

About South Lough Neagh Regeneration Association (SLNRA)

South Lough Neagh Regeneration Association (SLNRA) was established in November 1991 and will be celebrating its 25thAnniversary this year. SLNRA strives to tackle social isolation and economic stagnation of the south Lough Neagh area.

Its main activities includes providing a range of community programmes giving local people access to health & wellbeing services, volunteer training, and the delivery of community events.

The Association also provides a community resource facility at Maghery Business Centre, reference library and meeting space for the many community groups it works with. It is also renowned for the delivery of cultural activities and bringing people of both traditions together under the common interest of living on the shores of Lough Neagh.

SLNRA works within a 50 sq. mile rural area along the southern shores of Lough Neagh. The voluntary committee is supported by 4 staff members to provide access to better community services for the people of the area using its Big Lottery Funded programmes 'Lougshore Family Action Project'. Much of the work it delivers involves displaying what South Lough Neagh has to offer.

SLNRA has worked and built trust with the many groups in the area by encouraging them to identify their own community needs, and to work together to help overcome isolation and rural disadvantage.

The Association continues to support community volunteers, providing them with training and development opportunities.

To mark the 25th Anniversary of SLNRA, staff and volunteers will be delivering a series of cultural projects throughout 2016. The projects will offer opportunities for local people to get involved in something they can relate to and promotes social interaction.

SLNRA is very proud of its many community achievements over the past 25 years, including securing the funding for Maghery Rural Business Centre, which provides workspace to small rural businesses and community groups.

SLNRA has been involved in providing and delivering Good Relations and Art projects throughout the South Lough Neagh area and continues to deliver programmes with the pupils in the seven local primary schools in the south Loughshore area, the Senior Citizen Groups and local Men's Shed Groups.

SLNRA also works with local government and other agencies at a strategic level on the development of local infrastructure projects in the South Lough Neagh area and provides a lobbying role in addressing local issues.

SLNRA is indebted to its numerous funders, over the past 25 years including the Big Lottery Fund, Armagh City, Banbridge and Craigavon Borough Council, the Arts Council NI, the Heritage Lottery Fund and donations received from local people.

Staff Members



South Lough Neagh Regeneration Association Mary McAlinden Development Manager



Loughshore Family Action Project Martin Larkham Project Coordinator

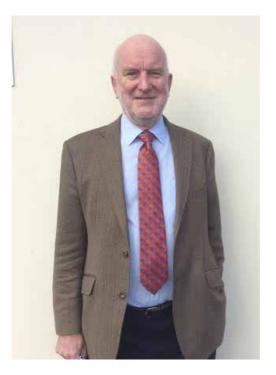


Loughshore Family Action Project Ann Ogilby Family Support Officer



Loughshore Family Action Project Louise Taylor Family Support Officer

South Lough Neagh Regeneration Association appoints a new Independent Chairman: Iain Frazer



lain was employed in the public sector for over 40 years. He retired in 2015 having served Dungannon and South Tyrone Borough Council as its acting Chief Executive and Director of Development. He has a professional interest working in the community and voluntary sector developing major capital projects and obtaining grant assistance for a range of projects. His recreational interests include, sailing, amateur dramatics and local history. Iain is looking forward to lending his support and expertise to a very proactive Community Group.

South Lough Neagh Regenaration Association Committe Members: Jacinta Cusack - Chairperson, Tommy Glenny - Vice Chairman, Stanley Trouton - Treasurer, Joseph Nelson - Secretary, Michaela Cusack, Alan Emerson, Hazel Guiney, Conor Jordan, Gordon Richardson. Paul Smith

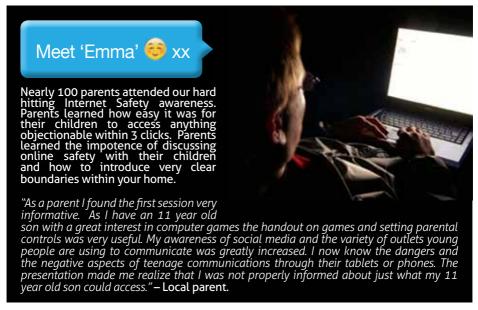
How Loughshore Family Action Project (LFAP) has helped communities in 2015

