

SPRING
2022

FREE

ni4kids

MAGAZINE

VISIT TITANIC BELFAST
AS WE MARK OUR 10TH
BIRTHDAY THIS SPRING!

A
**DECADE TO
CELEBRATE**

FIND OUT MORE AT
TITANICBELFAST.COM



Celebrating Milestones on the Maritime Mile



2022 is a year full of celebrations and a chance to get active whilst discovering Belfast's vibrant quaysides, visitor attractions and heritage assets.

There's plenty to discover along Belfast's iconic waterfront, from the historic giants dominating the city skyline to public art dotted along the mile, and lots of coffee stops along the way! Not forgetting about some of the best viewpoints – the perfect location for capturing amazing photos, walking, cycling or even dancing.

Join us in celebrating some key anniversaries on the Maritime Mile from Titanic Belfast's 10th Birthday to Belfast Harbour's 175th, St Joseph's 150th and Lagan Search and Rescue's 10th Anniversary plus a few more!

Discover more at maritime-mile.com and join the conversation on Facebook and Instagram [#CelebrateMaritimeMile](https://www.facebook.com/maritimemile)



SUNDAYS ON THE MARITIME MILE

SUN 13TH MAR – SUN 19TH JUN

Make sure to stop by the Maritime Mile every Sunday to see the best local talent popping up at various locations. From buskers to bands, to operas and choirs, there is something for everyone to enjoy! Keep an eye on social media for locations, times & weekly performances.

For more info visit maritime-mile.com



MARITIME MILE PHOTOGRAPHY TOUR

SAT 23RD APR, 10.30AM–12.00PM

Are you a photographer who is on a never-ending quest to find that perfect shot? Then join us on this interactive photo tour! The Maritime Mile is jam packed full of history and sights to see.

A mixture of grit and glamour, it's definitely one to add to your weekend itinerary.

To book your space visit maritime-mile.com/events

A DECADE TO CELEBRATE



THE PEOPLE WHO BUILT TITANIC BELFAST

FROM SAT 12TH MAR

Take a walk down memory lane with a special photography exhibition showcasing *The People Who Built Titanic Belfast* to find out more about our iconic building's creation and its lasting impact as we celebrate our 10th anniversary!

The Andrews Gallery, Free Admission

For more info visit titanicbelfast.com/whatson



A NIGHT TO REMEMBER

THU 14TH APR

#TITANIC110

Join us for a journey of reflection as we mark the 110th anniversary of Titanic's tragic sinking and relive the story of the ship through the eyes of those whose lives were shaped by her journey. Tours will be escorted by guides to key points throughout Titanic Belfast and SS Nomadic where a heartfelt story will be told in this living history experience.

Book now at titanicbelfast.com



A TITANIC BIRTHDAY BASH!

THU 31ST MAR – SUN 3RD APR

#TBTURNS10

Celebrate 10 years of memories and milestones at our Titanic Birthday Bash! Join us for some birthday cake and a toast at 1pm on 31st March to mark the day we opened to the public in 2012 or visit throughout the weekend for lots of family fun including a special 10th Birthday Explorer Trail throughout the Titanic Experience, live music and party activities – plus don't miss our hot air balloon and kite displays around the building!

For more info, visit titanicbelfast.com/whatson



TITANIC TALKS

THROUGHOUT MARCH AND APRIL

A series of talks from eminent experts including architectural historian Dan Cruickshank on the regenerative effect of iconic buildings, the design team behind Titanic Belfast's spectacular building, Belfast Titanic Society's Susie Millar and 'The Sinking of the Titanic' composer Gavin Bryars in conversation with John Tool.

Free Admission

For more info visit titanicbelfast.com/whatson

SPRING 2022

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ni4kids

MAGAZINE

AT THE ♥ OF FAMILY LIFE

• A VERY HEARTWARMING EVENT!

Return of the Red Dress Fun Run

• AT ONE WITH NATURE

With wildlife presenter Steve Backshall

• THE BREAST ADVICE FOR YOUR FEEDING JOURNEY

Dos and don'ts of breastfeeding

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The Professional Publishers Association Member

ni4kids Spring 2022



Here we are, we've made it! We've survived those harsh winter months and the first signs of Spring are making an appearance. We are 'Marching' towards longer evenings, brighter days and busier times ahead with our families as life truly begins to feel like it used to. Hopefully you got through half term, fitted in some flipping good pancake fun and kept the little ones entertained.

EDITOR'S LETTER

However, if you're struggling to think of what to do to keep them busy over the next few weeks, fret not, as our trusty WOW Guide (p14) is packed to capacity with fun and exciting events taking place right across Northern Ireland, including the always fun and fabulous Belfast Children's Festival, which is currently taking place from 4 March through to 13 March. We have inspiration for treating that 'blooming' lovely person in your life with a few ideas for Mother's Day (p18) and make sure to check out our Bake Off approved blondies for an extra-sweet

Mother's Day feast in Family Food (p9).

Ahead of Earth Day (22 April) we get some inspiration from wildlife presenter, Steve Backshall in Coffee and Catch-Up (p13) as he tells us how we can all get our young ones involved in nature and conservation.

Don't forget to enter our amazing competitions and check out our handy shopping guide (p10) for inspiring ideas to get you 'springing' into action for some outdoor activities! Enjoy x

Caroline
Email me at editor@ni4kids.com

Parents, carers, family members...
if you need us we're here.

Call Parentline NI today for advice, support or guidance.

FREE LOCAL HELPLINE

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Chat online: www.ci-ni.org.uk

Email: parentline@ci-ni.org.uk

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Mon-Thur 9am-9pm | Fri 9am-5pm, Sat 9am-1pm

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Kantar Millward Brown June 2018
Read/Interacted Last 4 Weeks

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MAKE Mum's DAY

6.49 HALF PRICE
L'ORÉAL PARIS REVITALIFT Day Cream SPF 30 Anti-Wrinkle + Extra Firming + Hydrating

29.99 RRP £70.00 EDP 50ml
MICHAEL KORS SPARKLING BLOSH

19.99 RRP £49.99 CARMEN LED MIRROR

9.00 HALF PRICE
Gillette Venus Deluxe Smooth Sensitive

13.50 RRP £38.00 EDP 75ml
KYLIE MINOGUE Darling

25.00 RRP £51.80
bBold serum and contour kit

7TH - 27TH MARCH
While Stocks Last



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74% of adults say they liked Roald Dahl book *Charlie and the Chocolate Factory*, while **72%** say they liked *Winnie-the-Pooh*.

EVERYBODY'S *Talking About*

NEWS | PRODUCTS | PEOPLE | PLACES

Facebook remains the most popular social network, alongside Instagram with **49%** of people saying they have a positive opinion of each of them.

LOTS OF LOVE FOR LOCAL LISBURN MARKET

Shoppers braved the rain on Saturday 12th February to 'love local' and show their support for local independent artisans during Lisburn & Castlereagh City Council's Valentine's Market held in Castle Gardens, Lisburn.

Over 1,500 shoppers poured into the park to partake in Valentine's arts and crafts, enjoy unique live entertainment, browse the wide selection of artisan food and craft stalls. They even enjoyed lunch on the go from one of the many vendors serving-up street food eats.

Commenting on the wide variety on display at the unique Valentine's Market Alderman Amanda Grehan, Development Committee Chair, said: "We were delighted by the diverse offering displayed by traders from within the council area and well-known local traders from beyond it."

Following a successful Christmas season marked by markets in Dundonald, Carryduff and Royal Hillsborough, the Lisburn Valentine's Market offered local shoppers the opportunity to continue to support artisan traders into the New Year. It was an added attraction for shoppers to Lisburn City Centre on a cold and showery Saturday in February. For more information on upcoming opportunities to support local producers and makers visit www.visitlisburncastlereagh.com



Claire McCarthy with Katherine, Connie and Alex Hepworth, Lisburn

NI's First Carbon Literacy Programmes Aim To Educate On Climate Change As 75% Of Teachers Welcome Guidance

Keep Northern Ireland Beautiful (KNIB) is encouraging schools, community groups, teachers and youth leaders across Northern Ireland to participate in new Carbon Literacy programmes.

