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**Chairman's Message**

Easter is upon us once again and it is much earlier than usual. I cannot for the life of me understand why, when Christmas Day is a set date (25<sup>th</sup> December) that Easter Sunday cannot be fixed in a more rational way instead of the first Sunday after the first full moon after the spring equinox. Could the powers-that-be not set it for, say, the third Sunday in April? At least we might expect slightly better weather than we are currently enjoying (sorry, enduring). Of course there is no guaranteeing what the weather might turn out like as I well remember going to the Point-to-Point in Portrush on Easter Tuesday 1966 and it was snowing. And that was 12<sup>th</sup> April. Still, not much point in grouching about things over which we have no control.

We are about to start the third and final U3A "term" after which we will break off for the summer. It is also the time of the year when we have the AGM at which we review the past year and also elect the Officers, Trustees and Committee members for the forthcoming year. It is a challenge that recurs every year as members display a marked reluctance to share in the running of our U3A. It always seems to be the same people who are prepared to put their names forward and, realistically, it is those members who ensure the continuation of Ballymoney U3A. However, our Constitution lays down just how long any member can occupy any position. We therefore need each of you to examine your conscience and consider standing for election for any of the functions that you believe you could fulfil for the benefit of BU3A. This a joint enterprise that exists for the good of all of us so I would ask you to please be prepared to share the burden and not merely enjoy the benefits.

John W D Pinkerton, Chairman

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**Report of Members Meeting – 5 March 2024**

There was a good turnout of Bu3a members at Connect for the monthly meeting. Chairman, John Pinkerton welcomed those attending and said that before moving to the main business it was his sad duty to offer sincere condolences to two committee members who had recently lost siblings, June Skelton her brother Tom and Sarah Browne her sister Liz.

John then told members about the new revamped website for use by members and others. He said that there are currently fewer activities for various reasons such as ill health of leaders and dropping attendance. He encouraged members to put forward suggestions for any activity which interested them and subject to demand and availability of leaders all ideas would be given careful consideration.

He drew attention to an Email issued by Eileen Richmond asking for volunteers to help at monthly meetings set-up and clearing, Meet and Greet, Sign in and refreshments all need cover to make sure

the meetings run smoothly and if any member could help this would be greatly appreciated. Not much time is involved and new volunteers are assisted by the experienced members until they learn the ropes. Anyone interested should speak to Eileen.

John said that a new IT course Media On line will start shortly running for 5 weeks. The cost will be around £10 depending on the number of participants. Anyone interested should give their name to Kathleen Owens the Activities co-ordinator. John then welcomed the guest speaker Chris Calderwood from COAST (Causeway Older Active Strategic Team).

Chris delivered a very interesting and relevant talk covering the services which COAST provides. He said that the aim is to help older members of the community to live healthy active lives by providing services tailored to their needs.

Good Morning Causeway and Good Morning Ballycastle are examples of this where older people are contacted regularly by telephone to help offset loneliness and offer support.

The free Safe Home scheme provides for a visit to be made to people over 60 who have concerns about home safety and security. Advice is given and a useful pack containing a timer, security door chain, counterfeit currency checker and a security card holder is provided at no charge. Other items available include a grab rail which costs £25 and a key safe £15. The COAST handyperson will install if needed.

The Handyperson scheme provides a friendly service. Davy who is Access cleared will visit to do safety checks, small repairs and minor household tasks at subsidised rate of £20 per hour. Plumbing and electrical work are not included.

Connected Age is a new project which aims to support people aged over 60 to Reconnect back into their local community by helping people to engage with relevant organisations and services and work in partnership with local Good Morning services to help reduce isolation and be a friend on the phone.

Chris encouraged members to contact with COAST with any enquiries and invited questions. He was able to assist with a number of queries. Pens and leaflets were available to support the information given and provide contact details.

The vote of thanks was given by Elaine Wilson who said that Chris's presentation had been very useful and appropriate to Bu3a age group.

