



Be Active

SUMMER

programme

www.newrymouredown.org/summerprogramme



Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh



Comhairle Ceantair
an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down
District Council

All activities are subject to availability and offers are only applicable Monday to Friday and only during designated times and dates.

Offer excludes evenings and weekends.

Supervision restrictions and normal admission criteria may apply.

Teen Gym

Teen Gym is for 12 to 15-year olds only and each Centre will have a maximum number of slots which can be booked along with an induction at your local Leisure Centre. These session times might vary slightly so check specific times with your local Leisure Centre.

Children Indoor Swim Activities

£1 Children's Indoor Swimming offer only applies to children under the age of 16. Normal admission policy applies i.e. All children under the age of 8 must be accompanied by a responsible person, who should be 16 years or over.

This person may accompany up to 1 child under the age of 4, or 2 children where at least one of which is aged over 4 years. Swimming pool group bookings for parties of children aged 8 years & over must be accompanied and supervised by a responsible adult aged 16 year or over, with a minimum supervision ratio of 1 adult to 10 children (1:10). Recommend contacting the Centre prior to attending. Maximum bather loads apply in each pool and admissions may be restricted if bather loads are at capacity.

Soft Play (Newry Leisure Centre only)

only available for children under the age of 12 years or under 4'9" (1.45m) and children must be supervised by a responsible adult aged 16 year or over. Maximum admission numbers apply and admissions may be restricted if the maximum admission numbers are reached.



All activities can be paid on the day at
your local Leisure Centre.

3

Participating Centres:

Newry Leisure Centre

Down Leisure Centre

Kilkeel Leisure Centre

Newcastle Centre
(excludes outdoor
swimming sessions)

July and August is...

£1 Summer

from 9am to 5pm
Monday to Friday

All Activities just £1
Including Teen Gym,
Children's Indoor Swimming
and Soft Play (Newry Leisure Centre)





Big Summer discounts for Under 18 Group Sport Activities from 9am to 5pm Monday to Friday

advanced booking must be pre-paid at the time of booking.

General Supervision

Unless stated elsewhere, parents/guardians should be reminded that children aged 7 years and under should be supervised always by a responsible adult whilst on the premises of the centre.

Parents/guardians are responsible for allowing children 8 years and over to use Newry Mourne and Down District Council Indoor Leisure facilities unaccompanied.

Participating Centres:

Newry Leisure Centre

Down Leisure Centre

Kilkeel Leisure Centre

Newcastle Centre

Main/Minor Hall Group Activities

(e.g. badminton, table tennis, netball, basketball, volleyball, 5-a-side football, indoor bowls).

Only £8.00.

Applicable to 18 years and under only. Facilities are subject to availability.

Court Activities

(e.g. squash, racquetball)

Only £2.00 to hire.

Applicable to 18 years and under only. Facilities are subject to availability and cannot be booked at discounted rate evenings and weekends. Activities can be booked and paid on the day of play,



Summer Multi Sports Activities Primary School Aged Children

Multi-Sports sessions provide the opportunity for primary school aged children to take part in active, fun and rewarding sporting activities. The focus of the sessions is to help and support each child's development and enjoyment. The main benefit of the multi-sports camps is to allow children to try many different sports at a young age to broaden their interests and knowledge in physical activity.



Key information, locations & dates

Age Range:

P1 – P7 (Children attending must have completed Primary 1 in 2021/2022 academic school year.)

Locations:

Newry Leisure Centre

Down Leisure Centre

Kilkeel Leisure Centre

Newcastle Centre

Ballynahinch Centre

Length of programme:

4 weeks

Dates:

Weeks commencing

18 & 25 July &

1 & 8 August

Times:

10am – 12pm : P1 – P3 (x1 session)

1pm – 3pm: P4 – P7 (x1 session)

Price: £10 per week

Booking:

You must book your place online

<https://www.newrymournedown.org/summerprogramme> or book at your local leisure centre.

Pop-Up Free Play Sessions - Primary School Aged Children

Pop Up Free Play sessions will involve unstructured activity that encourages children to use their imagination, such as playing with toys, sports equipment, the environment and natural resources. Active free play is also a good way to help your kids meet their daily physical activity requirements. These sessions are free and Play Board leaders will be at hand at each session to provide play resources and to support and encourage children to get involved. **These sessions will take place in Summer 2022 in the following locations:**



Key information, locations & dates		
Bridge Centre, Killyleagh	4 – 8 July	9:30am – 12:30pm P4 – P7 & 1:30pm – 4:30pm P1 – P3
Newry Leisure Centre	18 – 23 July	9:30am – 12:30pm P4 – P7 & 1:30pm – 4:30pm P1 – P3
Kilkeel Community Centre	25 – 29 July	9:30am – 12:30pm P4 – P7 & 1:30pm – 4:30pm P1 – P3
Down Leisure Centre	1 – 5 August	9:30am – 12:30pm P4 – P7 & 1:30am – 4:30pm P1 – P3
Bessbrook Community Centre	8 – 12 August	9:30am – 12:30pm P4 – P7 & 1:30pm – 4:30pm P1 – P3
Castlewellan Community Centre	15 – 19 August	9:30am – 12:30pm P4 – P7 & 1:30pm – 4:30pm P1 – P3
Rostrevor Kilbroney Park	22 – 26 August	9:30am – 12:30pm P4 – P7 & 1:30pm – 4:30pm P1 – P3
Age Range	4 – 11	
Price	Free	
Booking requirements	All sessions now fully booked	

Inclusive and Disability 'Wheelie Active' Programme

Wheelie Active sessions have a wide variety of disability sports equipment including accessible bikes, sports wheelchairs, Boccia sets and other specialist equipment which is to be used throughout the sessions as required. This is an exciting opportunity for children with disabilities aged 4 – 12 years old so that they can improve their motor skills, health and wellbeing.