Loughshore's Paediatric First Aid Training

Paediatric First Aid training is designed for those who have a specific responsibility at work, or in voluntary or community activities, providing First Aid to children (including babies) when dealing with an emergency situation, including chronic or sudden illness and, paediatric injury. This course fully meets the **Ofsted first aid requirements** for early years teachers, nursery workers and child minders and is ideal for those working towards their NVQ in Children's Care Learning and Development. This has provided a new squad of paediatric first aiders for the south Lough Neagh area.







Lighting up our Local Communities

Santa graced all the communities across the Lough shore by switching on their Christmas tree lights. Even though one tree nearly blew away, everyone enjoyed the fun and laughter.



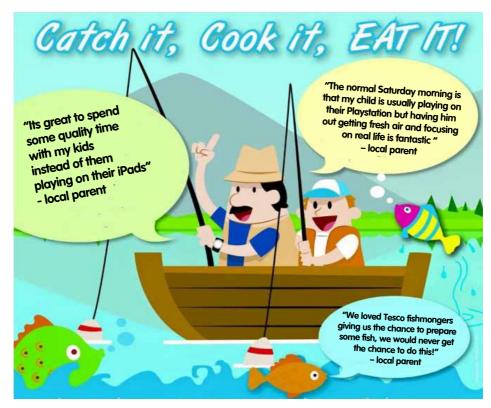


Loughshore Child Protection Course



9 local community members, who work with children, have passed the Community Sector Training (CST) in Child Protection. Protection training has been CST's main provision for the community sector, focusing on good practice in work with children. This guide for more information.

includes a range of courses including training for those who are taking on the role of designated person for child protection within their groups. Please see our 2016 programme



Loughshore Family Action Project staff, Inland Fisheries, Advanced Professional Game Angling Instructors (APGAI) and Tesco Craigavon Fishmonger teamed up to deliver a very successful family event. 16 families from across the south Lough Neagh area came together to enjoy a morning of fishing. Volunteers from APGAI helped everyone to set skin the fish.

up fishing rods supplied by Inland Fisheries. Everyone had a couple of very enjoyable hours. After the fishing, the fishmonger provided us with a very interactive demonstration, allowing all the children a chance to hold a fish as well as demonstrating how to fillet and skin the fish.















Wee Wonders travelled around all the local playgroups and primary schools in the Lough shore area, meeting over 300 children. From singing, signing, movement and multi-sensory games and stories, Wee Wonder puppets, Wendy and Will Wonder took the children on a magical journey, stimulating their imaginations and helping them to develop their communication and language skills.









Look at our water babies, aren't they great at swimming under water?!Loughshore Family Action Project took a group of mums with their babies to Blue Haven in Aghagallon. The purpose of this course was to teach babies to swim and provide mums and babies an opportunity to bond. Everyone had a great time. Look out for another session coming soon!



'Jack really enjoyed it, it was also great to meet with other mothers and babies the same age as Jack. Funny to think that most of them in their swimming class will probably be in the same class at school!

- Mummy Helen & Baby Jack



Loughshore Family Action Project took 10 families to the Discovery Centre, Oxford Island, on a mini beast adventure. The parents and children got involved to help find creepy crawlies. Believe me the children loved it. Everyone also got the chance to go pond dipping to discover what lives in the shores of south Lough Neagh.



"It was a fun, interesting and an educational day. We met other families from the area who we didn't know before. We all learned more about the area we live in but most importantly it was a lovely opportunity to spend time together as a family. Thanks so much for having us there!"

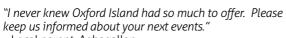


Laura, Derrymacash





A fantastic day at the Bush Craft Centre in Oxford Island. Everyone got their welly boots on to explore the Loughshore to find Santa Claus. He was hiding in one of the bird watching huts! Families took part in an educational walk around Oxford Island where they learned about the natural habitats of the area they live in.



