

Summer Adventures and a not so Silent Disco!

It's been another busy quarter at Bolster Community HQ. Even though the summer months tend to be a little quieter, we seem to have still had a lot of action. We're always busy with Bolster Buddies and those guys have had the time of their lives with lots of fun Summer Day Trips and our first ever residential week away up in Portstewart.

We had a super Staff Wellbeing Day mid-August at Elmfield Estate with the amazing Jane Shaw. We've welcomed some new team members (see pg 5) and also said farewell to others - Angela, Sian, Ciara and Sarah, who are all moving onto the next exciting stages of their lives - thanks for everything!

Our social enterprise Acorn Scents had a successful end of summer sale - candles and our new soaps flew out the door - and with Christmas just around the corner, make sure you follow us on socials to be the first to know about our special events and offers! Our beautiful gift boxes would make a fantastic gift (the proceeds from which goes back into supporting our work) so please keep us in mind, no order is too big or small!

In September we attended Patrick Brown MLA's World Suicide Prevention Day event in Stormont. We attended with around 30 other organisations working across mental health, neurodiversity and suicide prevention from across South Down. We appreciate his awareness that it is organisations like ours on the ground, who are helping people day in day out, whilst frustratingly our government remains M-I-A.

Earlier this year, we saw the tangible benefits of Social Value in action when the team at Connect-Transform-Sustain (CTS) came on board (via a 3-way partnership with Women'sTee) to fund a cohort of our Go Girl! Programme, enabling us to take 34 girls through an 8-week personal development programme. And on Friday 6th October, CTS were awarded 'Highly Commended' in the Social Value Category at the CEF Construction Excellence Awards. Everyone wins when Social Value is embraced by the business community. So we'll put the call out now - if there are any progressive businesses out there who recognise the importance of Corporate Social Responsibility and who'd like to look

at partnering with us to deliver real Social Value in our community - our new Communications and Marketing Manager would love to hear from you - contact Elaine at comms@bolstercommunity.org.

It's no secret that we have a SILENT DISCO Spooktacular coming up on the 25th October. This is no ordinary event, it puts inclusiveness front and centre with the invite being distributed to all local community, support and social groups in the learning disability and neurodiverse spaces. We really hope it is embraced by the organisations around us, as there really isn't a lot catered to these groups in an over 18's social setting. We created this event in partnership with Newry BID and the PCSP (Policing and Community Safety Partnership) - and forms part of 'Health in the City' month of October, ensuring that our young adults with mixed abilities are included and celebrated, giving them access to what everyone else takes for granted - a good night out! Our CEO Jacinta is passionate about this and rightly so, "We just don't see enough social opportunities for young adults of mixed ability... a SILENT Disco will put inclusiveness centre stage in Newry and provide young people with the chance to combat loneliness and feel socially safe, in a space that everyone else takes for granted. We hope this will be the first of many!"

And with October also being Downs Syndrome Awareness Month, there's no better time to celebrate and help break down social barriers. Eamonn Connolly, Chair of the Bolster Board and Managing Director of Newry BID agrees, "Halloween is a social highlight for many young people and it's so important that this fun is inclusive and for everyone. Bolster is thrilled to be bringing the first ever inclusive silent disco of this scale to Newry which puts the needs of young adults of mixed abilities and neurodiverse conditions first - and we are delighted to feature it as a key event in Newry BID's 'Health in the City' programme of events. Please feel free to contact the team at Bolster if you are not sure if this is suitable for you or your family member." Councillor Oonagh Hanlon, Chairperson of Newry, Mourne & Down Policing and Community Safety Partnership said, "Newry, Mourne and Down PCSP are committed to supporting opportunities for safe and inclusive events across our district and so we are delighted to be involved in this Silent Disco 'Spooktacular'. This is part of the 'Health in the City' initiative developed by Newry BID and promises to be a great event."

Thanks to our partners at Newry BID and PCSP for your support and to our friends at The Bank. Any proceeds from the SILENT DISCO Spooktacular will go to back into supporting our programmes and services, so get your tickets at Eventbrite (links on our socials), grab your headphones and help make this a night to remember! x



Bolster Buddies enjoyed lots of fun and laughter at their North Coast residential in September!