These sessions aim to give children with disabilities opportunities to develop physical literacy and movement skills for sport in a range of safe, progressive and inclusive activities. Friends and siblings are also encouraged to take part in the activities with the understanding that safety and enjoyment is key to the ethos of the programme.

Location	Date	Time	Price	Booking
Newry Leisure Centre	26 & 28 July 9 & 11 August	3:30 – 5pm	£2 per session	Drop in Max 30 per session
Down Leisure Centre	26 & 28 July 9 & 11 August	3:30 – 5pm	£2 per session	Drop in Max 30 per session

Autism Swim Sessions

Dedicated autism-friendly swim sessions are available to book throughout the year in Newry, Down and Kilkeel Leisure Centres.

Autism-friendly swim sessions are designed to create a calmer swimming environment suitable for those with autism and their families.

Autism Swim sessions are available to book as follows:

Locations & times:

Newry Leisure Centre

Every Sunday morning 10am – 11am

Down Leisure Centre

Every Thursday afternoon 5.30pm – 6.30pm

Kilkeel Leisure Centre

Every Friday afternoon 5.30pm – 6.30pm

Price:

Normal swim entry pricing applies

Booking:

Sessions can be booked at <https://www.newrymournedown.org/leisure-facilities>



Teen Activity Week



Multi-Sports sessions

provide the opportunity for young people aged 12 – 15 years old to take part in active and engaging sporting activities. The focus of the sessions is to help and support young people to 'Be Active' and have fun this summer. The main benefit of the multi-sports camps is to allow all involved to try different sports and activities to cater for a range of interests and skills development.

The Netball sessions are specifically aimed at young women to help reduce that gap in sporting opportunities and to inspire teenage girls to be more physically active in a supportive environment where they can make new friends and have fun.

Key information, locations & dates

Age Range: 12 – 15 years

Locations:

Newry Leisure Centre

Down Leisure Centre

Length of programme:

1 week

Dates:

15 – 19 August

Times:

11am – 1pm: multi-sports sessions

2pm – 4pm: netball skills sessions

Price: £10 per week

Booking:

You must book your place online

<https://www.newrymournedown.org/summerprogramme> or book at local leisure centre.



Terms & conditions

Terms and Conditions for all Sports Activity Programmes

Children attending the multi-sports camps must have completed Primary 1 in 2021/2022 academic school year.

Please arrive no more than 10 minutes before the activity is due to start and be prompt for collection times.

At arrival and collection there may be a queue, please abide by social distancing at all times.

Do not attend the sessions if experiencing Covid-19 symptoms.

Wash hands, well and often, sanitiser will be available at all sessions.

It is recommended all participants wear suitable footwear, casual clothing and should be prepared for indoor and outdoor activities.



Participants are advised to bring a refillable water bottle and one healthy snack.

Parents/Guardians are responsible for applying sunscreen to participants under 18 before they arrive.

Please note we are unable to provide one to one personal care such as toileting and feeding.

All bookings are non-refundable and non transferable unless cancelled by Council.



Tropicana Outdoor Swimming Complex Newcastle

Tropicana Outdoor Swimming Complex, situated in the heart of Newcastle will again open its doors for residents to enjoy outdoor swimming sessions throughout July and August. All outdoor swimming pools are heated.

Admissions Policy

Newry, Mourne and Down Leisure Centres currently operate the following swimming admission policy for its users.

- All children under the age of 8 must be accompanied by a responsible adult (at least 16 years old) at all times.
- An adult (aged 16 or over) may accompany:-
 - 1 child under the age of 4.
 - 2 children where at least one of the children is aged over 4 years.
- In addition to the above, non-swimmers (children) must wear a secure flotation device such as fitted armbands or a buoyancy aid.
- Any person under the influence of drugs or alcohol will be refused admission.

Age Restrictions

Children under 8 years must be accompanied by an adult aged 16 or over in the water at all times, who must stay in close proximity to supervise the child. Applies to both pools.

Swimming pools and slides

All of the swimming pools within the Tropicana Swimming Complex are heated. The large slide in our main pool will remain closed for health and safety reasons but the small slide in the toddler pool will be open to children under the age of 8 years old.

Weather

Some of our facilities may have to close in the event of dangerous weather conditions. For latest updates see NMD Be Active Facebook page.



Seasonal opening times (July and August only)

Monday	12pm – 5.30pm
Tuesday	12pm – 8pm
Wednesday	12pm – 5.30pm
Thursday	12pm – 8pm
Friday	12pm – 5.30pm
Saturday	10am – 5.30pm
Sunday	2pm – 5.30pm

Tropicanarama (Fun Sessions)

Every Tuesday & Thursday 6pm – 8pm

Swimming – Casual Pay-As-You-Go prices:

Pay-As-You-Go 16+	£3.20
Pay-As-You-Go Concession	£2.50
Pay-As-You-Go Under 4	Free
Pay-As-You-Go Group Ticket (2 adults & 2 Children)	£9.60

Booking:

Swim Sessions must be booked on the NMD Be Active app under the 'Book Swimming' tile.