Local parent, Aghagallon.

Look out for our next scavenger hunt.



LOCAL TODDLER GROUPS











Loughshore Family Action Project works with local toddler groups across the Loughshore. In the past year we have assisted the groups with extra activities. There are many benefits of joining a toddler group for parents, carers and toddlers. For a start it gives the opportunity for quality time away from home, where, let's face it, there are





always jobs to do! You can indulge in those messy activities you never quite get around to at home or just welcome a change. Spending time with your child in this way will give plenty of opportunity for positive interaction and praise which is so important in building a child's confidence.

LOUGHSHORE SCHOOLS

The Loughshore Scarecrow Project is aimed at P6 and P7 children from 6 primary schools in the south Lough Neagh area. The children worked creatively with recyclable materials and resources provided from their own schools, Crafty Bitz (Craigavon) and Play Resource (Belfast), as well using local waste. The scarecrows were exhibited at The Good Life festival in Oxford Island.





Loughshore Family Action Project staff worked closely with the 7 local primary schools and delivered recently a decorating Easter workshop. bonnet All P1 and P2 pupils had an opportunity to use their creative flair to decorate their bonnets.





Loughshore Registered Childminders

Loughshore Family Action Project is currently taking its first potential childminder through the process of becoming registered. This young lady is from Derrytrasna and has had an interest in becoming a registered childminder for some time. During our Child Protection course she made us aware of her interest. We have been working closely with The

Northern Ireland Childminding Association

(NICMA) to help her through this process.

If you would like help to become a registered childminder please get in contact or see our up and coming information sessions.





Congratulations to Dara Conway from Derrymacash. Dara is the lovely mummy, who won our competition of a visit to the Galgorm Resort and Spa with a friend. We hope you enjoyed every minute.





Families from across the South Lough Neagh area got their skates on and took to 'The Rink' in Derrykeevan. Roller skating provides high energy fun and entertainment, while improving

children's motor skills. It provided an ideal opportunity for family interaction and bonding.





"Although we regularly socialise as a family, we don't interact the same way as we have tonight. Can we have more?" — Local parent.

I have not enjoyed myself as much with my daughter in ages, I simply held her hand the whole night as she roller-skated." – Local parent.

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Loughshore Family Action Project 2016 Programmee List

South Lough Neagh Regeneration Association (SLNRA) is fulfilling its commitment to Young Families through its Loughshore Family Action Project. This new project will deliver a series of programmes aimed at helping young families in the south Lough Neagh area to improve, build, support and nurture family relationships. It will target the families most in need to reduce and prevent isolation,

tackle challenging issues and increase community spirit. A Partnership which includes seven local primary schools, Early Years, the Education Authority, Southern Health and Social Care Trust and SLNRA are working together to deliver a whole range of family support services right into the heart of this rural community.

Please see our programme list below:

EXPECTING MUMS

PREGNANCY YOGA - 4 WEEK CLASS

If you're pregnant and looking for ways to relax or stay fit, you might be considering prenatal yoga. Did you know that prenatal yoga might also help you prepare for labour and promote your baby's health?

Lough Neagh Discovery Centre, Lurgan Saturday 3rd, 10th, 17th, 24th September, 10am – 11am Booking essential as places limited.

DO YOU HAVE A LITTLE ONE UNDER THE AGE OF 1?

BABY MASSAGE

Massage is a lovely way for you to express your love and care for your baby. Massage can soothe your baby and help you baby to sleep. Massage has many added benefits for your baby, including improving weight gain, aiding digestion, improving circulation, and easing teething pain. Massage is a great way for you and your partner to bond with your baby, and you may find it relaxing, too!

Lough Neagh Discovery Centre Cafe (Upstairs), Lurgan

Wednesday 4th, 11th, 18th, 25th May from 10.30am - 11.30am

Baby massage is recommended for babies under 9 months old and must be accompanied by one parent or carer. **Booking essential as places limited.**

LITTLE SWIMMERS

Babies are born to swim, and swimming classes for you and your little one can be very beneficial. Anyone who has ever watched a tiny baby propel themselves through the water, giggling and kicking, will understand that it's never too early to introduce your little one to swimming.

