



Seaforde and District
Community Association

Autumn 2018

Your Community Newsletter



Seaforde News

Breaking news

New Walkway

- As we go to press we have just received the fantastic news that the application for funding for a community walkway has been granted by the Council's Active and Healthy Communities Committee.
- The Trail from the Village to the Million Tree wood, which was born out of the Committee's Village Plan published in 2013, is due to be delivered by spring/early summer.

Traffic island

- A new traffic island is being constructed near the bus stop facing Main Street. It's hoped this will assist pedestrians when crossing the busy Newcastle Road to access the bus stop.
- This much needed addition is the result of direct lobbying of the Council and Road Service and the engagement of local councillors.

Welcome to the fourth edition of Seaforde News which is published on an occasional basis by the committee of Seaforde and District Community Association.

As you will see this edition is jam packed with content from a very busy year. The Main Committee, supported by our Social Committee formed in July 2017, has been hard at work throughout the year and the good news is that there is plenty more still to come in 2018 and beyond. Since our last autumn edition in 2017 we have run a number of well-attended community events including the Seaforde Christmas Fayre and Christmas Tree Switch-on in November 2017, our AGM and the Seaforde Tramp's Ball in June 2018, the ever-successful joint Children's Summer Scheme in conjunction with our neighbours in Clough in July 2018 and our annual Community Pub Quiz in September 2018.



Getting Seaforde moving has also been a major focus of 2018, with the Seaforde Fit and Active Club project delivering classes in Badminton, Pilates and Yoga throughout the year. Yoga and Pilates classes continue on Tuesday and Wednesday evenings and our well-established and popular Wednesday night dance class has now resumed for the autumn season.

Harmonic Progression, our Seaforde ladies' choir, continues to go from strength to strength and has had an action packed year with multiple performances in Seaforde, Newcastle and Clough. The Choir has raised thousands of pounds for charity throughout the year for very worthy causes such as Guide Dogs NI, Daisy Lodge, MYMY and

Air Ambulance NI. The ladies have been rehearsing every Thursday for their yearly highlight, the ever popular Christmas Concert which will be on 13 December this year.

As we go to print plans for this year's Christmas celebrations are well underway with the Village Christmas tree installation planned in the next few weeks, and the Christmas Fayre on 24 November set to be even bigger and better than last year!

We set out in 2017 to modernise the way we engage with you, our residents, and our online presence on Facebook, Twitter and our own home on the web at seaforde.org.uk have been buzzing throughout the year with the latest news on village goings on.

We hope you have benefited from the various events and activities we have organised, and we hope you continue to engage with us through old channels and new in 2019.

Christmas Tree and Fayre

Last year, thanks to the hard work of the members of Seaforde and District Community Association, the generosity of the Forde family, help from Paul Killen and Neill Patterson, and generous financial support from Newry, Mourne and Down District Council, Seaforde had its very own Christmas tree. It was a great success.

We are planning to have another tree this year. The lights of the tree will be

switched on during the Christmas Fayre on Saturday 24 November. Details of the various activities are on the back page - fun for all the family.

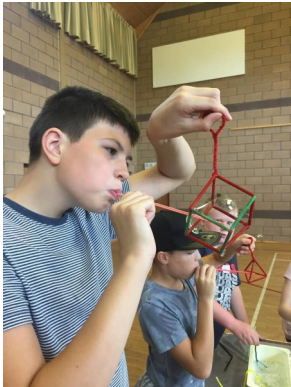
Proceeds from the fayre will go towards the village defibrillator - details on Page 3.



Left: Daisy Prickles, part of the Prickles family of hedgehogs who will be making a return appearance at the Fayre this year.



Summer Scheme



"We learned science through epic bubbles"

The third Seaforde and Clough joint summer scheme was a resounding success once again.

We had a great attendance, with children from five different local schools. It is so important for children in this rural area to form a sense of community and socialise during the long holidays. This year we had familiar faces, like Gerard McAnulty (plus little brother and Dad!) without whom the scheme simply couldn't run. The children

were really put through their paces, getting fit and learning vital social skills while having the best of fun. After snack we had a different activity each day. We made treasure chests and pirate maps or met the most wonderful creatures. We learned science through epic bubbles and made an entire fantasy world with Lego. The final day was a trip for the whole group to Mountpanther. Thanks must go to Richard and Seamus for a wonderful day. Such

great memories. Many thanks to all our wonderful volunteers whose contributions are vital and the local businesses (Mountpanther and Clough Eurospar especially) who cut prices dramatically for us. We are desperately underfunded and if we didn't have this support the children would miss out on this hugely popular annual scheme.

Lucy Browne and Helen Newell.

Pilates

"... we have a pre-Christmas stretch, tone and get fit six week block of Yoga and Pilates ..."

In spring of 2018 we were lucky enough to engage Jemma Kelly to bring a vibrant and challenging Pilates class to Seaforde's YFC Hall. This is part funded by Newry, Mourne and Down Council (many thanks to them), which

allows for a low class fee of £5 or £3. Jemma has gone on to set up her own beautiful Pilates studio...please support her.

In replacement we have a pre-Christmas stretch, tone and get fit six week block of

Yoga (with the gifted Carol Crilly) and Pilates (with the fantastic Izzy). This will run until mid-December on a Tuesday and Wednesday 6-7pm. Hope to see you there! For more information please contact us at:

contact@seaforde.org.uk

Harmonic Progression



It has been a fabulous year for our 25 members and of course all new members are very welcome at any point in the year. We rehearse on a Thursday evening in the YFC Hall from 7.30pm to 9pm. We are a self-funding choir who aim to raise money for

charity through singing, drama, having fun and meeting other women in the community, and from us all, a huge thank you to our concert audiences for their amazing support.