Swim sessions are added regularly throughout the summer and you can only book 8 days in advance. All bookings are non refundable and non transferable unless cancelled by Council.



Summer Programmes Bessbrook & Cloughreagh Community Centres

Newry, Mourne and Down District Council will be delivering summer programmes in Bessbrook and Cloughreagh Community Centres throughout July and August. There will be kids fitness camps, STEM science camps as well as free play sessions.

July

Activity	Kids Fitness Summer Camp
Details	Suitable for children between the ages of 6 – 11 years, this 5-day Camp will provide a variety of fun activities, that will help develop kids capacity to interact with physical activities with competence, confidence and motivation.
Location	Bessbrook Community Centre
Dates & Times	4 – 8 July 10am – 2pm
Price	£15 per child
How to book	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the Registration Form via the link: https://forms.office.com/r/UEYaraUphB <i>This course is funded by Department for Communities (DFC) as part of the Bessbrook Areas at Risk Community Training Programme, therefore priority will be given to residents of the Bessbrook area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>

Activity	3-day Kids Fitness Summer Camp
Details	Suitable for children between the ages of 6 – 11 years, this 3-day Camp will provide a variety of fun activities, that will help develop kids capacity to interact with physical activities with competence, confidence and motivation.
Location	Cloughreagh Community Centre
Dates & Times	18 – 20 July 10am - 2pm daily
Price	£10 per child
How to book	Pre-booking is essential – Limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/Q0aZ2izdve

Activity	STEM Summer Camp Topic: 'Our Changing World' fun science and technology activities to help us in the future.
Details	Newry, Mourne and Down District Council, in conjunction with Sentinus, are offering a 4-day STEM Summer Camp. Emphasis at the camp will be hands-on engagement in practical STEM activities which will help young people develop a range of skills in a fun context. Suitable for kids aged 8+
Location	Crossmaglen Community Centre
Dates & Times	18 – 21 July 12 noon – 4pm
Price	£10 per child
How to book	Pre-booking is essential – limited spaces available. To record your interest please complete the registration form via the link: https://forms.office.com/r/qpz2qAy6uS Payment will be taken by card over the phone. Bookings will only be confirmed when payment has been received. Payments are non-refundable. <i>This course is funded by Department for Communities (DFC) as part of the Crossmaglen Areas at Risk Community Training Programme, therefore priority will be given to residents of the Crossmaglen area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>



July

Activity	STEM Summer Camp Topic: 'Our Changing World' fun science and technology activities to help us in the future
Details	Newry, Mourne and Down District Council in conjunction with Sentinus are offering a 4 day STEM Summer Camp. Emphasis at the camp will be hands-on engagement in practical STEM activities which will help young people develop a range of skills in a fun context. Suitable for kids aged 8+
Location	Bessbrook Community Centre
Dates & Times	25 – 28 July 10am – 2pm
Price	£10 per child
How to book	Pre-booking is essential – limited spaces available. To record your interest please complete the registration form via the link: https://forms.office.com/r/qpz2qAy6uS Payment will be taken by card over the phone. Bookings will only be confirmed when payment has been received. Payments are non-refundable. <i>This course is funded by Department for Communities (DFC) as part of the Bessbrook Areas at Risk Community Training Programme, therefore priority will be given to residents of the Bessbrook area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>



Activity	Kids Fitness Summer Camp
Details	Suitable for children between the ages of 6 – 11 years, this 5-day Camp will provide a variety of fun activities, that will help develop kids capacity to interact with physical activities with competence, confidence and motivation
Location	Bessbrook Community Centre
Dates & Times	5 – 19 August 10am – 2pm
Price	£15 per child
How to book	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/UEYaraUphB <i>This course is funded by Department for Communities (DFC) as part of the Bessbrook Areas at Risk Community Training Programme, therefore priority will be given to residents of the Bessbrook area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>

Activity	3-day Kids Fitness Summer Camp
Details	Suitable for children between the ages of 6 – 11 years, this 3-day Camp will provide a variety of fun activities, that will help develop kids capacity to interact with physical activities with competence, confidence and motivation.
Location	Cloughreagh Community Centre
Dates & Times	8 – 10 August 10am – 2pm
Price	£10 per child
How to book	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/Q0aZ2izdve



Summer fishing camp Bessbrook & Crossmaglen

Newry, Mourne and Down District Council will be delivering summer fishing camps for children aged 10 – 16 years of age in the Bessbrook and Crossmaglen areas. The programme is perfect for those that are keen to learn the basics or for those that want to progress and achieve a Cast Level 2 Award.