Support our SILENT DISCO and grab yourself and friends a ticket! Our Eventbrite link is on our social pages or buy tickets at Bolster HQ.

BOLSTER COMMUNITY PRESENTS A

'SILENT DISCO' SPOOKTACULAR

AN INCLUSIVE CLUBBING EVENT

COME IN FANCY DRESS & WIN BEST COSTUME PRIZES

🍷 Live DJ in the garden bar

🍷 Spooktacular mocktails & cocktails

The Bank 'Vault Nightclub'
Wed 25th Oct, 7.30pm til' late

GET YOUR TICKETS NOW

£10pp via Eventbrite
Just search 'Bolster Community Silent Disco'

This is an inclusive social event for people with learning disabilities and neurodiverse conditions. This night is for all of YOU, your carers, friends, family and support workers! We can't wait to see you all. This event is for 18 years + and we encourage everyone to please drink responsibly.

HOME 2 HOSPITAL

Providing transport services for isolated, older people living in Slieve Gullion, Kilkeel and surrounding areas.

We are currently offering a free 'Home2Hospital' driver service for over 60's living in Slieve Gullion, Kilkeel and surrounding areas.

- All our drivers are 'Access NI' approved
- Our driver will pick you up at home and accompany you to your appointment, ensuring you arrive safely and on time!

Call us to register on
028 3083 5764



41,067
miles travelled by
Home2Hospital service
in 2022

BOLSTER
COMMUNITY



SENIORS SERVICES

Bolster Community are delighted to be extending their services for seniors in the local area (after recently securing funding from The Community Foundation (supported by Bank of Ireland Cost of Living), to provide improved access to services, advice and support for seniors in the Newry, Mourne and Down Area.

Bolster Community have established a social group based in Newry for people over 60. The Clover Club has seen immediate demand and currently has 35 people registered and 4 volunteers supporting the group.

As part of this funding, we have held one of our three community events bringing together older people in the community, to provide information on access to services available - our Discover & Connect events aim to improve access to Community and Voluntary sector resources for those over 60's.



For more information or to register for any of our senior services please contact Paula on 028 3083 5764 or email admin@bolstercommunity.org



CLOVER CLUB

Clover Club is a weekly get together for over 60's from Newry and surrounding areas.



The Clover Club meets every Wednesday in Marcus St, Newry from 10am to 1pm. Come and join us for our weekly activities such as arts & crafts, quizzes, workshops, historical talks, cooking classes and much much more and enjoy some light refreshments.

For more information or to register contact Paula or Joanne on 028 3083 5764.

BOLSTER
COMMUNITY

Bank of Ireland

The **Community Foundation**

This project has been supported by the Community Foundation for Northern Ireland through BOI Cost of Living.



**Change of
Venue &
Date**

**Music by:
Max Cunningham
from Luv Bug**

The Resource Centre, New
Road, Silverbridge
Wednesday 8th November
1pm-4pm
£5 per person

To book your place ring us on
028 3083 5764
Payment in advance only.

Can't make this event
we have another
event coming up:

Castlewellan: The Lodge,
07/02/2024, 1pm-4pm

Newsletter funded by:



**Southern Health
and Social Care Trust**

BOLSTER
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PROGRAMME CALENDAR

AUTISM CONNECT

Autism Connect is a social hub for adults with or awaiting an autism-only diagnosis, living in the Southern Trust Area. We welcome new members, to register just reach out to Orla today.

Every Thursday evening

Time: 7pm-9pm

Location: Whitegates, Newry

Contact Orla on: 028 3083 5764



STAR BITES 57

For tenants of the NIHE

Join us for a bite, cuppa and a chat. Catch up on the craic, browse the paper. Our team will be there to help with any form-filling, appointment booking or signposting to local services that you may need.

Every Monday and Thursday

Time: 10am - 1pm

Location: Marcus St, Newry

FUN FRIENDS

4-7 years old

Fun FRIENDS guides the social and emotional development of children using fun, play-based group activities. It nurtures the child's development by teaching them to engage resilience skills early on.