In closing John reminded members that the next meeting will be on Tuesday 2 April in Connect at 11am. The speaker is David McKeown, retired local vet, who will be talking about mental health issues and his work with the Samaritans. All members are welcome and are encouraged to bring along a friend or family member who will be made very welcome.

Anyone wanting to get more information about membership of Ballymoney u3a is invited to contact the membership secretary Elizabeth on 07745897188 or email [membershipbu3a@gmail.com](mailto:membershipbu3a@gmail.com). Information is available on the website [www.ballymoney.org.uk](http://www.ballymoney.org.uk)

Marion McDowell

**Our guest speaker: Chris Calderwood**



**Elaine proposing the vote of thanks to Chris**



## Activity Reports

### Story Telling Group – 11 March 2024



John Pinkerton

The storytelling group met in the Hub and the following topics were some of the subjects involved in the tales told:-

How a pupil appeared twice in a group school photo  
A person who lied about their age and joined the R.A.F at sixteen  
The big snow of 1947 which lasted until July  
The blacksmith, his stove, the cat her kittens, and his mother  
Left over coffin liner used to make a handkerchief  
Working in an American gold field

The stories referred to above are just some of the many which participants shared with those present and made for a very entertaining session.

The next meeting of the storytelling group will be in **the Hub Ballymoney at 11.00 on Monday April 8th**. As always new members are welcome to come along and if they wish tell a story or just listen to those told by others.

George McAuley

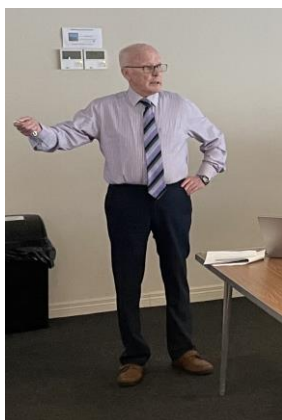
### Story telling in action





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## Bu3a Family and Local History Group – 19<sup>th</sup> March 2024



**Maurice McHenry**

Mr Maurice McHenry was our guest speaker this month on Tuesday 19<sup>th</sup> March at The Connect Centre. Maurice, retired Principal of Our Lady of Lourdes School Ballymoney and active member of Ballintoy Historical Society, gave us a very interesting illustrated talk entitled "Slavery and North Antrim".

He outlined the history of slavery in the past and also set a context of modern slavery situations. Relating to 'the slave trade' of 17<sup>th</sup> and 18<sup>th</sup> centuries, he outlined how the triangle of trade was carried out between Europe, Africa and the Caribbean. The largest ports involved had been Bristol, Liverpool and Glasgow making many private family fortunes for slave traders in GB and Ireland. Maurice gave a detailed account of how slaves were mistreated both on transport ships and also on Caribbean plantations.

Alexander Fullerton had owned large areas of land around Ballintoy, and although largely an absentee landlord, his family had been the 4<sup>th</sup> largest slave trading family in Ireland. His agent, Hamilton Brown, had carried out most transactions relating to N Antrim and had administered much of the plantation business in Jamaica. A town in Jamaica had even been named Ballintoy. After the Abolition of Slavery Act in 1807, large numbers of migrants from Ballymoney had become 'indentured servants' in the Caribbean Colonies.

We were pleased to welcome other BU3A members not part of our group who attended this meeting. Our next meeting will be on Tues 16<sup>th</sup> April, 2024 in the Connect Centre at 10-30 am. We plan to have Project Reports about the History of Education in Ballymoney and also historical memories of Cunningham's Shop in Main Street, Ballymoney.

John Flynn

### Maurice McHenry – our guest speaker



## **Gardening Group – March 2024**



It is customary for the gardening group to go out on visits to different gardens. We went to Downhill Demesne gardens last month. There was a great display thousands of snowdrops, some crocus, and even a few tiny daffodils as well as some shrubs in bloom. We had a most enjoyable sunny afternoon.

