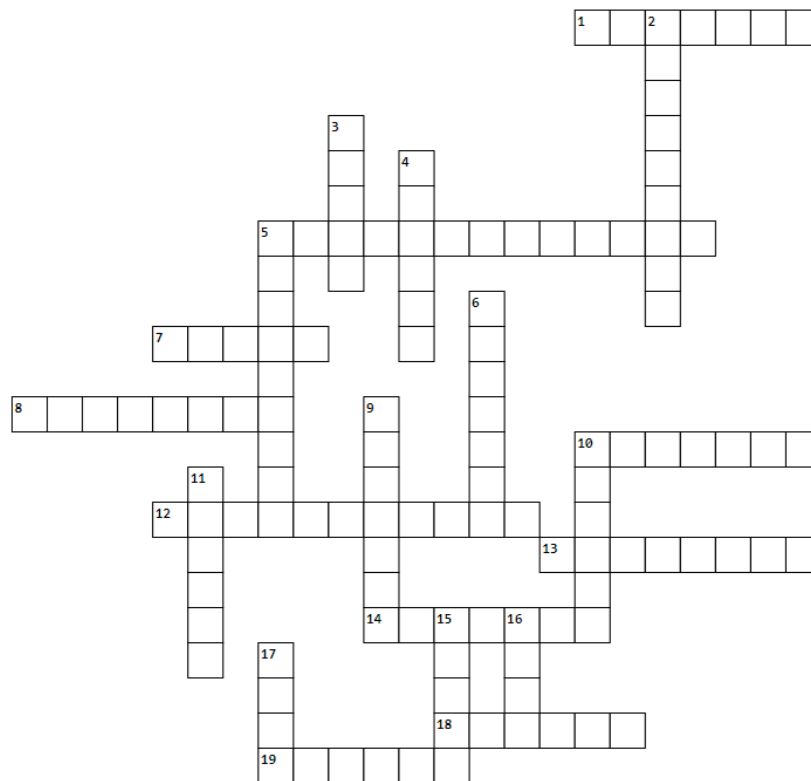
TRAIN YOUR BRAIN

General Knowledge

1. Why do some people believe the myth that it is easier to balance an egg on the first day of spring?
2. What annual event do the people of Gloucester hold during the Spring Bank Holiday?
3. Every year how many people check into hospital for allergies?
4. What is the main purpose of Daylight Savings?
5. What festival is spelt the same as an aviation emergency procedure word?
6. What do Easter eggs represent?
7. What were Easter eggs dyed red to symbolise?
8. Where was the world's largest Easter egg hunt held?
9. What would "Easter Act 1928" have established if it ever came into force?
10. What was Jesus and his apostles meal during the last supper?



Crossword



Across

1. to abstain from eating. 7
5. In Japan this flower blooming signals spring starting. 6,7
7. A young hen. 5
8. The national flower of Wales. 8
10. Saint _____ has an annual day named after him. 7
12. Many animals wake up from this during spring. 11
13. Some people practice Spring _____ at this time of year. 8
14. Another term for egg white. 7
18. You shouldn't put all your eggs into one of these. 6
19. Easter is always held on a _____. 6

Down

2. Also known as spring onions. 8
3. the first person to enter Jesus' Tomb. 5
4. The _____ Equinox marks the start of spring. 6
5. Some eggs and bunnies are made from this instead. 9
6. This weather phenomenon become more common during spring. 8
9. Ukrainian Easter Eggs. 7
10. Makes plants grow, and people sneeze 6
11. A cake traditionally made for Easter. 6
15. The Australian version of the easter bunny. 5
16. March was named after this Roman God. 4
17. Flying insects that help fertilise plants. 4