The initiative, which is funded by the Department of Agriculture, Environment and Rural Affairs (DAERA) and delivered by KNIB, aims to inform teachers, youth leaders and young people about the challenges of climate change and how they can become part of the solution. Teachers who participate in the training will also be well placed to deliver a new Open College Network accredited GCSE titled 'Reducing Carbon Footprints Through Environmental Action'. Research has shown that 75% of teachers feel ill-equipped to educate students about climate change, while 69% of teachers feel there should be more teaching about climate change in schools. Meanwhile 68% of pupils want to learn more about the subject. The Carbon Literacy training is designed to build confidence, knowledge, skills and motivation to empower individuals and organisations to respond to the climate crisis. KNIB aims to help embed Carbon Literacy education into schools across Northern Ireland, to change lifestyles and promote behaviour that leads to positive, individual action in reducing carbon emissions. The programmes, which include 'Carbon Literacy for Teachers,' 'Carbon Smart Students,' 'Carbon Literacy for Youth Leaders,' and 'Carbon Smart Youth Groups,' will deliver targeted training to teachers, youth leaders and young people in a variety of settings. The Carbon Literacy Programmes are delivered in partnership with the registered charity, the Carbon Literacy Trust, which was founded in 2009 and operates in 14 countries worldwide. To book a place on a Carbon Literacy training course please visit: <https://www.keepnorthernirelandbeautiful.org/carbonliteracy>

If you are interested in finding out further information about the Carbon Literacy accredited programmes and/or the Open College Network GCSE 'Reducing Carbon Footprints Through Environmental Action' please email

kate.gormley@keepnorthernirelandbeautiful.org or scott.howes@keepnorthernirelandbeautiful.org



OPPORTUNITY TO JOIN CINEMAGIC FESTIVAL JURY PANELS

Cinemagic's Short Film Festival, 'On The Pulse' is seeking young film enthusiasts from all over Northern Ireland to take on the



role of film jury members this March. The 4th Cinemagic 'On the Pulse' short film festival returns to live events and venues throughout Belfast in March 2022. The festival, celebrating the short film genre, is funded by the Department for Communities through Northern Ireland Screen, and will present a programme of unmissable films for children, families, schools, young adults and young filmmakers, as well as a masterclass and q&a series for aspiring film, television and media creators. Jury members will select the Best Live Action Short Film and Best Animated Short Film. If you know a budding film critic from aged 5 up, who would enjoy the opportunity to watch and review a selection of the festival films, then this is a fantastic opportunity to have their voices heard and meet other likeminded young people, who love watching and discussing films. There are jury panels for different age groups and film genres to choose from.

To register to become a jury member please email juries@cinemagic.org.uk

The panel dates and age groups are as follows.

Animation Jury (for ages: 12-15), venue: Ulster Museum on Saturday 12th March from 2.30pm-5pm, £5.

Animation Jury (for ages: 5+), venue: The Belfast Barge on Saturday 19th March from 10.30am-12.30pm, £5.

WIN A SET OF FIRST NAMES BOOKS!

Get to know the world's most amazing people with the fun-filled, fact-packed First Names series. Full of illustrations, young readers are bound to enjoy these funny and factual biographies. The series includes Greta Thunberg, Dwayne Johnson (aka The Rock), Nelson Mandela, Ferdinand Magellan and Malala.

We have 2 sets of 5 books to give away, so to be in with a chance to win, simply visit ni4kids.com/competitions and answer this question!

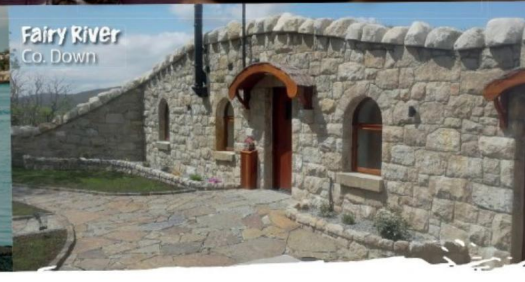
WHAT NAME IS DWAYNE JOHNSON ALSO KNOWN BY?

A) THE BOULDER B) THE ROCK C) THE PEBBLE

The First Names books are out now in paperback, published by David Fickling Books.

T&Cs: The closing date for this competition is Friday 1 April 2022. No cash alternative. Editor's decision is final. Usual Ni4kids' T&Cs apply. Visit ni4kids.com/competitions for details.





If wilderness runs in the family, a trip to the Mourne and Strangford Lough is in order. As an area of Outstanding Natural Beauty, you can't help but be awestruck when standing at the foot of the majestic Mourne Mountains or gazing over Strangford Lough.

Finnebrogue Woods Bushcraft

Tucked away in these private forests, you'll find the **Finnebrogue Woods School of Bushcraft**. Led by expert bushman Rob Hill, with a passion for passing on his outdoor knowledge to all ages, you'll get hands-on with bushcraft survival fundamentals and learn the rules and tools for foraging safely.

Exploris Aquarium

Swap forests for fishes with a trip to the **Exploris Aquarium** in Portaferry. Discover tropical beaches and colourful coral reefs and see the energetic otters at play with a diver's view of the wonderful marine life around us. In each zone, you'll find interactive stations and information to fill out your Exploris expedition passport. For kids aged up to eight, Jiggly Jellies, the two-tier soft play area, is unmissable.

Delamont Country Park

This beautiful 200-acre country park offers a great day out for visitors of all ages. Whether you are a keen walker, a nature lover or simply looking for a great day out for all the family, **Delamont Country Park** in Killyleagh has plenty to offer. There's also a miniature railway train that runs through the park, be sure to check departure times before your visit.

Narnia Trail

If you're in search of something magical, head west to the land of Narnia at Kilbroney Forest Park in Rostrevor. The **Narnia Trail** weaves through a forest path with citadels, tree folk and a beaver's house along the way. C.S. Lewis's inspirational county of Down has no shortage of wonders to keep kids and grown up kids enthralled.

Cranfield Alpacas

Some of the more unusual locals you might come across on your visit are the **Cranfield Alpacas**. These happy, playful, beautiful animals love meeting new people and you've got plenty of Alpaca treks to choose from. Go for a leisurely stroll along the golden beach nearby, around the paddocks at the base of the Mourne Mountains, or enjoy feeding the alpacas at a meet and mingle. Suitable for all ages, and with a handy pre-booking system as well, a visit to Cranfield Alpacas is sure to put a smile on everyone's face.

Viking Experience Festival

Take a step back in time and discover the life of the **Vikings on Strangford Lough**. This festival weekend starting on the 24th of March, celebrates the historical importance of the Vikings through food and drink, music, storytelling, animation, authentic activities, characters and attractions.

Fairy River Glamping

Based at the foot of Slieve Muck, **Fairy River Glamping** provides luxurious accommodation right in the heart of the rugged High Mourne. Why not book one of the unique underground mountain houses and enjoy a fun-filled, exciting, once-in-a-lifetime experience?

Book your next giant adventure at
discovernorthernireland.com



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Ireland**



**Embrace a
Giant Spirit**

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*Based on 3 star hotel, 1 night B&B and 2 persons sharing. Information and prices correct at time of print.

SUNDAY IS 'FUNDAY' WITH RED DRESS RUN

by Claire Quinn

Northern Ireland's Chest Heart and Stroke (NICHs) ran their annual Red Dress Fun Run on Sunday 27th February. The cold weather was all but forgotten as the sun decided to come out to support the run itself, shining bright over all the families taking part.



At the top of Stormont's Hill, the party began before the run with speakers blasting great tunes to keep everyone motivated and a tent full of Chest Heart and Stroke merchandise to let participants show off the charity while they took part.

Everyone was dressed to the max in red, with many people sporting red costumes, red hair dye and red face paint that could be seen from miles away, making everyone look like a swarm of red bees as the run began.

The music playing was full of motivational top pop songs making everyone want to have a dance party. The dance party soon attracted lots of attention as a dancer with hula hoops was performing all the cool tricks, spinning and throwing the hoops in the air, so that it would make you dizzy if you tried to do it. The performance could only be described by all the kids as 'awesome'.

There were even special guest appearances from Spider-Man and a Star Wars stormtrooper, making sure everyone was having a blast. Spider-Man swung into action handing out all the awards and medals, greeting all the racers as they passed the finish line. Everyone participating had all the encouragement to run the course as the Sandy Row Falcons cheer squad was out, cheering everyone on and doing amazing tricks in the air, making everyone think that they had superpowers as they performed the jumps.

The winner of the NICHs fun run was 18-year-old Luke Monaghan, who ran with all his friends from school. Together they raised over £815 for the fun run and were so "thrilled" and happy about winning first place. Luke described the course as "easy to navigate" and found the whole experience "fun and exciting".

Lots of families crossed the finish line with the kids speeding ahead and

beating all the parents. Everyone was in great spirits as they crossed, making it all look so easy you would think that they could go for another lap. As they crossed the finish line there were prizes to be won. Many kids participated in a spin the wheel contest, and many were then spotted leaving with lots of chocolate Easter eggs!

The NICHs fun run at Stormont takes place once a year but don't worry, you haven't missed out. Your family can still get involved as you can organise your own fundraiser or participate in different upcoming events. The NICHs fundraisers are a great chance to get the whole family outside exercising together and with the summer approaching and the weather improving, everyone will enjoy getting outdoors (though you never know with the Northern Irish weather!)

Visit www.nichs.org.uk



WIN A BIGJIGS FLEXIBLE FLYER!

Designed for maximum fun, everyone will love throwing these foldable flyers and watching them zoom around the sky! They are soft and perfect for little hands, so they won't hurt as they practice throwing and catching. Made from eco-friendly food-grade silicone, these lightweight flying discs can be folded, rolled and squashed without breaking. They come in 12 exciting colours, including primary and pastel shades.

We have 3 Flexible Flyers to give away! So to be in with a chance to win, visit ni4kids.com/competitions and answer this question:

Q: BIGJIGS FLEXIBLE FLYERS ARE AVAILABLE IN HOW MANY COLOURS?

RRP: £4.99 Available from BigJigsToys.co.uk

T&Cs: The closing date for this competition is Friday 1st April 2022. No cash alternative. Editor's decision is final. Usual Ni4kids' T&Cs apply.

Visit ni4kids.com/competitions for details.



TREAT YOUR MUM TO SOME BAKE OFF APPROVED BLONDIES!



We all want to treat our mums for Mother's Day, and what better way to do that than with some sweet treats. These tasty blondies have been created by Great British Bake Off quarter finalist, Lizzie Acker. The recipe for the vanilla-based blondies is easy and great fun for kids to make. So grab your apron and get baking!