Blue Haven, 3 Derryhirk Road, Lurgan,

Tuesday 24th May – 11am-11.30am

Tuesday 31st May – 11am-11.30am

Tuesday 7th June – 11am-11.30am

Tuesday 14th June - 11am-11.30am

Tuesday 21st June – 11am-11.30am (Underwater photos if desired)

Tuesday 28th June - 11am-11.30am

Babies must be accompanied at all times by one adult. Babies are required to wear a swimming nappy.

Booking essential as places limited. Baby must be over 3 months and under 1 year old.

FUN SENSORY ONE OFF CLASS FOR YOUR LITTLE ONES

A sensory experience for your little ones. Lots of props to develop your baby's senses. Monday 19th September, from 9.30am-11am at Lough Neagh Discovery Centre, Lurgan Babies must be accompanied at all times by one adult. Booking essential as places limited. Babies must be under 9 months old.

TODDLER GROUPS

Derrytrasna/Derrymacash Toddler Group, Hall Rampart, Lurgan BT66 6QN every Thursday from 10am-12noon (during term time)

- Thursday 26th May at 9.30am 10.30am Derrytrasna at Lurgan Fire Station (please meet at Lurgan Fire Station)
- Thursday 2nd June at 10.30am 11am Derrytrasna at Lurgan Library (please meet at Lurgan library)

Milltown Adult & Toddler Group, Derrylileagh Road, Portadown, every Thursday from 10am-12noon (during term time)

- Thursday 19th May at 10am 11am Milltown at Portadown Fire Station (please meet at Portadown Fire Station)
- Thursday 9th June at 10.30am-11.30am Milltown at Portadown Library (please meet at Portadown Library

Aghagallon Adult & Toddler Group, 5 Aghalee Road, Aghagallon, BT67 OAR every Friday from 10am-11.30am (during term time)

LOUGHSHORE MUMMIES

Loughshore Mummies come along for a morning of relaxation.
There will be make-up tips, reflexology taster sessions and more...
Get your name down quickly as spaces are limited.
Monday 12th September from 10am-1pm at Lough Neagh Discovery Centre, Lurgan

LOUGHSHORE DADDIES

Father Day

Saturday 11th June 2016 we are taking a group of daddies (with their families) along to Todd's Leap! Get in contact for more details. Limited spaces, **booking essential!**

Prepare for Coney

A 2 day Father & Son/Daughter Programme – Friday 26th & Saturday 27th August 2016. Let us teach you how to row on the shores of Lough Neagh and build up your communication and coordination skills in preparation for rowing to Coney Island. For more details please get in contact. **Booking essential as places limited.**

To book any of these events call us on 028 3885 1897 or email info@loughshorefamily.com

LOUGHSHORE REGISTERED CHILDMINDERS

Interested in Childcare and would like to work from home? Come along to find out more information at one of our opening days. Supported by The Northern Ireland Childminding Association (NICMA).

Maghery Community Hall - Tuesday 3rd May, 10am-12noon Ardmore Community Hall – Thursday 5th May, 10am – 12noon Aghagallon Community Centre – Thursday 12th May 10am – 12 noon For more information please call us on 028 3885 1897

INTERNATIONAL BEREAVED MOTHER'S DAY

Loughshore Family Action Project is holding a 6 week beginners sewing course for bereaved mothers. Whether you have suffered from infant loss, stillborn or miscarriage you are very welcome. Our aim is to bring bereaved mothers together who would like to learn to sew, and maybe work towards donating their piece of work to our local Stillbirth & Neonatal Death Charity (SANDS) Group.

Dates:

Tuesday 3rd May 2016 from 6.30pm-8.30pm Tuesday 10th May 2016 from 6.30pm-8.30pm Tuesday 17th May 2016 from 6.30pm-8.30pm Tuesday 24th May 2016 from 6.30pm-8.30pm Tuesday 31st May 2016 from 6.30pm-8.30pm Tuesday 7th June 2016 from 6.30pm-8.30pm

Unit 1, Maghery Business Centre, Maghery Road, Dungannon BT71 6PA Spaces are very limited. **Booking is essential.** Book your place by emailing ltaylor@loughshorefamily.com or call 028 3885 1897

Bring your own sewing machine or if you do not have one we can arrange to provide one.