Start date: TBC

Time: 3.30pm

Location: Newry, Duration 10 weeks



FRIENDS FOR LIFE

8-11 years old

Friends for Life builds resilience, social and emotional skills in children. It is proven to reduce anxiety, as well as equip participants with the tools to rise to life's challenges.

Start date: TBC

Time: 3.30pm

Location: Newry, Duration 10 weeks

BABY MASSAGE

For parents with babies 0-1yr

Before your baby learns language as a means of communication, touch is a basic way parents can communicate love to their baby.

Learn about the benefits of infant massage in a small relaxed group.

Start date: 09/11/23

Time: 10am-11.30am

Location: Newry, 5wks



THE PARENT TEEN CONNECTION

For parents of pre-teens and teenagers

This programme will guide and support you to build stronger relationships with your teenagers. You'll come away armed with techniques that you can put into practice straight away.

Start date: 21/11/2023

Time: 10am-11.30am

Location: Newry, Duration 3 weeks

TOTS & TEA

For parents or carers of pre-school age children with additional needs

Tots and Tea is a group of friendly mums and children who are all on the first steps of their journey through disability.

Every Wednesday

Time: 10.00am

Location: Newry/Markethill



CLOVER CLUB

Clover Club is a weekly get together for over 60's from Newry and surrounding areas.

Come and join us for our weekly activities such as arts & crafts, quizzes, workshops, historical talks, cooking classes and much much more and enjoy some light refreshments.

Every Wednesday

Time: 10am - 1pm

Location: Marcus Street, Newry

To enquire about any of the above programmes or clubs contact us on
028 3083 5764

Bolster Buddies - new faces and adventures!

Our Bolster Buddy service is for people with learning disabilities or support needs - we help them connect with and feel valued within their local community - all whilst developing their independence. In recent months we have seen this service grow with many new faces joining us - welcome Patrick, Gabriel, Sean and Sarah - it's lovely to see the Bolster Buddies team flourish.

As mentioned on the cover, some of our Buddies enjoyed a fantastic Portstewart Residential in September, embarking on an adventure along the stunning Antrim Coast. For some it was their first time away from home but that held no one back - and they took turns enjoying a couple of nights away - exploring new places, switching off from their routines, and of course, sharing lots of laughs. We hope you saw all our fab photos on socials.

At the end of August, The Buddies also hosted their first coffee morning and we had a full office full of family and friends, plus local MLA's showing their support - Justin McNulty, Liz Kimmins, Helena Young (rep Patrick Brown) and Cllr Aidan Mathers. Look out for our December plans as we're planning a Sip and Shop event! :)

With an action packed summer season behind us, we are now looking forward to getting into our Christmas production of all of our Acorn scents. All of these products are available to buy through our Social Enterprise. Follow us on Socials for all our latest offers and Christmas Market updates!

#scentsofachievement



To enquire about Bolster Buddies or more info on any of our ability services, please contact Jena on 028 3083 5764 or email: jena@bolstercommunitiy.org

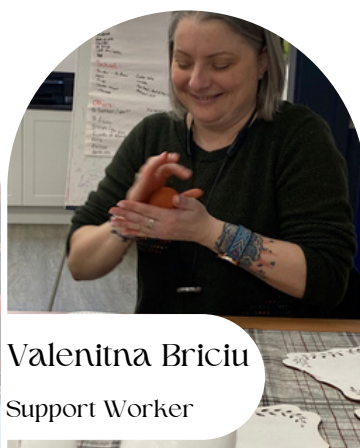
Welcome to our new member of staff



Elaine McAteer
Comms & Marketing
Manager



Julie-Anne Cousins
Family Support Worker



Valenitna Briciu
Support Worker



Ashling Fitzmaurice
Support Worker

LADIES, READY TO DO SOMETHING FOR YOU?



START YOUR JOURNEY NOW

Are you thinking about getting back into work - or starting work? Maybe you've had a family or caring duties, personal challenges or ill health in recent times - everyone's circumstances will be unique to them - and that's the great thing about this programme, you don't have to figure it out alone, we're here to help. Whether you're just at a loss as to what to do and need a bit of inspiration or perhaps you just want to tackle any qualification gaps, we can help you with both.