LIZZIE'S MOTHER'S DAY BLONDIES

20 minutes prep, 30 minutes to cook, serves 8-10.



YOU WILL NEED:

180g unsalted butter, 150g light brown sugar, 150g dark brown sugar, 2 eggs, 3 tsp Nielsen-Massey Vanilla Extract, pinch of salt, 250g plain flour, ½ tsp baking powder, 200g white chocolate chips

FOR THE DECORATION:

200g white chocolate, pink gel food colouring (or any colour), sprinkles/freeze dried fruit

METHOD:

- 1: Preheat the oven to 180°C
- 2: Place the butter in a pan and cook until it starts to simmer and slightly browns
- 3: In a bowl place the light and dark brown sugars, vanilla extract, and pinch of salt and mix
- 4: Once the butter has browned, pour into the bowl with the sugar ingredients and stir to mix, then allow to cool slightly
- 5: Mix the eggs into the sugar and butter mixture
- 6: Fold the flour and baking powder into the mixture until there are no more pockets of flour visible
- 7: Mix in the chocolate chips
- 8: Put into an 8-inch square lined tin and place in the oven for 30 minutes
- 9: After 30 minutes take out of the oven and allow to cool
- 10: Meanwhile melt the 200g of white chocolate and add the food colouring
- 11: Allow to cool slightly and then add to the piping bag
- 12: Pipe on your messages and decorations before the blondie sets. You can decorate with sprinkles, edible glitter, or freeze-dried fruit, it's completely up to you!
- 13: Cut the blondie into square shaped individual portions to eat with your mum on Mother's Day



Extract from Lizzie Acker's Mother's Day Blondie Recipe, made in partnership with Nielsen-Massey Vanillas.

Family Support

It's a question many parents face when they are returning to work, be it part-time or full time - what type of childcare would best suit me? What childcare setting you choose depends on your circumstances and what is available in your area. There is a variety of childcare options out there – as the latest in our FSNi columns explains here.

There are various types of childcare, with some perhaps being more suited to your needs and the needs of your children. Registered childcare settings are listed on www.familysupportni.gov.uk and are registered and inspected by Early Years Team to ensure they are maintaining the registration requirements of the Children (NI) Order 1995.

Approved Home Childcare enables parents to have their children cared for in the child's own home.

Registered childminders are self-employed daycare providers who work in their own home to provide care and education for other people's children.

Creche facilities provide a time-limited daycare option for parents/carers of young children and are mostly used by parents/carers attending education courses or other training.

Day nurseries provide full daycare for children aged from six weeks to compulsory school age. Rooms are divided up by the different age groups, e.g. baby room, toddler room, pre-school room, with some day nurseries also being registered to provide after-school places for school aged children.

Out of school care can be a breakfast club, an after-school club or a holiday/summer scheme. It is provided in sessions before or after the school day, for primary school aged children (4-12 years). Full day care may also be provided during school closures and holidays.

A pre-school playgroup provides early year's education and care for children up to four hours a day, usually five days per week. Pre-school education is available to every child but it's not compulsory.

Other options available for your child are listed on Family Support NI for information:-

Statutory nursery school/units are inspected by the Education and Training Inspectorate Northern Ireland. Reports can be accessed from the Department's website www.etini.gov.uk.

A 2 Year Old Programme (2YOP) is a group-based programme, almost exclusively delivered by Sure Starts, consisting of a maximum of 12 children.

Sure Start is targeted at parents and children under four years living in the most disadvantaged areas. (Your postcode will determine whether you qualify).

Parent and Toddler groups are not regulated because parents/carers remain with their children.

Find more information, including useful questions to ask your prospective childcare provider on www.familysupportni.gov.uk

SPRING INTO ACTION!

Inspiring ideas to get going outside



1. Kids lightweight boots, £24.99, Town & Country
2. Beanie hats (3 pack), £12-£24, Next
3. Little Tikes Growing Garden hand tools and bag, £14
4. Children's floral print hoodie, £30, Polarn O Pyret
5. Tot-2-Ten bed, £200-£250, Bundle Beds
6. Woom bike, prices start £315, The Little Bike Company
7. Kids light duty gardening gloves, £3.49, Town & Country
8. Snuggly oversized hoodie, adults £59.99, children £34.99, www.snuggly.shop

familysupport NI .gov.uk

Helping You Find the Services You Need

MAKE A DAY OF IT

This Mother's Day - after you've enjoyed breakfast in bed of course - why not enjoy a fun family day of making together? Whether you fancy a bit of messy play, some mindful makes or making your own game, we have some crafty ideas to make memories with your little ones.

FIZZY CLOUD DOUGH EXPERIMENT

Messy play is a great sensory experience for your kids. Let's face it - it's great fun for the adults too!

What you need:

- 1 cup of flour
- 1 cup of baking soda
- 1/4 cup vegetable oil
- Oil-based or powder food colouring
- Vinegar
- A mixing bowl
- A tub for playing in

Mix together the flour, baking soda, oil and food colouring in a mixing bowl until you have a dry doughy type consistency. This is your cloud dough! Let your kids explore the texture by moulding and shaping it. Then the real fun comes with the fizz! Try using a dropper or squirt bottle to add different amounts to see what it does to your dough.



NATURE MANDALAS

A mandala is a circular artwork featuring symmetrical geometric designs. The creation of mandalas have traditionally been a meditative, contemplative practice.

What you need:

- A round base (try paper plates or cut circles from cardboard)
- Selection of natural items
- Something to section up your designs e.g. wool, lolly sticks



Begin by collecting natural materials - pebbles, sticks, leaves, shells and flower petals all work beautifully.

Time to get creative! It's more important to enjoy the process than to get it 'right'.

BLOW SKIING

If your family loves to play together, why not make your own game?

What you need:

- Cocktail sticks or toothpicks
- Coloured paper
- Glue stick
- Playdough or sticky tack
- To play: a small, light ball (or round sweet) and drinking straws

To make the flags, fold a strip of paper about 4cm (1 1/2 inches) wide in half. Cut triangles along the length of paper so they have a straight edge on the fold and open into diamonds. Glue the two layers of each triangle together with a cocktail stick in the fold.

To play:

- Set up the course by standing up the flags in blobs of playdough or sticky tack. Arrange them in pairs to form "gates".
- Blow the ball from one side of the table to another, passing through as many gates as possible!



An Inspiring Spire!

Cathédrale Notre-Dame de Paris opened in 1345 and has been an iconic part of the French capital since then. On 15th April 2019 a fire broke out beneath the roof of the cathedral. By the time the fire was extinguished, the building's spire had collapsed and most of its roof destroyed. The copper rooster which sat on top of the spire was one of the culturally-important artefacts that was salvaged.

The construction of Notre-Dame

Begun in 1163, the construction of Notre-Dame continued into the 14th century. Scaffolding stood for decades, serving the comings and goings of master stonemasons, artisans and sculptors who worked away at gargoyles, stained glass windows and flying buttresses. By the 1800s, Notre-Dame had become truly dilapidated. Questions about its restoration had to be raised.

History of a spire

It was during the 19th-century restoration when Viollet-le-Duc designed a spire that rose 305 feet (93 metres) above ground to replace the previous bell tower, which had to be dismantled for fear of collapse. The spire was covered in lead plates to protect its oak framework and decorated with copper sculptures. These images represented the 12 apostles (or followers of Jesus during his lifetime) and the four evangelists (who, according to tradition, wrote

the four gospels that tell Jesus' story). In the figure of apostle St Thomas, the sculptor used Viollet-le-Duc's own face as a model! This iconic spire would collapse from the fire at Notre-Dame in April 2019.



New restoration after the fire of April 2019

Notre-Dame's restoration project has started and should take until at least 2024 to complete. An enormous undertaking, the building first has to be strengthened and stabilised and the debris removed. Then, the church will need to be rebuilt in several ways: artistically, architecturally, historically and

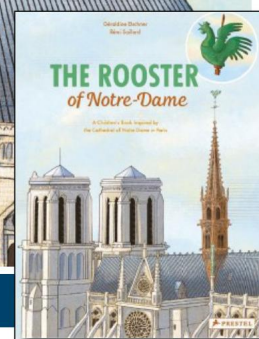
symbolically. This process will bring together many specialists, such as stonemasons, master stained glass makers, and restoration experts for the artwork and for the organ and other musical instruments.

The rooster is saved!

Having been found in the rubble the following evening, the rooster was only dented. And he was not the only one to be saved. The sculptures in the spire had been taken away for restoration four days before the fire. A true miracle!

Why do we often find images of roosters at the top of churches and bell towers?

The rooster has towered above churches in Western countries (not just in France) since the Middle Ages. This image is, of course, symbolic. The rooster crows at daybreak, a time when darkness fades. For Christians, it represents the victory of life over death and the triumph of good over the demons of night. The rooster also watches over his flock, so to speak, to warn of danger, symbolising the vigilance of people who watch over others.



COFFEE & CATCH-UP

Steve Backshall is one of television's best-known wildlife presenters, naturalists and adventurers. As the presenter of the BBC's Deadly 60, he has travelled the world to find 60 of the deadliest creatures on the planet. He is also a lecturer in Marine Biology, has a BA Hons in English and Drama, a Masters MSc in Bioscience and an Honorary PhD. He lives with his wife, Helen Glover on the Bucks, Berks Border right on the River Thames. Steve is set to make a splash around the UK again this spring as he embarks on his next tour 'Ocean', which includes a date in Belfast.