On our next visit last week we went to Frances Bach's garden. As usual it was a very enjoyable walk round the garden which slopes down to the river. Lots of daffodils and so many interesting shrubs to see. During the dander round the garden Frances told the story of the different shrubs. We were fortunate the weather was favourable.

The pictures will show the beautiful garden.

Many thanks to Frances and John for the kind invitation to visit their garden.

Kathleen Owens

**From John and Frances beautiful garden**



More photos of John and Frances garden above left and on next page ...





From last month: a day out at Downhill



## Ways to contact us

We offer two main ways to contact us – shown below. Of course if you know an existing member or committee member please talk to them about joining us. Or, come to one of our activities or events – we will be pleased to meet you.

## General Enquires

Please contact the following for any general enquires.

Role	Name	Phone	E-mail
<b>Membership Secretary:</b>	Elizabeth Stevenson		membershipbu3a@gmail.com
<b>Activities Coordinator:</b>	Kathleen Owens		activitiesbbu3a@gmail.com
<b>Chairperson:</b>	John Pinkerton		jwdp@sky.com

## Committee Officers 2023-2024

Chairperson	John Pinkerton
Deputy Chairperson	George McAuley
Secretary	Sue Pinkerton
Treasurer	Elaine Wilson
Membership Secretary	Elizabeth Stevenson
Activities Coordinator	Kathleen Owens
Minutes Secretary/events	Eileen Richmond
IT Support	Michael Diver