Activity	Kids Summer Fishing Camp
Details	Suitable for children between the ages of 10 – 16 years. Fishing Camp will work towards all kids achieving Cast Level 2 Award. All equipment and bait will be provided for all kids.
Location	Lough Ross, Crossmaglen
Dates & Times	11 - 15 July Session 1: 9.30am – 12.30pm Session 2: 1.30pm – 4.30pm
Price	£10 per child
How to book	Pre-booking is essential – limited spaces available (10 per session) and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/ePi0sN4enq <i>This course is funded by Department for Communities (DFC) as part of the Crossmaglen Areas at Risk Community Training Programme, therefore priority will be given to residents of the Crossmaglen area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>

Activity	Kids Summer Fishing Camp
Details	Suitable for children between the ages of 10 – 16 years. Fishing Camp will work towards all kids achieving Cast Level 2 Award. All equipment and bait will be provided for all kids.
Location	Bessbrook Pond
Dates & Times	18 - 22 July Session 1: 9.30am – 12.30pm Session 2: 1.30pm – 4.30pm
Price	£10 per child
How to book	Pre-booking is essential – limited spaces available (10 per session) and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/ePi0sN4enq <i>This course is funded by Department for Communities (DFC) as part of the Bessbrook Areas at Risk Community Training Programme, therefore priority will be given to residents of the Bessbrook area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>

Activity	Kids Summer Fishing Camp
Details	Suitable for children between the ages of 10 – 16 years Fishing Camp will work towards all kids achieving Cast Level 2 Award. All equipment and bait will be provided for all kids.
Location	Bessbrook Pond
Dates & Times	15 – 19 August Session 1: 9.30am – 12.30pm Session 2: 1.30pm – 4.30pm
Price	£10 per child
How to book	Pre-booking is essential – limited spaces available (10 per session) and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/ePi0sN4enq <i>This course is funded by Department for Communities (DFC) as part of the Bessbrook Areas at Risk Community Training Programme, therefore priority will be given to residents of the Bessbrook area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>

Activity	Kids Summer Fishing Camp
Details	Suitable for children between the ages of 10 – 16 years Fishing Camp will work towards all kids achieving Cast Level 2 Award. All equipment and bait will be provided for all kids.
Location	Lough Ross, Crossmaglen
Dates & Times	22 – 26 August Session 1: 9.30am – 12.30pm Session 2: 1.30pm – 4.30pm
Price	£10 per child
How to book	Pre-booking is essential – limited spaces available (10 per session) and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/ePi0sN4enq <i>This course is funded by Department for Communities (DFC) as part of the Crossmaglen Areas at Risk Community Training Programme, therefore priority will be given to residents of the Crossmaglen area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>

Sports Summer Camps – Financial Assistance

Newry, Mourne and Down District Council provide financial assistance to more than 22 clubs throughout our district to help support the delivery of the summer sports sessions for up to 1,527 children and youths with mixed abilities.

Details of the sports clubs involved, sports programmes coming up as well as how to register and sign up are outlined in the following pages.



Sports Club	District Electoral Area	Programme name	Sports provided	Who is it for?	Dates and times	How to register
Newry Rugby Club	Crotlieve	NRFC Girls Youth Summer Sports Camp	Rugby and general fitness	Girls age 10 – 17 beginners & intermediate. 30 participants	8 – 12 August 10am – 1pm	Register via Facebook NRFC youth page or contact Maria on nickymkinsella@gmail.com
Killyleagh Yacht Club	Rowallane	Killyleagh Yacht Club Summer Sports Camp	RYA Stages 1 – 4	Age 10 – 17 All abilities and genders. 24 participants	15 – 19 August 9.30am – 4.30pm	Registration via Club website: www.killyleagh.yachtclub.co.uk
Kickon Soccer CIC	The Mournes	Community Collective Summer Sports Programme	Soccer & Gymnastics	Age 5 – 14 All abilities and genders. 60 participants	1 – 5 August 10am – 12.30pm	stevie@kickon.scoocer.org
St John's Drumnaquoile GAC	Slieve Croob	St John's Drumnaquoile GAC Summer Sports Camps	Gaelic Games	Girls post primary, all abilities. 60 participants	July/August	kevin.mcglynn62@gmail.com
Mullaghbawn Camogie Club	Slieve Gullion	Mullaghbawn Camogie Club Summer Sports Camps	Camogie	Girls born from 2016. 60 participants	18 – 22 July	secretary.mullaghbawn.armagh@camogie.ie
Russell Gaelic Union	Downpatrick	RGU Summer Sports Camps	Multi-Sport & Fundamental Gaelic	P2 – P7 All abilities and genders.. 120 participants	18 July for 5 days & 8 August for 5 days	jennyfitzsimons2013@outlook.com

Sports Club	District Electoral Area	Programme name	Sports provided	Who is it for?	Dates and times	How to register
Forkhill GFC	Slieve Gullion	Forkhill Multi-Sports Summer Sports Camp	GAA, Soccer, Camogie/hurling, fundamental movements, basketball	Age 4 – 12, Primary 1 – 7 All abilities and genders. 100 participants	4 – 8 July 22 – 26 August 10am – 2pm	Forkhill GFC Facebook page
Newtownhamilton Community Association	Slieve Gullion	Newtownhamilton Community Association Summer Sports Camps	Football, Dodgeball, Tennis, Basketball, Games and much more!	Age 5 – 13 All abilities and genders. 100 participants	1 – 5 August 10am – 2pm	Registration Event at Newtownhamilton Community Centre, The Square Newtownhamilton, Tuesday 21 June 7pm – 9pm for further information email nthcc@hotmail.co.uk
Newry Olympic Hockey Club	Newry	Newry Olympic Summer Sports Camps	Hockey, football	Age 5 – 18 All abilities and gender. 80 participants	August	Newry Olympic Social media and website
Dundrum Cricket Club	Slieve Croob	Dundrum Cricket Club Summer Scheme	Cricket coaching 11 yrs and above. Sports motor skills, based on cricket, for younger children.	Age 7 – 14. All abilities and genders. 40 participants	July and August	https://dundrum.play-cricket.com/home