INTERVIEW BY CAROLINE RAINEY

Describe yourself in five words.

Enthusiastic, ambitious, workaholic, thoughtful and excitable.

When did you become passionate about wildlife and conservation? What would you say was the driving force behind it?

I've always been this way. My mum and dad tell stories of me going through the compost heap looking for snakes' eggs and worms when I was a toddler! The driving force was just my nature I guess!

What has been your favourite expedition so far?

My favourite expedition was to Borneo where we discovered in a forgotten cave system, prehistoric hand prints maybe 50,000 years old - it was so special placing our hands in the same place that people had done all that time ago. It really put a chill up your spine.

A lot of our readers will know you from Deadly 60 – how important is it to encourage young children about wildlife and conservation?

To introduce young people to the wild world and nature is everything. I know from personal experience how much they have to gain and perhaps how much they have to lose from not being outdoors and active. An even more important question, is that young people who are inspired today, will be the conservation heroes of tomorrow.

"TO INTRODUCE YOUNG PEOPLE TO THE WILD WORLD AND NATURE IS EVERYTHING"



This year's Earth Day theme is 'Invest in our Planet' – how would you encourage children to become involved?

Young people today are far more aware about conservation and the environment than anyone in my generation ever was. I would say get involved with a local wildlife charity, go out and get your hands dirty!

Are you excited to get back touring after two years of a hiatus? Can you tell us a bit about the show?

It's been such a long time since I've toured in the UK, but I've done lots of touring in Asia and Australia. Much of the material on the tour

I've done many times on stage before, and the audiences have loved it. I can't wait to see how a British audience responds! The big challenge is bringing the ocean to life on stage. We will have life-size models of the largest marine creatures ever known to have lived, real-life science experiments, lots of amazing footage and interactivity with the audience.

You can see Steve Backshall's 'Ocean' at the Ulster Hall, Belfast on Monday 4th April. For tickets please visit: STEVEBACKSHALL.COM

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DO YOU CARE?

When: Fri 4 - Sun 13 Mar
Where: Online via QFT Player
Time: To be announced
Cost: To be announced
The film recognises and gives voice and emotional expression to young carers, raising awareness of some of the issues they face. This project in partnership with Barnardo's NI is part of DU Dance NI's Building Bridges programme supported by BBC Children in Need.
W: youngatart.co.uk

RONNIE HUGHES: ISOBAR

When: Fri 4 - Sun 13 Mar
Where: The MAC, Belfast
Time: 11am - 5pm
Cost: Free
Born in Belfast, Ronnie Hughes is one of Ireland's most dynamic abstract painters, who paints elegant works with great technical skill but that also have lightness of touch.
W: youngatart.co.uk

ALFRED WALLIS: ARTIST & MARINER

When: Fri 4 - Sun 13 Mar
Where: The MAC, Belfast
Time: 11am - 5pm
Cost: Free
Alfred Wallis was a mariner (a sailor) and scrap merchant who spent most of his life in Cornwall. He started painting when he was around 70 years old, following the death of his wife. He used materials he found around him to paint ships and boats.
W: youngatart.co.uk

GETTING DRESSED FILMS

When: Fri 4 - Sun 13 Mar
Where: Online via QFT Player
Time: To be announced
Cost: To be announced
This series of 5 short dazzling dance films, transforms our everyday clothes into celebrations of our individuality. Set to an 80's inspired soundtrack, suitable for audiences 3 to 8 yrs old.
W: youngatart.co.uk

WHEN I HEAR MUSIC

When: Fri 4 - Sun 13 Mar
Where: Online via QFT Player
Time: To be announced
Cost: To be announced
When I Hear Music is a powerful hip-hop dance film with animation that explores the emotional rollercoaster young people experience during their first day at secondary school.
W: youngatart.co.uk

SEEING THROUGH DARKNESS

When: Fri 4 - Sun 13 Mar
Where: Online via QFT Player
Time: To be announced
Cost: To be announced
An evocative and uplifting dance work directed by Michelle Ryan and inspired by the works of French expressionist Georges Rouault.
W: youngatart.co.uk

BABATHE CULTUÍR

When: Tue 8 Mar
Where: Cultúrlann McAdam Ó Fiaich
Time: 10am
Cost: £5 (£2 per additional child)
A range of interactive and creative experiences that support young children's creative expression with the freedom to get as messy and creative as they want, in a safe, fun and welcoming Irish Language environment. All levels of Irish welcome.
W: youngatart.co.uk

A VERY OLD MAN WITH ENORMOUS WINGS

When: Friday 11 March to Sunday 13 March
Where: The MAC
Cost: £10
Time: 3.30pm & 7pm
Gabriel Garcia Marquez's darkly comic tale, brought to the stage for children and adults to share.
W: youngatart.co.uk

GOING DUTCH

When: Friday 11th March
Where: The MAC
Cost: Free
Time: 2pm-5pm
An industry day for theatre makers, students, academics and practitioners from ArtEX University of the Arts BA Theatre Education team.
W: youngatart.co.uk

FAMILY PORTRAIT

When: Saturday 12th March - Sunday 13th March
Where: The MAC
Cost: Free but booking essential
An interactive video installation, projected across four screens with accompanying soundscape combining striking imagery and choreography.
W: youngatart.co.uk

ACOUSTIC PICNIC

When: Saturday 12th March
Where: Oh Yeah Music Centre
Cost: Free
Time: 1pm-4pm
Family-friendly afternoon filled with live music, crafts, games and activities for children and young people.
W: youngatart.co.uk

GIANT FAMILY DAY OUT

When: Saturday 12th March
Where: Cathedral Quarter, Belfast
Cost: Free
Time: 1pm-4pm
Go along for a day of GINORMOUS family fun across the city's Cathedral Quarter.
W: youngatart.co.uk

TURNABOUT

When: Saturday 12th March
Where: Belfast Cathedral
Cost: Free
Music and dance performance sharing messages of hope, where we find it and what to do if we lose it.
W: youngatart.co.uk

ROCKIN' RHYMES

When: Saturday 12th March
Where: Cultúrlann McAdam Ó Fiaich
Cost: £10
Time: 3pm & 5pm
Live music gig which will have children and adults alike jiving to the beat of nursery rhyme classics.
W: youngatart.co.uk

IRISH FA TOURS

When: Various dates on now throughout 2022
Where: Windsor Park Football Stadium, Belfast
Cost: £5.50 - £8.50
Time: Various
The Education and Heritage Centre at the National Football Stadium at Windsor Park tells the unique story of Northern Irish football. Suitable for all ages.
W: irishfa.com

ISLAND OF FEELINGS

When: Various dates until Sat 12 Mar
Where: The MAC, Belfast
Cost: Pay what you can
Time: 10am
Workshop for kids aged 6 - 10 in which they get to make memories-inspired art in the style of Cornish artist Alfred Wallis.
W: themaclive.com

BIG FEELINGS & LITTLE MINDS

When: Various dates until Sat 12 Mar
Where: The MAC, Belfast
Cost: Pay what you can Suitable for kids aged 5 - 8. Still I Rise Diversity Storytelling is back to read from storybooks, inspired by some of the themes in the lives and work of our current exhibiting artists.
W: themaclive.com

visitBelfast.com



visitBelfast.com

Uncover Belfast Events & Festivals

#ComeOnIn

listings every day, check out... www.ni4kids.com**WE ARE STARS (AGE 6+)****When:** Tues 8 Mar – Thu 31 Mar every day EXCEPT Mondays.**Where:** Armagh Observatory & Planetarium**Cost:** Adult: £8, Child: £5.75, Conc: £7, Family: £25**Time:** 2pm

Narrated by Andy Serkis, "We Are Stars" seeks to answer: what are we made of and where did it all come from?

W: armagh.space**TODDLER TUESDAY****When:** Tue 8 Mar**Where:** FE McWilliam Gallery, Banbridge**Cost:** £4**Time:** 10am and 11.30am

Artist-led workshop aimed at early years children (2 – 5 Years)

W: visitbanbridge.com**FILM SCREENING: WADJDA****When:** Tues 8 Mar**Where:** The Marketplace Theatre and Arts Centre, Armagh**Cost:** £3.00 (Teachers Free)**Time:** 11am

An uplifting story about a young Saudi Arabian girl who defies the social and cultural rules of her community to realise her dream of owning and riding a bike.

W: visitarmagh.com**FILM SCREENING: SONG OF THE SEA****When:** Fri 11 Mar**Where:** The Marketplace Theatre and Arts Centre, Armagh**Cost:** £3.00 (Teachers Free)**Time:** 11am

Ben, a young Irish boy, and his little sister Saoirse, the last Seal-child – embark on a fantastic journey across a fading world of ancient legend and magic, to return to their home by the sea.