## Events and Meetings

Date	Event/Meeting	Venue	Information
Tuesday, 5 September 2023	SEPTEMBER MEETING SPEAKER Bonnie Cooper	Connect	ALL THINGS CHINESE. Bonnie came to N Ireland as a University student, met her future husband, and has been here for 20+ years. She has a well-established business and offers courses to Chinese citizens, and others interested in learning about Chinese Culture, The Language, The Food, and The Festivals. To put the icing on the cake Bonnie brings pre-prepared "eats".
Tuesday, 3 October 2023	OCTOBER MEETING SPEAKER Adrian Morrow	Connect	"TALES FROM THE CASTLE" Adrian is the Managing Director of Antrim Estates Company/Glenarm Castle and is renowned for his informative and humorous talks. He has over 30 years of experience in Estate and Land Management, Tourism and Events, Hospitality, and Agriculture. This enables Adrian to drive the introduction of new projects and keep the business going, forward.
Tuesday, 7 November 2023	EVENT INFORMATION DAY - EXHIBITORS	Connect	INFORMATION DAY WITH LOCAL EXHIBITORS (20+ exhibits) Bu3a INFORMATION DESK North Community Transport Make-The-Call Service Good Morning Causeway Kennedy's Pharmacy Kilrea Home Heating Advice, CC&Glens B Council WAVE, Caring for Victims and Survivors Bu3a BOOK SHARE
Tuesday, 5 December 2023	EVENT CHRISTMAS LUNCH	To be decided/ confirmed	CHRISTMAS LUNCH - FIRST TUESDAY IN DECEMBER Meeting for lunch provides members with an opportunity to socialise, meet other members, and have some good food, fun, and company. The Lodge Hotel, Coleraine, is one of our most popular venues at Christmas. NB: Eileen Richmond will provide members with details well in advance of the event. Guests welcome!
Tuesday, 2 January 2024	JANUARY MEETING SPEAKER Sir Paul Girvan	Connect	HIGH COURT JUDGE, Rt Hon Sir Paul Girvan was educated at Larne Grammar School, Belfast Royal Academy, Clare College, Cambridge, and Queen's University, Belfast. Called to the bar of Northern Ireland, in the early 70's he went on to have a distinguished career, receiving a knighthood on his appointment as a Justice of the High Court of Northern Ireland. He has served as Chairman of the Law Reform Advisory Committee, and the Land Registration Committee.
Tuesday, 6 February 2024	FEBRUARY MEETING SPEAKER Eddie Lynch	Connect	COMMISSIONER FOR OLDER PEOPLE FOR NORTHERN IRELAND The Commissioner's primary role is "to safeguard and promote the rights of older people and to provide advice to government on policy, practice and legislative issues that affect older people". Making recommendations for improving the care home sector, providing regular advice to the government during the pandemic, and continuing to advocate for older people are part and parcel of his role. Q&A SESSION TO FOLLOW.
Tuesday, 5 March 2024	MARCH MEETING SPEAKER Tori Calderwood	Connect	COAST (CAUSEWAY OLDER ACTIVE STRATEGIC TEAM) COAST is an inter-agency partnership that aims to improve the health and well-being of those aged 60 and over in the CC&G Borough Council area. Holding bi-annual forums and large networking events, ensures the voices of older people are heard. Tori's Bu3a visit will provide an insight into the various services available to us. Q&A SESSION
Tuesday, 2 April 2024	APRIL MEETING SPEAKER David McKeown	Connect	"FROM VET TO LIFE COACH - AN UNEXPECTED JOURNEY " David doesn't believe in 'retirement' and is currently in his 4th career. Many will know him as a vet in North Antrim. After 25 years, in his late 40's, he moved to the challenging role as Executive Director of a Cheshire-based Insurance Company. Nowadays he is the Director of the Samaritans charity and is a qualified Coach. His talk to u3a will focus on anxiety/stress management and how the power of various techniques can help impr
Tuesday, 7 May 2024	MAY MEETING AGM and ENTERTAINMENT	Connect	ANNUAL GENERAL MEETING. YOUR ATTENDANCE AT THE AGM IS VERY IMPORTANT, as a quorum of 20% of the membership must be present. AGENDA 1 Apologies for Absence 2 Minutes from previous AGM 3 Presentation of Reports 4 Election of Officers 5 Election of Committee members. AFTER THE AGM BUSINESS HAS CONCLUDED, ENTERTAINMENT will be provided by "SCAD THE BEGGARS".
Tuesday, 4 June 2024	EVENT ANNUAL DAY TRIP	To be decided	ANNUAL DAY TRIP The Day Trip offers members an opportunity to socialise and get out and about. Guests are very welcome! Have you been to a "place of interest" that may be suitable as a Bu3a Day Trip? Recommendations from members are most welcome! If you have suggestions, get in touch with Eileen at: <a href="mailto:helpereventsbu3a@gmail.com">helpereventsbu3a@gmail.com</a> or speak with a Committee member.