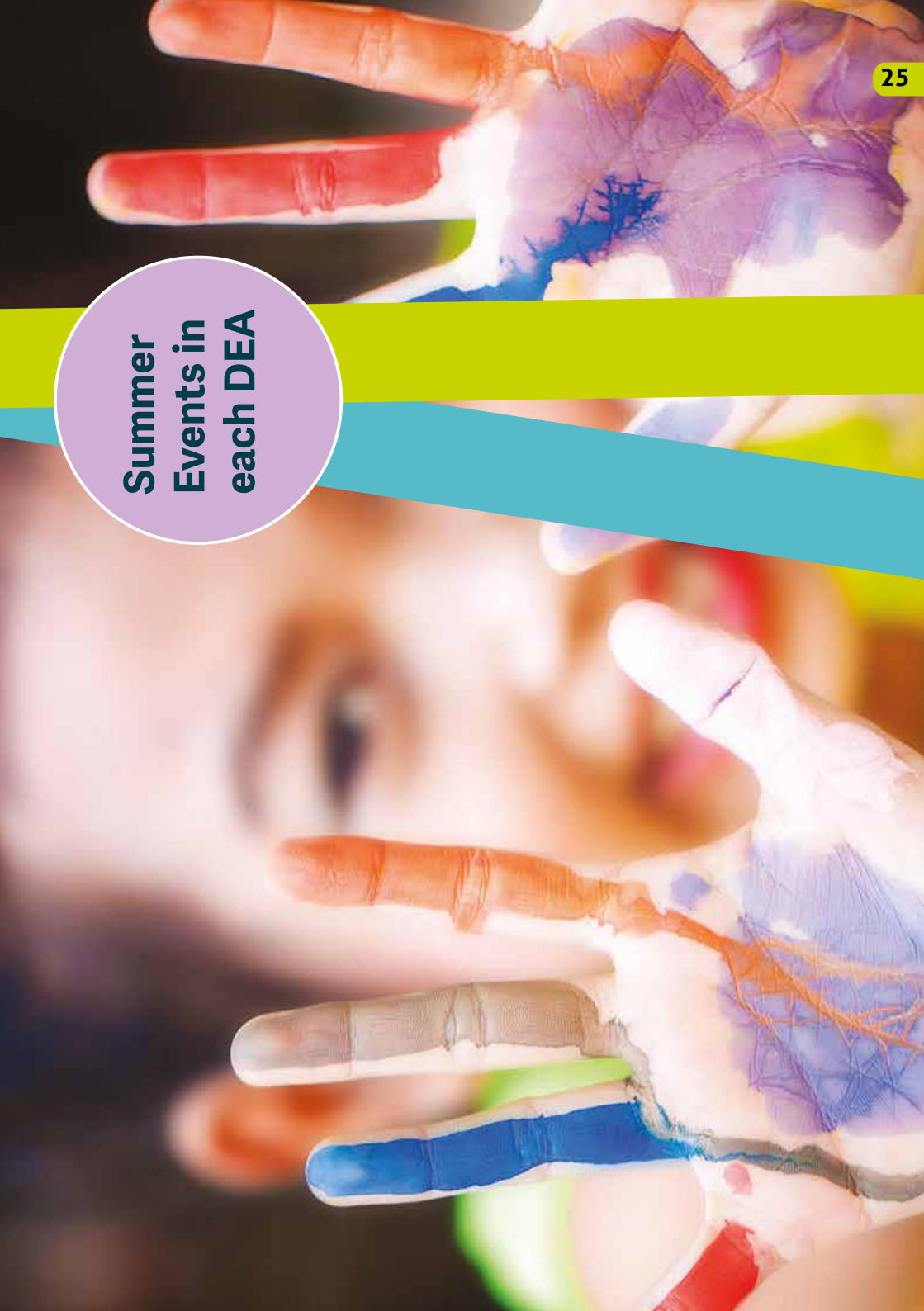
Sports Club	District Electoral Area	Programme name	Sports provided	Who is it for?	Dates and times	How to register
Youth Initiatives: Alternative Sports Academy	Downpatrick	Youth Initiatives Summer Sport	Accessible and alternative sporting activities including sports from around the world, circuit training, rounders, tournaments, and physical active trips each week.	Age 12 – 18 All abilities and genders. 40 participants	Week 1: 27 June – 1 July (afternoon) Week 2: 25 – 29 July (afternoon)	Register on the following link: https://forms.gle/36xxb48eDWRyJS37
Craobh Rua Camloch	Slieve Gullion	Craobh Rua Camloch Summer Sports Camp	Hurling & Camogie	Age 7 – 14. All abilities and genders. 120 participants	15 – 19 August	In person Monday 15 August at Craobh Rua Camloch
Loughinisland GAC	Slieve Croob	Kellogs Cul Camp	Gaelic Games	Age 6 – 12 All abilities and genders. 100 participants	25 – 29 July, 10am – 1.30pm	Kellogs Cul Camp Website that will go live in June.
Newry City AFC	Newry	Newry City AFC Summer Camp	Football coaching	Age 5 – 12 All genders 100 participants	25 – 29 July, 10am – 3pm	Online or phone to book your place
Kilcoo GFC	Mourne	Kilcoo Kids Healthy Activities Summer Scheme	Multi sports Gaelic Games	Age 6 – 12 All abilities and genders. 100 participants	July & August	Club Facebook page