W: visitarmagh.com**NATURE ARTS AND CRAFTS****When:** Sat 12 Mar**Where:** Ely Lodge Forest, Fermanagh**Cost:** Free**Time:** 2 – 4pm

Create your own nature print bunting to take home as well as creating pieces of nature art to leave for others to appreciate on their forest wanderers

W: cuilcaghakelands.org**BELFAST GIANTS VS SHEFFIELD STEELERS****When:** Fri 11 Mar & Sat 12 Mar**Where:** SSE Arena, Belfast**Cost:** £17 – £21**Time:** 7pm

Action-packed ice hockey games and full of intermission entertainment and giveaways

W: belfastgiants.com**BECOME A JUNIOR RANGER****When:** Sat 12 Mar, 9 Apr, 14

May, 11 Jun, 9 Jul, 13 Aug

Where: Marble Arch Caves, Co Fermanagh**Cost:** £60**Time:** 10am – 12pm

Designed to engage children in the natural world around the Marble Arch Caves. They will learn about woodlands, trees, caves, local wildlife, and how they can help protect them.

W: marblearchcaves.co.uk**WORKSHOP: POT OF GOLD RAINBOW MOBILE (AGES 5 – 8)****When:** Sat 12 Mar**Where:** Island Arts Centre, Lisburn**Cost:** £12**Time:** 10.30am–12.30pm

Little ones will make a bright, colourful rainbow mobile complete with shamrocks and a pot of gold.

W: islandartscentre.com**WORKSHOP: SHAMROCK WREATH (AGES 7 – 11)****When:** Sat 12 Mar**Where:** Island Arts Centre, Lisburn**Cost:** £12**Time:** 1.30–3.30pm

Learn how to weave and wind a decorative wreath which you can choose how to decorate.

W: islandartscentre.com**GO GREEN! ST. PATRICK'S DAY ART WORKSHOP****When:** Sat 12 Mar**Where:** The Marketplace, Armagh**Cost:** £12**Time:** 10am – 12pm

You will be making an abstract extravaganza in green. Materials used will include watercolours, ink and a variety of different markers to create a range of imaginative sample pieces.

W: visitarmagh.com**UNDERWATER****When:** Saturday 12th March – Sunday 13th March**Where:** The Lyric Theatre**Cost:** Family 'islands' £10 for 2, £15 for 3, £20 for 4 (babies also need a ticket)**Time:** 11am, 2pm & 4pm
Come along on a magical journey into the deep blue sea in this beautiful dance piece, created especially for babies aged 0-2 and their parents or carers.**W:** youngatart.co.uk**NO MAN IS AN ISLAND****When:** Saturday 12th March – Sunday 13th March**Where:** The MAC, Ulster University
Cost: Free (booking essential) This dance duet by Erik Kaiel pushes the limits of physical possibility. No Man is an Island brings connection, cooperation, communication and creativity together.**W:** islandartscentre.com**PERFECT LITTLE PLANET****When:** Sat 12 & Sun 13 Mar, Thu 17 – Sun 20 Mar, Sat 26 & Sun 27 Mar**Where:** Armagh Observatory & Planetarium**Cost:** Adult: £8, Child: £5.75, Conc: £7, Family: £25**Time:** 10.15am & 3pm
Discover our Solar System through a new set of eyes – a family from another star system seeking the perfect vacation spot.**W:** armagh.space**ASTRONAUT GEORGE****When:** Sat 12 & Sun 13 Mar, Thu 17 – Sun 20 Mar, Sat 26 & Sun 27 Mar**Where:** Armagh Observatory & Planetarium**Cost:** £4**Time:** 11am

A perfect introduction to the planets in our Solar system for pre-school children. During this full-dome show, George investigates the best planet to live on. Will he find alien friends?

W: armagh.space**OUR SOLAR SYSTEM****When:** Sat 12 & Sun 13 Mar, Thu 17 – Sun 20 Mar, Sat 26 & Sun 27 Mar**Where:** Armagh Observatory & Planetarium**Cost:** Adult: £8, Child: £5.75, Conc: £7, Family: £25**Time:** 12 noon

Enjoy an out of this world tour of the Solar System we call home. See the planets up close, safely gaze at the Sun, and let your presenter guide you to where you want to go!

W: armagh.space

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Can you 'quack the case' this Easter and find the **bright yellow ducks** hiding around our wetlands!



For more information search WWT Castle Espie

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LOOK UP! A WINTER NIGHT SKY TOUR (AGE 6+)

When: Sat 12 & Sun 13 Mar, Thu 17 – Sun 20 Mar
Where: Armagh Observatory & Planetarium
Cost: Adult: £8, Child: £5.75, Conc: £7, Family: £25
Time: 1pm
A seasonal tour around the night sky as seen from Ireland. Let our presenters guide you through the beautiful objects and constellations seen at this time of year.
W: armagh.space

TALES OF A TIME TRAVELLER

When: Sat 12 & Sun 13 Mar, Thu 17 – Sun 20 Mar
Where: Armagh Observatory & Planetarium
Cost: Adult: £8, Child: £5.75, Conc: £7, Family: £25
Time: 4pm
Time travel like never imagined! Explore ancient civilizations. Witness the birth of the universe. Journey to the edge of a black hole. Narrated by David Tennant.
W: armagh.space

WALK IN THE PARK

When: Sun 13 Mar
Where: Castle Caldwell Forest, Fermanagh
Cost: Free
Time: 11.00 am – 11.45 am & 2.00 pm – 2.45 pm
Learn about the origins of Castle Caldwell and its history, as well as features within the forest such as the gate house, fiddlers stone, walled garden and church.
W: cuilcaghlandlands.org

FAMILY FRIENDLY TRAD SESSION

When: Sun 13 Mar
Where: Dairy Farm, Stewartstown Road, Belfast
Cost: Free, booking essential: info@feilebelfast.com
Bring your instruments and we will have your toes tapping to a lively set of Irish Traditional Jigs, Reels and Hornpipes.
W: feilebelfast.com

ST PATRICK'S STORY TIME

When: Tue 15 Mar
Where: Whitelock Library, Belfast
Cost: Free, booking essential: whitelock.library@librariesni.org.uk
Fun stories and tales about St Patrick. Suitable for 4 - 8 year olds.
W: feilebelfast.com

B.R.A. SPRING CONCERT

When: Tue 15 Mar
Where: Ulster Hall, Belfast
Cost: Children (U18): £6 Adults: £10
Time: 6.30pm
W: waterfront.co.uk

ABOUT US

When: Tue 15 - Mon 21 Mar
Where: Guildhall Square, Derry ~ Londonderry
Cost: Free
An open-air spectacular event exploring 13.8 billion years of history.
W: aboutus.earth/derry-londonderry

ST PATRICK'S DAY ARTS AND CRAFTS

When: Wed 16 Mar
Where: Whitelock Library, Belfast
Cost: Free, booking essential: whitelock.library@librariesni.org.uk
Time: 3pm
Make your very own shamrock sun catchers and shamrock puppets. Suitable for 5-10 year olds. Part of 2022 Feile An Earraigh.
W: feilebelfast.com

INTERNATIONAL FOOD FAYRE & CONCERT

When: Wed 16 Mar
Where: Conway Mill, Belfast
Cost: Free
Time: 12pm
Food from around the world, plus arts and crafts, and a showcase of local art from Whitelock Children's Centre Multi Cultural Project and Feile's 'Beyond the Mask' programme.
W: feilebelfast.com

SHREK THE MUSICAL

When: Wed 16 – Sat 19 Mar
Where: The Grand Opera House, Belfast
Cost: £34.75 - £21.75
Time: Wed, Thurs & Sat 7.30pm, Fri 4pm & 8pm & Sat 2.30pm
The Green Ogre With The Big Heart Is Back!
W: goh.co.uk

ST PATRICK'S DAY COMMUNITY PARADE

When: Thurs 17 Mar
Where: Armagh City Centre
Cost: Free
Time: 2.30pm – 3.30pm
Spectacular display of colour, music and entertainment. Route: Christian Brothers' School through the City onto Cathedral Road, past the Shambles Market, finishing at grounds of Cathedral Road Recreation Centre
W: visitarmagh.com

ST PATRICK'S FAMILY FUN DAY

When: Thu 17 Mar
Where: Shambles Market, Armagh
Cost: Free, drop in
Time: 2 - 5pm
family fun afternoon in the Shambles Market. Live music, children's activities, face painting and lots more.
W: visitarmagh.com

ST. PATRICK'S DAY PADDLE

When: Thu 17 Mar
Where: Warrenpoint, Slipway Near the Harbour, BT34 3LZ
Cost: £35
Time: 9.30 - 11.30am
Paddle board event on the beautiful shoreline of Warrenpoint, Carlingford Lough.
W: geologyrocksat.com

ST PATRICK'S DAY SPRING CARNIVAL PARADE: 'REBIRTH & RENEWAL'

When: Thu 17 Mar
Where: Departing Bishop Street, Derry ~ Londonderry
Cost: Free
Time: 3 - 4pm
Mystical creatures will snake their way through the city's streets along with a host of characters representing young people from fables and fairy tales.
W: visitterry.com

ST PATRICK'S DAY PAGEANT PARADE BY BEAT CARNIVAL

When: Thu 17 Mar
Where: Leaving Belfast City Hall at 1pm
Cost: Free
Time: 1 - 2.30pm
Watch as Patrick journeys through the streets of Belfast with giant hound, Spiorad-Spirit (spirit of adventure).
W: visitbelfast.com

ST PATRICK'S DAY AT SLEMISH

When: Thu 17 Mar
Where: Slemish Mountain
Cost: Free
The annual Slemish Trek will be accompanied by family entertainment by Broughshane Community Association plus Naturally North Coast and Glens Artisan Market.
W: midandeanstrim.gov.uk

BELFAST CHILDREN'S FESTIVAL
4-13 MARCH 2022

visitBelfast.com

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listings every day, check out... www.ni4kids.com