## Activities

Activity	Day/Time	Venue	Leader	Information
ARCHERY	TBC TBC	As advised by Activity Leader	Frances	To be arranged once a month. All equipment provided
ART	TBC TBC	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Brian Kelly	From Watercolours , Painting with Wax, Pencil to Drawing and more ...
BRIDGE	Monday 2.30 pm - 4.30 pm	Ballymoney Community Resource Centre, Acom Business Centre, 2 Riada Ave, Ballymoney BT53 7LH	Paul/ Kathleen	Engaging with others and learning how to play the fascinating game of Bridge
COFFEE CATCH-UP	Last Friday each month 10.00 am - 12.00 pm	As advised by Activity Leader	Julie/ Marie	The group meets in Nico's Restaurant, at Ballybrakes for socialising over a cup of coffee.
COMPUTERS, IPADS .TECHNOLOGY	Wednesday 10.30 am - 12:00 pm	Ballymoney Community Resource Centre, Acom Business Centre, 2 Riada Ave, Ballymoney BT53 7LH	Michael	Tuition is available for IPAD's, Apple and Android based mobile phones and Microsoft Windows based computers. Subjects covered include: basic how to use; apps such as e-mail; security and for Windows users Microsoft Office products such as Word processing. Participants should have their own devices.
CRAFTS	TBC TBC	As advised by Activity Leader	Sally	Designing and decorating everyday items using artistic techniques.
CREATIVE WRITING	3rd Tuesday each month 12.30 pm - 2.00 pm	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Sharon/ Anne	Get together and write stories on given topics.
ENVIRONMENT	Monday ON HOLD TBC	As advised by Activity Leader	Jean	Group getting together to clear rubbish and debris from a local area to make the environment more pleasant. Reflective safety jackets and tools are provided
FAMILY, LOCAL HISTORY	3rd Tuesday each month 10.30 am - 12.00 pm	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	John/ Gladys	Researching family history for part of the term. Visiting and studying places of historical interest.
GARDENING	3rd Thursday each month 2.00 pm onwards	Ballymoney Community Hub, Robinson Hospital Site	Geoff/ Davy	Having some workshops - seed sowing, plant swaps or videos. Mostly going on visits to open gardens.
GOLF	Thursday weekly Starting 10.00 am	As advised by Activity Leader	Donal/ Paul	The group meets each week at different golf courses. mainly Benone. They also organise a two day golf holiday twice a year.
OUT TO LUNCH	3rd Friday each month 12.30 pm for 1.00 pm.	As advised by Activity Leader	Eileen	Meeting at various restaurants for good food, good company and good chat.
PHOTOGRAPHY	ON HOLD 10.30 am - 12.00 pm.	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Davy/Ian	Learning techniques for taking good photos in various locations. The next week studying those photos followed by discussions. CURRENTLY "ON HOLD"
READING GROUP	2nd Tuesday of the month 10.30 am - 12.00 pm	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Mary/ Karen	Getting together to read a suggested book and then sharing opinions.
STORY TELLING	2nd Monday of each month 11.00 am - 1.00 pm	Ballymoney Community Hub, Robinson Hospital Site	Mary/ George	Some very intriguing stories are told in this group, with each member imparting their knowledge or relating their childhood memories perhaps.
UKELELE	TBC 11.00 am - 12.00 pm	As advised by Activity Leader	Mary	Providing harmonious melodies using a Ukelele. The Ukelele is provided at first until you become competent.

**COAST**  
Causeway Older Active Strategic Team

**FREE  
'SAFE HOME'  
SERVICE**

Are you aged 60+ ?  
Would you like to feel more safe in your home?  
Do you live in the Causeway Coast & Glens area?

**If so, you may be eligible for a FREE Safe Home visit**

We supply and fit the following items depending on your needs, as assessed by the Safe Home team:

- Secure ring door chain
- Door chimes
- Safe-home Pack
- Keysafe (at additional cost)



- Call us to discuss full eligibility criteria
- Visits are always pre-arranged at a time that suits you

**RSP** Policing & Community Safety Partnership  
making Causeway Coast & Glens safer

**Call COAST on 028 7776 7860**  
or email: coast.manager@yahoo.co.uk





## Do you need a handyman?

The COAST Handyman service provides friendly home visits to those over 60 to carry out safety checks, small repairs and minor household maintenance tasks, at subsidised rates. The aim is to provide simple and preventative support on a referral basis, ultimately providing that little bit of practical assistance that makes an impact on the life of the older person and helping to maintain their independence.

**All work is carried out by Police Checked & Insured Staff, and includes a satisfaction survey.**

To take advantage of this great offer (at minimal cost), complete the form overleaf or contact **COAST** on:

# 028 7776 7860

**or email: [coast.manager@yahoo.co.uk](mailto:coast.manager@yahoo.co.uk)**

We aim to complete all jobs within 10 working days.

All materials to be supplied by customer where possible.

**COAST**

Causeway Older Active Strategic Team



**2024 EDITION**

# SENIOR DRIV3R

**NORTHERN IRELAND'S  
GUIDE FOR SENIOR DRIVERS!**

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