Our Christmas Concert in 2017 raised a total of £910 which was divided between Guide Dogs NI, and Daisy Lodge Newcastle, Cancer Fund For Children. In May we held our Spring Concert which saw £800 go to the local charity MYMY. Recently in October, our choir pub quiz held at the Lakeside Inn, raised a fantastic £855 for NI Air Ambulance.

Our next concert is on Thursday 13th December at 7.30pm, YFC Hall Seaforde. Come and celebrate Christmas 2018 with some singing, fun and a raffle. We will be supporting the Downpatrick charity 'Life Change Changes Lives' See you all there.

For details contact Carolyn at Seaforde.org.uk

Grace Williams, representative of the Northern Ireland Air Ambulance, receives a cheque for £855 from Margaret Wilcox, Margaret Magill and Carolyn Ross. The money was raised at a recent Pub Quiz organised by the Harmonic Progression.



Tramps' Ball and Quiz

Saturday 23 June saw the YFC Hall decorated for a Tramps' Ball. This event was very well attended and everyone seemed to enjoy themselves to the full. The costumes were many and varied with Mathew Forde winning the prize for the most original.

Music was supplied by Finbarr Keaveney and supper by George Hanna from the *Mulberry Tree*.

The event was generously supported by Newry, Mourne and Down District Council.

A quiz was held on Friday 7 September in the Lakeside. It was organised by the Community Association to raise much needed funds to help in the day-to-day running of the association.

This was a very enjoyable and well-attended evening with a nail biting tie breaker finish!! The Community association raised £610 at this event.

Many thanks to all who contributed towards the raffle prizes.



A few of the 'tramps' who danced the night away at the Ball

Annual General Meeting

On a warm summer evening in June 2018 local Villagers enjoyed a really informative and engaging AGM with lots of facts and figures from the 2017/2018 year and 3 fabulous guest speakers. The annual reports were presented and the committee to serve for 2018/19 was elected.

Mathew Forde took us back in time to discover Seaforde's unique history and the influences and feuds that have

shaped our village's profile and landmarks.

Alan Chambers gave us an unabridged flavour of rural life with many memorable anecdotes of farming and local history along the way.

Clare Jones talked about the work Outdoor Recreation NI are doing to create or re-open rural pathways to better connect the Village with our surrounding landscape.



Alan Chambers, James Frost and Leon Frost get a closer look at one of Mathew Forde's fascinating antique documents

Life-saving Defibrillator for Seaforde...

This year the committee is fundraising to buy a defibrillator package to help make our community a safer place. Investing in an AED program is a commitment to protect the lives of those in our community. Currently, over 30,000 people suffer an out of hospital cardiac arrest in the UK every year; without immediate treatment 90-95% of these victims will die. The only definitive treatment to Sudden Cardiac Arrest is immediate CPR along with a life-saving shock from a defibrillator.

In the event of a cardiac arrest, if CPR and defibrillation are provided within 3-5 minutes of collapse, a victim's chances of survival can increase from 6% to 74%. That's not a lot of time to get

to Clough or Brennan's and back – our closest Automated External Defibrillators (AED).

We aim to reduce the odds of local residents dying or not recovering fully from a cardiac arrest by installing an AED outside the Seaforde YFC Hall thereby giving 24 hour access to this life-saving equipment that has been proven to strengthen the Chain of Survival.

Cardiac arrest is a condition which can affect all of us, regardless of age, gender or health – no one is immune. The equipment we are looking to fund raise for will include a Zoll Fully Automated Defibrillator along with a heated external wall cabinet to store it safely and accessi-

bly so it can be quickly retrieved in an emergency.

We've applied for grant funding, but if successful this will only cover part of the initial cost, and won't cover the installation and ongoing maintenance. That why we are asking the local community to help. By making a small donation to our fundraising campaign, you're helping to protect not only us, but everyone in the local area and even yourself from cardiac arrest. Any donation will help us achieve our goal of becoming Heart Safe and we massively appreciate your support. To donate join us at the Christmas Fayre or visit our page at <https://www.justgiving.com/crowdfunding/seaforde-aed/>

"Currently, over 30,000 people suffer an out of hospital cardiac arrest in the UK every year"



We are a not-for-profit organisation and a registered charity (charity no. NI102055) focused on improving the quality of life of people in Seaforde and the surrounding area. Our committee meets regularly to progress community development projects and social events for Seaforde.

Of course, it's not all fun quizzes, fancy balls and festive Fayres! The Committee has been hard at work this year representing the Community at forums such as the regular inter-agency meeting with Newry, Mourne and Down District Council, CDRCN, NIHE, PSNI and PCSP and working with local Councillors and these agencies to address issues such as anti-social behaviour and traffic calming. It is all in a day's work for our diligent Volunteers!

If you'd like to find out more or even volunteer to help out at one of our events please contact us at contact@seaforde.org.uk or visit us at:



www.seaforde.org.uk



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[@SeafordeADCA](https://twitter.com/SeafordeADCA)

HARMONIC PROGRESSION CHOIR CHRISTMAS CONCERT SPARKLE



13TH DECEMBER 7.30PM
YFC HALL SEAFORDE

Songs - Sketches - Raffle - Fun

Donations at the door £5/£3 concession in aid of

LIFE CHANGE CHANGES LIVES_{Downpatrick}



CHRISTMAS FAYRE

* Tea, speciality coffee

* Mulled wine and
shortbread

* Christmas Choir

Seaforde YFC

Saturday 24th November

2pm - 5pm

(Lights Switch on at 4.30pm)

* Craft Stalls

* Food stalls

* Santa Visiting!