Sports Club	District Electoral Area	Programme name	Sports provided	Who is it for?	Dates and times	How to register
Valley Rangers Youth	Mourne	Valley Active Summer	Soccer and gymnastics	P1 – Year 8 120 participants	July & August Times?	Facebook messenger
Annalong Football Club Youth	Mourne	AFC Youth Summer Soccer	Soccer	Age 4 – 14 All abilities and genders.	4 – 8 July 10 – 1pm 25 – 29 July 10 – 1pm	Register via email: annalongfcyouth@gmail.com Or look out for application forms locally.
Mayobridge Youth Club	Crotleive	Mayobridge Summer Sport Camp 2022	Multi sports programme	Age 8 – 13	25 – 29 July 1 – 3pm 1 – 5 August 1 – 3pm	Mayobridge Youth Club Facebook page mayobridgeyouthclub@gmail.com
Ballyvea FC	Mourne	Ballyvea Summer Sports Project	Football (soccer)	Age 7 – 16 100 participants	Dates and times to be confirmed.	email secretary@ballyveafc.co.uk
Carrickcruppen GFC	Slieve Gullion	Carrickcruppen GAA Summer Scheme 2022	Multi sports gaelic games	Age 6 – 12 All abilities and genders. 100 participants	July & August	Club Facebook page



Sports Club	District Electoral Area	Programme name	Sports provided	Who is it for?	Dates and times	How to register
Newry Street Unite	Mourmes		Multi sports events	Age 4 – 11 All abilities and genders. 16 participants	6 July 9.30am – 11.30am and 1pm – 3pm	Email: newrystreetunite@gmail.com Tel: 028 2542 0299
				Age 4 – 11 All abilities and genders. 16 participants	3 August 9.30am – 11.30am and 1pm – 3pm	
				Age 4 – 11 All abilities and genders. 16 participants	10 August 9.30am – 11.30am and 1pm – 3pm	
			Outdoor pursuits with Mourne shack	Age 4 – 11 All abilities and genders. 25 participants	Thursday evenings July and August 7pm – 8.30pm	
					Friday 8 July	
Clonduff Youth Club	Crotlieve	Clonduff Youth Club Summer Sports Camp	Multi Court Based Sports – such as Basketball, Badminton & Volleyball	Age 8 – 15 Beginners All genders 40 participants	July	Registration information and all details will be published on Youth Club Facebook page facebook.com/clonduffyouthteam

**Summer
Events in
each DEA**



Summer Events in each District Electoral Area

Activity	Details	Location	Dates & times	Price	Booking
CROTLIEVE DEA					
STEM Summer Camp	Newry, Mourne and Down District Council, in conjunction with Sentinus, are offering a 4 day STEM Summer Camp. Emphasis at the camp will be hands-on engagement in practical STEM activities which will help young people develop a range of skills in a fun context. Suitable for kids aged 8+.	Hilltown Community Centre	8 – 11 August 10am – 2pm	£10 per child	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/bbStt5bmWx
Jurassic Ark Encounters	One hour interactive educational animal/reptile encounter.	Hilltown Community Centre	18 August 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/06e2yKs7LY
DOWNPATRICK DEA					
STEM Summer Camp	Newry, Mourne and Down District Council, in conjunction with Sentinus, are offering a 4 day STEM Summer Camp. Emphasis at the camp will be hands-on engagement in practical STEM activities which will help young people develop a range of skills in a fun context. Suitable for kids aged 8+.	Arts Centre Downpatrick	4 – 7 July 10am – 2pm	£10 per child	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/bbStt5bmWx
Moo Music	Interactive musical fun for your little one from birth to 5 years.	Ballyhoman Community Centre	3 August 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/Vh7s4EG5Jx

Activity	Details	Location	Dates & times	Price	Booking
NEWRY DEA					
STEM Summer Camp	Newry, Mourne and Down District Council, in conjunction with Sentinus, are offering a 4-day STEM Summer Camp. Emphasis at the camp will be hands-on engagement in practical STEM activities which will help young people develop a range of skills in a fun context. Suitable for kids aged 8+.	Drumalane/Quayside Close Community Centre	1 – 4 August 10am – 2pm	£10 per child	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/bbStt5bmwX
Jurassic Ark Encounters	One hour interactive educational animal/reptile encounter.	Drumalane/Quayside Close Community Centre	4 July 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/06e2yKs7LY
Jurassic Ark Encounters	One hour interactive educational animal/reptile encounter.	Meigh Community Centre	5 July 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/06e2yKs7LY
Moo Music	Interactive musical fun for your little one from birth to 5 years.	Meigh Community Centre	10 August 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/Vh7s4EG5Jx
Moo Music	Interactive musical fun for your little one from birth to 5 years.	Drumalane/Quayside Close Community Centre	6 July 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/Vh7s4EG5Jx