BALLOON RELEASE

A balloon release entails a meaningfully planned gathering of bereaved parents who release a balloon as a way to remember their little angel. It can help in the grief and healing process.

Lough Neagh Discovery Centre,
Sunday 9th October from 12pm-1pm
followed by complimentary tea & coffee.

Let us know that you can join us by emailing ltaylor@loughshorefamily.com



If you need help and support on this topic please contact your local Portadown SANDS Group on 07740 993450

Loughshore Schools 2016 Programme List

COMMUNITY EDUCATION

Paediatric First Aid Course - Derrytrasna Community Hall

Tuesday 4th October 6.30pm - 9.30pm Tuesday 11th October 6.30pm - 9.30pm Tuesday 18th October 6.30pm - 9.30pm Tuesday 25th October 6.30pm - 9.30pm

GATHERING DRUMS

The Gathering Drums will be in our 7 local primary schools across the Lough shore and timetabling sessions with each class throughout the day. Each session is tailored to the age group and adapted depending on ability. The emphasis is very much on having fun, rather than having to learn rigid/structured rhythms. Lots of rhythm games are facilitated to keep the group engaged.

Friday 3rd June 2016 - St. Mary's Primary School, Maghery
Tuesday 7th June 2016 - St. Mary's Primary School, Derrymore
Thursday 9th June 2016 - St. Mary's Primary School, Derrytrasna
Friday 10th June 2016 - Birches Primary School, Birches
Monday 13th June 2016 - St. Patrick's Primary School, Aghagallon
Monday 27th June 2016 - St. Patrick's Primary School, Aghacommon
Monday 20th June St. Teresa's Primary School, Cornakinnegar

WORLD WAR ONE RE-ENACTMENT

Navan Fort staff will be attending St.Mary's Primary School Derrytrasna on 10th May, to give a living history exhibition highlighting life during World War I and II.

Local Parent Teacher Associations (PTA's)

Loughshore Family Action Project and consultant John O'Neill from Venturei Network have been working closely with the current PTA's to help build their capacity. The groups we are actively working with are:

St.Mary's Primary School, DerrymoreFriends of Derrymore For further information on how to become involved please contact the school office - 02892651556

St.Patrick's Primary School Aghagallon For further information on how to become involved please contact the school office -028 9265 1017

St.Mary's Primary School, Maghery For further information on how to become involved please contact the school office - 028 3885 1778

Birches Primary School, BirchesFor further information on how to become involved please contact the school office - 028 3885 1443

St. Patrick's Primary School, AghacommonFor further information on how to become involved please contact the school office -028 3834 3230

St. Mary's Primary School, DerrytrasnaFor further information on how to become involved please contact the school office - 028 3834 0295

St. Teresa's Primary School, CornakinnegarFor further information on how to become involved please contact the school office - 02892 651556

ST. MARY'S PRIMARY SCHOOL, DERRYTRASNA



Well done to Maebh McCann P5 who won the design competition and now the P5 class are heading to London.

The competition was sponsored by Aer Lingus and NI4kids, children were encouraged to design a new pilot's uniform (male or female) for the crew on the Aer Lingus "Green Spirit" aircraft. The competition was open to all P4, P5, and P6 classes throughout NI.

We hope you all enjoy your trip!





We would like to wish Mrs Patricia Watson, board of governors, staff and pupils a big congratulations as they celebrate Birches school's 50th anniversary.

What an achievement! To mark the occasion Birches Cosy Club has donated a beautiful hand crafted quilt to be displayed in the school.

Birches Primary School will be holding its Anniversary Concert on 26th May 2016, 7pm at Craigavon Civic Centre.