ST PATRICK'S DAY: LET THE MUSIC PLAY

When: Thu 17 Mar
Where: Omagh town centre
Cost: Free
Time: 12 - 4pm
A family friendly day of music, dance, arts and entertainment.
W: dunuladh.ie

THE SEISIÚIN CLAINNE / FAMILY MUSIC SESSION HOSTED BY NORTH COAST TRAD

When: Fri 18 Mar
Where: Portrush Yacht Club
Cost: Free
Time: 5 - 6.30pm
Opportunities for children and their parents to play traditional Irish music in a fun and relaxed community setting.
W: visitcausewaycoastandglens.com

WORKSHOP: STRIKE A POSE! (AGES 5 - 10)

When: Sat 19 Mar
Where: Island Arts Centre, Lisburn
Cost: £12
Time: 10.30am-12.30pm
Exploring movement, our shadows, the shapes we can make, we will create a living, moving sculpture.
W: islandartscentre.com

ST PATRICK'S FAMILY FUN DAY BANBRIDGE

When: Sat 19 Mar
Where: Solitude Park, Banbridge
Cost: Free, drop in
Time: 2 - 4pm
Family activities including fun fair rides, live music, face painting and entertainment
W: visitarmagh.com

MOTHER'S DAY FLOWER ARRANGING CLASS

When: Sat 19 Mar
Where: YMCA Carrickfergus
Time: 11am and 12.30pm
Cost: £19
Children will use faux flowers such as roses, hydrangeas, lavender, peonies and arrange them in a wicker basket.
W: phflowers.co.uk

BELFAST GIANTS VS DUNDEE STARS

When: Sat 19 Mar
Where: SSE Arena, Belfast
Cost: £17 - £21
Time: 7pm
Action-packed ice hockey games and full of intermission entertainment and giveaways
W: belfastgiants.com

SPRING EQUINOX AT BIG DOG FOREST (PART OF INTERNATIONAL DAY OF FORESTS)

When: Sun 20 Mar
Where: Big Dog Forest, Fermanagh
Cost: Free; booking essential - email hcarleton86@gmail.com
Time: 10.00am - 12.30pm
Join Geopark Guide, Helen Carleton on the Spring Equinox for a ramble through Big Dog Forest. Learn about the folklore, the important upland habitats nestled within the forestry and the wildlife that depends on them.
W: cuilcaghakelands.org

BELFAST GIANTS VS NOTTINGHAM PANTHERS

When: Fri 25 Mar & Sat 26 Mar
Where: SSE Arena, Belfast
Cost: £17 - £21
Time: 7pm
Action-packed ice hockey games and full of intermission entertainment and giveaways
W: belfastgiants.com

URBAN ORCHARD EXPERIENCE WITH ARMAGH RHYMERS

When: Sat 26 Mar
Where: Monastic Gardens at St Patrick's Cathedral, Armagh
Cost: Adult: £25, child: £5, family: £55
Time: 11 - 11.45am, 1.30 - 2.15pm & 4.30 - 5pm
Fulfilled outdoor performance celebrates the reawakening of the Orchard after winter, new growth, new promise, and the web of life.
W: armaghrymers.com

ISLAND BUSHCRAFT (AGE 12+ ACCOMPANIED BY ADULT)

When: Sat 26 Mar
Where: Ely Lodge Forest, Fermanagh
Cost: Adults £60, Children £40
Time: 9.30am - 4.30pm
A team of expert bush crafters will share their knowledge and create engaging challenges!
W: cuilcaghakelands.org

WORKSHOP: HAPPY HABITATS

When: Sat 26 Mar
Where: Island Arts Centre, Lisburn
Cost: £12
Time: 10.30am-12.30pm
Design and create unique structures for the creepy crawlies and winged wonders to visit you in your garden.
W: islandartscentre.com

WILDLIFE DETECTIVE ACTIVITY

When: Sat 26 Mar
Where: Marble Arch Cave Woodland, Co Fermanagh
Cost: Starts at £12 for 1 adult and 1 child
Time: 11am, 12pm and 2pm
A multitude of hands-on learning opportunities within a natural outdoor environment for all the family as well as being fun, exciting, and engaging.
W: marblearchcaves.co.uk

JUSTIN FLETCHER

When: Sat 26 & Sun 27 Mar
Where: Waterfront Hall
Cost: £15 - 19
Time: 11am & 2.30pm both days
CBeebies superstar and children's favourite Justin Fletcher is coming to Belfast in an all-singing, all-dancing extravaganza!
W: waterfront.co.uk

BOWLING AND BRUNCH

When: Sun 27 Mar
Where: Armagh Cider Company, Armagh
Cost: Adult: £10, Child: £6
Time: 12pm
Enjoy demonstrations and talks from the Armagh road bowling masters in the stunning setting of Ballinteggart Farm.
W: visitarmagh.com

THE BIG FAMILY PADDLE - CANOE, SUP BOARD, KAYAK

When: Sun 27 Mar
Where: Life Adventure Centre, Castlewellsan
Time: 9am - 5pm
Cost: £29
No better way to celebrate Mothers Day! Canoe, SUP Board, or Kayak... it's your choice!
W: onegreatadventure.com

Event details can change, especially in bad weather, so please check the details are still correct with the event organiser using the contact details we have provided before setting out on your journey.

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goh.co.uk

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Create a blissful bedtime routine for you and your child with a paediatrician-approved baby sleep pillow spray and award-winning deep sleep pillow spray (RRP €25/£20). A consistent bedtime routine is the secret to regular sleep patterns and a more contented baby and happier, rested parents. Available at thisworks.com



A REAL SCENTS OF OCCASION

ChloBo, the jewellery brand renowned for their meaningful stacking pieces, have diversified their offering with an uplifting fragrance. Their Happy Soul perfume (£30) is a flirty, fig-infused scent, which will have you drifting from day to night. Available at chlobo.co.uk



BOOST YOUR ROUTINE WITH A REFILL

One of Nimue's biggest sellers, the cleansing gel (£36/refill £26) is a soap-free, 2-in-1 gel cleanser that gently removes dirt and debris, the glycolic acid provides a light exfoliation to cleanse pores and clear away dead skin cells. This impressive gel cleanser helps to reveal a more fresh, youthful, and radiant skin underneath. Available at nimueskin.com



A TREAT FOR MUM

This personalised stork pendant in sterling silver (from £65) is made by former nurse turned jewellery designer, Jade Sammour. Made with environmentally-conscious recycled sterling silver or 18ct gold, the range of pendants and earrings centre around a handcrafted stork, the traditional symbol of new arrivals. A perfect treat for your mum – or yourself – for Mother's Day. View the full range at daintylondon.com



HEALTH UPDATE

SPRING HAS SPRUNG, SO BEWARE OF THE POLLEN



There are three types of pollen that people are allergic to - tree pollen, grass pollen and weed pollen. They produce light, fine pollen which is carried from one plant to another by the wind. It may seem that you can get hay fever later in the year than you thought and this comes down to the type of pollen you're allergic to.

Hay fever season:

TREE POLLEN: LATE MARCH – MID-MAY

GRASS POLLEN: MID-MAY – JULY

WEED POLLEN: LATE JUNE – SEPTEMBER

FINDING RELIEF FROM HAY FEVER

This can sometimes feel like an impossible task! But there are some effective ways to help reduce the impact pollen has, for example change your clothes when you get inside. Pollen can stick to your clothes, so this might explain why you're still sneezing after you get home.

Also, washing your clothes will get rid of pollen, but drying them outside could result in new pollen sticking to them. So if you can, dry your clothes inside.

When you are out and about there are still ways to reduce your risk of hay fever. Wearing a pair of sunglasses can help shield your eyes, if itchy eyes are one of your hay fever symptoms. Additionally, put Vaseline around your nostrils to trap pollen and while at home vacuum regularly and dust with a damp cloth.

If you start each day with a cup of tea, there are some options here that could help you manage your hay fever. Teas such as chamomile or nettle tea have antihistamine and anti-inflammatory properties. Indeed, there are some foods that encourage your body to release histamine and make your hay fever worse, for example cheese, nuts and cured and smoked meat. So it is best to avoid these, especially if you know they make your symptoms worse.

CHOOSING AN EFFECTIVE TREATMENT

Ultimately, you will want something that will give quick and more immediate relief from your hay fever and most commonly, people reach for medication. Antihistamines are the most common treatment and you can take them during the hay fever season to stop symptoms before they start.

If you're suffering from a blocked nose, you may be able to get a nasal spray – but make sure to choose the correct spray for you. For those sufferers whose eyes are affected more, eye drops can help. They contain antihistamines and can provide relief from itchy eyes, redness and watering.



ASK THE PHARMACIST



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CONJUNCTIVITIS

Conjunctivitis is a common problem in children. It occurs when the clear surface covering the white of the eye becomes inflamed, either due to infection, allergy or irritation. Symptoms include red eyes and a watery discharge.