TRAIN YOUR BRAIN

Dingbats



01



02



03



04



05



06



07



08



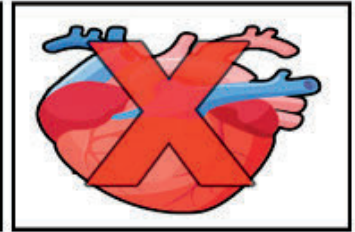
09



10

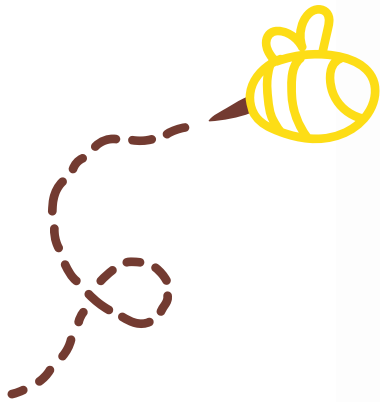


11



12

Wordsearch



L E A V E S R Q K Q
 Z B P M P Z N V F W
 X L D Z O C V J F V
 N O P T F L O W E R
 L O A O U O B S I T
 B M N L L L I E M R
 U D N O F L I W E E
 D G R A S S E P B E
 G A R D E N N N H H
 T P X Q R T I W P S



flower
 grass
 bud

pollen
 garden
 bloom

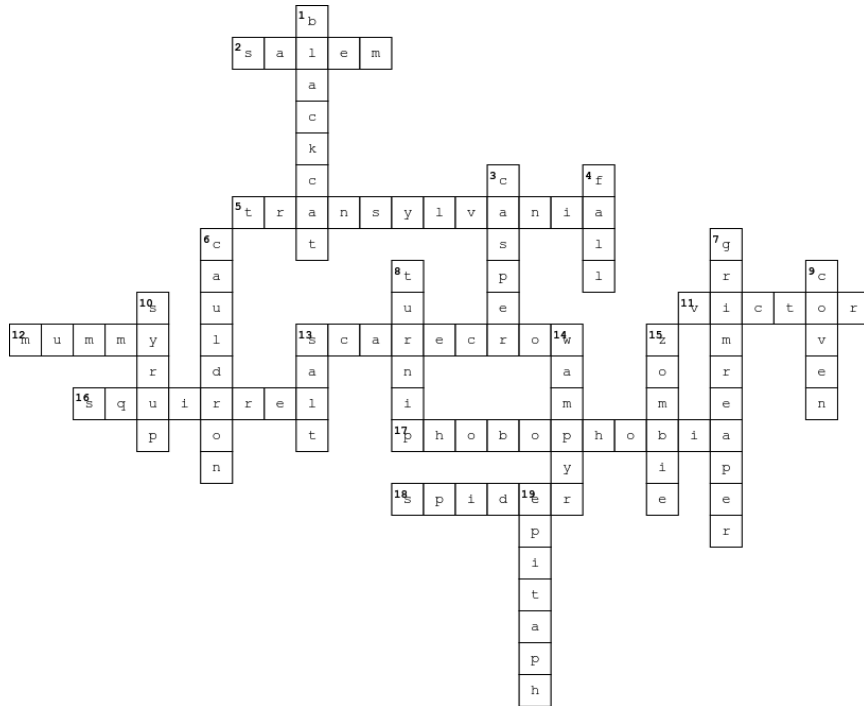
leaves
 tree

tulip
 bee

TRAIN YOUR BRAIN

ISSUE 100 ANSWERS

Crossword



Word Search



General Knowledge

1. Their leaves are protected by a layer of wax.
2. will-o'-the-wisp
3. He tricked Satan to never take his soul, yet could not enter Heaven.
4. mustard seed
5. a combination of yes in French and German
6. The face of their future husband.
7. William Shatner.
8. Ichabod Crane
9. Starlight
10. The Eisenhower administration in 1958

Dingbats

1. Circles Under The Eyes
2. The Checks In The Mail
3. Matinee
4. Downtime
5. Stolen Goods
6. 50 Yard Line
7. Sailing, Sailing Over The Seven Seas
8. Assassinate
9. Ping Pong
10. Up In Arms
11. It's About Time
12. Singing The Blues



TRAIN YOUR BRAIN

Colouring In - just for fun!

