

# Groomsport Village Newsletter



Picture by Perry Moore

Published by Groomsport Village Association

February 2016

## Groomsport's First Aid Team

Fifteen local volunteers gathered at the Parish Hall in January for an intensive one day course on First Response medical aid, and the correct use of a heart defibrillator.

The course led by Robert Kane of NDFA Ltd, Bangor, supported by Dept. of Social Development and LCDI was organised by the Groomsport Village Association.



Often people do not bother to learn first responder skills because they assume that medical professionals will take care of their needs should any emergency arise. However, emergencies are generally not predictable, so we may find ourselves in a situation that involves a beloved friend or

family member without anyone nearby to help. Therefore, it is important we have first responders in the village with skills ready to use when needed.

Course participants agreed it was very worthwhile, enjoyable and good friendly fun.

*"Just finished my excellent course, really enjoyed it. Robert was a great instructor". M G*

A further Free training course is available from North Down Community Network (NDCN) at their resource centre: 5 Castle Park Road, Bangor, BT20 4LX. The course is over 2 sessions Monday 29<sup>th</sup> February and Monday 7<sup>th</sup> March 6:00-9.30pm (attendance at both is essential) If anyone is available please let us know and we can book the places: [info@groomsport.info](mailto:info@groomsport.info)

## Village Defibrillator Appeal

Groomsport's Defibrillator Appeal target is £1,500. Donations so far, have reached £778.40. Please give generously into the collection box at the Groomsport Spar.



Groomsport Village Association is holding a Fundraiser Wine & Cheese event, and Raffle, at Neill Wines, 49 Main Street, on Friday, 1<sup>st</sup> April 2016. Ticket price £15.00, and all money raised will go to the Groomsport Defibrillator appeal. Maximum 35 tickets so please book early at Neill Wines.

# Village Events in February and March 2016

## Feel Fabulous in February Programme:

### Reflexology and Arm massage

Therapists Gillian and Rebecca are very busy with appointments, and local residents are really enjoying the therapy experience. The final session is on 16th February (evening) in the Parish Halls. For any more info please contact us via email: [info@groomsport.info](mailto:info@groomsport.info) Tel: 07867 112461



### Tai Chi classes in the Parish Halls

Three classes on 24<sup>th</sup> Feb, 2<sup>nd</sup> and 9<sup>th</sup> March, 2:30-3:30pm with a fully qualified teacher. Pay £1.00 per class.

Tai Chi is an ancient Chinese "internal" or "soft" martial art often practiced for its health-giving and spiritual benefits.

It is non-competitive, gentle and generally slow-paced.

Contrary to the Western concept of "no pain, no gain" one hour of tai chi actually burns more calories than surfing and nearly as many as downhill skiing, so it's definitely a veritable workout. But that's just one of the many benefits. By increasing strength, flexibility, body awareness and mental concentration, tai chi can improve your health, too.



### Action Cancer Big Bus

The Action Cancer Big Bus will be visiting Groomsport on Friday 26th February for one day, for breast screening and male and female MOT checks. £5.00 donation please.

Appointments to be made via Action Cancer.

Call them on: 02890 803344

Or Book online at: [www.actioncancer.org](http://www.actioncancer.org)

**Family Golf Fun:** Groomsport Golf Centre, A family Golf Fun morning on Saturday 27th February 10:45am.

Free lesson by golf professional Gareth Graham, followed by fun competitions and complimentary goodie golf bags for children. Just pay for golf balls £1.00 per 20. Book at: [info@groomsport.info](mailto:info@groomsport.info)



### Historical Walking Tour of Groomsport

On Sunday 28th February, enjoy an Historical Walking Tour of Groomsport village led by Colin Crozier.

Come along and find out some interesting facts, and stories about our lovely village.

Meeting outside Parish (Maxwell) Hall, Main Street, on 28<sup>th</sup> February at 2:50pm. £2.00 per Adult.

Limited numbers so booking is required.

Book at: [info@groomsport.info](mailto:info@groomsport.info) Tel: 07867 1124



## Healthy Eating Recipe

Why not try this lovely healthy dinner recipe from Richard Watt at The Cottage Kitchen, Groomsport, to keep us all feeling fab in February! Smoked haddock, poached egg, boiled potatoes and green beans.