The eyes may feel 'gritty' and the eyelashes can have a sticky coating, particularly first thing in the morning. Conjunctivitis can affect one eye at first but usually it quickly spreads to both eyes. Symptoms can last from 2 days to 3 weeks. The treatment for conjunctivitis depends on the cause. It usually gets better without any treatment within a week or two. Infective conjunctivitis can be caused by a virus or bacteria and is very contagious. It can be difficult to distinguish between a viral and bacterial eye infection. In adults, the cause is often viral – this usually produces a watery discharge and should clear up within a week. While in children the cause tends to be bacterial – the discharge is usually thicker and might require antibiotic treatment. Eye drops containing the antibiotic chloramphenicol (e.g. Optrex Infected Eye Drops) are available over the counter to treat bacterial conjunctivitis. They can be used from two years old. The product should be used for five days and, as with any antibiotic, it is important to complete the course. It's worth noting that antibiotic drops don't work against viral conjunctivitis. Treatment of this condition is usually limited to

alleviating symptoms such as itchy, red eyes with vasoconstrictor, decongestant or antihistamine eye drops, such as Otrivine Antistin, although they are only suitable for ages 12 and over. You can help relieve the symptoms of conjunctivitis by gently clearing away the discharge from the eye with a cotton ball soaked in warm water. Clean in one direction only, moving the cotton ball from the inside to the outside of the eye. Use a separate cotton wool ball for each eye. You can also set a cold, wet and clean cloth over closed eyes to relieve irritation and swelling. Good hygiene can help prevent the spread of conjunctivitis. Washing your hands regularly and not sharing pillows or towels will help prevent it spreading. Try to discourage your child from rubbing their eyes. You don't need to stay away from work or school if you or your child has conjunctivitis, unless you (or they) are feeling particularly unwell. If there are a number of conjunctivitis cases at your child's school or nursery, you could consider keeping them away until their infection has cleared up.

Gordons Chemists is the largest independently owned retail pharmacy chain in Northern Ireland. Established in 1980, Gordons Chemists now has over 60 pharmacies on the high street and in shopping centres across Northern Ireland and Scotland. Products described are available at most pharmacies and Gordons Chemist does not endorse any individual product. Always consult your pharmacist in relation to your individual symptoms.

NEW ARRIVALS



A thoughtful gift for a new parent, the New Parents Gift Set (£30) from Nimble offers a solution for any new parent worried about using nasty chemicals in their family home and around the new arrival. Includes Laundry Lover, a non-bio laundry detergent and Nimble's hero product, Milk Buster. This has everything parents need for nesting, all in one box! Available at nimblebabies.com



Snüz have unveiled their new SnüzPouch Twin Pack (49.95) giving parents the chance to double up on a trusted product, saving zzz's and the pennies. With a number of stylish prints to choose from, including the classic grey or the fun colour twin pack, they are available in size 0-6 months in both 1.0 tog and 2.5 tog ratings. Available at www.snuz.co.uk



Supporting those all-important bonding moments with your newborn, the new Izmi Essential Wrap (introductory price £26.99) is perfect for any new parents keen to try babywearing for the first time. Providing soft, flexible and natural support, the new Essential Wrap provides natural closeness keeping little ones near for kisses and cuddles, whilst mum will have hands free too. Distributing weight evenly, the new Essential variation on the wrap offers the expert design Izmi is known for at a more affordable price point. Available at cheekyrascals.co.uk



Give your little budding artist some of these fancy crayons at bath time and they'll be drawn into a world of fun. Perfect for water fun, these Mini U bath crayons (£5.75) are plastic-free and mess free and won't stain their skin or the bath, easily washing away when bath time is over. Available at mini.u.co.uk



Give your little one their very own interactive aquarium with the cheerful Narwhal-shaped pat and play water mat (£13). Suitable from 3 months old, it is ideal to encourage early development and perfect for muscle strengthening during tummy time and sit up and play. Available at argos.co.uk



Make sure you have the right gear to get your baby outdoors during this chilly weather, with the Voksi footmuff range, including the Voksi Move footmuff (prices start from £82). Created with longevity in mind, they are designed to last from birth until 4 years old. Their winter collection has a range of well-proven footmuffs for different weather conditions. Available at uberkids.com

cinemagic.org.uk
wegottickets.com



CINEMAGIC ON THE PULSE

SHORT FILM FESTIVAL

MARCH 2022

Department for Communities | Northern Ireland Screen | Department for Communities

WIN A COPY OF ROBOT REVENGE!

Alex and Freddy are just like any other brothers, they squabble and drive their parents mad, but...they're also the most powerful robots on earth! The brothers are back in the third thrilling graphic novel in the Mega Robo Bros series by Neill Cameron and the action is bigger and bolder than ever.

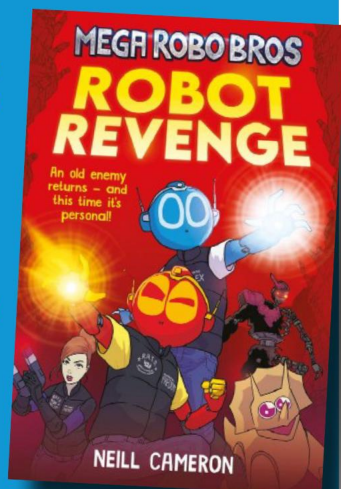
To mark the release of Robot Revenge, we have 5 copies to give away. So, to be in with a chance to win, simply visit ni4kids.com/competitions and answer this question!

Q: WHAT IS THE RELATIONSHIP BETWEEN ALEX AND FREDDY?

- A) FRIENDS
- B) BROTHERS
- C) COUSINS

Robot Revenge (PB £8.99) published by David Fickling Books, out on 3rd March 2022.

T&Cs: The closing date for this competition is Friday 1st April 2022. No cash alternative. Editor's decision is final. Usual Ni4kids' T&Cs apply. Visit ni4kids.com/competitions for details.



ALL ABOUT PHONICS!

Most children are taught to read in schools using phonics. This isn't a new concept, but in the past, phonics has been used in combination with other teaching methods.

Children learn letter sounds (phonemes) in groups and then work on blending them to make words. The first group is normally 's, a, t, p, i, n'. Once children know these phonemes, they will be encouraged to blend them together to make words, such as 's - i - t'.

Later, children learn that one phoneme can be represented by different letters, such as the sound in the middle of 'rain' can also be represented as 'ay' (play) and 'a-e' (tale).

After learning the first few phonemes, children can start to read. There are a number of fully decodable reading schemes available, such as Phonics Bug, Red Squirrel Phonics, Big Cat Phonics, Floppy's Phonics. These books are carefully written so that children can sound out the words using only their phonic knowledge.

For more reading advice and access to a huge range of phonics reading books and others, visit ReadingChest.co.uk, the children's book rental service. Use discount code NI4K to get £5 off 1st month's membership.



The Reading Corner

If books were flowers, these would be our pick of the bunch this spring...

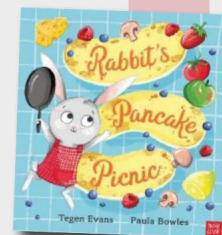
AGE: BABY AND TODDLER

Rabbit's Pancake Picnic

By Tegen Evans, illustrated by Paula Bowles

PB £6.99, published by Nosy Crow Ltd

It's finally the day of Rabbit's pancake picnic and she's going to make the pancakes all by herself, but she can't find her recipe book! Rabbit decides to try to remember the recipe and adds syrup, strawberries, apples and lots of other ingredients. Her friends try to help but Rabbit is desperate to make the pancakes on her own. Even when the mixture turns lumpy, sticky and looks... strange!



AGE 5+

Isadora Moon gets the Magic Pox

By Harriet Muncaster

PB £5.99, published by Oxford University Press

Isadora Moon is special because she's different. Her mum is a fairy, her dad is a vampire and she's a bit of both. When Isadora's teacher announces the class are having a maths test, Isadora gets a nervous feeling in her tummy. She really doesn't like tests, or maths! Maybe, Isadora could pretend to be ill so she can stay at home instead?



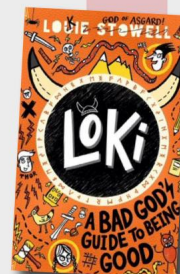
AGE 9+

Loki: A Bad God's Guide to Being Good

By Louie Stowell

PB £7.99, published by Walker Books Ltd

After one trick too many, Loki is banished to live on Earth as a "normal" schoolboy. Forbidden from using his awesome godly powers, Loki must show moral improvement. As he records his lies THE TRUTH in his magical (judgemental) diary, it becomes clear Loki hasn't a clue how to tell good from evil, trust from tricks or friends from enemies.



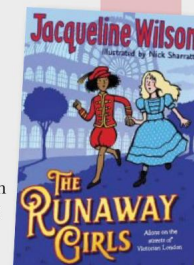
AGE 9+

The Runaway Girls

By Jacqueline Wilson, illustrated by Nick Sharratt

PB £7.99, published by Penguin Random House Children's UK

The must-have new Victorian novel from bestselling and much-loved children's author, Jacqueline Wilson. When Lucy Locket runs away from home, street performer Kitty Fisher shows Lucy how to survive – where to find the best picnic leftovers and which trees make the best beds. But the streets of Victorian London are dangerous and soon the girls find themselves under threat from thieves and even worse – the Workhouse!



The dos and don'ts when it comes to breastfeeding and diet

The food and drink you consume when you're breastfeeding can impact various things, from your milk supply to your energy levels. Because of this, it's important that you fuel your body with the right nutrients for both you and baby. There are many common questions around breastfeeding and diet, which include foods you should consume and what foods are best to avoid. Breastfeeding experts, Lansinoh stress that you don't need to take in lots of extra calories while breastfeeding but make sure you have a healthy, balanced, nutritious diet.