Activity	Details	Location	Dates & times	Price	Booking
ROWALLANE DEA					
Summer Skate	Kelly's Roller Disco will provide all the equipment you need – skates/helmets, etc for an enjoyable evening of skating.	Bridge Centre	20 July 7pm – 8pm and 11 August 5pm – 6pm	£2 per person attending	Pre-booking is essential due to limited numbers. Phone Bridge Centre on 0330 137 4630 to book and pay.
Moo Music	Interactive musical fun for your little one from birth to 5 years.	Bridge Centre	27 July 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/Vh7s4EG5Jx
Jurassic Ark Encounters	One hour interactive educational animal/reptile encounter.	Bridge Centre	3 August 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/06e2yKs7LY
Canvas Painting	Come along and learn something new or brush up on your painting skills while exploring fun techniques. Age 6 and above.	Bridge Centre	15 August 11am – 12 noon	£5 – includes gift to take home	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/PURysK3PM

Activity	Details	Location	Dates & times	Price	Booking
SLIEVE CROOB DEA					
Stand-up Paddleboarding	Two hour taster sessions for 12 – 16 years	Castlewellan Lake	4 Sessions – Tuesdays 5 / 12 / 19 / 26 July 10am – 12 noon	£10 per person	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Bookings will only be confirmed when payment has been received. Payments are non-refundable. To record your interest please complete the registration form via the link: https://forms.office.com/r/QqX77EF66c
Moo Music	Interactive musical fun for your little one from birth to 5 years.	Dan Rice Hall	20 July 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/Vh7s4EG5Jx
Jurassic Ark Encounters	One hour interactive educational animal/reptile encounter.	Ballykinlar Community Centre	15 July 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/06e2yKs7LY
Pottery	Paint your own piece of pottery (provided) with Colours Studio. Age 6 and above.	Dan Rice Hall	18 July 11am – 12 noon	£5 – includes gift to take home	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/PURysK3PM

Activity	Details	Location	Dates & times	Price	Booking
SLIEVE CROOB DEA					
Pottery	Paint your own piece of pottery (provided) with Colours Studio. Age 6 and above.	Ballykinlar Community Centre	25 July 11am – 12 noon	£5 – includes gift to take home	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/PURysKK3PM
Canvas Painting	Come along and learn something new or brush up on your painting skills while exploring fun techniques. Age 6 and above.	Dan Rice Hall	1 August 11am – 12 noon	£5 – includes gift to take home	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/PURysKK3PM
Canvas Painting	Come along and learn something new or brush up on your painting skills while exploring fun techniques. Age 6 and above.	Ballykinlar Community Centre	8 August 11am – 12 noon	£5 – includes gift to take home	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/PURysKK3PM

Activity	Details	Location	Dates & times	Price	Booking
SLIEVE CROOB DEA					
Jurassic Ark Encounters	One hour interactive educational animal/reptile encounter.	Dan Rice Hall	15 August 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/06e2yKs7LY

Activity	Details	Location	Dates & times	Price	Booking
SLIEVE GULLION DEA					
Kids Fitness Summer Camp	Suitable for children between the ages of 6 – 11 years, this 5-day Camp will provide a variety of fun activities, that will help develop kids capacity to interact with physical activities with competence, confidence and motivation.	Bessbrook Community Centre	4 – 8 July 10am – 2pm	£15 per child	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/UEYaraUphB <i>This course is funded by Department for Communities (DFC) as part of the Bessbrook Areas at Risk Community Training Programme, therefore priority will be given to residents of the Bessbrook area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>

Activity	Details	Location	Dates & times	Price	Booking
SLIEVE GULLION DEA					
Kids Summer Fishing Camp	Suitable for children between the ages of 10 – 16 years Fishing Camp will work towards all kids achieving Cast Level 2 Award. All equipment and bait will be provided for all kids.	Lough Ross Crossmaglen	11 – 15 July Session 1 9.30am – 12.30pm Session 2 1.30pm – 4.30pm	£10 per child	Pre-booking is essential – limited spaces available (10 per session) and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/ePi0sN4enq <i>This course is funded by Department for Communities (DFC) as part of the Crossmaglen Areas at Risk Community Training Programme, therefore priority will be given to residents of the Crossmaglen area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>
3-day Kids Fitness Summer Camp	Suitable for children between the ages of 6 – 11 years, this 3-day Camp will provide a variety of fun activities, that will help develop kids capacity to interact with physical activities with competence, confidence and motivation.	Cloughreagh Community Centre	18 – 20 July 10am – 2pm	£10 per child	Pre-booking is essential – limited spaces available (10 per session) and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/Q0aZ2idvde

Activity	Details	Location	Dates & times	Price	Booking
SLIEVE GULLION DEA					
STEM Summer Camp Topic - 'Our Changing World' fun science and technology activities to help us in the future.	Newry, Mourne and Down District Council, in conjunction with Sentinus, are offering a 4-day STEM Summer Camp. Emphasis at the camp will be hands-on engagement in practical STEM activities which will help young people develop a range of skills in a fun context. Suitable for kids aged 8+.	Crossmaglen Community Centre	18 – 21 July 12 noon – 4pm	£10 per child	Pre-booking is essential – limited spaces available. To record your interest please complete the registration form via the link: https://forms.office.com/r/qpz2qAy6uS Payment will be taken by card over the phone. Bookings will only be confirmed when payment has been received. Payments are non-refundable. <i>This course is funded by Department for Communities (DFC) as part of the Crossmaglen Areas at Risk Community Training Programme, therefore priority will be given to residents of the Crossmaglen area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>
Kids Summer Fishing Camp	Suitable for children between the ages of 10 – 16 years Fishing Camp will work towards all kids achieving Cast Level 2 Award. All equipment and bait will be provided for all kids.	Bessbrook Pond	18 – 22 July Session 1 9.30am – 12.30pm Session 2 1.30pm – 4.30pm	£10 per child	Pre-booking is essential – limited spaces available (10 per session) and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/eP0sN4enq <i>This course is funded by Department for Communities (DFC) as part of the Bessbrook Areas at Risk Community Training Programme, therefore priority will be given to residents of the Bessbrook area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>