Ingredients: 2 fillets of pale smoked haddock, 8 baby potatoes, fresh green beans, 2/4 free range eggs, 1/2 pint of semi or skimmed milk, (butter salt, pepper if you wish!)



Method: Boil the potatoes for 15/20 minutes. Keep warm.

Cut the tops and tails of the green beans boil for 10 minutes. Keep warm.

Place the fillets of haddock in a large saucepan and cover with the milk.

Bring to the boil, cover, reduce to a simmer and cook for 5/7 minutes until the flesh flakes easily.

Meanwhile bring water to the boil in a saucepan, add a teaspoon of vinegar, then crack in 2/4 eggs and reduce the heat and simmer for 5/6 minutes until the whites are firm. You should keep the eggs soft.

The warm boiled potatoes can be crushed and a little bit of butter, salt and pepper can be added if required. Then add to the middle of a warm plate.

Place the warm green beans on the potatoes, then the haddock.

Add the soft poached egg/eggs to the top of the haddock, season with salt and pepper. Nick the egg with a knife and then serve. Enjoy!

## **\*\*Groomsport's Got Talent\*\***

Our very own Community Talent Show will be held on Saturday 12th March at 2:00 pm in the Walter Nelson Halls, Main Street, Groomsport.

We will also be hosting a photographic exhibition on the day, by our local photographer, Mr Perry Moore.

## **We Want YOU To Join in The Fun!**

Everyone has a talent, young and old. Say a poem, tell a joke, play an instrument, sing etc. As long as the act is suitable for a family audience, you will be made very welcome.

Entrants perform for free and can appear in both an individual act and a joint act if they want to (so you could dance in a group and then tell a joke on your own).

All entrants will be rewarded with a thank you gift for taking part.

Audience entrance is £2.00 per person, including refreshments and admittance to the photographic exhibition. Please email us with any queries [info@groomsport.info](mailto:info@groomsport.info) and also to pick up a form as we need to plan the afternoon's running order.

Deadline for returning forms is 27th February 2016.

Groomsport Village Association is supported by:





## 'Ulster in Bloom' Competition – Judges Report July 2015

Thanks to the hard work of our local volunteers, backed up by Ian Beaney and his council team of gardeners, Groomsport was awarded Second place in the Large Village category behind Hillsborough

The judges' report below indicates the notes made by them on the day of their unannounced visit to Groomsport in July 2015:

'Groomsport 29<sup>th</sup> July 2015: The village had good colourful display throughout. Raised beds outside Community Hall were well kept and colourful. The boat at the entrance to harbour showed innovative planting and fits well with cultural spirit of village.'

### **Areas of Achievement:**

- Full and colourful display of hanging baskets through village.
- Innovative displays of bedding at harbour.
- Grass area well maintained at harbour entrance.
- The harbour area is well kept and colourful.
- Floral contribution in village good, and grass areas well kept.
- The Community Hall area planting is colourful and inviting within the village centre.

### **Areas for Improvement:**

- Some more floral containers on Main Street would add impact.
- Vacant housing site opposite Community Hall could be addressed
- Perhaps encourage residents along Main Street to display floral window boxes, and containers to enter into the spirit of Ulster in Bloom.'

Our hope is that the judges' comments will support and help us to build and improve on Groomsport's future Ulster in Bloom competition entries.

## Ulster in Bloom 2016. Let's get started!

In 2015 Groomsport was awarded Second Place, so in 2016 we want to win!

Taking the advice from last year's judges we ask that everyone in Groomsport, particularly Main Street residents and business premises, take heed of the judges' comments above, and get planting!

It is never too early to start, bearing in mind that judging for 2016 will be in July or August, so having plants in full colour then will be important.

The GVA is again calling for more gardening and clean-up volunteers to join our 'Ulster in Bloom' team, which will be led by Roy McWhinney.

The team is planning to be out and about on the last Saturday of each month from 26<sup>th</sup> March 2016, and every month thereafter, through to August, 10:00am to midday. Refreshments provided.

Contact Roy at: [info@groomsport.info](mailto:info@groomsport.info) Tel: 07867 112461