For more information on this event please contact the school office - 028 3885 1443



A free and confidential support service offered in Maghery, Milltown, Charlestown, Derryinver, Birches, Derrymacash, Derryadd, Derrytrasna, Aghagallon, Derrymore and surrounding areas.

Testimonials from Befriendees

"The service is invaluable...it has made a big difference to my life."

- Befriendee, Aghagallon
- "I look forward to seeing my befriender each week as I don't see anyone else." - Befriendee, Birches
- "We have a good time and enjoy our trips out, and our wee lunches."
- Befriendee, Derrytrasna

Volunteer Opportunties

Do you have a couple of hours free?

Why not volunteer with South Lough Neagh Regeneration Association within the following roles:

- Committee Members
- Parent Forum
- Envionrmental Educator

Other volunteer opportunities in your area:

- Befriending
- Toddler Groups
- Day Care Service

For further information on how to become involved please contact our office on **028 3885 2550**



Loughshore Senior Citizen's Clubs

The Diamond Senior Citizens' Club

Established in 1993 to address issues of accessibility to services for senior citizens in Maghery and surrounding areas.

The Club delivers a volunteer led Day Care Service Thursday from 11am - 2pm in Maghery Community Hall

> The Club urgently need more members, both men and women, to keep our Club viable.

IF YOU ARE OVER 60+ COME ALONG AND JOIN US FOR:

- · A hot meal
- A cup of tea and a chat with friends and neighbours
- . Transport to and from the Day Care Service if required
- · Participation in a range of activities Bowls games, light exercises, arts and crafts, iPad, jigsaws, board and word games.
- · Seasonal activities and regular outings during the year as well as attending various events with other clubs.
- · Regular information sessions on health related and topical issues

For more information please contact any volunteer or Anne on Ti: 07789 231 232









The Cranagh and Aghagallon Club

Established in 2000 to address issues of accessibility to services for senior citizens in Aghagallon and surrounding areas.

The Club delivers a volunteer led Day Care Service Tuesdays from 11am - 2pm in Cranagh Hall

The Club welcomes more members, both men and women in order to keep the Club viable.

IF YOU ARE OVER 60+ COME ALONG AND JOIN US FOR:

- . A cup of tea and a chat with friends and neighbours
- Transport to and from the Day Care Service if required
- · Participation in a range of activities Bowls games, light exercises arts and crafts, iPad, jigsaws, board and word games.
- Seasonal activities and regular outings during the year as well as attending various events with other clubs.
- Regular information sessions on health related and topical issues

T: 028 9265 0570









The Birches Cosy Club

Established in 2000 to address issues of accessibility to services for senior citizens in Birches and surrounding areas.

The Club delivers a volunteer led Day Care Service Tuesdays from 11am - 2pm in Birches Cosy Club premises

The Club welcomes more members, both men and women in order to keep the group viable.

IF YOU ARE OVER 60+ COME ALONG AND JOIN US FOR:

- · A hot meal
- A cup of tea and a chat with friends and neighbours
- Transport to and from the Day Care Service if required
- · Participation in a range of activities Bowls games, light exercises arts and crafts, iPad, jigsaws, board and word games. Seasonal activities and regular outings during the year
- as well as attending various events with other clubs.
- Regular information sessions on health related and topical issues

T: 028 3885 2041











Established in 2004 to address issues of accessibility to services for senior citizens in Derrytrasna/Derrymacash and surrounding areas.

The Club delivers a volunteer led Day Care Service Wednesdays from 11am - 2pm in Sarsfields Community Hall

The Club welcome more members, both men and women in order to keep the Club viable.

IF YOU ARE OVER 60+ COME ALONG AND JOIN US FOR

- . A cup of tea and a chat with friends and neighbours
- Transport to and from the Day Care Service if required
- · Participation in a range of activities Bowls games, light exercises, arts and crafts, iPad, jigsaws, board and word games.
- . Seasonal activities and regular outings during the year
- as well as attending various events with other clubs.
- · Regular information sessions on health related and topical issues

T: 028 3834 0556









'Future Search' Conference initiative exploring community ownership model for Lough Neagh

September 2015. Development Trusts NI (DTNI), who work to empower communities through assisting them to explore community ownership models and asset based development, was tasked by the Minister for Agriculture and Rural Development (DARD), Michelle O'Neill MLA to investigate both the local interest and the feasibility of a community led ownership model for Lough Neagh. Since then, the regional support organisation has worked with all key stakeholders to establish if a local ownership model could provide a platform for the sustainable development of the Lough in a manner which would benefit those who use, live or are based around the Lough.