Activity	Details	Location	Dates & times	Price	Booking
SLIEVE GULLION DEA					
STEM Summer Camp Topic - 'Our Changing World' fun science and technology activities to help us in the future.	Newry, Mourne and Down District Council, in conjunction with Sentinus, are offering a 4-day STEM Summer Camp. Emphasis at the camp will be hands-on engagement in practical STEM activities which will help young people develop a range of skills in a fun context. Suitable for kids aged 8+.	Bessbrook Community Centre	25 – 28 July 10am – 2pm	£10 per child	Pre-booking is essential – limited spaces available. To record your interest please complete the registration form via the link: https://forms.office.com/r/qpz2qAy6uS Payment will be taken by card over the phone. Bookings will only be confirmed when payment has been received. Payments are non-refundable. <i>This course is funded by Department for Communities (DFC) as part of the Bessbrook Areas at Risk Community Training Programme, therefore priority will be given to residents of the Bessbrook area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>
3-day Kids Fitness Summer Camp	Suitable for children between the ages of 6 – 11 years, this 3-day Camp will provide a variety of fun activities, that will help develop kids capacity to interact with physical activities with competence, confidence and motivation.	Cloughreagh Community Centre	8 – 10 August 10am – 2pm	£10 per child	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/Q0aZ2izdve

Activity	Details	Location	Dates & times	Price	Booking
SLIEVE GULLION DEA					
Kids Fitness Summer Camp	Suitable for children between the ages of 6 – 11 years, this 5-day Camp will provide a variety of fun activities, that will help develop kids capacity to interact with physical activities with competence, confidence and motivation.	Bessbrook Community Centre	15 – 19 August 10am – 2pm	£15 per child	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/UEYaraUphB <i>This course is funded by Department for Communities (DFC) as part of the Bessbrook Areas at Risk Community Training Programme, therefore priority will be given to residents of the Bessbrook area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>
Kids Summer Fishing Camp	Suitable for children between the ages of 10 – 16 years Fishing Camp will work towards all kids achieving Cast Level 2 Award. All equipment and bait will be provided for all kids.	Bessbrook Pond	15 – 19 August Session 1 9.30am – 12.30pm Session 2 1.30pm – 4.30pm	£10 per child	Pre-booking is essential – limited spaces available (10 per session) and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link: https://forms.office.com/r/ePi0sN4enq <i>This course is funded by Department for Communities (DFC) as part of the Bessbrook Areas at Risk Community Training Programme, therefore priority will be given to residents of the Bessbrook area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>

Activity	Details	Location	Dates & times	Price	Booking
SLIEVE GULLION DEA					
Kids Summer Fishing Camp	Suitable for children between the ages of 10 – 16 years Fishing Camp will work towards all kids achieving Cast Level 2 Award. All equipment and bait will be provided for all kids.	Lough Ross, Crossmaglen	22 – 26 August Session 1 9.30am – 12.30pm Session 2 1.30pm – 4.30pm	£10 per child	Pre-booking is essential – limited spaces available (10 per session) and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Payments are non-refundable. Bookings will only be confirmed when payment has been received. To record your interest please complete the registration form via the link : https://forms.office.com/r/ePi0sN4enq <i>This course is funded by Department for Communities (DFC) as part of the Crossmaglen Areas at Risk Community Training Programme, therefore priority will be given to residents of the Crossmaglen area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.</i>
Stand-up Paddleboarding	Two hour taster session Suitable ages 12 -16	Camlough Lake	Saturdays in July, 9, 16, and 23 11am -1pm Saturdays in August 6, 13 and 20 11am-1pm	£10 per child	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. Payment will be taken by card over the phone. Bookings will only be confirmed when payment has been received. Payments are non-refundable. To record your interest please complete the registration form via the link: https://forms.office.com/r/QqX77EF66c

Activity	Details	Location	Dates & times	Price	Booking
THE MOURNES DEA					
Moo Music	Interactive musical fun for your little one from birth to 5 years.	Lisnacre Community Centre	24 August 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/Vh7s4EG5Jx
Jurassic Ark Encounters	One hour interactive educational animal/reptile encounter.	Kitty's Road Community Centre	19 August 10am – 11am	FREE	Pre-booking is essential – limited spaces available and all enquiries will be dealt with on a first come first served basis. https://forms.office.com/r/06e2yKs7LY



Take5

steps to wellbeing



Health and
Social Care

Give



Be active



Connect



Keep learning



Take notice



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.

Take5

steps to wellbeing



Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing (www.neweconomics.org).

Artwork designed in association with Belfast Strategic Partnership.

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