DISCOVER YOUR POTENTIAL

The 'Discovering Potential' programme is the perfect place to start if you are feeling a little unsure of what you could do. As well as mentoring and coaching support from our amazing programme leader Tracey McCartney, we'll also look at ways we can help you feel better in yourself and more confident. And who doesn't want that! Topics will include:

- Fostering resilience
- Cultivating Well-being
- Embracing mindfulness
- Learning how to resource ourselves
- Setting and achieving personal goals



BUILDING FUTURES

You might also decide to look at what else is on offer within the Building Futures programme, such as:

- Topping up on essential skills/qualifications (e.g. Literacy, Numeracy and Digital IT).
- Or if your hands on, an intro to DIY course with our partners at WOMEN'STEC.
- Explore taking your hobby to a new level (and making money for yourself) with Women In Business.
- Training bursaries will also be available for participants to use on courses not offered as part of the programme.

IT COULDN'T BE EASIER

- Weekly sessions in your local area.
- No cost to you.
- Explore your potential with our amazing facilitators.
- Come away with newfound confidence and a plan for the future.



ELIGIBILITY REQUIREMENTS

To be eligible you must be 18yrs old or older.

- Currently unemployed (i.e. have not worked in the last 4 weeks and not available to work in the next two weeks); and are not on benefits with a Work Search element.
- Reside in Newry, Mourne & Down.
- We also welcome applicants (who meet the above criteria) from priority groups such as the over 50s, those with a long-term disability or those living in remote, rural communities.

REGISTER YOUR INTEREST TODAY

For the Newry, Mourne and Down area contact Justina for a chat:

justina@bolstercommunity.org

07586128175



ACORN

SCENTS OF ACHIEVEMENT

The power of working together

Bolster Community have recently partnered with a local handmade producer in NI to deliver high quality soaps as part of the Acorn scents Range. Jessica and her staff at Enniskinn produce quality handmade soaps on the high street in Enniskillen.



The Bolster Buddies recently made an exciting delivery to Enniskinn of our Acorn diffusers. It gives them great pleasure to see Acorn diffusers on the shelves in Enniskinn, Enniskillen proudly for sale.

In the past few months we have been delighted to deliver to all of our new stockists Barn Owl Boutique, Naturally North Coast & Glens, Enniskinn, Therese's Florist, The Food Market.

If you're keen to become a stockist, reach out to us at acorn@bolstercommunity.org, and our team will be delighted to help you.



Corporate Gifting



Enhance your corporate gifting with Acorn gifts, lovingly handcrafted in Newry, Co. Down, by our talented community of young adults with diverse abilities. Our gifts come wrapped in eye-catching and eco-friendly packaging, containing carefully sourced, vegan-friendly natural soy wax - and best of all - all profits go back into supporting our vital services and programmes! [Now taking bookings for the holiday season!](#)

Get in touch with a member of the team at acorn@bolstercommunity.org.



Look what made it into Ireland's Homes Interiors & Living Magazine!!

'Lough Neagh Dawn' is our collaborative candle creation with Storybox NI, that supports local mental health charities. We are over the moon to see the Lough Neagh Dawn candle feature in the 'Sustainable Living' section of the magazine, highlighting the power of collaboration in making a difference.



Watch this space

Join us on social media to catch our Christmas journey! 🎄 Follow @acorncandles and @bolstercommunity for updates. While you wait, explore our online selection at acornshop.co.uk.

Upcoming Events

Rathore School Fair, Newry

07/12/2023

Banbridge Academy Fayre, Banbridge

09/12/2023

South Armagh Xmas Fair, Meigh

09/12/2023

A social enterprise operated by

BOLSTER
COMMUNITY



028 3083 5764



acorn@bolstercommunity.org



acornshop.co.uk



[@acorncandles](https://www.instagram.com/acorncandles)



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Newry, BT35 6UA



5-7 Marcus Street
Newry, BT34 1ET



18 Newcastle Street
Kilkeel, BT34 4AF