As part of the work DTNI facilitated four Community Consultation events attended by over 200 stakeholders from the areas around Lough Neagh before Christmas. Earlier this month a three day 'Future Search' Conference which was designed to explore the potential of a community ownership model for Lough Neagh took place. This important event, which was held in Toome, close to the shore of the Lough, was attended by local community interests, both central and local government agency representatives, private sector stakeholders environmental organisations interested in conservation and the preservation of the wildlife which the Lough supports. The Conference was led by renowned American practitioner and co-developer of the Future Search methodology- Sandra Janoff, and former Northern Ireland Permanent Secretary, Aideen McGinley. Working with 64 local stakeholders, the meeting of diverse interests associated with Lough Neagh scoped the needs and aspirations of all the sectors and stakeholders around the Lough.

The Community Ownership approach being considered for Lough Neagh has been applied successfully elsewhere. In Scotland, for example, a number of large privately owned estates have been successfully transferred into community ownership and are now being managed sustainably by local people for the benefit of local people.

As a major stakeholder representing the communities along the southern shores, South Lough Neagh Regeneration Association has been in attendance at the 'Future Search' Conference and will continue to take an active role in all future meetings regarding the ownership of the Lough.

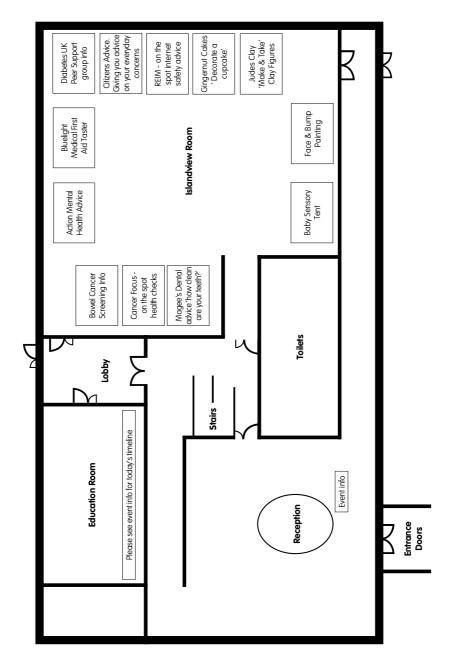


ACTIVITY TIMETABLE

SIGN IN DESK AT RECEPTION

Activity		Age Range	Group Total	Sign in Needed
Pond Dipping		3+	15 Kids Families have to join	YES
Family Crafts & Wee Wonders Session		All Ages	People can nip an and out throught this hour	OZ
Mini Beast Adventure Wh	×	Best for 5+ Wheel Chair & Buggy Accessible	15 Kids Families have to join	YES
Pond Dipping		3+	15 Kids Families have to join	YES
Family Crafts & Wee Wonders Session		ALL AGES	People can nip an and out throught the hour	O _N
Mini Beast Adventure B.	ā	Best for 5+ Wheel Chair & Buggy Accessible	15 Kids Families have to join	YES

Family Day Itinerary





Job done as promised!

Loughshore Access and Community Enterprise (LACE) is a new community business established by South Lough Neagh Regeneration Association (SLNRA) and Loughshore Care Partnership (LCP) to provide a handyman service within the South Loughshore area.

Surplus revenue earned will be reinvented into our Loughshore Communities to help meet gaps in the lack of social services and assist in creating a more caring community.







Visit our website for more details

www.southloughneagh.com

Unit 1, Maghery Business Centre, Maghery Road, Dungannon BT71 6PA
Call 028 3885 2550 or email: slnra@btconnect.com