DO YOU NEED EXTRA FLUID WHEN YOU'RE BREASTFEEDING?

As a general rule, it is recommended that you consume an addition of 300-400 calories per day to ensure you have enough energy to produce milk.

If you notice your breastmilk production decreasing, as well as tiredness and dark coloured urine, this is a sign of dehydration. Breastfeeding women can often feel thirsty and dehydrated due to the production of breastmilk, so make sure you drink enough fluids - water, milk and unsweetened fruit juice are good options. Also, you should always ensure you have a drink to hand when you settle down to feed baby. Drink to satisfy your thirst, but don't overdo it - there is no proven link between fluid intake and milk supply.

WHAT FOODS ARE RECOMMENDED TO EAT WHILE BREASTFEEDING?

Eating a balanced diet is important for the health of you and your baby and eating healthy, nutritious foods now will help your baby be more open to them when they start on complimentary

foods after 6 months. Eating smaller meals more frequently is a good rule to follow, especially if you are experiencing heartburn. Some recommended foods to eat when breastfeeding include:

At least five portions of fruit and vegetables daily
Protein foods, such as fish, poultry, eggs, soy and legumes. Plenty of carbohydrates (bread, rice, pasta, potatoes, cereals). Milk and other dairy products for calcium. Green leafy vegetables, meat and legumes for iron

WHAT NUTRIENTS DO YOU NEED WHILE BREASTFEEDING?

As a breastfeeding mum there are a few nutrients that are key to ensure you're incorporating into your diet. DHA: Docosahexaenoic Acid (DHA) is the most abundant omega-3 fatty acid in the brain and eyes and supports healthy infant growth and development

You don't need to be too restrictive when it comes to your diet when breastfeeding

Dietary sources of DHA include fatty fish (anchovies, salmon, tuna, mackerel, halibut) and eggs. The challenge is that The Department of Health recommends limiting fatty fish intake while breastfeeding due to concerns over mercury. The good news is that many post-natal vitamins include DHA. Vitamin D: By helping the body absorb calcium and phosphorus, Vitamin D supports healthy bone development in children. Research also suggests that Vitamin D plays a role in immune health. Sources include fortified milk, salmon, and 15 minutes exposure to sunlight. In addition, your post-natal vitamin should provide Vitamin D. Choline: Choline tends to be one of those nutrients we forget about, but it is so vitally important for breastfeeding women to consume. Our bodies make Choline, but not in sufficient amounts, therefore we have to rely on sources from our diets; but most of us, especially



breastfeeding women, aren't getting enough. Choline is important because it supports the neurocognitive development of infants. It is therefore important for breastfeeding women to consume foods that have a source of Choline in their daily diet. These include beef, eggs, chicken, fish, pork, nuts, legumes and cruciferous vegetables like broccoli, brussels sprouts, cabbage, or kale.

WHAT FOODS SHOULD YOU AVOID WHILE BREASTFEEDING?

You don't need to be too restrictive when it comes to your diet when breastfeeding, however there are a few things you should be mindful of. Oily fish: You should have no more than two portions of oily fish (e.g. fresh tuna, sardines, mackerel, trout) a week. This is because these contain high levels of mercury, which can damage your baby's developing nervous system. Caffeine: Too much caffeine while breastfeeding can keep your baby awake, or make them unusually fussy, so it is better to limit the number of drinks you have containing caffeine (not only tea and coffee, but also energy drinks). Some cold and flu remedies contain caffeine, and chocolate also contains a substance (theobromine) that is very similar and can produce the same effects. Alcohol: Alcohol passes to breastfed babies in very small amounts and it is unlikely that having an occasional drink will harm your baby. However, it is sensible to drink very little (no more than one or two units once or twice a week) when you are breastfeeding.



ARMAGH LIGHTS THE FUSE TO A MEGA-FESTIVAL SPECTACULAR FOR SPRING 2022

Armagh City will stage a brand new two-weekend mega-festival this March and April as part of a striking 'fire and light' celebration of its rich history, heritage and culture. Bringing together the region's thriving arts and cultural scene to a variety of iconic spaces, venues and its famous apple orchards, the first-of-its-kind landmark Fusion Festival combines a myriad of unique collaborations, big name musical acts, art, craft, theatre, dance, poetry and more. This UK City of Culture contender for 2025 is preparing to unleash its power with a unique festival spectacular that sets a new standard in events and entertainment. Backed by over 30 performers, groups and venues, Armagh Fusion Festival promises cabaret-style circus performances and powerful artistic light installations, firing up the city as part of a stellar programme of outstanding events for two full weekends starting Thursday 24th March and running until Sunday 3rd April.

For more information or to purchase tickets visit www.visitarmagh.com/armaghfusionfestival



DISCOVER ONE OF NI'S BEST-KEPT SECRETS!

Right in the heart of Belfast is one of Northern Ireland's best-kept secrets: Colin Glen, a stretch of unspoilt woodland packed with family-friendly activities. Shimmering rivers and dense forests make it a magical place to visit, with an official Gruffalo Guided Walk, high rope courses, Alpine coasters and the longest zipline on the island. Just a short drive from the Belfast city centre, Colin Glen is perfectly placed for fun-filled, action-packed adventure to bring everyone together. Take on the Black Bull Run (Ireland's first Alpine Coaster) and the all-new 250m Forest Flyover zipline at the new Mountain Entrance - don't forget to bring your comfy shoes and nerves of steel! Up for a challenge? Don your sports gear; be it football, GAA, rugby, and enjoy state-of-the-art sports facilities at the leisure entrance - home to Northern Ireland's first TrackMan Driving Range, TrackMan Indoor Suite, 9-hole golf course, Belfast's first state-of-the-art indoor 3G Sports Dome, top class gym, outdoor pitches and more.

Visit discovernorthernireland.com to find out more.



GET COMPLETELY 'WOW-ED' AT W5

From top to bottom, W5 has been completely transformed. Two reimagined exhibition floors will excite and inspire, with exhibits and experiences

covering everything from climate change and nature to film and TV production, optical illusions, built engineering, medical science and much, much more. W5 is an award-winning science and discovery centre, located in the Odyssey complex at the gateway to Belfast's Titanic Quarter.

Firing the spirit of discovery, with limitless fun for everyone, W5 has been completely reimagined following a major £5million investment. Explore eight new zones, packed with over 250 interactive exhibits, scale the heights on Climbit, an immersive multistorey climbing experience or check out one of the daily science shows at a purpose-built Science Bar. A new under 8s area invites visitors to step into a living storybook world, where family favourites are brought to life through immersive roleplay. Meanwhile, a refreshed ground floor includes The Lost Planet - a space and dinosaur themed maze of climbing frames and slides that takes soft play to a new dimension. Visit discovernorthernireland.com to find out more.



SPRING INTO VISIT MOURNE THIS MARCH AND EMBRACE YOUR NEXT GIANT ADVENTURE

Visit Mourne is inviting you to spring into March with a host of festivals, events and experiences to suit the entire family. You'll soon discover why Saint Patrick chose to settle here. Join us as we celebrate the achievements of Patrick the man through themed experiences, events and celebrations. Experience the fun at one of two festival parades on Thursday 17th March in Downpatrick and Newry and enjoy a range of local talent including buskers, bands, dancers and traditional music. There's plenty for the younger members of the family too with a range of St Patrick's themed children's arts and crafts workshops at our two museums in Newry and Downpatrick. A passion for the great outdoors? With a range of 'give-it-a-go' fun activities taking place throughout the region from Friday 25th February - Sunday 27th March at the first ever Outdoor Fest, you'll be spoilt for choice. Embrace our outdoor spaces while foraging and feasting in our forests. For those who want something a little bit more energetic, try your hand at electric biking on our stunning MTB trails.

If you're a family looking to embrace the great outdoors, there's a host of activities and experiences that will have you up and about enjoying the great outdoors. For Viking fans, the Strangford Lough Viking Festival taking place in Portaferry and Strangford from Thursday 24th - Sunday 27th March is sure to capture your attention. Celebrate our Norse heritage in Portaferry and Strangford and visit the Viking encampments to see exciting battle re-enactments, exhibitions, and event Long Boat display. Live like the Vikings and enjoy unique themed experiences, kids' activities as well as great food, drink, and music - this will be an adventure to remember! The Outdoor Fest and Viking Fest are supported by Tourism NI

Pre-booking is essential for a number of the activities so check out our events calendar on visitmournemountains.co.uk/whats-on





A TITANIC BIRTHDAY BASH!

31ST MARCH – 3RD APRIL

Celebrate 10 years of memories and milestones with us at our Titanic Birthday Bash! Join us for some birthday cake and a toast at 1pm on 31st March to mark the day we opened to the public in 2012 or visit throughout the weekend for lots of family fun including a special 10th Birthday Explorer Trail throughout the Titanic Experience, live music and party activities – plus don't miss our hot air balloon and kite displays around the building!

Find out more at titanicbelfast.com





Celebrating Milestones

2022 is a year of celebrations on the Maritime Mile. Join us for Titanic Belfast's 10th birthday, St Joseph's 150th and Belfast Harbour's 175th anniversary and much, much more. Walk, cycle and even dance the Maritime Mile whilst learning about and discovering Belfast's vibrant quaysides and heritage.

Make it a date
maritime-mile.com



Join the conversation
#CelebrateMaritimeMile

